

CONTACT

Published by the Church in Loddon

July & August 2019



Water in a Parched Land

Photograph: R.Y.Ball



Chet Valley Churches

Holiday Club 2019

ECO-WARRIORS



29th July to 2nd August
St John's, George Lane

Watch out for **ECO-WARRIORS**
application forms in school or ask Reverend
Alison for further details (01508 528 126 or
ball880am@btinternet.com)

Chet Valley Churches Information

Clergy

David Owen:	01508 522993	david.chetvalley@gmail.com
Louise Morrissey:	01728 830733	delilah.morrissey@gmail.com
Ros Hoffmann:	01508 548200	ros@hoffmann2011.plus.com
Alison Ball:	01508 528126	ball880am@btinternet.com
Jill Haylock:	01508 520248	jillhaylock@aol.com
Fr. Padraig Hawkins:	01508 492202	office@east-angliadiocese.org.uk



Church Office

St John's Chapel, George Lane, Loddon NR14 6NB
Phone: 01508 521179, Email: office@chetvalleychurches.org
Open: Mon & Fri: 10am-4pm; Tues, Wed, Thurs: 10am-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	www.chetvalleychurches.org
The Norwich Diocese	www.dioceseofnorwich.org
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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Editorial

July and August—long, hot sunshine days. Last year too hot and for too long if truth be told. Our gardens and the farmers' fields ended up parched and desperate for water. I am hoping that this summer we will still have some lovely sunshine, a little less heat and some good overnight rain at just the right time. That way we will all enjoy our gardens without resorting to hosepipes to keep them alive and our farmers will enjoy a good harvest.

Actually, I'm really looking forward to July this year. Our oldest son is getting married and our families will be gathering to celebrate with him and his Sikh fiancée. A joyful coming together of two families, two faiths, two cultures. What could be better?

Fortunately, I am not responsible for the angst of planning the event though I am responsible for presiding at some of it. And my worry of what to wear as mother of the groom was solved by a shopping trip with the mother of the bride. Watch this space as I may just write something about the wedding again in September's edition.

I wonder what these months will bring for you? If you are short of things to do then there is plenty on offer in this edition of Contact: there are two art exhibitions; many cups of coffee and strawberry tea; Brass on the Grass; a concert; a trip down memory lane and much more.

Maybe I'll see you at one of them.

Alison



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The Transformation from Servants to Friends

“This is my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends. You are my friends, if you do what I command you. I shall not call you servants anymore, because a servant does not know his master’s business; I call you friends, because I have made known to you everything I have learnt from my father.” (John 15:12-15)

This change in relationship from servants to friends, however, doesn’t just imply a change in how God relates to us—allowing us who were once mere servants to at last become witnesses to His previously hidden mysterious workings—it also requires a change in the way that we relate to God, permitting us now to respond in an appropriate way to that great privilege of being raised to the honour of co-heirs with His Son, with whom we are now considered to share in friendship.

A servant, for example, certainly does what they have been asked to do, and no doubt they do it diligently, but nonetheless, they do what they have been asked to do for no other reason than because they have been asked to do it, for that is the nature of the relationship between a servant and their master.

But a friend on the other hand, a friend does what has been asked of them, not simply because they have been asked and feel compelled in some way to respond positively, but because, and even without any sense of obligation, there still remains the desire to serve the other—and for no other reason than for friendship’s sake, for no other reason than because being a friend means being also one who seeks to serve, in whatever way we can, those with whom we share friendship.

So whereas in the past, those in the pre-Christian era who knew of God’s commands would obey them for no other reason than because a good servant obeys their master, and possibly also to avoid punishment, those in the post-Christian era and who likewise know God’s commands, obey them not because a master has given an order, but because a friend has asked—and not just any friend, but one who has himself shown us the full extent to which a true friend is willing to serve those he loves, even to the point of laying “down his life for his friends.”



Fr Padraig

ADVERTS

Across the Chet Valley Churches

Worship in the Chet Valley



You are welcome to join us at any of our services.

Holy Communion is celebrated every Sunday at one or other of the Chet Valley Churches, either Book of Common Prayer or Common Worship, with an informal Holy Communion service once a month in Chedgrave.

Services of **Morning Worship** are held in Loddon and Hardley.

Xpressions Café is on the first Sunday every month at All Saints, Chedgrave. This is a relaxed and contemporary way of 'doing church'. Open between 10am and 12 noon, you can come and go as you please for coffee, cake, discussion, crafts, games, stories, reflection and much more.

All Together Worship is on the third Sunday every month at All Saints, Chedgrave (January, March, June and September have a later start and are followed by shared lunch).

All Together Worship 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.

Last Sunday Praise is held on the last Sunday of the month at St John's: a chance to sing old and new Christian songs and worship together.

Xtra! is an exciting, informal service every Thursday after school in St John's Church. Refreshments from 3.15pm, service starts ~3.45pm. Open to all; particularly suited to children and young people.

In Loddon and Chedgrave there is an opportunity to enjoy a chat over refreshments after the service.

There are toilets and baby-changing facilities at All Saints, Chedgrave and St John's, Loddon.

Families are welcome at all of our services but are particularly catered for on the 1st and 3rd Sunday of the month in Chedgrave.

Home Communion: 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.

ADVERTS

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 parents and carers.



Wednesdays 9.15am - 12 noon.

All are welcome. For further details please call Alison on 01508 528126 or e-mail: ball880am@btinternet.com

Friends and 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.



Next Meetings: 4th July at 12.30pm Salad lunch followed by *Try that Hat!* Hats for sale and for hire.

1st August at 2.30pm Garden meeting with afternoon tea.

If you are interested in joining the group ring Jill on 01508 520248.

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.

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 Mardles for refreshments and to swap books at Chedgrave Church Rooms.



Mardles are held every **Monday 10am-12pm**. 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!*)

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

More from Rev David 01508 522993 or Rev Alison 01508 528126

ADVERTS

News from Hobart High School

It has been a really exciting few months for Hobart High School and for Clarion Academy Trust. Pakefield High School joined the Trust at the start of April, giving us far greater opportunities for our students, staff and communities. We look forward to taking advantage of these over the coming months and years.

From September, Mr Adams will be taking on the role of Trust CEO. He will remain based at Hobart and will have regular oversight of the school. Having attracted a really strong field of senior leaders we were successful in recruiting Mr Ross LiRocchi as the new Head of School. He is a very experienced and successful leader and we look forward to working with him.

Our GCSE Art Exhibition was a real triumph for our talented and hard-working artists. The quality and range of artwork was quite breath-taking. Many thanks to those members of the community who came to see for themselves.

In May, we hosted 'The Human Library' Charity. This is an organised programme aimed at breaking down preconceptions and prejudices. People who have come up against prejudice in one way, shape or form, met with our students to share their experiences. This was a really powerful and important experience for those who participated.

In June, our annual history trip took place. A group of year 8 students visited the battlefields of Belgium. It was an opportunity for them to see something of what it must have been like for the brave men and women of our armed forces during the First World War. Every year, the students talk about what an interesting and moving experience it is.

The school has also continued its tradition of sporting excellence. Some fantastic individual and team performances including our Under 14s girls who won the South Norfolk Netball League. Isabel Lincoln has been participating in an international ski competition since January. She has been part of the TXC team representing England, competing against seven other countries. Her team finished 4th. She also finished 2nd in her age category in the 'Brits' competition. Well done, everyone!

