CONTACT

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'From <mark>Gentleman</mark>'s Walk, Langley' Photograph: R Y Ball



Chet Valley Churches

Bored in the Summer Holidays?

Wondering what to do? Why not book up for our Holiday Club?

July 30th- August 3rd 9.30-12 **St John's Church, George Lane**

The club is open to anyone currently in full time primary education. So anyone who has been in an infant or junior school this year can come. The morning will be filled with stories, songs, crafts, food, games. Come with a friend or come and make new friends.

Booking forms are in the Loddon Schools or the Church Office or e-mail Rev Alison: ball880am@btinternet.com.



Chet Valley Churches Information

Clergy

David Owen: 522993 email: david.chetvalley@gmail.com

Ernie Bossé: 01502 470 815 email: ernestbosse250@gmail.cc

Ros Hoffmann: 548200 email: ros@hoffmann2011.plus.com

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Church Office

St John's Chapel, George Lane, Loddon, NR14 6NB

Tel. 01508 521179 Email: office@chetvalleychurches.org

Open: Mon & Fri. 10.00am - 4.00pm. Tues. Wed. Thur. 10.00am -1pm

Baptisms, **Weddings**, **Thanksgiving Service for the Gift of a Child**To arrange any of the above please contact the Church Office.

Church Websites

Chet Valley Churches <u>www.chetvalleychurches.o</u>rg

The Norwich Diocese <u>www.dioceseofnorwich.org/#</u>

The Methodist Church www. methodist.org.uk
The RC Diocese of East Anglia www.rcdea.org.uk

'Contact' Magazine

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Please include your name and telephone number.

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Similarly, the opinions expressed by contributors are not necessarily those of the Church in Loddon

Editorial



I hope that this summer will be as the little clipart illustration suggests: sunshine and flowers and butterflies and bees! But whatever the weather, no doubt we'll find ways to enjoy ourselves—there's plenty in the 'What's On' pages to choose from, as

well as all the usual activities arranged by our various clubs and societies.

I expect that you, like me, have been concerned to learn of the damage that plastic is doing to our beautiful world, particularly to the oceans? Fortunately there are groups worldwide who are using modern technology to try and tackle the problem. It's possible to read on the internet about what is already being done (just type in 'Clean up the oceans'). It is such a huge problem that we may wonder what we as individuals can do about it.

But we *can* help, simply by trying to stop the problem at it's source. There's all sorts of advice available: e.g. changing our shopping habits, using a reusable water bottle instead of buying new ones, etc. (A plastic bottle can last for 450 years in the marine environment, slowly fragmenting into smaller and smaller pieces which eventually end up microscopic but never truly go away.)

One thing we *can* do quite easily is to recycle our rubbish, plastic included. Here in Loddon, according to an item from Loddon Parish Council in the March 'Contact', we're not making a very good job of this, perhaps because we're not sure about what we can and can't recycle. If you would appreciate some information about this, have a look at pages 25 and 27, for a full list of do's and don'ts, taken from the South Norfolk Council website www.south-norfolk.gov.uk/recycle Meanwhile — enjoy the summer.

P.S. Children at Primary School? Why not let them enjoy the Chet Valley Churches Holiday Club? See inside cover

Soony

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Ministerial Musings

In September 2017 I was diagnosed with ovarian cancer, which is something I never imagined would happen to me. I had an operation which removed parts of me I never knew I had and fortunately the cancer hadn't spread. I was strongly advised to have a course of chemo therapy, at which my heart sank into my boots. I had time to think about it and recover from my surgery and decided that I would go ahead with the treatment. All the hospital staff were wonderful, and the nurses and volunteers on Mulbarton Ward where I went for treatment were reassuring, humorous, and very caring. I had six courses of treatment, each cycle lasting three weeks.

There have been advances in knowledge and in the way treatment is given over the last twenty years or so. Talking to people who went through chemo then made me realize that my experience wasn't the same.

It wasn't as bad as I thought but I'm not going to pretend it was a picnic. The worst part about it was feeling tired and weak like you do when recovering from flu. Most of my hair fell out but I was given a very fetching wig which people often mistook for my real hair! I also lost my eyebrows and lashes. I remembered that Jesus said that each hair of our heads is numbered. Apparently, we have about 100,000! That's how much God loves us. But the thing is, hair grows back.

Someone told me that when she went through chemo, her husband held one hand and God held the other. I didn't have a husband but had friends who took me to hospital and stayed with me when they could. I also knew that many people were praying for me. Friends made us meals, walked the dogs and did the shopping.

Once I was over treatment I felt better than I had done for a long time and several people have commented on how well I look. Someone told me that I was proof that there is light at the end of the tunnel. Now I know full well that not everyone's cancer is cured. I have known several people who have died, including my father. But I believe there's still light at the end of the tunnel because of faith in the Risen Jesus, waiting at the end of the tunnel, or maybe even travelling in it with you.

Ros

Across the Chet Valley Churches

Worship in the Chet Valley

You will be warmly welcomed to any of our services. We hope to provide worship to suit everybody.

- <u>Holy Communion</u> is celebrated every Sunday at one or other of the churches in the Benefice, either Book of Common Prayer or Common Worship, with an informal Holy Communion service once a month in Chedgrave.
- Once a month there is an <u>Evening Prayer</u> service at Sisland.
- Services of Morning Worship are held in Loddon and Hardley.
- <u>Last Sunday Praise</u> is held on the Last Sunday of the month at St John's in Loddon: a chance to sing old and new Christian songs plus time to worship together.

Families and children are welcome at all our services.

Special provision is made at Chedgrave where there is a toilet and baby changing facilities.

- <u>Xpressions Café</u> Normally held at All Saints, Chedgrave, on the first Sunday every month between 10.00 a.m. and 12.00 noon. This is a relaxed and contemporary way of 'doing church'. You can come and go as you please for coffee, cake, crafts, games, songs and much more.
- <u>Xtra!</u> An exciting, informal service every Thursday after school in St John's Church.
- All Together Worship on the third Sunday.

This is designed to be as inclusive as possible, a mixture of formality and informality; traditional and modern; activity and stillness. In short, we will attempt to provide a service which will have points of connection for children and adults - indeed people of all ages and all backgrounds.

In Loddon and Chedgrave there is an opportunity to meet after the service and enjoy a chat over tea or coffee.

<u>Home Communion</u>: If you would like home communion, because you are unable for any reason to get to a Sunday service, please contact the clergy or the Church Office and we will arrange for someone to bring communion to you.

Times and details of the services can be found in the centre pages of the magazine.

Thanksgivings & Baptisms

You are welcome to request thanksgiving and baptism for your children. Thanksgiving Services may be held at any time in the churches by arrangement with the clergy. They are an opportunity to give thanks for the gift of a new child and to celebrate this with family and friends in the presence of God.

Baptisms are usually held within the Sunday worship in our churches. They are an opportunity to acknowledge and celebrate the new life we have in Jesus and to welcome a child into God's family, the Church.

Please contact Rev Alison Ball on 01508 528126 ball880am@btinternet.com or the Church Office on 01508 521179.

Noah's Ark

A drop-in group for babies, toddlers and their parent and carer.



