



CHET CONTACT

Produced by the Chet Valley Churches

March 2024





All Saints Church, Chedgrave
presents



Libricini



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SUPPER

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TRADITIONAL TUNES

A concert and three-course meal to celebrate

ST PATRICK'S DAY

Chicken Liver & Whiskey Pâté or Wild Mushroom Pâté

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Bailey's Cheesecake or Guinness & Chocolate Brownie

Coffee or Tea

Sunday 17th March 2024

Concert 5:00 pm; meal follows

Meal and Concert: £25.00; Concert only: £10.00

Tickets from Alison Ball: 01508 528126; ball880am@btinternet.com

Chet Valley Churches Information

Clergy

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Ros Hoffmann:	01508 548200	roshoffmann2011@gmail.com
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Andrew Eburne:	01508 494770	frandreweburne@gmail.com



Church Office—closed at present.

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

Phone: 01508 520897, Email: website.chetvalleychurches@gmail.com

The e-mail account is being monitored regularly.



Weddings, Funerals and the Interment of Ashes

To arrange any of the above please contact Rev David on 01508 522993.

Church Websites

Chet Valley Churches www.chetvalleychurches.org
The Diocese of Norwich www.dioceseofnorwich.org



Chet Contact

Editors: Alison Ball, Roger Outlaw
Advertising: Peter Webster
Treasurer: Paul Mizen
Distribution: Roger Outlaw 01508 528710 and team
Printing: Roberts & Son 01508 520221

Copy Deadline is always noon on the 8th of the month. We have to deliver to the printer on the 9th of the month.

Email submissions to c.magazineloddon@gmail.com.

Please include your name and telephone number.



Chet Contact is published monthly (double issues in July/Aug & Dec/Jan)

Donations

Contributions towards production costs of Chet Contact, can be made as follows:

Account Name: Chet Contact Magazine, Sorting Code: 20-92-08, Account No: 70724742

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From the Editor

There was a really interesting article in the news the other day about music and dementia—singing and playing instruments, particularly piano, increasing brain function including planning, focussing, juggling tasks and memory. They were suggesting that taking part in musical activities should be promoted as a protective lifestyle for brain health. Chet Contact, being at the front of the pack, is offering several opportunities for joining choirs, a band, and a breathing and vocal technique group in this issue. It's never too late to start! If joining a music group of some sort is just too far outside your comfort zone, there is always a concert you could come to. Listening to music is great for mental health as well. Whether it is the St Patrick's Day concert in Chedgrave on March 17th (p2 for details) or the shanty crew coming to Loddon in April (see next issue) you'll not be disappointed.

Meanwhile the year marches on and it'll soon be Easter (March 31st). Did you know that the earliest possible date for Easter is March 22nd and the latest is April 25th? The last time Easter fell on the earliest date was in 1818 and apparently the next won't be until 2285. Easter will fall on the latest date possible in 2038; I might see that one. It's all to do with the first full moon following the Spring Equinox. Happy Easter!

Alison



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Ministerial Musings

Do you find it easy to accept help?

Are you the sort of person who doesn't like to "bother" others by asking them to lend you a hand?

From an early age we are encouraged to do things for ourselves. We encourage children to try things out on their own. That's important so that we grow up to be able to lead independent lives. However, throughout our lives we will find that we can't do things for ourselves. We have times during illness or injury when we find that we are helpless or at least we are not as able as we would like to be.

I used to be reluctant to accept help. I had the "I can manage outlook", but I've had to learn that it's OK to accept help and to ask when I can't do something. During my life I've been laid low with the usual sorts of illnesses that most people get and I've had a broken wrist and collar bone. I've also had chemo which many of you will know makes you feel pretty grotty.

Just before Christmas, I broke my wrist, again! Rather foolishly, I thought I could step safely off a wall. Wrong! Instead of landing on my feet, I crashed on to my side with my left arm under me, breaking my wrist. I discovered ways of doing things with one hand but there were many things I couldn't do and had to allow others to do such tasks as helping me to dress, prepare food and do my shopping.

Through March we are in the season of Lent. During this time, we might look for opportunities to lend a helping hand to those who need it. We try to follow the example of Jesus, the servant King. He came to serve and demonstrated this supremely when he washed his disciples' feet at the Last Supper. But Jesus also allowed others to serve him. On one occasion, a woman anointed his feet with expensive perfume, much to the chagrin of the disciples. Jesus didn't stop her. He allowed her to perform an intimate act of love for him. Mary Magdalene, Joanna and Susanna provided for Jesus out of their own resources and Simon of Cyrene carried his cross.