I would like to take the opportunity to wish all those at Hobart and those in our community an enjoyable and restful summer.

Jim Adams (Headteacher)

Libby's Superhero Abseil Challenge

By the time you are reading this, I will have abseiled down the front of The Forum.

Many, many thanks for all the support and the donations I have received. At the time of writing the amount raised is in excess of £700.

I will let you know the final month in the September Contact.

Thank you. Elizabeth Chapman.

ADVERTS

The series of talks on *The Making of Medieval Art*, due to begin in September, has been cancelled as the speaker has had to withdraw. It is not known at present if another course can be organised in time. Please look out for a further announcement in September.

The subject for the Spring 2020 series is *The Defence of the Realm*. It is too early at present to sign up for this. However, when the time for enrolment comes, the procedure will not be the same as before. To enrol there will now be two options:

Either on line: go to www.wea.org.uk/look or wea.easternregion/courses and follow the prompts. You will need to know the title of the course and the course reference number*, and *you will be asked to pay the fee on line* by means of a credit or debit card.

Or by phone: The number to phone is 0300 30 33 464 and the line will be open Mon -Fri 8am to 8pm, and Sats. 8am-1pm. There is a recorded 'menu' of 6 options, but you will need only the first one. You will also need to know the course title and reference number*. The course fee can be paid at the same time or you can give a cheque to the Branch Treasurer at the first talk.

*The course reference numbers are not yet available but will be made known in good time. Meanwhile, if you have any questions, please phone 01508 521036 or send a message to candm52@icloud.com.

Hardley Windmill

This year is the 145th birthday of the mill. Built in 1874 to drain the farm land around Hardley and Langley, it was damaged in 1950, though it helped with the floods in 1953.

In 1991 Peter Grix took up the challenge to restore the mill to working order and in 2009 the sails turned for the first time. By 2013 the inside was complete, a visitor centre added and



a pontoon to moor boats. The mill was able to pump water again under sail power for the first time in over 70 years. It is the only functioning mill on the on the south bank of the river Yare and is open or being maintained most days of the week except Wednesday.

The Friends of Hardley Windmill are there most weekends taking the public on tours of the mill as well as preparing refreshments. Unfortunately, although not as old as the mill itself, the volunteers are also in need of maintenance so we are looking for more people to join in the engineering side as well as both guides and those who provide refreshments.

If you could spare one day a month or so please contact Frances Kirkpatrick on 01508 520331. It would be a shame to let this valuable piece of history, which is on our doorstep, become neglected.

Frances Kirkpatrick

THE SISLAND CHRONICLE

The Spring has been one of the most frustrating that I can remember, and Summer took a long time to make its mind up—but when it did we had the most lush growth for years. At 7.49am on 19th May we were serenaded by a cuckoo in our spinney, a happening that is all too rare these days. Sadly they have to run the gauntlet of guns around the Mediterranean, particularly in Cyprus and Italy, where any bird seems fair game for this sad practice. In this country we have just been banned from shooting wood pigeons—who eat our crops—and make good eating. It's a mad world! P.S The cuckoo was still around on the 22nd.

Whilst searching my desk—yes it's like that!—I came across a fragment of a thank-you letter stuck in the back of one of the drawers, from a pupil at Loddon secondary school sometime in the 1980s. We then lived at the north end of Loddon Parish on Hales Green, and used to show parties of school children around our house.

On this occasion, when in the barn, where we stored pots and compost for the Nursery, a young rat broke cover, hotly pursued by our Jack Russel, Fred 2, amid cheers and shrieks from the children. The rat was duly despatched and triumphantly thrown up in the air! History was forgotten—this was real life—and made their day; the barn suddenly coming alive with chattering children. Were you there?

SISLANDA

Hi, Freddie here.

One of my favourite toys is a green plastic bottle, which J. has 'dry ginger' in. If I'm lucky there's a drop left—I quite like spicy things! Bottles make a lot of noise when I bite them, but I have to be careful if the 'box' is on and T. is watching, he's got quite a loud growl! We have lots of birds in our garden, which I'm not supposed to chase, except for the pigeons, which eat his peas; they nest all over the place which annoys him.



I sometimes meet a hedgehog in the garden looking for his supper. They are covered in prickles and live in the bottom of our hedge where there are lots of leaves; Ian doesn't use his strimmer there in case he hurts one. T. put his back out in May, and we didn't go on any walks for ages, but he's alright now, but I wish he wouldn't decide to put letters in the hole in Farmer John's wall when it's raining, I get soaked! **Cheers. F.**

PS. I've got another new collar.

A BIG THANK YOU from Sheila Orpet:

For cards, messages, visitors and most of all your prayers following my recent stroke. I am pleased to say I am making good progress, albeit slowly.

My very grateful thanks to you all. God Bless you all. Sheila.

From the Parish Registers

Thanksgivings

Alexis Ivy Jones on 12th May in Holy Trinity Loddon

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

Funerals

Phyllis Clemence who died on 30th April 2019 aged 98 years
Funeral: 24th May at St John's Loddon

John Knevett Spicer who died on 25th May 2019 aged 76 years
Funeral: Friday 21st June 2019 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

A Trip Down Memory Lane 5th July at 7.30pm Holy Trinity Church

Come and join John Bennett and Gill Smith for a light hearted evening of readings and songs that will take you right back to your childhood. The programme, which is suitable for people of all ages, will include nursery rhymes in versions you may not have heard before and also some of the poems by writers such as Hilaire Belloc, A A Milne, Edward Lear and Lewis Carroll. Do you remember 'Little Polly Flinders'; the story of Jim, who was eaten by a lion; the song, 'Halfway Down the Stairs'; and 'The Owl and the Pussycat'? They will all feature in the programme, as will some more up to date authors, such as Roald Dahl.

John Bennett was born in Loddon and lived in the village throughout his childhood, performing in some of the earliest pantomimes directed by John Harris. Gill Smith is a pianist who lives in Norfolk and who studied at The Royal Academy of Music. Together, John and Gill will provide an evening which you will not forget.

Tickets : £9 (including interval refreshments). Accompanied children free of charge. Available from the Church Office (01508 521179; or from Nina Owen on 01508 522993 or by email theroamingfenlander@gmail.com

Phoenix Male Voice Choir 20th July at 7.30pm Holy Trinity Church

Back by popular demand, this Norwich-based choir will be singing a selection of well-loved songs.

Tickets : £9 (including interval refreshments). Accompanied children free of charge. Available from the Church Office (01508 521179; or from Hazel Catchpole on 01508 520162

ADVERTS



Sisland Saturdays
Come for Coffee, etc. in the Church
The first Saturday of the month
10am to 11.30am



Seething WWII Control Tower Open Days 2019

Sunday 7th July

Sunday 4th August

Sunday 1st September

Sunday 6th October

Open from 10am to 5pm



Displays showing the history of the young airmen of the 448th Bomb Group who were based here in 1943-45 through their personal wartime diaries, photographs, and memorabilia. Remembering also the 498 men who never got to return home.

Refreshments. Free parking and admission.



Annie THE MUSICAL

PROUDLY PRESENT

1st, 2nd, 3rd November at Langley School.

Tickets £14.50; children (under 16) £12.50 available from:

loddonplayerstickets@outlook.com

or Funky Feet School of Dance NR14 6HD Unit GE (Saturday mornings 9-10am from 6th July) Early bird offer: book before 31st July and save £2 per ticket.