Wednesdays

9.15a.m. to 12 noon. All welcome. For further details please call Alison on 01508 528126 or e-mail: ball880am@btinternet.com

Small Groups

Some of us like to meet during the week in small groups where we can enjoy each



others' company, study the Bible together and pray for one another and for others.

Those who attend find their small group a real help and support.

If you would like to join one, or just to know more, please contact David Owen or the Church Office.

Xfra! Join us in St John's Church for an exciting, informal service every Thursday after school.
Refreshments, activities from 3.15.
Service starts 3.45.

More from Reverend David 522993 or Reverend Alison 528126

<u>Friends and</u> Neighbours

If you've been widowed or have lost your life partner



come and join us at St John's Lecture Hall on the first Thursday of the month. Make new friends, enjoy tea or lunch together.

July 5th 12.30 Salad Lunch followed by Flower Arranging Demonstration August 2nd 2pm Bring & Share Afternoon Tea at Lodge Farm, Sisland

If you are interested in joining the group ring Jill on 520 248.

Monday Mardles

If you like a relaxed and informal chat with others or are looking to meet some new friends, join us at a Monday Marc



join us at a Monday Mardles for refreshments and to swap books at Chedgrave Church Rooms.

Mardles are held every Monday between 10:00 am and 12:00 noon. Come and go as you choose.

On average there are about 17 people who come to Mardles, and there's room for more! You will be made very welcome.

('Mardle' - in Norfolk it means a good old natter!)



ANIERI



COFFEE BY THE CHET

Saturday 21st July 10.00am to 12 noon

Sheila Tomkinson is holding a Coffee Morning at **10 Wherry Close**

In aid of the Church in Loddon

Come and enjoy a morning on the banks of the Chet

Cakes—Scones—Raffle

Any items that could be sold (e.g. unwanted gifts) would be gratefully received.

STMARY'S SISLAND : DATE FOR YOUR DIARY Ceilidh - 8th September



Langley with Hardley Village Hall.

Bar and Raffle.

Doors open at 7pm. Tickets £12 inclusive of food available from Jill Haylock (Tel: 01508 520248) or at the Benefice Office.

THE SISLAND CHRONICLE

When we removed the Holm Oak - that was causing problems at St Mary's east gable — a piece of history of one of William the Conqueror's Norman lords came to light, for the tombstone that it grew out of was that of Henry Page Blunderfield, a direct descendant through 25 generations, of Richard de Blunvill of Calvados in Normandy and one of William's Barons listed in Domesday as a War Lord. He held lands in Suffolk, Essex and Norfolk.

Ash trees in Sisland are under threat from Chalara fraxinea, that has been spreading across Britain from Europe. A self sown seedling that was found with the disease was immediately incinerated to mitigate spread. The hope that we shall have Ash trees in our future landscape relies on finding resistant clones to propagate. Currently there are hopeful signs – as long as the disease doesn't mutate.

Hi, Freddie here. Phew hasn't it been hot! I usually like to have a nap on my beanbag under T's potting bench in the greenhouse — he drops me a 'treat' now and again! but I've been trying to keep cool in the shade. T can take his coat off, but mine is fixed! When I came to live here I was quite keen to explore but Brian the gardener put up a fence — "to keep the bunnies out" he said, but it was really to keep me in! He used to bring me peppermints when we had elevenses, and sometimes pointed a funny looking stick which went 'bang', and a pigeon dropped dead — from fright I suppose - . **STOP PRESS**: Strawberry tea. Lodge Farm Sisland July 14th in the afternoon see you there. 'F'.

From the Parish Registers

THANKSGIVING FOR THE BIRTH OF A CHILD

KEELY BRAMLEY, RYAN BRAMLEY, HAYDEN HUGHES, COBY ROBINSON in Holy Trinity Church on May 13th

BAPTISM

FREDDIE LANE on June 17th in All Saints, Chedgrave.

'Heavenly Father, we praise you for the birth of these children Surround them with your blessing that they may know your love, be protected from evil, and know your goodness all his days.' Common Worship

MARRIAGE

REBECCA BANHAM and ALEX WIDDRINGTON on 16th June in Holy Trinity Church, Loddon

A MARRIAGE BLESSING:

God the Father, God the Son, and God the Holy Spirit, bless, preserve and keep you; the Lord mercifully grant you the riches of his grace, that you may please him both in body and soul, and, living together in faith and love, may receive the blessings of eternal life.

Common Worship

FUNERAL

LESLIE THOMAS GILPIN BROWNE who died on May 18th aged 99 years

Funeral: June 14th at Waveney Crematorium

Since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died. So we will be with the Lord for ever. 1 Thessalonians 4. 14, 17b

'S PRING'

(A sequel to 'Cycling in Winter') by Kath Ricketts

Still a breeze on my face! But warmer wind in my hair The sun in her glory spreads light everywhere. The trees have burst forth. hawthorn hedgerows to match, Giving fragrant blossoms on every patch. Some fields are ablaze with carpets of yellow, Whilst rich green crops grow a little more mellow. The birds in full song look for somewhere to nest. Be it tree, shed or hedgerow, whate'er they find best.

Swifts, martins or swallows. maybe, high in the sky, And before you know it they've hurtled by. Wild flowers in the banks every colour and hue, The bluebells, the buttercups to name but a few. The marshes, the rivers, the ditches and ponds have now become home for the ducklings and swans. With cygnets in tow, they all must take care For there's herons and other wildlife lurking there. So, thanks be to God for this SPRING OF REBIRTH. Whether cycling or walking It's the best thing on earth.

Loddon Parish Council

Skatepark

The Parish Council has now submitted a Planning LODDON Application for the new skatepark and community area;





this will be decided by South Norfolk at the end of June. Large scale plans are available to view in the LPC offices (opening times below) and we would very much welcome your views and comments on these proposals.

Allotments: there are a few vacant plots available to Loddon and Chedgrave residents on the allotment gardens in Bridge Street. The available plots vary in price beginning at about £15 per year, depending on size. If you are interested in taking on an allotment or would like to know more then please get in touch (see contact details below).

Parish Councillor Vacancy

The Parish Council has a vacancy for a co-opted Parish Councillor; the term of office will run until the next ordinary elections in May 2019.

If you'd like more information on joining the Parish Council and wish to be considered for co-option please contact the Clerk to the Council, please see the contact details below

Next Meeting: The next meeting of the Parish Council is scheduled for Thursday 12th July 2018 commencing at 7.00pm in the Library Annexe. Members of the public are welcome to attend meetings and will be given the opportunity to speak. The agenda will be displayed on the notice board on Church Plain and on the council's website (see below) at least three days before the meeting. A list of the meeting dates in 2018 are on the LPC website.

Contact Us: Please telephone the Parish Council on 01508 522020, or email on <u>clerk@loddonpc.org.uk</u>. The office in the Library Annexe, Church Plain, Loddon is open on Tuesday, Wednesday and Thursday mornings between 9.00am and midday if you would like to visit in person. More information is available on the parish council's website: <u>www.loddonpc.org.uk</u> or find us on Facebook under Loddon Parish Council.