When we help others, Jesus acts through us. By accepting help, we are allowing Jesus to act through our helpers. This Lent, I hope we will find opportunities to serve and to be served.

Ros Hoffmann





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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 (BCP) or Common Worship, with an informal Holy Communion service once a month in Chedgrave.

Morning Worship is held regularly in Loddon and Hardley.

Evening Prayer (BCP) is on the third Sunday of the month in Sisland.

XPRESSIONS CAFÉ is on the first Sunday of the month at All Saints Chedgrave. This is a relaxed and contemporary way of 'doing church'. Open between 10:00am and 12:00 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, starting at 11:00am. January, March, June and September are followed by a shared lunch. The service is designed to be as inclusive as possible: a mixture of formality and informality; traditional and modern; activity and stillness. We hope it will have points of contact with people of all ages and all backgrounds.

Last Sunday Praise is held on the last Sunday of the month in Loddon: a chance to worship together including hymns and songs, old and new.

XTRA! is an exciting, informal service every Thursday after school in St John's Church. Refreshments from 3:15pm, service starts at about 3:45pm. Open to all; particularly suited to children and young people.

In Loddon and Chedgrave there is the chance to enjoy a chat over refreshments after services. There are toilets and baby-changing facilities at St John's, Loddon and All Saints, Chedgrave.

Families are welcome at all of our services, but are particularly catered for on the 1st and 3rd Sundays 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 Rector or one of the clergy.

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



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Thanksgivings & Baptisms



You are welcome to talk to us about thanksgiving and baptism (christening) for your children. Thanksgiving Services give an opportunity to come to the church and give thanks to God for the gift of a new child. Baptisms (Christenings) 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.

Baptisms and Thanksgivings are both held within Sunday morning worship in our churches.

Please contact Rev Alison on 01508 528126 ball880am@btinternet.com

Noah's Ark

A drop-in group for babies, toddlers and their parents and carers at St John's, George Lane, Loddon.



Wednesdays 9:15am-12:00noon.

All are welcome. For further details please call Rev 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.

To join or just to know more, please contact Rev David on 01508 522993.

XTRA! Join us in St John's Church, Loddon for an exciting, informal service every **Thursday after school**. Refreshments from 3:15pm. Service starts 3:45pm.

More from Rev David 01508 522993 or Rev Alison 01508 528126

Friends and Neighbours

If you've been widowed or have lost your life partner join us at St John's Lecture Hall on the **first Thursday of the month**. Make new friends, enjoy tea or lunch together.

Next Meeting: Thursday 7th March.

We will begin at 12:30pm with a lunch of bangers and mash. After that Mavin Shulver will be showing us gentle exercises set to music, and leading us in singing old time songs.

If you'd like to join the group, please ring Rev Jill on 01508 520248.

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 10:00am-12:00 noon**. Come and go as you choose. On average, there are about 8-12 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!*)

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From the Parish Registers

Admission to Communion

**Erika Beres, Benjamin Brown, Jessica Hawes
Thalia Jackson, Abigail Lee, Hugo Yates**
on 7th January 2024 at All Saints, Chedgrave

Harry Casey
on 14th January 2024 at All Saints, Chedgrave

Funerals

David Moore who died on 21st December 2023
Funeral: 25th January 2024 at Waveney Crematorium

Douglas James Saunders who died on 31st December 2023
Funeral: 2nd February 2024 at Waveney Crematorium

Eileen Mary Frances Knights who died on 8th January 2024
Funeral: 8th February 2024 at St Margaret's, Hardley

Shirley Blake who died on 17th January 2024
Funeral: 20th February 2024 at Holy Trinity, Loddon

James Arthur who died on 20th January 2024
Funeral: 20th February 2024 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.

I Thessalonians 4:14, 17b

To arrange a thanksgiving or baptism (christening), contact Rev Alison on 01508 528126, or ball880am@btinternet.com. To arrange a wedding, contact Rev David on 01508 522993, or david.chetvalley@gmail.com. To arrange a funeral, at our churches or at the crematorium, contact Rev David on 01508 522993, or david.chetvalley@gmail.com. Rev David can also be contacted about interment of ashes.

Wanted—Distribution Supremo!