Loddon & District Co-Operative Day Centre Request the pleasure of your company

Sunday 7th July 2019 from 1 pm – 4.30 pm

At Seething Village Hall for

“Brass on the Grass”

Lunch tickets are available from Seething Post Office, Sisland Tithe Barn and Loddon & District Co-Operative Day Centre £8.50 per person.

Or join us from 2.30pm to listen to the Loddon Band.



Refreshments available all afternoon.

ADVERTS

Loddon Junior School Eco-Club—Help Wanted!

The children of the school Eco Club are in the process of developing their new garden. They are hoping to grow some vegetables and fruit as well as flowers that are good for bees.

They would really like some help!

Are there any gardeners out there who might have an hour or two to spare to give the children (and teachers) some encouragement and advice for the work that they are doing? If so, they would really like to hear from you. Not only will they benefit from your expertise, but it will help develop inter-generational links in the community which can only be good.

If you are interested, please contact Mr Paul Graveling at Loddon Junior School on 01508 520392.



Chet Valley Photography Club

Our meeting on Monday 8th July is 'Portrait Photography' – Phil Barnes. We enjoyed having Phil so much that this will be his third appearance! Phil is based in Norwich and offers excellent lifestyle photography in the beautiful Norfolk countryside, and relaxed photography in your own home or garden. Phil's website is here www.philbarnesphotography-portraits.co.uk/norfolk-portrait-photographer/

Due to Hobart High School being shut in August, our meeting on 12th August will be on outdoor practical but location (and date) 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 web-



Help Wanted!

Naomi is taking over as Rainbow Leader and she needs two people to assist her. From September, they will meet on Wednesdays from 5-6pm in the Brian Clarke Rooms, Chedgrave.

Please contact Naomi on naomi@28KL.UK, or 01508 528107 or 07530 607307 if you can help, or for more information.

ADVERTS

The Parish Council met on 6th June 2019. Copies of the Minutes of Meeting are available at Loddon Library, on the Parish Council noticeboard and website.

Chedgrave Parish Council Co-opted 3 new Councillors—Mr Ronaldgene (Gene) Lyster, Mr Bob Demain and Mr Stewart Norris.

South Norfolk District Councillors: Parish Councillors were pleased to welcome and meet our new District Councillors Kay Billig and Jeremy Rowe.

B-Line Pollination Corridor: The PC are pleased to support this important project.

Traffic Speeding: The PC are eager to see the speed limit reduced to 30mph on Norwich Road starting before the first residence. Also, the SAM2 device will be back in action around the village shortly.

Parking on Langley Road: A reminder that parking on Langley Road should be for residents only.

Brian Clarke Rooms: To book the Brian Clarke Room please contact Georgina Buckle via brianclarkeroom@gmail.com or 07981 856270. The cost per hour is £7.50.

Grebe Drive Play Area: Fund raising continues and shortly letters will go out to all local businesses requesting their support.

Community Payback: The team will be visiting this month to carry out works for the Parish which shall include painting fences and litter picking at Grebe Drive Play Area, painting sheds and topdressing paths at Hardley Road Allotments.

Wherryman's Way: The PC continue to apply pressure on NCC to progress a plan of action to have it re-instated.

Faulty street lights, potholes, problems with roads, footpaths or public rights of way, road safety, flooding and overgrown trees and verges should be reported to Norfolk County Council on 0344 800 8020 or online at www.norfolk.gov.uk

Criminal & illegal activities, public disorder & nuisance, anti-social behaviour, speeding, uncontrolled dogs, should all be reported to the Police on 999 or 101 (non-emergency) and can be reported online at www.norfolk.police.uk

Please keep dogs on leads in our play areas & clear up after your dog; There are dog foul bins and litter bins available in the village

The next meeting of Chedgrave Parish Council will be held on Thursday 4th July 2019 at 7.30pm at the Brian Clarke Rooms

Contact us: Parish Clerk: Hayley Goldson, 6 Farm Close, Chedgrave, NR14 6HQ.
Tel: 01508 528310.

E-mail: chedgrave.pc@gmail.com

Website: www.chedgraveparishcouncil.co.uk



ADVERTS

What's Happening in Loddon Library

Library Opening Hours

Monday	8am-7pm	(Staffed 10am-7pm)
Tuesday & Wednesday	8am-7pm	Open Library access only
Thursday	8am-7pm	(Staffed 10am-7pm)
Friday	8am-7pm	(Staffed 2-7pm)
Saturday	8am-4pm	(Staffed 1-4pm)
Sunday	10am-4pm	Open Library access only

Are you new to the area, have never used a library before or just haven't used the library for a long time? Then come along to Loddon library and we can join you up, renew your card or just update your details. To register for a new library card, just bring something with your name and address on it and the staff will do the rest.

We look forward to seeing you!

Open Library gives you access to Loddon Library even when the building is unstaffed. To sign up, come along during staffed hours with some proof of address ID and talk to a member of staff.

Facebook: Follow us on Facebook—just search for Loddon Library.

DVD hire: You can hire DVDs for just £2: Top Titles for 2 nights and other DVDs for a week. Take advantage of our 2 for 1 offer on Thursday and Friday afternoons and Monday evenings!

Baby Weighing Scales: A set of scales is available during opening hours.

Mondays

Coffee morning: every Monday 10am-12pm. Pop in for a friendly chat and a cuppa.

Stay and play: every Monday 11am-12pm. Drop in for a chat with other families while your children play.

Computer buddy: friendly computer help on Mondays from 10am-12pm.

Citizens Advice: advice available one Monday a month, please contact library for dates and to book.

Thursdays

Community Book Group: join our friendly group on Thursday 4th July, 10.30am.

Crochet Group: come and crochet together on Thursday 4th & 18th July, 2pm-3pm.

Bounce & Rhyme Songs and rhymes with your little one. Thursday 11th & 25th July, 10.15-10.45am.

Fridays

Bookends story and craft: a fun after school story session with craft activities on Friday 12th & 26th July, 3.45pm-4.30pm.

Loddon Loves Books book group: join our evening book group on Friday 31st May, 5.45pm-6.45pm.

Special Events:

2nd Annual Norfolk Day celebration: Join us on Saturday 27th July from 2-4pm.

Come for afternoon tea to share your local and regional memories of living in Norfolk. Refreshments will be provided. More information to follow.

Space Chase Summer Reading Challenge is coming! In honour of the 50th anniversary of the Moon Landing, space-themed events will be taking place throughout the school Summer Holidays. Find out more on Facebook or in branch!

ADVERTS

News From Your New
South Norfolk District Councillor



I'd like to start this column by congratulating Kay Mason Billig who, like me, was elected to represent the Loddon and Chedgrave ward. I would also like to pass on my best wishes to Dr Kemp, who I know has been a loyal servant to South Norfolk District Council, as well as to the other candidates who stood. I felt that the campaign was a very positive one. I think we showed that people from different political backgrounds can still get on, disagree without falling out, and work together to get things done.

Since being elected I have been to induction sessions for new Councillors at the South Norfolk offices in Long Stratton, as well as attending my first meeting. To be honest, it was like the first day at school, but everyone has been very welcoming, and there is clearly a lot to be proud of in the way that South Norfolk is run.