Hales & Heckingham Community Events Group

After approximately 30 years, regretfully the Events Group has decided to call it a day.



The funds in the account will be given to a charity or organisation within the village of Hales and Heckingham that is deemed to be of the most value to the villagers.

We thank the people of Hales and friends who have supported us over the years.

ADVERIS

Hales & Heckingham Parish Council

Increasing crime levels: It is with regret that we note an increase in criminal activity in the Village. We have had a recent spate of burglaries. Our Neighbourhood Watch Scheme is there for your use. Please make contact with our NW



co-ordinator by email on <u>alanhale8@icloud.com</u> or to the Parish Council website <u>admin@halesandheckingham-pc.gov.uk</u> Further, if you see anything suspicious please report it to the Police on 101, or if a crime is being committed on 999.

Roundabout on A146: Our roundabout is now operational and whilst there has been some disruption to travel and some loss of sleep for a few of our residents it is surely worth this inconvenience to have a far clearer and we hope safer access and egress to / from the Village.

The Parish Council has worked closely with NCC Highways and has obtained planning permission to site two bus shelters at the bus stops on the A146. These have been ordered and we await delivery and installation. They should be in place by the end of August. There will then be somewhere to enable passengers to keep out of way of the worst of the weather whilst waiting for buses.

We would like to thank County Councillor Margaret Stone for her generous donation of her entire 2018 Highway Fund allowance to Hales and Heckingham towards our bus shelters. Without her resolute support we would have had to wait until next year to order and install the shelters.

Bus service for Hales: One of the biggest benefits of the roundabout is the change in our bus service. Hales now has up to 5 buses an hour in each direction as, in addition to all the X2 variants, the fast 146 bus service from Norwich to Southwold also stops here. This is great improvement.

Playing Field improvements: The new equipment has been installed on the playing field and we are very pleased with this. There is equipment to suit all ages including adult exercise equipment, so we hope there will be an increase in use. To celebrate this long overdue improvement to our facilities we are holding an Official Opening on Saturday 18th August between 2pm and 5pm. Invitations will be posted through our resident's doors in due course and we hope that we have a good response to this.

Village gates: Norfolk County Council will shortly be installing the long awaited village gates at the east end of the B1136 (Yarmouth Road). These will emphasise that the speed limit changes to 30 MPH and apart from being visually attractive we hope they will encourage motorists to moderate their speed.

What's happening at Loddon Library?

The Summer Reading Challenge is coming, challenge for children of all ages from 0-16, come and ask in the library for more information. Lots of fun activities on offer!

Slime workshop: £3 Per child to cover resources. Please book in advance. Ages 4+ Monday 6th August 2-3.30pm

Musical Monster Mischief: Monday 13th **August 2**-3pm Have fun building a lego monster and be prepared to swap when the music stops. Free activity for Ages 5+ Lego provided.

You Can't Judge a Book by the Cover: Friday 18th August 10am-1pm
Come take part in a brand new workshop that gives you the opportunity to learn more about yourself! (please contact the library to book a place)
Reading2dogs: Monday 20th August 2-3pm. Share a story with Fudge, the special dog. 2 children at a time. Please book a place with the library.
Facebook – Good news, you can now keep up to date with all our events and news by following us on Facebook just search for Loddon and Poringland libraries.

DVD Hire – A reminder you can hire dvds for just £2.00 per week. Top Titles £2.00 for 2 nights from the library. Special offer 2 for 1 every Thursday and Friday.

Just a cuppa – every Monday from 10am – Feeling at a loose end? Pop in for a friendly chat and a cuppa.

Book Ends – every other Friday, 3.30 – 4pm please contact the library for future dates

Saturday Junior Book club – fortnightly. Please contact the library for future dates: Do you love to read and chat about books with others? Then come along to our new, fun book club 10:30am to 12:30pm. Run by youngsters for youngsters! The books will be based on a different theme each meeting. Please contact staff for dates.

C.A.B. will be holding advice sessions in the library throughout 2018 – please contact library staff for the dates.

Computer Buddy Drop-In – Every Monday, 10am – 12noon – He's happy to help you with most IT difficulties.

Baby weighing scales We now have a set of baby weighing scales located in the library. These can be used anytime during our normal opening hours.

For information on any of the above please contact the library staff.

Are you unable to get to the library? Would you like to have books chosen for you and collected? Contact the library for details of our housebound library service.

31 Church Plain, Loddon, NR14 6EX 01508 520678

Opening Hours: Mon. 10am - 1pm & 2 - 5pm Wed. 10am - 1pm Thurs. 2 - 7.30pm Fri. 2 - 7.30pm Sat. 10am - 1.00pm

Holy Trinity Bellringers

On Bank holiday Monday, 7th May, Holy Trinity hosted an all day teaching session as part of an annual NDA training event. This is a specially arranged day to help novice ringers further



their skills in bellringing. They can select a method of their choice and then by having a tutor and band of competent helpers, can concentrate on one aspect of their ringing for a whole day. Many towers were made available throughout the Norwich Diocese offering courses ranging from basic skills to complex methods.

The following Saturday, members attended the Eastern branch annual ringing outing which this year was to five Suffolk churches. We first met at Old Newton near Stowmarket to ring their five bells. Moving on we rang at Buxhall before Lunch then on to Rattlesten and Woolpit before finishing the day ringing the six bells at Thurston. A very enjoyable day was had by all.

On Saturday 19th May we celebrated the Royal wedding by first ringing a Quarter Peal of Primrose Surprise Minor at Norton Subcourse followed by one of Yorkshire Surprise Major at Loddon in the afternoon. Bells rang out across the country to mark the event with many Peals and Quarter Peals being rung.

On Monday 21st May we joined the ringers from St. Peter Mancroft at St. Mary's in Bungay for a practice on the eight bells. A major project is underway at Mancroft in Norwich to install a new ringing gallery in the tower together with a teaching and heritage centre. While this takes place the twelve bells there are unringable, so the band is currently touring the area going to various churches to hold their weekly practice nights.

We have attended local practices held at St. Michael's Beccles and St. Mary's Bungay. As well as here at Loddon, we have rung the bells at Haddiscoe, Oulton, Bergh-Apton, New Buckenham and Woodton to celebrate weddings held at those churches. Members also attended a Quarterly meeting of the Eastern Branch held at St. Mary the Virgin, Happisburgh. Ringing took place on the Eight bells before a tea and the business meeting itself. Quarter peals have been rung at Loddon on our ten bell simulator including Stedman Caters and Pudsey Surprise Royal, a first for all the band.

Steve Rabong.

SPACE FILLER: SUMMERTIME QUOTATIONS

"What good is the warmth of summer, without the cold of winter to give it sweetness." John Steinbeck, Travels with Charley: In Search of America "Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." Henry James

Patient Participation Group Chet Valley Medical Practice, Loddon

Thanks to all those of you who attended the AGM on May 29th at the surgery. This was followed by a very interesting tlk on replacement hips and knees, given by Dr Devenda Khurana, an orthopaedic surgeon at the James Paget hospital. He illustrated his talk with slides of joints in various stages of disease and told us about other interventions which could be tried before surgery would be suggested. Several questions followed.