After a good number of years in the job, our Chet Contact distribution supremo is looking to hand over the role. He says basically it is three hours' work once a month. It involves collecting the boxed magazines from Roberts and bulk-delivering to village distributors (1 hour) and sorting and then distributing Loddon magazines to deliverers in Loddon (2 hours).

Chedgrave Church Centre Hire

All Saints Church, Chedgrave has a lovely church centre open for over 25 years. There are two rooms (one upstairs), a kitchen and a loo. Our wheeled tables are easy to move and put up. It is warm even in the winter! It 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 Anne Jackson who is responsible for hall bookings on 01508 502278.

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News From Your Local Councillors



March is “*summer in the light, and winter in the shade*”, according to Charles Dickens, and time to welcome our beautiful yellow spring flowers, including celandine, primrose, dandelions and of course the magnificent daffodils.

Many thanks to the huge number of people who came to support the Loddon panto—it was brilliant to be part of the amazing Loddon Players team that puts it on. The support of people across our community for events like this is always incredible. I doubt if many communities in the country do more than we do to look after and support each other.

February has been a busy month. As well as helping families who want to build a home in our area, I’ve also been chairing three meetings of the South Norfolk Scrutiny Committee. We look at a range of issues including clean economic growth, business support and the 2024/25 budget, on behalf of South Norfolk residents. They fund the Council’s work and therefore have a right to expect decisions and plans to be properly evaluated and challenges made on their behalf.

Finally, our superb ChetChat group volunteers are always on hand, giving help and support to our over-60s friends and neighbours. We’re looking forward to organising our deliveries of Easter eggs and daffodils again this year. We’ll be using the recent Christmas hampers’ list; please let me know if you’d like to nominate someone over 60 who’s not already on it, or if you’d like to check whether they are. If you ever need any help give us a ring on 07733 323581.



Councillor Jeremy Rowe

No news from Councillor Kay Mason-Billig this month.

Hardship Funds Available in the Chet Valley

If you are struggling to make ends meet at the moment, did you know there are funds available to help?

There are local charities to help people in need in Chedgrave, Hardley, Langley and Loddon. The charities are only any good if people use them! In the past money has paid for white goods, carpets, solicitor’s bills, rent, food... To access the funds:

Loddon Town Estate Trust: Contact Julie Ponsford on 07976 902487.

Chedgrave Church Discretionary Fund: Contact Rev David, Rev Alison or churchwarden, Roger Outlaw (phone numbers on p3), or treasurer Richard Ball on 01508 528126.

Hardley and Langley Discretionary Fund: Contact Rev David or churchwarden (details in Hardley church porch).

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Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.
Tel: 07592 933174 Email: clerk@chedgraveparishcouncil.gov.uk
Website: <https://chedgraveparishcouncil.gov.uk/>
Facebook: <https://www.facebook.com/Chedgrave-Parish-Council>



Chedgrave Parish Council held its meeting on 1st February.

White Horse Plain/Jubilee Oak Works: The council has agreed that parking will remain open to all on White Horse Plain by kind permission of Chedgrave Parish Council with a weight limit of 4 metric tonnes fully loaded. There will be no camping. New permanent signage will be installed in due course.

Defibrillators: the parish council provides two defibrillators in the village: one at the White Horse Pub and one at the Brian Clarke Room. If you are dealing with a medical emergency, please dial 999. If appropriate, you will be directed to the nearest available defibrillator and will be given the access code. You will not be able to access the defibrillator without the code. Sometimes a defibrillator is not available because it is undergoing service/maintenance such as new batteries or pads in which case, you will be directed to the next nearest available unit. Please contact the parish clerk with any queries during normal working hours.

Pits Play Area: The council apologises for the ongoing works to the play area and is hopeful that it will be resolved soon.

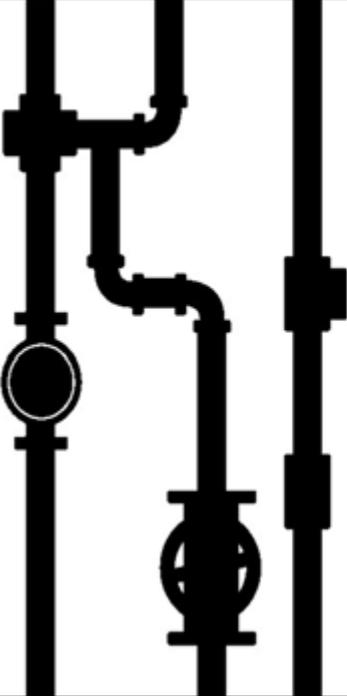
Save the Date! The Easter Egg Hunt is back again this year on 1st April in The Pits Playground. Watch out for further details on noticeboards and Facebook. Fingers crossed for good weather!