In our community I have been in touch about supporting local football clubs, and enjoyed a cup of coffee at Davy Place with the amazing local residents, with whom I'm looking forward to working more closely. I have been to my first meeting of Chedgrave Parish Council, and will be regularly attending their meetings, as well as those of Loddon and Hales and Heckingham, which I'm looking forward to.

As a District Councillor I have an annual budget of £1,000 to spend on local projects. If your project is looking for funding, please get in touch. There is also the Community Action Fund for community initiatives requiring larger amounts of funding. I am responsible for receiving, considering and proposing applications for such funding (between £1,000 and £15,000; closing date 20th August 2019).

Finally, there are the 'Go For It' grants: There is up to £300 waiting to help you get an idea up and running in your local community. These grants give funding for not-for-profit projects bringing communities together and encouraging people to take part. Please contact Julie Ringer in the Communities team at South Norfolk Council on 01508 533642

There are three ways in which I can be contacted: by ringing me on 07932 70718; emailing me at jrowe@s-norfolk.gov.uk or at my regular surgeries:

Saturday 29th June 10am to 12 at All Saints Church Centre, Chedgrave

Saturday 20th July at Spoon Cake cafe 10am to 12.

If you contact me, I guarantee that I'll get back in touch within 48 hours.

I cannot sign off without thanking voters for putting their trust in me to serve them. I really enjoyed meeting so many of the people who live in our wonderful area, and would also like to thank everyone for how polite and welcoming they were across the hundreds, in fact well over a thousand, doors we knocked on.

Jeremy Rowe—Councillor for Loddon and Chedgrave.

ADVERTS

Holy Trinity Bell Ringers



As well as here at Loddon, the ringers have been out and about ringing Quarter Peals at other churches too. Bourne and Cambridge Surprise Minor have been rung at Loddon; Plain Bob Triples at Brooke; Turramurra and Kenninghall Surprise Major and Grandsire Cinques at St. Peter Mancroft in Norwich; Quornden Surprise Major at North Lopham and Double Court Bob Triples at Diss.

We have supported practices held at Beccles, Bungay and St. Peter Mancroft. The band at Loddon rang for the Archdeacon’s visitation on Sunday 19th May. A Peal was rung at Norton Subcourse on Saturday 25th May. The 5040 changes of Seven Surprise Minor methods took 2 hours and 43 minutes to complete.

We helped out at Oulton for a training day on Saturday 1st June. A Quarterly meeting of the Eastern Branch was held at Blofield on Saturday 8th June. Ringing took place on the eight bells before a service and meeting in the church.

Steve Rabong.

Maggie’s Place

Maggie’s Place is progressing well and the vegetables are starting to grow. I had my first, small but tasty, broad bean crop this week, but I have yet to reach my target audience.

If anyone knows of any carers that are looking for a break please let them know about Maggie’s Place. If

Saturday afternoons don’t work I am happy to discuss other options. Also if you would like to help out please email me: outlawanna75@yahoo.co.uk

Anna

Wanted

Unwanted/second-hand garden benches

If you have an old bench at the bottom of the garden or behind the shed that is never used would you like to pass it on to be used elsewhere locally?



We want to put benches in the new Maggie’s Place allotment and if we get several perhaps elsewhere too, to be used by whoever is passing.

We can collect, carry out repairs if needed and relocate when ready to use.

Contact Roger Outlaw, Tel. 528710 or via the Contact email address.

Bishop's Pilgrimage—Tuesday 2nd July

Prayers Please



On Tuesday 2nd July Bishop Jonathan, the Bishop of Lynn, will be making a prayer pilgrimage through Loddon Deanery, starting with breakfast at about 9am in Stoke Holy Cross and continuing via Poringland Community Centre to Green Pastures cafe and hopefully then by bus (the X22) to Chedgrave and Loddon.

Bishop Jonathan will be arriving at The White Horse Pub in Chedgrave at about 11.50 am and walking from there to the Junior School; why not greet him and walk with him? He will join Lunch Club (at Loddon Junior School) and go on to Clinks Care Farm and the Waveney River Centre in the afternoon. The aim of the pilgrimage is to

pray along the way for this area, to join with those who can be with him and to hand out prayer leaflets based on the Lord's Prayer.

In the evening there will be a service of prayer for all parishes of the deanery, at 7pm in Holy Trinity, Loddon where we are invited to bring something that represents the parish where we regularly worship.

Eco Café

The world is in a mess! There seems to be little doubt about it. But what should we do? There is so much information out there it is hard to sort out. Should I be vegetarian – maybe but I don't know any recipes. Should I buy an electric car – maybe but I don't know anyone who drives one or have any information about it. Should I stop using bags to buy things in – maybe but where is the nearest zero waste shop. Should I stop wearing clothes with plastic in them – I didn't even realise I was!

If you are confused and would like to explore the options a bit more, why don't you come along to the Eco Café on Sunday 4th August at Chedgrave Church? From 10 am onwards there is a chance to talk to people, look at the exhibitions, take part in our give-and-take clothing exchange and discuss what you might do to play your part in improving our environment. There will be free refreshments available all morning and at 11.30 am there will be vegetarian and vegan food to try together with their recipes. If people want, we will carry on into lunch time.

See you there!



ART EXHIBITION

A display of paintings, textiles, sculptures and ceramics by
local artists

Holy Trinity Church, Loddon

Saturday 24th August 10am - 5pm

Sunday 25th August 12.30 - 5pm

Monday 26th August 10am - 5pm

Preview Evening Friday 23rd August 6 pm

Wine and Nibbles.

Tickets available from Church Office £6

Artists interested in exhibiting should contact
Genevieve Godber at church office 01508 521179

or call Angela Bailey 01508 528794

Church Services in July and August

Sunday 7th July		
8.00am	Holy Communion (BCP)	St Mary, Sisland
9.00am	Informal Holy Communion	All Saints, Chedgrave
10am—12 noon	Xpressions Café	All Saints, Chedgrave
10.45am	Holy Communion	Holy Trinity, Loddon
Sunday 14th July		
8.00am	Holy Communion	St Margaret, Hardley
9.30am	Holy Communion (BCP)	All Saints, Chedgrave
10.45am	Morning Worship + Baptism	Holy Trinity, Loddon
Sunday 21st July		
9.30am	All Together Worship + Baptism	All Saints, Chedgrave
10.30am	Morning Prayer (BCP)	St Mary, Sisland
10.45am	Holy Communion	Holy Trinity, Loddon
Sunday 28th July		
9.30am	Holy Communion	All Saints, Chedgrave
10.30am	Morning Worship	St Margaret, Hardley
10.45am	Morning Worship	Hoy Trinity, Loddon
6.30pm for 7pm	Last Sunday Praise	St John, Loddon
Sunday 4th August		
8.00am	Holy Communion (BCP)	St Mary, Sisland
9.00am	Informal Holy Communion	All Saints, Chedgrave
10am-12 noon	Xpressions Café	All Saints, Chedgrave
10.45am	Holy Communion	Holy Trinity, Loddon
Sunday 11th August		
8.00am	Holy Communion	St Margaret, Hardley
9.30am	Holy Communion (BCP)	All Saints, Chedgrave
10.45am	Morning Worship	Holy Trinity, Loddon