Our next Open Meeting will be on Tuesday July 31st at 7.30, when the subject will be hearing loss. Do you need the TV to be at a volume which others find unacceptable? Do you have difficulty managing to hear conversations in a social situation?

If so, come along to our next meeting, given by Lizzie Servant on the topic of 'Hearing loss and how to manage it. How can Lip-reading help you?'

SPACE FOR A SMILE

The Pope goes to New York. He is picked up at the airport by a limousine. He looks at the beautiful car and says to the driver, "You know, I hardly ever get to drive. Would you please let me?"

The driver is understandably hesitant and says, "I'm sorry, but I don't think I'm supposed to do that."

But the Pope persists, "Please?"

The driver finally lets up. "Oh, all right, I can't really say no to the Pope."

So the Pope takes the wheel, and boy, is he a speed demon! He hits the gas and goes around 100 mph in a 45 zone. A policeman notices and pulls him over. The policeman walks up and asks the Pope to roll down the window. Startled and surprised, the young officer asks the Pope to wait a minute. He goes back to his patrol car and radios the chief.

Policeman: "Chief, I have a problem."

Chief: "What sort of problem?"

Policeman: "Well, you see, I pulled over this guy for driving way over the speed limit but it's someone really important."

Chief: "Important like the mayor?"

Policeman: "No, no, much more important than that."

Chief: "Important like the governor?"

Policeman: "Wayyyyy more important than that."

Chief: "Like the president?"

Policeman: "More."

Chief: "Who's more important than the president?"

Policeman: "I don't know, but he's got the Pope DRIVING for him!"

RECYCLING: In the March Contact this appeared in the Loddon Parish Council item: "Did you know that green bin contamination rates in Loddon are amongst the highest in South Norfolk? 18.9% of the green recycling bins from your village contain items that shouldn't be in there, such as nappies, plastic bags and textiles."

The following is taken from the South Norfolk Council website www.south-norfolk.gov.uk/recycle where you will find links to other useful advice, including tips on what we can all do in a small way to help the environment.

THE FOLLOWING ITEMS CAN BE RECYCLED IN YOUR GREEN RECYCLING BIN. All recycling must be:

- Clean please rinse containers and do not put in any food leftovers
- Loose please do not put anything in plastic bags or black bin liners
- Dry please ensure the bin lid remains shut.

PAPER

- * Newspapers and magazines
- * White and coloured paper
- * Greetings cards (without glitter)
- Envelopes (including ones with windows, but not ones with bubble wrap padding) and iunk mail
- * Clean paper bags
- * Telephone directories, yellow pages, store directories and catalogues
- Clean wrapping paper (without glitter or cellotape)
- * Shredded paper (please make sure this is put in your bin loosely and not in bags)

CARDBOARD

- * Cereal boxes
- * Egg boxes
- * Cardboard tubes (poster, kitchen and toilet roll tubes)
- * Cardboard packaging and carrier trays (like fruit and vegetable trays)
- * Cardboard sleeves
- * Corrugated cardboard
- Clean food packaging card (including with plastic windows such as pre-packed sandwiches)

CARTONS

Clean food and drink cartons
 (including Tetra Pak cartons for
 milk, juices, smoothies and soups)
 Please make sure your cartons are
 empty and rinsed out and remove
 any lids as we cannot recycle them

ALUMINIUM AND STEEL TINS, CANS AND AEROSOLS

- Clean steel and aluminium food tins and drink cans
- Clean pet food tins
 Please make sure your tins and cans
 are empty and rinsed out
- Empty aerosol cans (including personal and beauty product aerosols, cleaning products and domestic insecticides (such as flyspray aerosols)
 Please remove any lids as these

ALUMINIUM FOIL

* Clean aluminium foil

cannot be recycled

 Clean foil trays (like ones used for ready meals and take away food)
 Please rinse or wipe your foil trays out

Please don't put aluminium foil laminate pouches (like those used Continued non page 27.....

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for cat and dog food) in your recycling bin as we cannot recycle them

GLASS

* Clean bottle and jar-shaped glass food and drink containers You can leave the lids or tops on, but please make sure your bottles and jars are empty and rinsed out Please do not put any other types of glass (like Pyrex, mirror or window glass) in your recycling bin as we cannot recycle them

PLASTIC BOTTLES (RIGID PLASTIC)

- * Plastic food and drink bottles
- Personal care/beauty products (like shampoo and shower gel)
- * Household cleaning products (such as bleach and floor cleaner)
- * Trigger spray and pump spray bottles (like kitchen or bathroom cleaner)
- * Household cooking and food oil bottles
- * Roller-ball bottles
- * Empty medication/pill bottles You can leave the lids or tops on, but please make sure your bottles are empty and rinsed out

PLASTIC TUBS, POTS AND TRAYS (RIGID PLASTIC)

- * Clean food containers including yoghurt pots, margarine tubs, ice cream tubs and fruit punnets
- Clean food trays used for fruits, vegetables, raw and cooked meat and fish
- Clean pots including ones used for custards, creams, fresh sauces and gravies
- * Clean ready meal plastic containers (including black plastic trays)Continued next column

..... Plastic tubs, etc., continued Please ensure your plastic pots, tubs and trays are empty and rinsed out.

Plastic lids can be left on, but cellophane lids and cling film need to be removed as we cannot recycle these

WHAT CAN'T GO IN YOUR GREEN RECYCLING BIN

The following cannot be recycled in your green bin:

- Plastic bags, cling film and junk mail bags
- Polystyrene packaging
- DIY waste
- Nappies
- Window or mirror glass
- Drinking glasses
- Light bulbs
- Plastic engine oil bottles
- Textiles
- Wallpaper
- Sharps such as needles
- Garden waste
- Animal waste.

We will not collect your bin if it contains any items (including plastic bags) that can't be recycled.

For further tips and advice on how you can save money, save resources and reduce the amount you waste read the following guide:

Reduce, Reuse and Recycle Guide

(This link is at the bottom of the recycling page on the South Norfolk website)

Church Services July				
Jun 30th	6.00pm	Roman Catholic Mass	St. John's Loddon	
	8.00am	BCP Holy Communion	St Mary Sisland	
	9.00am	Informal Holy Communion	All Saints Chedgrave	
Sun 1st	10.00am - 12 noon	Xpressions Café	All Saints Chedgrave	
	10.45am	Holy Communion	Holy Trinity Loddon	
Sat 7th	6.00pm	Roman Catholic Mass	St. John's Loddon	
	9.00am	Holy Communion	St. Margaret Hardley	
Sun 8th	9.30am	BCP Holy Communion	All Saints Chedgrave	
	10.45am	Morning Worship	Holy Trinity Loddon	
Sat 14th	6.00pm	Roman Catholic Mass	St. John's Loddon	
Sun 15th	9.30am	All Together Worship	All Saints Chedgrave	
	10.45am	Holy Communion	Holy Trinity Loddon	
	5.00pm	Evening Prayer	St Mary Sisland	
Sat 21st	6.00pm	Roman Catholic Mass	St. John's Loddon	
	9.30am	Holy Communion	All Saints Chedgrave	
Sun 22nd	10.30 am	Morning Worship	St. Margaret Hardley	
	10.45am	Morning Worship	Holy Trinity Loddon	
Sat 28th	6.00pm	Roman Catholic Mass	St. John's Loddon	
	10.30am	Combined Holy Communion	Holy Trinity Loddon	
Sun 29th	6.30 for 7.00pm	Last Sunday Praise	St John's Loddon	

LASTS UNDAY PRAISE

This is usually held on the last Sunday of the month at 7.00 p.m. at St. Johns, Loddon. Refreshments at 6.30 before the service, or just come at 7.00 for the singing

Xtra!