Brian Clarke Room: A bright modern room adjacent to the play area; great for parties, meetings and clubs. To book, please contact Georgina Buckle—email: brianclarkeroom@chedgraveparishcouncil.gov.uk or phone 07981 856270.

Next Meeting: Thursday 7th March at 7:00pm in the Brian Clarke Room. All welcome!

Highways issues such as potholes, 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 and clear up after your dogs.

NB Please note new contact details for Chedgrave Parish Council and to book the Brian Clarke Room.



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Loddon Town Council (LTC)

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Website: www.loddontowncouncil.gov.uk
Facebook: www.facebook.com/loddontc



Meeting dates, contact information and updates can all be found on the Council website: www.loddontowncouncil.gov.uk or call 01508 522020.

Chet Valley Summer Fete—6th July 2024: Planning is now in full swing for the Chet Valley Summer Fete. If you would like to have a stall, please email events@loddontowncouncil.gov.uk (community groups, charities and businesses all welcome). We would also be grateful for any help or support you can offer, especially on the day itself.

LTC 2024-25 Budget: In addition to its extensive statutory governance, management and administrative responsibilities, LTC provides services and projects for the benefit of Loddon residents, including Christmas lights, Community Larder, Staithe toilets, Love Loddon Community Group, Neighbourhood Plan, Allotments, Playing Fields, Tennis Courts, Skate Park and Play Areas and events such as the Coronation Celebration. These are coordinated by a dedicated group of councillors, volunteers and a small staff team. To fund these things, the council also receives income from grants, the Staithe toilets, facilities and allotments. However LTC's main income is the LTC precept*. LTC has agreed a precept of £183,500 for 2024-25. The precept has been held at only a small or zero increase for the last three years. Even though LTC has made savings of £25,000 across its 2024-25 budget, due to inflationary pressures, the council is increasing the LTC precept this year. The increase means an extra 53p per week for a council tax band D property. Please contact us for further information.

*LTC precept is a small part of council tax collected by South Norfolk Council.

New Police Beat Manager: Josh Ford is the new beat manager for Loddon. Joshua.Ford2@Norfolk.police.uk

Local Support: South Norfolk Council's Help Hub contact no: 01508 533933. More information is available: via www.loddontowncouncil.gov.uk/local-support.

Allotments: If you live in Chedgrave or Loddon and wish to be added to the allotment waiting list, please contact us.

Small Grants: LTC have recently awarded several small grants to local organisations. To apply for a local group/organisation (generally up to £100), please see our website for more info/application form.

Chet Valley Community Larder: Thank you so much for the donations that are being received for the Community Larder. The larder is in Loddon Library/LTC's lobby and is open to everyone. Open Monday to Friday: 8:00am-7:00pm, Saturday: 8:00am-4:00pm, Sunday: 10:00am-4:00pm. If you would like to volunteer to help



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For enquiries contact: clerk@halesandheckingham-pc.gov.uk

Website: www.halesandheckingham-pc.gov.uk

FB [www.facebook.com/Hales & Heckingham Parish Council](https://www.facebook.com/Hales-&Heckingham-Parish-Council)



Next Meeting: 12th March 2024 starting at 7:30pm

Held at the Hales Assembly Hall, Briar Lane, Hales. Agendas are posted on the notice board in the brick bus shelter opposite Masala Garden and the website three days before the meeting. Minutes are displayed in the same places.

Loose manhole cover: Reports of a loose manhole cover on the junction with School Lane have been received following the resurfacing of Yarmouth Road. This had been raised with the Highways Department to address the clattering noise as cars pass over it.

Kissing Gate on Permissive Field: We are in the process of seeking and obtaining quotations for the installation of a kissing gate between the permissive field and Heckingham Park.

Hales Green and Permissive Field: A polite reminder to observe the Country Code and use commonsense. If walking a dog don't let it run up to other dogs or people without permission. If your dog is the aggressor, you are responsible for any damages. Remember to pick up your dog's poo, it's a health hazard as well as being unpleasant.