Sunday 18th August		
9.30am	All Together Worship	All Saints, Chedgrave
10.45am	Holy Communion	Holy Trinity, Loddon
5.00pm	Evening Prayer	St Mary, Sisland
Sunday 25th August		
9.30am	Holy Communion	All Saints, Chedgrave
10.30am	Morning Worship	St Margaret, Hardley
10.45am	Morning Worship	Holy Trinity, Loddon
Other Services in St John's, Loddon		
Every Saturday 6.00pm	Roman Catholic Mass	
Tuesdays 7.30pm- 8.30pm	<p>COME AND PRAY</p> <p>If you would you like to spend some time in prayer with a small group of people you are welcome to come along to</p> <p>'Time for Prayer and Space for Reflection'</p> <p>3rd Tuesday Midweek Communion with Blessing</p> <p><i>All are welcome</i></p>	
Thursdays during school term	<p>Xtra!</p> <p>Join us for an exciting, informal service. Refreshments from 3.15pm, Service starts 3.45pm More from Rev David 01508 522993 or Rev Alison 01508 528126</p>	
Every day Morning Prayer 9.00am <i>All Welcome</i>	Monday	Holy Trinity, Loddon
	Tuesday	St. Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	Holy Trinity, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave

Give and Take Clothing—*New Clothes for Old*

Summer is here and you may be looking to your old wardrobe thinking, perhaps, it is a bit tired and could do with a change. If that's you, why not swap your unwanted clothes for something that someone else has tired of but which still has plenty of life in it? Good for the planet and good for your pocket!

The Give and Take Clothing Exchange will be in operation for one day only on 4th August at Xpressions Café in Chedgrave Church Centre. Bring your unwanted clothes (good quality only) to Chedgrave Church Centre on Sunday 4th August to be hung on a rail for opening time at 10am.

See what you might take home in exchange to refresh your wardrobe.

Pet Service: Sunday 18th August at 9.30am



On Sunday 18th August we will be holding a Pet Service in in the Pits, Chedgrave.

“What’s that?” someone asked me.

It’s a chance for us to acknowledge the place of pets in our lives: companions, friends, helpers. Some take us out to exercise, some greet us when we come home, some allow us to stroke them.

They listen when we tell them things, some judge our mood quite accurately, they allow us to take care of them. And they are a diverse bunch—revealing something of the amazing and wonderful variety in God’s creation.

So, you are invited to bring your pet along with you on Sunday 18th August as we celebrate these much-loved creatures—I wonder what the most unusual one will be.

Of course, you are responsible at all times for the behaviour of your pet.

I look forward to seeing you and your animals there.

Rev Alison.

Chedgrave Church Centre Hire

All Saints Church Chedgrave has a lovely church centre attached to it which has been open for over 25 years. There are two rooms, one upstairs, a kitchen and a loo. There are wheeled tables which are easy to move and put up. It is warm even in the winter!

The centre is available to book with a suggested donation of £8 per hour. If you are looking for a venue for a meeting, a party, or an activity do contact Jack Barwick who is responsible for hall bookings on jackbarwick@yahoo.co.uk or at 2 Hardley Road, Chedgrave.



Events in and around the Church in Loddon

Unless stated otherwise, tickets for charged events are available from Nina Owen on 01508 522993 or the Church Office (St John's Chapel, George Lane) on 01508 521179, email chetvalley@btconnect.com

- Sat 22,
Sun 23
June
- PLAYTIME OLD AND NEW** 10am-5pm, Holy Trinity Church
An exhibition of toys, games and your childhood memories with light lunches, teas, stalls, giant book sale and photography exhibition. Free of charge, but any donations to benefit the church will be welcome
- Fri 5
July
- WHEN WE WERE VERY YOUNG** 7.30pm, Holy Trinity Church
John Bennett with Gillian Smith in a nostalgic evening of music and words
Tickets (to include buffet refreshments) priced £9, under 16s free
- Sat 20
July
- PHOENIX MALE VOICE CHOIR** 7.30pm, St John's Chapel
This popular choir makes a return visit to Loddon
Tickets (to include refreshments) priced £9, under 16s free
- Fri 23
Aug
- ART EXHIBITION PREVIEW** 6.00pm, Holy Trinity Church
Tickets (to include refreshments) priced £6
- Sat 24 -
Mon 26 Aug
- ART EXHIBITION AND POP-UP CAFE**
10am - 5.00pm Sat & Mon, 12 - 5pm Sun, Holy Trinity Church
Enjoy a comprehensive exhibition of work by local artists, together with the popular Pop-up Cafe. Entry free of charge, catalogues and art for sale
- Sat 21
Sept
- MICHAEL BUBLE TRIBUTE CONCERT** 7.30pm Holy Trinity Church
Enjoy the songs and entertainment of Michael Buble with Dale Bullimore.
Tickets (to include buffet refreshments) priced £9, under 16s free
- Sat 12
Oct
- LODDON BAND CONCERT** 7.30pm, Holy Trinity Church
An evening of favourite music.
Tickets (to include buffet refreshments) priced £9, under 16s free
- Sun 13
Oct
- HARVEST FESTIVAL & LUNCH** 10.45am, St John's Chapel
Decorations in Holy Trinity Church
- Sat 30
Nov
- CHRISTMAS FAIR** 10.00am, St John's Chapel
Stalls, refreshments and a chance to get into the mood for Christmas
- Fri 6
Dec
- OPEN HOUSE AT THE VICTORIAN EVENING**
6-9pm in Holy Trinity Church and St John's Chapel, with refreshments including mulled wine, charity stalls, and much more alongside the town's Victorian Evening

COMMUNITY GROUPS NEWS & EVENTS

Loddon Flower Club

2nd July: Sandra Price 'Let's Celebrate'

6th August: AGM

We would love you to come along and join us. The cost is £6 for visitors, and we meet at Hobart High School 7pm for 7.15pm start.

Loddon Women's Institute

At our May meeting Francis Middleton took us on a whirlwind tour around many of the countries whose people produce Traidcraft goods. It was a fascinating and enlightening journey.

17th July Georgette Vale will give a talk and demonstration entitled 'Five O'clock Tea with Betsey'.

21st August we will enjoy afternoon tea in a member's garden.

Visitors and new members are always welcome. We meet at the Jubilee Hall, Loddon at 7.30 pm.

Chedgrave & District Women's Institute

On a lovely warm summer's afternoon several of our members visited St Ethelbert's Church in Thurton, where Lynton Johnson explained the history of this remarkable church. After a tour of the church, Lynton had previously invited us to wander through his garden, which was truly amazing with numerous flowers, plants and shrubs. Following this he had laid on an afternoon cream tea—the end to a perfectly lovely afternoon which all had really enjoyed.

Next meeting:

23rd July: At this meeting we shall be welcoming Maria Pennington who has a passion for pearls. All Saints Church Centre, 2pm.

Langley with Hardley Women's Institute

Tuesday 23rd July Lady Mayors of Norwich;

Tuesday 20th August Garden Meeting;

Both at 7.30pm, at Langley with Hardley Village Hall.

Loddon & District Cooperative Day Centre

Why not come and meet some new people?

We play games, do crafts and exercises, chat and have a two course lunch.

9.30am-2.15pm, each Tuesday and Friday, at the Brian Clarke Room, Chedgrave.

Just drop in or ring Bev on 07826 299290.



B I N G O

In the Library Annex Friday nights.

Eyes down at 7.30pm. All welcome. Two jackpots that regularly top £100 with 10 games per session plus a flyer game. Evening usually ends around 9pm.

Footballers Wanted!