Join us in St John's Church for an exciting, informal service **every Thursday after school.** Refreshments, activities from 3.15. Service starts 3.45. More from Reverend David 522993 or Reverend Alison 528126

MID-WEEK COMMUNION WITH BLESSING

7.30 p.m. at St John's on the 3rd Tuesday of the month All are welcome (This monthly service is no longer specifically focussing on healing and laying on of hands.)

Church Services August				
Sat 4th	6.00pm	Roman Catholic Mass	St. John's Loddon	
	8.00am	BCP Holy Communion	St Mary Sisland	
	9.00am	Informal Holy Communion	All Saints Chedgrave	
Sun 5th	10.00am - 12 noon	Xpressions Café Holiday Club Café	All Saints Chedgrave	
	10.45am	Holy Communion	Holy Trinity Loddon	
Sat 11th	6.00pm	Roman Catholic Mass St. John's Loc		
Sun 12th	9.00am	Holy Communion	St. Margaret Hardley	
	9.30am	BCP Holy Communion	All Saints Chedgrave	
	10.45am	Morning Worship	Holy Trinity Loddon	
Sat 18th	6.00pm	Roman Catholic Mass	St. John's Loddon	
Sun 19th	9.30am	All Together Worship	All Saints Chedgrave	
	10.45am	Holy Communion	Holy Trinity Loddon	
	5.00pm	Evening Prayer	St Mary Sisland	
Sat 25th	6.00pm	Roman Catholic Mass	St. John's Loddon	
Sun 26th	9.30am	Holy Communion	All Saints Chedgrave	
	10.30 am	Morning Worship	St. Margaret Hardley	
	10.45am	Morning Worship	Holy Trinity Loddon	
	6.30 for 7.00pm	Last Sunday Praise	St John's Loddon	

MORNING PRAYER Everyone is	Monday	9.00 a.m.	Holy Trinity Loddon
	Tuesday	9.00 a.m.	St. Margaret, Hardley
	Wednesday	9.00 a.m.	All Saints, Chedgrave
welcome to these	Thursday	9.00 a.m.	Holy Trinity Loddon
times of Prayer	Friday	9.00 a.m.	St Mary Sisland
	Saturday	9.00 a.m.	All Saints, Chedgrave

COME AND PRAY

Would you like to spend some time in prayer with a small group of people?

All are welcome to come along to '

TIME FOR PRAYER AND SPACE FOR REFLECTION'

at St John's on Tuesday evenings. 7.30 - 8.30pm.

Contact Rev. Jill Haylock on 520248, email jillhaylock@aol.com or just turn up.

<u>Please note</u>: On the third Tuesday the Mid-week service of Communion with Blessing will be held .

COMMUNITY GROUPS NEWS & EVENTS

Loddon Rower Club

July 10th 7.15 at Hobart High School.

An Open Meeting, with stalls and refreshments.

Demonstrator: Gill McGregor 'Flowers with Flair' All welcome

August 7th AGM 7.15 pm at Chedgrave Church Centre Refreshments

available

Loddon Women's Institute

Our May meeting was a much enjoyed informal talk and reminiscence of Loddon by John Bennet (son of the late Dr Bennet) with many members taking part recalling their memories too!

Our stall at the Loddon Street Fayre was a great success with cakes and biscuits all sold out.

Next meeting: July 18th when Mr Andrew Brogan will be talking to us about Henstead Exotic Gardens. Do come along and join us. 7.15 pm for 7.30 pm at the Jubilee Hall, Loddon. You will be most welcome.

Chedgrave & District Women's Institute

Tuesday July 24th: 2.00 p.m. at All Saints Church Centre

We look forward to a Cookery Demonstration by our guest Angela Morton.

Tuesday August 28th: This will be a Members' Garden Meeting.

(Venue to be arranged possibly at the July meeting.)

Please see 'What's On' page 43 for news about our Coffee Morning.

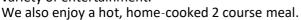
Langley with Hardley Women's Institute

July 17th: Open Meeting. Hardley Village Hall 7.30 p.m Speaker: Pip Wright -'Frolic, Frivolity & Fornication.

August 21st: Garden Meeting

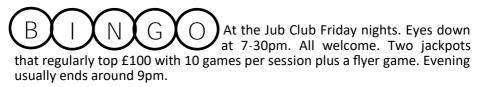
Loddon & District Day Centre

<u>Wednesdays & Fridays</u> 9.30 a.m. to 2.30 p.m. at the Jubilee Hall. Join us for outings and games and a wide variety of entertainment.



New members always welcome.

Interested? Please call Bev on 07826299290.



Hobart Badminton Club

We meet on Fridays 7.30 - 9.30 pm at the Sports Hall, Hobart High School. We play socially and are not in a league.

New members, aged 18 and over, welcome – some previous playing experience required.

Membership:

Trial Members: £4 per session for 4 weeks

Full members:- £10 annual subscription and £4 for each week you play

Visitors:- £5 per session

Further information from Barbara Boardman -

email tomenelli@btinternet.com

Loddon Community Gym

Mondays: 1.30pm to 6.pm. Tuesdays: 4-30 to 8-30 p.m. Fridays: 10am to 1pm. at the Jubilee Hall

Our well equipped, not for profit gym offers a relaxed sociable atmosphere to help you improve your fitness, health and wellbeing.

G.P. Referrals welcome.

For further details contact Louise on 07534 946143 or visit **www.loddoncommunitygym.com**

Footballers wanted!

We are a friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astroturf every Monday evening from 8:30-9:30 for a non-competitive kick-about to keep fit and socialise. We are looking for like minded people to join us.

Cost £2.50 per session, first session free. For more details, please contact Terry on:

Email: tezzahayden99@gmail.com Facebook: Loddon Men's Football Club

Loddon and District Horticultural Society

Our June visit to Henstead Exotic Gardens was very much enjoyed by everyone, the guided tour and a plentiful supply of cakes in particular!

Next meeting: July 11th - our **Fuchsia and Sweet Pea Show.** This will take place in the Jubilee Hall, Loddon, at 7.30pm. Everybody welcome.

Also coming up, our annual open show on Saturday September 1st.

If you would like any more information on our friendly society, please contact Trish on 01508 520273 or Mim on 01508 493332.

Space filler

PARAPROSDOKIAN: A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.