2024 Village Projects—Come and Join Us: If you are passionate about where you live, we have vacancies to fill. Our aim is to provide a voice for concerns, ideas and initiatives that would benefit our villages and we need your help. If you are interested in becoming a Parish Councillor, please get in touch with our clerk for more information.

Do You Need Help? Get in touch with South Norfolk & Broadland's Help Hub either by ringing 01508 533933 or email

helphub@southnorfolkandbroadland.gov.uk. They can help with a wide range of problems. Telephones are manned Monday to Friday from 8:15am to 10:00pm (except Bank Holidays).

Thank You

We would like to thank all who sent cards and flowers, and who came to the funeral service on January 24th at Gorleston of our son Ian.

Yvonne & Peter Walpole

Wanted—Distribution Supremo!

After a good number of years in the job, our Chet Contact distribution supremo is looking to hand over the role. He says basically it is three hours' work once a month. It involves collecting the boxed magazines from Roberts and bulk-delivering to village distributors (1 hour), and sorting and then distributing Loddon magazines to deliverers in Loddon (2 hours).



Claire Bullard

INDEPENDANT SCENTSY
CONSULTANT

Phone - 07717535080

Email - cl.bullard@hotmail.co.uk

Website - clairebullard.scentsy.co.uk

Facebook = Claire Bullard - Scentsy Consultant



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Scentsy offers an alternative to traditional candles. NO flame, NO smoke, NO soot. The concept uses decorative warmers, which use a heating element to slowly melt specially formulated wax, making your home smell SCENT-sational... we are not all wax though!

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Do contact me if you would like to know more information... or use the QR code to link through to my website.



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Parish Clerk: Emma Webster Tel: 07516 361239

Email: langleywithhardley.pc@gmail.com

Website: <https://langleywithhardley.pc.norfolkparishes.gov.uk>

Find us on Facebook



Next meeting: Tuesday 5th March at 7:30pm in the Village Hall. All are welcome.

Clean Up and Bloom—Saturday 2nd March: Meet at Langley with Hardley Village Hall at 9:30am. Join in the fun and make a positive impact in our community. Litter Pick; Planting; Bird, Bat and Hedgehog Boxes; Refreshments. This is a free event. Let's show our parish pride! Supported by South Norfolk Council and the UK Shared Prosperity Fund.

St Michael's Church, Langley—Big Book Sale

The book sale will take place:

Over the Easter weekend (30th, 31st March, 1st April) from 2:00-4:30pm and on the following weekend (6th, 7th April) from 10:00am-4:30pm.

There will be over 1000 books for sale all at £1. Including fact, fiction, novels, poetry, plays, hardback, softback books.

Light refreshments available

Free admission. Entrance from The Avenues, Langley, NR14 6BL.

Ample free parking in the field adjacent to the church.

Langley with Hardley Village Hall

Café—Friday 1st March. 11:00am-1:00pm. Good food in great company. Raffle and bric-a-brac stall.

Clever Kelvin's Quiz—Friday 15th March. Doors open 6:30pm for 7:00pm start. Teams of up to six, but if you're alone come and join a team. £4 per person which includes nibbles and hot/cold drinks. Bring your own alcohol. Tickets must be pre-booked on 01508 520184 from Tibby or Jane. Cash only. Come and have fun!

Easter Bingo—Saturday 23rd March. 6:30pm for 7:00pm start. Grand prizes and raffle.

The hall also offers Pilates on Monday and Jive Dance Classes on Thursday. For more information on these call Tibby or Jane on 01508 520184.

Thank you for those who show us their support.

Don't forget our litter pick on Saturday 2nd March: at the hall at 9:30am.

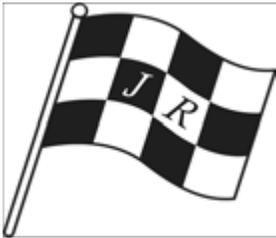
To view the halls facilities or book call Tibby or Jane on 01508 520184.





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Notes from Sisland

Members of Sisland PCC have, like many others, started to discuss and plan events and activities that we would like to hold later in the year. At Sisland we are hoping to run the very successful Sunday afternoon teas throughout August. We were incredibly lucky last year to have Sundays which were dry, and many friends and neighbours supported us.