We are a friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astroturf every **Monday** evening from 8.30pm-9.30pm 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



Hobart Badminton Club

We meet on **Fridays** 7.30-9.30pm 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



Hales & Loddon Cricket Club

Hales and Loddon Cricket Club's **Monday night** Cricket starts on the 28th April for **ages 5-14yrs**. We run Softball and Hardball, and have teams at U9/U11 Softball as well as U11/13 Hardball teams. Whether you have played before, or just want to come and try, Hales and Loddon CC is the club for you.



SOUTH NORFOLK
SNYAB
YOUTH ADVISORY BOARD

We are a warm and friendly Family Club who welcome all. This year we have formed a partnership with SNYAB to provide more opportunities for both boys and girls within the game. For players **15yrs-Adult we train on Thursday nights**, and run teams in the Norfolk Alliance and Norfolk Leagues.

For more details, email Head Coach Pete Dye at pete.dye@canaries.co.uk or text 07931711323. The Club is Clubmark accredited, with all Coaches and Captains holding DBS and the relevant qualifications. Whether you can play regularly, or just want a look, we'd love to see you.

The Club is currently looking for a Treasurer. If you have a few hours spare and would like to get involved, email Pete.dye@canaries.co.uk

ADVERTS

Loddon Community Gym

By the time you read this we may know how much Tesco's 'Bags of Help' Scheme has awarded us: £4,000, £2,000 or £1,000 are up for grabs! Thank you to everyone who helped in this way.

Our Easter Draw took place on the Friday before Good Friday. Congratulations to the winners and thank you to members who donated prizes. Tesco, Morrisons and the local Co-op also donated prizes, notably the Co-op who gave the dried fruit that a member made into a Simnel Cake.

At no cost, or trouble, to yourselves please join GoRaise who will donate money to us every time you shop online at any one of over 3,000 retailers including Boots, Argos, B&Q, John Lewis, M&S.

Visit: www.goraise.co.uk/loddoncommunitygym

Now that the better weather is approaching and the garden and the countryside beckon do consider joining the Gym. Strengthening the muscles that support the skeleton helps alleviate the aches and pains we all feel as we get older. George is one of our older members and he writes:

"The fitness programme designed for me, a 93 year old widower, by Louise, is a personal challenge but very worthwhile. My muscle strength and mobility have benefitted and the chats with other members add to the feeling of wellbeing."

As the Gym opening times are restricted, most of the members are older but anyone over 16 is welcome to join and have programmes designed especially for them. If you would like to find out more please contact Louise on 07534 946143 or visit our website www.loddoncommunitygym.com

We are open in the Jubilee Hall, George Street, Loddon as follows:

Mondays: 1.30pm - 6pm, Tuesdays: 4.30pm - 8.30pm, Fridays: 10am - 1pm.

Loddon Swan Bowls Club

The Club was founded well over 100 years ago and is looking to expand its membership. The Green, which is probably the best in South Norfolk, is a pleasure to play on and is much admired by opposing teams and visitors alike. It is situated behind The Swan with signed access from the car park.



The Green reopened on Saturday 13th April and afternoon sessions will be on **Monday, Wednesday & Friday afternoons from 2pm to 5pm** for practice and pleasure. In addition the Green can be opened on **Saturday mornings from 9.30am to 12.30pm** if required. Please phone Mike on 01508 521049 for details.

If you are interested please come along to any of our sessions and you will be made most welcome. The only requirement is that you wear flat soled shoes. We have a limited number of bowls to lend at no charge and instruction will be available to help you master the game if you have not played before.

We are a friendly and amiable group and we look forward to seeing you.

ADVERTS

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 10am 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.

2nd July Clive Hall Totally Random

Our meeting in the middle of July will be our annual Chairman's Lunch.

The speakers for August are:

6th August Jill Mann The Way Holidays Used To Be

20th August Barbara Miller History of Norwich Shoe Trade

We really look forward to seeing you.

Please contact Clive Boyd Phone 01508 520547, or e-mail

cliveboyd@btconnect.com

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.

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

PARKINSONS

Would you like to meet other Parkinsons sufferers? We meet on the first Monday of the month at the Chedgrave White Horse at 12.15pm. Partners are also welcome. For further details please ring Michael Osborne on 01508 522034.

Loddon & Chedgrave Ladies 8 O'Clock Club

We are a group of very friendly ladies who meet on the last Wednesday of each month (with some exceptions) in the Jubilee Hall club room. We have a very informal meeting with a speaker followed by tea/coffee and a raffle and time to chat. £6 joining fee, plus £3 for each meeting attended.

Please feel free to come along to our meetings and make new friends or for more information contact Hillary 01508 520457 or June 01508 528853

ADVERTS

What's Coming Up in All Saints, Chedgrave

18 th August	Pet Service (in The Pits) starting at 9.30 am
15 th September	Harvest Festival at 11 am followed by a shared lunch
11 th October	Quiz & Supper
25 th or 26 th October	<i>Libricini</i> in concert
23 rd November	Autumn Fair

Do watch out for further details in subsequent editions of Contact.

Loddon and Chedgrave District Society

The Loddon and Chedgrave District Society is an Amenity Society affiliated to the Council for the Protection of Rural England (CPRE). The CPRE is a national charity which helps people to protect their local countryside where there is a threat, to enhance it wherever there is opportunity and to keep it beautiful, productive and enjoyable to everyone.

We support these aims through participation in CPRE and CPRE-Norfolk events, as well as our own activities and organised walks. Membership is open to all for an annual subscription of £6.00 to the Membership Secretary, 01508 520457.

Davy Place Social Club

Hello from everyone at the Davy Place Social Club.

Here at Davy Place we are looking forward to a very busy summer. We have two trips to the coast planned; the July trip is to Wells next to Sea and in August we will be visiting Sheringham. We shall be celebrating all things 'Norfolk' on Norfolk Day, Saturday 27th July from 10am onwards in the Common Room. Why not come and join us—there will be tea/coffee, strawberries and cake!

On Friday 9th August we shall be going to Beccles Public Hall Theatre to see Ian Larkin and friends in The Great British Seaside Special Show. We are really looking forward to that, it should be an excellent show! And, on Saturday 10th August we hope to see lots of old and new friends at our Summer Jumble Sale. There will be plenty of good jumble, a Nearly New Stall, bric-a-brac and a 'wrapped surprise' tombola! The Jumble Sale starts at 10am in the Common Room and entry is free. If you have anything to donate we would be grateful to receive it. Please telephone Janet on 522115 to make contact or arrange collection etc.

We are still in search of a Minutes Secretary to help with the Social Club admin and record keeping, if you would be interested in helping out please let us know. We are also looking for someone to play our 'new' piano. We were recently gifted the piano and would love to have someone play so we could arrange to have a sing-along at an Afternoon Tea or a Social Evening. If you can help then please get in touch. You never know—it could be great fun!

With all best wishes from the Davy Place Social Club

ADVERTS

Royal British Legion–Loddon & District Branch



We are pleased to report that the branch continues to be well represented locally, and the May National Arboretum visit went well. Apart from our Loddon Monte Cassino veteran, Charlie Coleman, we also were proud to include a veteran from King's Lynn, Cyril Route.

Did you know that, under the Armed Forces Military Covenant agreed by the government, the NHS is obligated to treat anyone who has ever served in the armed forces with special consideration, no matter how long ago or how recent that service was, or indeed where it was, male or female.