Chet Staithe Probus Club

Have you recently retired or just moved to the area? Are you missing male company, on your own, or just want to get out from under your wife's feet? Then why not visit the Chet Staithe Probus Club which is held on the first and Third Tuesday of the month at the White Horse, Chedgrave. The meetings start at 10.00a.m. and usually finish around midday with the option of staying for lunch if required. Several of our members do. We are a friendly informal club, jackets and ties not required, with members ranging in age from 60 to almost 100. At each meeting we have a guest speaker and the topics can range from clocks, Whitehall, cartoons, space and even stagecoach journeys to Norwich.

Our next meetings are:

July 3rd Chairman's Lunch

July 17th Ann Newmier: Humorous poems and monologues

August 7th Keith Saxon: Apple pies @ 5p August 21st Andrew Rosan: My exotic garden

We really look forward to seeing you then.

Please contact Fred McEvett Telephone 520622 or mcevett@hotmail.com for more information

Chet Valley Probus Club

The Chet Valley Probus Club (for retired Professional & Businessmen or any who have held some measure of responsibility in any field of endeavours) meets at the White Horse Chedgrave on the second and fourth Tuesday morning, monthly. Good company, speakers, and food.

July 10th Tony Brown: Life of an Oak Tree
Mike Hill: Fireballs and Flooded Drains

August 14th Pete Holdroyd: Local Customs

August 28th Pip Wright: Watery Places of Suffolk

For further details and an application form please contact the secretary John McCormack, 5a Norton Road, Loddon NR14 6JN. 01508 521899.

Chet Valley Photography Club

Unfortunately our speaker for our **July (9th)** meeting (Claire Carter - Perpetually in Motion) is unable to attend, so we will have a practical evening instead – please bring your camera equipment with you.

August 14th: Due to Hobart High School being shut in August, our meeting will be an outdoor practical evening but location is yet to be confirmed — details will be available on our website nearer the time.

If you would like to come to our meetings please do. The Club is open to everyone regardless of their photography knowledge or experience. For more details please see our website www.chetvalleyphotography.org.uk

Loddon Community Cinema

THURSDAY JULY 12th **

Following the "Best Actress" last month, we now have "Best Actor". **Gary Oldman** with the help of much facial rubber and a large amount of padding, gives an award winning performance as Winston Churchill in "DARKEST HOUR", rated PG. The first few weeks of his tenure as Prime Minister are portrayed well as he battles the appeasers and resentment in his own party even before taking on Adolf Hitler and leading us to ultimate victory in WW2. Again, well received by critics and audiences one can see how **Oldman** got his deserved gold statue.



THURSDAY 9th AUGUST. **

With our August film we have a fine example of PEOPLE POWER. Not liked much by the critics, "THE GREATEST SHOWMAN" rated PG was, and still is, loved by audiences. It has turned into a Rocky Horror Show type of experience with special "sing-along" shows and many people dressing up in costumes to watch. So feel free!!

Starring **Hugh Jackman** who made it an almost personal mission to bring the story of P.T. Barnum to the big screen and tell of his massive success as a three ring circus owner. With an impressive musical sound track it should be a fun night.



Both films show at The Lecture Hall, George Lane, Loddon. Doors open 7pm, film starts 7.30 pm. Adults £4, child £2.

On the door or in advance from Loddon Garden & Seed.

** PLEASE NOTE: DUE TO THE LECTURE HALL BEING REQUIRED BY OTHER USERS, BOTH FILMS ARE SHOWING A WEEK LATER IN THE MONTH THAN USUAL.

PAUSE FOR THOUGHT

Two quotes found written on a cereal packet:

- * Be yourself. No-one else is remotely qualified.
- * Life's not a dress rehearsal. So, go on, make bread; turn off the T.V. for the weekend; do karaoke; be kind to a stranger. Because when you savour the present, life suddenly becomes far more delicious.

~ David Brinkley

[&]quot;And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." ~ *Anais Nin*

[&]quot;She took a leap of faith and grew her wings on the way down."

Seething Tower Association

Sunday July 1st and Sunday August 5th



The third and fourth open days in the Summer season at the former site of USAAF Station 146, WW2, Seething Airfield.

The restored control tower now serves as a memorial and museum for the 448th Bomb Group



who flew B24 Liberator bombers from 1942 until 1945 from Seething.

We have a large collection of photographs, memorabilia and aircraft components recovered from crash sites throughout East Anglia. The displays give an insight into the daily life of the 3,000 personnel who lived and worked at Seething and to those who didn't make it back to their "home" in Norfolk or ultimately back to their families in the USA.

The tower is open from 10am until 5pm.

Admission is free and there is ample car parking. Refreshments and shop are available. The tower is in Toad Lane, Seething and is signposted.

All welcome and we look forward to meeting you.

Loddon & District Local History Group

THE LADY LORD MAYORS OF NORWICH

At our meeting in May our speaker, Phyllida Scrivens, gave an extremely interesting account of her new book, 'The Lady Lord Mayors of Norwich'. To date there have been 17 women Lord Mayors, of whom 9 were still alive and living in Norwich at the time of writing.

She regaled us with anecdotes about them all, gleaned from research and interviews with them and members of their families. Only 6 were born and bred in Norwich, others were from various parts of the U.K. and one was originally from Czechoslovakia.

The First Lady Lord Mayor was Ethel Colman (of the mustard family). Ethel and her sister, Helen, had commissioned the building of The Wherry 'Hathor' after the death of their brother on a trip to Egypt in 1897 that was hoped to cure his tuberculosis. Phyllida managed to borrow one of the log books from The Wherry Trust which was filled with personal details of Ethel's life. She went on to reveal much about the personal lives of all the Ladies including how they had to have the official regalia adapted for their use, most being much smaller than the male Mayors who usually wore them.

Continued on Page 39

..... History Group continued

As she brought some of her books for sale, the History Group bought one for their lending library which can be borrowed, along with any of our other books, at each meeting.

On **18th July at 2.30pm** our speaker will be Chris Armstrong talking about what he has discovered about one of his ancestors, entitled 'Under the Parson's Nose'.

On **August 15th at 7.30pm** [evening meeting] Mike Pinner of the Caister Research Project at Caister St Edmund Roman Town will speak to us about the ongoing project and the significance of their finds.

The Loddon & Chedgrave District Society

July 1st Sunday 4.00pm *

BBQ at Langley Forge. By kind invitation of Frances Kirkpatrick. Come and enjoy a summer afternoon. Park at Langley School main car park. Cost £9.00. Contact June on 528853 a week before.

July 11th Wednesday 9.00 am. *

Coach trip to AUDLEY END, visit this lovely stately home and gardens. Lots to see Entrance fee is £13.85 (free for English Heritage members) Coach £10.00 each. Pick up points, Chedgrave shops and Church Plain Loddon. Contact June 528853 **before 22nd June.**

July 27th Friday 10.30 a.m.

BIKE RIDE, Join Carole on a trip across the river and then a ride beyond Reedham. Approx. 15 miles. Lunch in Reedham. Meet at Church Plain car park. Contact Carole on 52,589.

August 8th Wednesday, 10.30 a.m.

Join Barry on an interesting walk along part of the Boudicca Way. Meet at SHOTESHAM Church, lunch at Pub to be confirmed. Contact Barry 491633.