I often reflect on the words that I have written in previous pieces and looking at those for March I have been struck by how often I am either talking of the weather (the text for March 2021 was written when it was snowing!) or the events which happen to celebrate various events (Jubilees or Coronation). This year, Easter is one of the earlier dates that it can be on the 31st March. At St Mary's Church we will have a service of Holy Communion, using the Book of Common Prayer, at 9:00am on Easter Day. The Book of Common Prayer which is primarily used by the Church of England is the edition printed in 1662. Figures suggest that it is used, with local variations, in over 50 countries and in over 150 languages. Many enjoy the beauty of the language used and the continuity it provides with previous generations. It is a format of service that we usually use at St Mary's.

For those who have visited the church over the last few months you will have noticed that the church tower needs some work to the wooden slats, both to the front and side. We will start to focus on fundraising for this and there will more details in due course so please continue to look out for those. The costs are not just in the works, but the scaffolding required to undertake it. We are waiting on some updated figures to give us an indication of both costs and timescales.

Sisland Church will continue to be open throughout the year. Even if the door is closed it will be unlocked, so please take the opportunity to visit us if passing, for a moment of reflection.

Rowena Bryce (Churchwarden).



Happy New Year to all Gardeners

Do you love your garden?

Would you be happy to let other people enjoy it too?

In June we will be holding Open Gardens around the community and would like to include all gardens, great and small. The event will be (provisionally) on the weekend of 22nd and 23rd June. If you think you might like to take part, please contact Jules Harrington on 07756 421180, or email loddonopengardens@gmail.com.



Fundraising for the Church in Loddon

Spring Clear-Up: All Saints Churchyard—Saturday 9th March

Please come and join us, and the Loddon Brownies, as we tidy the churchyard before the growing season gets going in earnest.

There will be clearing, weeding, pruning...

Bring your own tools. Cake and drinks provided.

All welcome. See you there.



Lent Lunches



There will be some excellent soups on offer at this year's Lent lunches. These will be held in St John's Lecture Hall, Loddon from 12:00noon-1:30pm on Wednesdays in Lent:

21st and 28th February; 6th, 13th and 20th March.

We will be collecting for The Bishop's Lent Appeal. This year it supports a project overseas to raise money to provide water tanks for ordinands' homes at Newton Theological College in Papua New Guinea, where a new generation of church leaders in the country are training and with which the Diocese of Norwich has a long established link.

Breathing/Vocal Technique Sessions

Do you enjoy singing but feel that your breath control could be better? Are you a non-singer but feel that you could do with help to improve your breathing? Would you like tips on vocal technique?

Tanya Chelovskaya is a trained vocal coach leading sessions at Chedgrave Church Centre on Wednesdays from 11:00-12:00noon. The cost is £8, which includes refreshments. If interested, please contact Tanya at t.chelovskaya@gmail.com or WhatsApp on 07737 765098.

"I come away from Tanya's sessions, uplifted and with the knowledge that I can own my voice, and possibly even have the confidence to sing. Breathing, vocal and gentle physical exercises combine and lead to a wonderful sense of well-being."

Bridget M Ward

The Loddon Band

We are a friendly and dynamic brass band in the historic town of Loddon. We are currently seeking the following players to come and join us: Cornet, Tenor Horn, Euphonium, Eb Bass. We welcome all brass players and percussionists.



Rehearsals are at The Hollies, High Street, Loddon on Thursday evenings, 7:45-9:45pm. Our rehearsals are fun and enjoyable so why not pop along to see what we are about. For more information, contact Louis (Secretary) email loddon.band@gmail.com or phone 07463 770068 .

Loddon Flower Club

Future meetings:

Tuesday 5th March. Demonstration by Moira Neville—Let's Twist. Doors open at 6:30pm for a 7:00pm start. There will also be a club competition illustrating a 'Petite' design with the same title. (Petite designs should measure no more than a 9" cube). Refreshments are available and we hold a raffle at the end of the evening for the arrangements made.

Tuesday 2nd April. Leaf Manipulation workshop by Brenda Tubb. All welcome; more details next time.

If you would like to join us, our meetings are held in St John's Lecture Hall, George Lane, Loddon. Come and give us a look. Membership is £35 per year, visitors £7.50.

To see what we do, visit our website www.loddonflowerclub.co.uk. We can also arrange flowers for family occasions in venues of your choice.