The view now is that any military service could have a direct bearing on health in later life and this needs to be recognised. The Legion is asking that, if this applies to you, tell your health practitioner or local surgery without delay.

The next branch meetings are on Tuesdays 16th July, 20th August and 17th September, 7.30pm at the King's Head. Branch secretary Colin Hartley, 01508 521136, can be contacted for any Legion help or advice.

Margaret Wallace 01508 520840

Loddon and District Horticultural Society

Our June visit to Brick Kiln House, Shotesham, was very much enjoyed by everyone. Our next meeting on 10th July will be our Fuchsia and Sweet Pea Show for members. This will take place in the Jubilee Hall, Loddon, at 7.30pm. Everybody welcome.

Also coming up, our annual open show on Saturday on the 7th September. For a schedule please contact Trish on 01508 520273.

If you would like any more information on our friendly society, please contact Ali Barwick on 07707 029940 or email alisonbarwick@gmail.com or find us on Facebook!

South Yare Wildlife Group

Moths and More

You are invited to join the South Yare Wildlife Group to open moth traps and take part in other family fun activities on **Sunday 28th July** at Claxton Village Hall NR14 7AS.

The event will run from 10am-1pm and is free for members and children and £2 for adult non-members. No booking required.

For further information about this and other activities, please visit www.southyarewildlifegroup.org



ADVERTS

A Pocket Full of Posies? Surviving The Black Death the Medieval Way

More than six hundred years after the devastating natural catastrophe that became known as the Black Death occurred in England, scientific investigation into its inception still continues. New research has questioned the once accepted theory that fleas on rats were responsible for spreading the disease and it now seems likely that human lice were the more likely culprits. This has been supported by recent archaeological evidence which revealed there were simply not enough rats around during the winter period, when people were first stricken, to cause the epidemic. However, it was historical evidence and contemporary observations that Dr Joy Hawkins presented us with to consider this theory.

One example was that of Giovanni Boccaccio, in Italy. He noted how pigs sniffing the discarded clothing of plague victims also later died but there was no mention of rats. Medical men of the day, desperate to find a cure, did not mention vermin either. Despite the frightening speed at which most lives were claimed some people did survive but, of course, with no understanding of bacteria or germ theory, doctors could only look to the stars to find the cause, blaming a troublesome alignment of the planets; Mars, Jupiter and Saturn retrograde in Aquarius, either that or it was an imbalance of the humours. John of Burgundy claimed men were full of evil humours affected by sin. And according to John of Reading, wearing outlandish fashions, like those ridiculously long pointed shoes, restricted the ability to kneel properly for prayer!

Various cures were attempted, using herbs; Joy passed some around for us smell; special prayers were said; some went on pilgrimage; towns segregated those with symptoms and brought in rules to keep the streets clean; miasma or bad smells had long been associated with disease. In Norwich everyone had to clean out their pigsty on the same day of each week, in the same two hours. Tragically, so little could be done to prevent this terrible pestilence taking hold, especially when as Joy pointed out that a series of poor harvests had led to a malnourished population and migration from the countryside to the towns and a life in crowded less hygienic conditions perhaps, making them more susceptible. Maybe, it's time to reconsider our opinion on the much maligned, humble rat! As usual, Joy presented us with an excellent talk.

OUR MEETINGS ARE OPEN TO ALL

July 17th 1.30pm Escaping Hitler: A Jewish Boy's Quest for Freedom & His Future

If you are not free to join us in the afternoon we have an EVENING MEETING:

August 21st 7.30pm Alex Fisher, Must Farm; Britain's Bronze Age Pompeii

St John's Lecture Hall, £3 entrance includes refreshments.

Contact: 01508 520120 or 01508 521136 for further details.

ADVERTS

Patient Participation Group

Our Open Meeting on 28th May was well attended when Dr Andrew Glenn, an ophthalmologist from the Norfolk and Norwich University Hospital, came to speak on the subject of macula degeneration, a disease which affects 30 million people worldwide.

He gave a slide presentation showing the workings of the eye e.g. the macular which is the central part of the eye and the optic nerve, among other parts. He explained that there are two types of macular degeneration: *dry* which develops slowly, and *wet* which comes on rapidly causing distortions and blurring.

There are treatments available at present and new trial therapies are being researched. He then answered several questions from the audience. The Macular Society May be contacted on 0300 3030 111 or at www.macularsociety.org.

As many people are away in the months of July and August, the next Open Meeting will be September 24th, the topic of which will be announced in the September edition.

Enjoy the summer we hope we will get and remember to apply sunscreen even on cloudy days.

St Michael's Church, Langley



presents a recital of

Flute and Piano Music

with Katie Bailey, Flute

and Christopher Johnston, Piano

in the Ballroom of Langley Hall

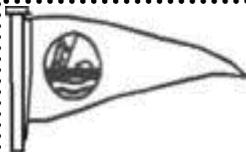
7.30pm Saturday 20th July 2019

An excitingly programmed concert including music by Mendelssohn, Poulenc & Liszt

Tickets: £10.00 Adults £8.50 Friends £2.00 Students/Children
(includes wine/soft drink and nibbles)

Ample parking in front of Langley School

Concert proceeds will go towards refurbishment of Langley Church



Coldham Hall Sailing Club

Surlingham (NR14 6AN)

Coldham Hall Sailing Club is holding its **Try Sailing** sessions during June and July 2019.

If you would like to learn to sail, this is the ideal opportunity.

Contact: Gary Corbett on 07770 323433 or corbett01@btconnect.com

Full details on the club website: www.coldhamhallsailingclub.co.uk

ADVERTS

Our next presentation is: ***Stan & Ollie***, rated PG, starring **Steve Coogan** and **John C. Reilly**.

This somewhat poignant film pays a lovely tribute to perhaps one of the greatest showbiz double-acts of all time. Set during the twilight of their career during a tour of the UK in 1953 the twosome fear what they see as an uncertain future, with Oliver's health starting to fail and the age of Music Hall beginning to wane.



The tour starts off rather on the back foot but the charm and still undoubted talents shine through and once again win over their adoring fans. Coogan and Reilly give outstanding performances that reflect the detailed research they must have done to capture so well this famous twosome.

Highly rated by critics and audiences.

Showing on Thursday 4th July , at the Lecture Hall, St John's Chapel, George Lane, Loddon. Doors open 7pm; film starts 7.30pm.

Our August film is ***The Green Book***, rated 12. It stars **Vigo Mortenson** and **Mahershala Ali** and is directed by **Peter Farrelly**.

Based on a true encounter the film portrays the unlikely partnership of Tony Lip (Mortenson), a borderline "Goodfella" from New York's Italian/American community and Dr Don Shirley, a black, world-renowned pianist. Lip is given the job of driving the Doctor on a piano recital tour of America's deep south, still segregated and not the best place for a black piano player to ply his trade. The title of the film derives from the Green Book that was published to show where black visitors were permitted to stay.

It's not perfect, but audiences liked it and the blossoming relationship of this unlikely pair, given weight by superb performances, makes for an entertaining film covering a subject still raw today.

Showing on Thursday 8th August (please note that in August the film is shown on the 2nd Thursday of the month) at the Lecture Hall, St. John's Chapel, George Lane, Loddon. Doors open 7pm; film starts 7.30pm.

Tickets £4 adults £2 child. On the door or in advance from Loddon Garden & DIY.