August 18th Saturday 7.00 -11.00 pm. Hardley Mill

Music at the Mill. Bar ad BBQ. Walk from Hardley Staithe or catch the minibus from sign posted car park.

Bus running from 6.30 - 7.30pm and 9. - 11.00 pm. £1.00 per journey.

<u>Very important</u>: All bookings for lunches, walks, events etc. must be made in good time through the person named. Events marked with an * must be booked or paid in advance by the date noted to guarantee a place. All walks will cost £1. Please read information carefully.

PAUSE FOR THOUGHT.

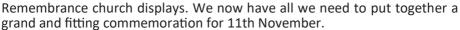
"We might think we are nurturing our garden, but of course it's our garden that is really nurturing us." *Jenny Uglow*

"If you have a garden and a library, you have everything you need.

Marcus Tullius Cicero

Royal British Legion–Loddon & District Branch

Firstly, a big thank you to everyone who kindly supplied us with material and plastic bottles to make poppies for this year's



Over the next two months, our branch standard will be on parade at many events round Norfolk including, on the 17th June the Desert Rats memorial service, and then joining with other RBL branches at the Royal Norfolk Show on the 28th.

As mentioned in a previous issue, August will see our standard bearers Jim (Loddon) and John Sturman Saver (Haddiscoe). additional representatives from both branches, travelling to France to take part in the GP90 WW1 international commemorations. Both Jim and John have been undertaking many long sessions of foot slogging training for this event in order to be parade ready, and it is to their credit that, even after all that, they are still willing, and indeed are looking forward to going to France for what will surely be long and tiring, but very worthwhile, days of commemoration and remembrance - some days they understand will be up to twelve hours non stop. The whole GP90 commemorations will end with a moving tribute to the fallen at the Menin Gate. We are very proud and honoured that they have both been selected to represent Norfolk on our behalf, and we wish them well for what will be a moving and memorable few days.

This year's Outdoor Bowls tournament date has been finalised for Sunday the 2nd September at the Swan Bowls Club, sign in at 2,00pm for a 2.30pm start. Start your bowling practice now in readiness!

Forthcoming branch meetings: Mondays the 16th July, 20th August and 17th September. Usual venue of the Kings Head, 8.00pm start.

Davy Place Social Club

Hurrah ... We have a new Minutes Secretary! Marion Hiseman has kindly offered to be our Social Club Minutes Secretary. Thank you Marion - we are extremely grateful to you for taking on the post.



LEGION

Our next big event at Davy Place is our Summer Sale that we will be holding in the Common Room on Saturday, 11th August. (*Please see 'What's On' on page 45*)

We are looking forward to our outing to Wroxham and Horning on Thursday 19th July. In the afternoon we will be cruising around Ranworth Broad on the 'Southern Comfort' Mississippi paddle boat. On Thursday 16th August we are going on a coach trip to Hunstanton. Both outings should be good fun!

If you want any further information about any of the activities we hold at the Davy Place Social Club then please contact us on 522115. Thank you.

WHAT'S ON: SPECIAL EVENTS

July 1st Sunday	HALES & LODDON CRICKET CLUB. ANNUAL FETE GREEN ROAD HALES 12.noon till 5.00 p.m. EVENTS RING, BOUNCY CASTLE, BAR, BBQ, STALLS and MUCH MORE. Stalls Available from £10 a pitch (Sorry - no food or drink Stalls) For more details visit www.facebook.comhalesandloddon or Pete.dye@canaries.co.uk
July 6/7th	LODDON PLAYERS present 'DEATH BY FATAL MURDER' A play by Peter Gordon at the Lecture Hall George Lane Loddon Fri 6th 7.30pm Sat. 7th 2.30pm & 7.30pm Tickets £7.00 each (conc. £5) Available from Loddon Garden and Seed Centre by E-mail – Loddonplayers@mail.com or telephone 01508 521006 (Between 6pm -10pm)
July 7th Saturday	Chedgrave W.I. Ladies invite you to a COFFEE MORNING and BRING & BUY SALE 10.30 am—12.30 a.m. kindly hosted by Margaret Bagguley at 7, Mill Road Loddon All proceeds to the Patents Participation Group, Chet Valley Medical Practice
July 14th	Norton, & District Village Hall SAVE OUR VILLAGE HALL CAMPAIGN! 'ALLSORT SALE' Thurlton Village Hall, 11.00am—2.30pm Books, Bric-a Brac, Cakes, Toys, Refreshments and Raffle. We desperately need funds to repair the hall roof and make other necessary repairs. You can help us by coming along with all the family to eat, drink and buy!

July 21st Saturday	1st LODDON BROWNIES are fundraising for their unit with a STRAWBERRIES & CREAM COFFEE MORNNG 10am –12noon at The Library Annexe, Loddon CAKES, BOOK STALL and more Everyone welcome so why not pop in for refreshments and support your local Brownies unit!
July 21st Saturday	COFFEE MORNING 'On the Banks of the Chet' 10.00 am—12 noon 10 Wherry Close (See page 13 for details)
July 21st Saturday	LODDON BAND CONCERT 7.30 p.m. Holy Trinity Church (see page 11 for details)
August 11th Saturday	DAVY PLACE SUMMER SALE 10am until 12 noon in the Common Room Jumble Stall Books Puzzles, etc. Homemade Cakes, Tombola Raffle and Refreshments. Please come along and pick up a bargain or two! If you have anything to donate to the sale we will be very glad to receive and use it.
August Saturday 25th Sunday 26th	LANGLEY WITH HARDLEY VILLAGE HALL 50/50 AUCTION WITH BAR & LIGHT REFRESHMENTS (to replenish funds after replacing vandalised hall windows) Items for auction can be delivered to the hall 2.00pm - 5.00pm on Saturday 25 August 2018 (sorry no electrical items). We ask that only items of good quality and likely to sell are brought along and you will be asked to remove unsold items at the end of the auction. SUNDAY 26 AUGUST Viewing from 10.00am. Bar from 12.00 noon. Auction commences 2.00pm Come and have some fun. All welcome. Your chance to make a bit of money and/or possibly pick up a bargain!! For more details contact Kathy Ashford hallbookings@langleywithhardleyvillagehall.org.uk 01508 528537

July 30th to August 3rd

CHET VALLEY CHURCHES HOLIDAY CLUB

for Primary School Children

Details inside front cover

LODDON & DISTRICT HORTICULTURAL SOCIETY

ANNUAL OPEN SHOW

1.00p.m. THE HOLLIES, LODDON

Sept. 1st Saturday

VEGETABLE, FRUIT, FLOWERS, DOMESTIC AND CHILDRENS CLASSES

REFRESHMENTS, TOMBOLA, AND CAKES PLANT SALES

For more details and a schedule please contact Mim on01508 49333 or Tricia Loades(Show-Secretary) on 01508 520273



- ◆ Loddon Day Centre would like to say a big thank you to everyone who supported our coffee morning it was great to see some new faces, along with our long standing supporters. Thank you all.
- ♦ On behalf of **Loddon and Chedgrave Jubilee Hall** we would like to say a big "Thank You" to all that attended our Country and 60's event which was held in loving memory of the late Dick Bloy. It was a huge success with a total of £604 profit made which will go towards decorating the main hall in the autumn. Thank you to all that donated to the tombola and raffle. Also a huge "Thank you" to Eileen and her family for arranging the event. We will be holding more events like this in the future.
- ◆ A BIG THANK YOU from **Chedgrave MS Therapy Centre** for all the support we received at our Coffee Morning on May 19th. We made £774.35p
- ◆ I would like to say a big thank you to all my friends and family for all the lovely cards and messages and also for the wonderful care I received when I was in the Norfolk & Norwich University Hospital. Mrs. Ella Pipe
- ◆ Loddon Flower Club thanks everyone who, despite the rain(!), supported their Coffee Morning on June 2nd. £236 was raised for Parkinsons UK.