For further information please contact Tricia (Chair) on 01508 480522 or tricia646@aol.com; or Jenny (Secretary) on 01508 520254 or jf53rf50@gmail.com



Loddon Bell Ringers

Our ringers have been out to ring quarter peals with others at Ashill, Alburgh, Redenhall, North Lopham and St Peter Mancroft in Norwich. We also rang four quarter peals here at Loddon on our simulator. These were Pudsey Surprise Major, 7 Spliced Surprise Major, Yorkshire Surprise Major and Hunslet Bob Triples. Quarter peals of around 1280 changes take us about 45-50 minutes of continuous ringing to complete.

We took part in a full peal of 5087 changes in two Major methods at the church of St. Mary's in Grundsburgh. This took two hours and fifty-two minutes to complete. Peals are our equivalent of running a marathon and takes a lot of concentration and stamina by the ringers.

We have attended other practice nights held recently at Woodton, Beccles and Gressenhall.



Steve Rabong

Social Whist

We meet every 2nd and 4th Fridays of the month. Usual time of 7:30pm for a 7:45pm start in the back room of The Hollies. It is £6 for the evening including a chance to chat, play some whist, enjoy tea/coffee with a biscuit, all in great company. No partner needed or to have played before, just an enjoyable evening out.

If you need a lift, please call me (Jane) on 01508 528875. Looking forward to seeing our regular players and meeting any new ones.



Church Services

3rd March—Third of Lent

8:00am	Holy Communion	St Mary, Sisland
9:00am	Informal Holy Communion	All Saints, Chedgrave
10:00-12 noon	XPRESSIONS CAFÉ	All Saints, Chedgrave
10:45am	Holy Communion	St John, Loddon

10th March—Mothering Sunday

9.30am	BCP Holy Communion	All Saints, Chedgrave
10:45am	Morning Worship	St John, Loddon

17th March—Passion Sunday

10.45am	Holy Communion	St John, Loddon
11:00am	All Together Worship	All Saints, Chedgrave
4:00pm	BCP Evening Prayer	St Mary, Sisland

24th March—Palm Sunday

9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	St John, Loddon

28th March—Maundy Thursday

7:00pm	Passover Meal and Holy Communion	St John, Loddon
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29th March—Good Friday

10:00am	Children's Reflection*	All Saints, Chedgrave
12:00noon	Walk of Witness	Holy Trinity, Loddon
2:00pm	At the Foot of the Cross	All Saints, Chedgrave

*Please book in advance if you would like to come. Contact Rev Alison:
ball880am@btinternet.com or 01508 528126

Church Services

31st March—Easter Sunday

9:00am	Holy Communion	St Margaret, Hardley
9:00am	Holy Communion	St Mary, Sisland
10:30am	All Together Holy Communion	All Saints, Chedgrave
10:45am	Holy Communion	St John, Loddon
7:00pm	Last Sunday Praise	St John, Loddon

EASTER BOOK OF REMEMBRANCE

If you would like the name(s) of your loved one(s)
entered in the Holy Trinity Easter Book of Remembrance
please enter their name(s) below
and leave the completed form at the Church Office,
St John's Chapel, George Lane or give to Genny Godber.

Donations towards the cost of Easter Flowers are very much appreciated.

Your Name:

Phone Number:

Names for the Book of Remembrance:

.....
.....
.....

Please return the form by Friday 15th March

World Day of Prayer—Ecumenical Movement



The women of Palestine write:
“I beg you, bear with one another in love”
Service on Friday 1st March at 7:00pm
St John's, George Lane, Loddon



Singing practice in St John's on Monday 26th February at 10:00am

Other Services in Chet Valley Churches

Every day Morning Prayer 9:00am <i>All Welcome</i>	Monday	St John, Loddon
	Tuesday	St Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	St John, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave
Thursday during school term	XTRA! Join us at St John's for an exciting, informal service. Refreshments from 3:15pm. Service starts 3:45pm. More from Rev David 01508 522993 or Rev Alison 01508 528126	
Prayer at Home	'Time for Prayer and Space for Reflection' 'If you would like to receive the weekly prayer and reflection sent out by email, please contact Rev Jill (jillhaylock@aol.com) <i>All are welcome</i>	

The Catholic Parish of Our Lady of the Annunciation

21 Uppate, Poringland, NR14 7SH



Mass Times:

Sunday 9:00am; Tuesday 6:00pm; Wednesday—Saturday 10:00am;
Saturday 6:00pm (Vigil Mass)

Please check newsletter online for latest information.