1st Loddon Brownies

are fundraising for their unit with a



Strawberries and Cream Coffee Morning

Saturday 20th July 2019, 10am until 12noon at the Library Annexe, Loddon

Includes a cake stall, book stall and more...

Everyone welcome, so why not pop in for refreshments
and support your local Brownie unit!

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St Michael's Church, Langley

Near Loddon, NR14 6BL

Entrance from The Avenues, Langley, NR14 6BL
(Ample free parking)



Art Exhibition

An exhibition of examination work by
LANGLEY SCHOOL pupils - Fine Art, Sculpture,
Photography, Textiles, Design and Technology

Saturday 29 June - Sunday 14 July 2019

11.00am - 1.00pm and 2.00pm - 4.00pm daily

ADMISSION FREE

(Friends Private Viewing - Friday 28 June 5.30 - 7.30pm)



LIGHT REFRESHMENTS AVAILABLE

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“A book is a device to ignite the imagination.” Alan Bennett

“The Italian Wife,” by Kate Furnivall

A story set in Italy in 1832, in the time when Mussolini and his Blackshirts were running the country. A woman throws herself from a tower to her death, having first asked a complete stranger (Isabella Bernotti) to look after her daughter for a few minutes.

There is, in fact, a link between the two women, but Isabella is initially unaware of this and it isn't made clear until the end of the book. Before that, many things happen. Within this intriguing story there is romance, political skulduggery, cruelty, mystery and danger. The author writes well, but at times her descriptions of emotions are somewhat overdone! Nonetheless, it's a good story.

“All the Light We Cannot See,” by Anthony Doerr

A great many books have been written with World War 2 as the setting of the background, and this is one more—but it is from a very different perspective from usual; in this case that of two children, one German (Werner) and one French (Marie-Laure). Werner is an orphan being cared for in a Children's Home and Marie-Laure is a blind girl whose mother died when giving birth to her. She is lovingly cared for by her father.

Both children suffer in different ways and both are very clever—also in different ways. Through the eyes of these children we gain real insight into the privations suffered by those people living in occupied France and those young boys who were swallowed up by the brutality of Hitler's Nazis, and trained to be in the Hitler Youth Company. It's an extraordinarily sensitive, compassionate and intelligent narrative, and utterly engrossing.

“Major Pettigrew's Last Stand,” by Helen Siminson

From the very beginning this book is thoroughly enjoyable. A quirky opening leads on to a very modern day love story in which the protagonists are no longer in the flush of youth, and who have very different backgrounds as well as different faiths. They live in a quintessential English village in Sussex where there is the usual variety of traditions and characters, as well as elements of class, snobbery and some racism—all offset by more charitable, caring and friendly attitudes.

Helen Siminson writes well, making it easy for us to visualise all the disparate characters in her book. Major Pettigrew himself is a traditional, honourable and endearing gentleman of the old school. There is much humour and quite a bit of food for thought in this absolutely delightful story.

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Nature Notes

I discovered recently that this would not be the first time my thoughts about nature have been published. In March I attended a surprise 70th birthday party for two friends and I had been asked to share some of my memories of our childhood. While researching through diaries and scrap books, I came across the following from an old school magazine from the 1950s, with all my misspelling included:

On Thursday afternoon my dady and I went along the cliffs
We watcked the men stopping the cliffs from tumbling down
We went up qurens avinu and saw a birds nest
We went a little frther and we watched the roocs biding thir nests
And one of the roocs stole one of the roocs sticks. Richard Hull (aged 6)

We live in an amazing part of the country and there are so many opportunities to connect with nature. We just need to keep our senses alert. While the car was having its MOT, I walked from Loddon Trading Estate through to Chedgrave Staithe. During this 30 minute walk I either saw or heard over 20 species of birds, including a lesser whitethroat, singing its scratchy song.

Out walking our two dogs along the banks of the Chet and the Yare on consecutive days last week, two different short eared owls were quartering across the marshes in late May, glorious. Finally hearing the pinging of bearded tit amongst the reeds, after 15 months of silence following the Beast of the East, gives that feeling that there is always hope and tomorrow is a new day.

Volunteering at Earsham Wetland Centre recently, following a barn owl with its prey and discovering that it was using one of the owl boxes there was just a thrill and a fantastic shared experience.

Yesterday, Thursday 30th May, a small group of us were continuing the survey work on Chedgrave Common for Norfolk Wildlife Trust, noting the various flora and fauna and relieved to find the orchids again this year. Watching a small copper butterfly and the first emerging banded damselflies, nature is good for health and well-being.

Yes, there are problems with the demise of many species; we miss the purring of turtle doves that we have listened to regularly over the past two years. We can't remember the last time we saw spotted flycatchers, a Summer visitor that used to nest in the village. In contrast, we regularly see a Red Kite flying over the garden. This fork tailed bird of prey would have been counted as a rarity in this county ten years ago.

So, during July and August look out of your window and see what you can see. Or even better, if the summer weather allows, get out there and enjoy. Get enthused about the variety of insects, birds, mammals and plants that are in your vicinity. Even this morning driving towards Seething there was a corn field showing red with an abundance of poppies that had emerged into flower during the last forty-eight hours. Being serenaded by the "little bit of bread and no cheese" of the yellowhammer, and watching a male marsh harrier quartering across the fields of ripening cereal crops, nature does have an amazing wow factor.



Richard and Rachel Hull chetnaturenotes@btinternet.com

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Gardening Notes

With the cooler and wetter weather we have been having lately, the gardens are looking lovely, border and container plants are flowering well, lawns are green and growing well, and vegetables are also growing away well. This is the complete opposite to last year when everything was dying off.

I think I prefer this year's weather. However, when it does warm up and dry out you will need to get into the habit of watering all containers, because they soon dry out.

In the veg garden, make sure to pick salad crops when they are young and tender as they have so much more flavour at this stage. New potatoes will be ready soon; once they have flowered give them two weeks and then check to see what size the tubers are. When you are happy with the size of the tuber then lift them as you need them.

It's a little early for potato blight, but keep a watchful eye on the plants, if you see blight the only option is to cut the stems down to ground level immediately. The last plantings of over-wintering brassicas need to be planted out by the middle of the month, any later and the plants won't have enough time to mature before the shorter day lengths.

When we get sunny days it gets very hot inside the greenhouse, and the strength of the sun can damage crops inside the greenhouse, so it's a good idea to coat the inside of the glass with greenhouse whitener. This keeps most of the sun's rays off the plants and keeps the greenhouse cooler. As long as the plants are watered and fed regularly then they will grow well and produce a heavy crop.

Make sure to pick tomatoes and cucumbers when they are fit. Any old or rotting fruit should be thrown onto the compost heap to prevent disease from spreading to all the plants in the greenhouse.

Lawns are looking quite good at the moment, so just keep cutting them once a week to stop the weeds from taking over.

Roses are flowering well this year, dead head them as needed, and when they finish flowering give them a feed with rose feed so they will flower even better next time.

Enjoy spending some time in your gardens in the evenings, because the days are now getting shorter. What a horrible thought!

Andrew Carver, Loddon Garden and DIY

Chet Valley Voices

The new choir is pleased to announce it will be having its first meeting on Friday 6th September 2019 at St John's Chapel, George Lane, Loddon at 7pm.

We do hope you can join us. If you would like to know more please contact Tracey who will chat to you on 01508 521998. Please tell your friends. The choir is open to everyone over the age of 18.

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