AN LERIE

Read Any Good Books Lately?

Pass the time with a good book or two this summer!

"The Last Runaway," by Tracy Chevalier

In 1850 Honor, a young Quaker woman from Dorset, travels with her sister by boat to America. The sister, Grace, is making the journey to marry her fiancé in Ohio. Honor is accompanying her and hoping for a new start for herself, with the possibility of finding happiness after recently being jilted in Dorset by the man she loved. Things don't work out according to plan, though, as Grace contracts Yellow Fever and dies. This leaves Honor on her own amongst strangers in Ohio.

Slavery was still the norm in the Southern States at this time and many runaway slaves passed through Ohio in their attempts to reach Canada and freedom. Anybody caught helping these runaway slaves could be imprisoned or fined, according to American law. Quakers, of course, could not condone slavery, but equally many dared not help the runaways. Honor gradually builds a life of sorts for herself, but this new life is complicated by her natural compassion and her principles being sorely tested.

"Zoo Station," by David Downing

A very good, tense spy thriller set in Berlin in 1939, when Hitler and his Nazis dominated everything, and people either supported them enthusiastically or lived in fear. For Jews, of course, it was a time of absolute terror. John Russell, a British journalist, lives in Berlin; he has a German anti-Nazi girlfriend and a ten year old son by his German ex-wife. Teaching English brings him into contact and friendship with a Jewish family, and this draws him into the world of espionage.

This excellent story is the first in a series of four that David Downing has written. The subsequent three are: *Silesian Station; Stettin Station*; and *Potsdam Station* - all make for exciting and enjoyable reading.

"The Hand That First Held Mine," by Maggie O'Farrell

This is a clever and touching story which deals with the lives of two young women, one of whom lives in the 1950s and the other in our present century. It is only towards the end of the book that we realise how these two women were linked. Maggie O'Farrell is not a prolific writer, but everything she writes is very well worth reading. She is perecptive, humorous, compassionate and also, she is realistic.

"Giving Up the Ghost," by Hilary Mantel

Not a novel, this one, but the author's memoir, written in 2003.

Hilary Mantel's early adult life was plagued by illness, wrongly diagnosed by the medical profession as a mental rather than a physical illness (which was in fact endometriosis). Being wrongly diagnosed meant it was also treated wrongly, of course, and she was given tranquillisers and other Continued on page 51....

...... Read Any Good Books continued

drugs which harmed rather than helped her. What with that and her home life with a stepfather who was totally dictatorial - actively trying to stop any signs of creativity - it is astonishing that Hilary Mantel had the strength to write anything, let alone the superb books she has written! Even in this memoir her use of language is wonderfully expressive and imaginative.

Nature Notes

Did you see the Grey Wagtails at Loddon Staithe in May? These beautiful little birds were nesting under the road bridge and could be seen busily catching flies over the water, to feed to their young. Although I have seen them in other parts of the country, it was wonderful to find them in the village once more. Here's hoping they managed to raise all their chicks and that we will have the opportunity to watch them here again, sometime soon.

Spring blossoms are now well and truly over and fruits are developing on many trees and bushes. If you managed to create a 'Wild Patch' in your garden you should be reaping the benefits now. Insects should be busy pollinating and feeding on nectar and you will be able to watch them as they go about their daily business.

So far this year numbers of butterflies have been rather less than usual, which is a dreadful shame. I hope that these will be able to recover if we all plant our gardens in an insect friendly way. Birds have also been affected by the cold spring, it being more difficult to find food for young chicks and harder to keep them warm in the nest. Sadly I fear many have died but hopefully our garden favourites will manage a second brood if conditions improve.

Bird watching this spring has been challenging with many surprises. The Brent Geese that arrived on the North Norfolk Coast in the autumn, should have returned to The Arctic for the summer but were still here at the end of May and Puffins on the Farne Islands arrived a month later than usual, in sadly depleted numbers. However Cranes and Spoonbills are beginning to breed in Norfolk, Avocets are going from strength to strength and Buzzard and Marsh Harrier numbers are definitely increasing. Red Kite can be seen around here very often nowadays and Peregrines have, once again, nested on Norwich Cathedral.

Many people have told me of the lack of Swallows and Swifts this year although I have seen some and there have been House Martins swooping around Trinity Square, Loddon, building nests on the modern block of flats. Sadly, one of these has suffered severe damage: I am not sure how or why.

This 'Contact' is the summer/double month edition and as always at this time of year our thoughts turn to holidays, especially those of us with Continued on page 53

Nature Notes continued

children or grandchildren. Whether you are spending time in the countryside or at the beach, there will be plenty to see. Rock pools have always been a favourite with young and old alike and crabbing will keep many amused for hours, at very little cost. We are very fortunate in having many beaches within quite easy reach of the Loddon area, from North Norfolk round the coast to Southwold, with opportunities to search for salt tolerant plants too. Did you know that we have one of the longest chalk reefs in the world, just off the North Norfolk coast? Rob Spray and Dawn Watson are divers who have been studying this area for some time and have been instrumental in getting it international recognition. Rob takes amazing photos of the wildlife to be found there. Do look up the Marine Conservation Society for more information on our coastline and its wildlife.

Now I know that, especially at this time of year, when lawns are to some people their pride and joy, the mere mention of a Mole is enough to give them apoplexy. However, let's just give a thought for these shy little mammals and perhaps give them some sympathy. Moles are solitary creatures that keep to themselves and are rarely seen. They do an outstanding job under the ground mixing and aerating the soil and eat a great deal of invertebrates that are known to damage crops and garden plants. OK, they make molehills but if lawns are left to grow longer these can hardly be seen and anyway this sifted soil is great for pot plants. I rest my case.

Back in September.

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Editor's note: Due to a slip-up in communications there are no Gardening Notes, but I have included a paragraph which Andrew wrote at this time last year, which sadly can do with repeating.

"I cut grass for both Loddon and Chedgrave parish councils, and am dismayed to see how much litter there is everywhere, especially around the play areas. I pick up what I can and I know the parish council employs somebody to pick up litter but there is so much that one person cannot possibly manage. I see individuals dropping litter and challenge them when possible, and mostly they will pick it up and dispose of it in a bin. But I realise that not everybody will want to do that, so can I ask everyone to pick up the litter and put it in a bin, and



perhaps this will set an an example to the less caring and lazy people. Loddon and Chedgrave are great villages—let us all help to keep them tidy." Andrew Carver Loddon Garden & DIY

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