Priest in charge: Father Andrew Eburne (Tel: 01508 494770)

e-mail: frandreweburne@gmail.com

www.ourladyporingland.wordpress.com

Sport

Footballers Wanted!

A friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astro Turf every **Thursday** from 8:00-9:00pm for a non-competitive kick about to keep fit and socialise. £3:00 per session. First session free. More information from Terry: tezzahayden99@gmail.com.



Jubilee Short Mat Bowls Club

With the outdoor lawn bowls season finished why not come and try indoor short mat? We meet on Tuesday afternoons, 1:30-3:00pm in the Jubilee Hall and are a very friendly little group. Beginners are very welcome; just bring flat indoor shoes and we can supply the bowls. The right money, £3, and a sense of humour are also appreciated.



For more information call Sara on 01508 521958

Loddon Ladies Hockey Club

Feel like you want to get involved in a new sport, or perhaps you used to play when you were at school and fancy giving it another go?

We welcome new members of all ages (13+) and abilities. Come and get fit, have fun and meet friendly women from in and around the local area. We train on **Tuesday** nights at Langley School (NR14 6BJ), 7:00pm-8:30pm.

For more info: www.loddonhockey.com or email hello@londonhockey.com



Loddon Tennis Club

The launch of the Tennis Club was very successful and there are now over one hundred people regularly playing together in Loddon.

Pay and Play is available for £5 per hour via www.clubspark.lta.org.uk/LoddonTennisClub.

Coach Paul Solomon is also delivering junior coaching, group coaching, and cardio tennis sessions; email: loddontennis@londonpc.org.uk or phone 07368 684806.



Hobart Badminton Club

Players wanted! Come and join our friendly club of all ages from 16+. Playing experience desirable. We meet at Hobart sports hall, **Tuesday** evenings from 7:30-9:30pm. Cost £5:00, first session free!

For more information contact Terry on: tezzahayden99@gmail.com



Loddon Junior Badminton Club

Held at Jubilee Hall, sessions are just £3.50.

Wednesday evenings: 6:45-7:45pm, children aged 8-14 years

Thursday evenings: 7:30-8:30pm, children aged 15-18 years

Open to all children regardless of ability.

Sessions run by qualified coach. Rackets and shuttles provided.

For more info, contact Paul on paulr2677@gmail.com or 07903 794613



Royal British Legion—Loddon & District Branch



We have recently lost two members of our branch: Ron Howes and Sylvia Forder. Both having passed on to a Higher Service. Our thoughts are with their families.

Loddon Standard attended Norfolk County Conference on 3rd February at County Hall, Norwich. Norfolk President, General Page, reminded us that Standard Bearers are the public face of the RBL. He thanked all those in attendance. Legion and branches play a role but are closing due to poor health or ageing of members. We need to keep recruiting. Without new blood, branches will struggle.

A general meeting covers events happening within RBL and how Loddon & District Branch can participate. In February we had a speaker, Chris Blyth—Armed Forces Advocate at James Paget Hospital. He meets veterans on their hospital stay, visiting them on the Ward. His aim is for this also to happen in the NNUH.

Future Meetings: 18th March, 15th April at 7:00pm in the Lecture Hall, George Lane, Loddon. Do stay afterwards for a cuppa and a catch up if you wish. The RBL welcomes non-serving members, to help keep branches going and the future of the RBL for its veterans, serving soldiers and their beneficiaries. Our contact is Chairman Colin Hartley: 01508 521136.

Tuesday Market



We are open every Tuesday 10:00-11:30am at The Hollies, next to Loddon Post Office. Come in and try some of our delicious baking, preserves, fresh eggs, seasonal plants, flowers and vegetables. You will be made most welcome. Mothering Sunday is on 10th March, and Easter at the end of March. Our local hand-made crafts would make lovely gifts for your loved ones. Orders and queries contact Sheila Ford on 01508 520752.

Chet Valley Voices



Chet Valley Voices is a community choir of varying ages from 15-80+. We enjoy singing a variety of music from classical to modern and are a happy friendly bunch. Come along, make new friends and get to know others in the community. Singing is good for your mental health and well-being, so you will leave rehearsals feeling uplifted. Why not come to a free taster session?

Rehearsals: Thursday 7:00-8:30pm (doors open 6:45pm) in St John's Chapel, George Lane, Loddon. £5 on the night, £3 for under 18s. New members always welcome, especially men.

More information from: Sue 01508 528069; suemartin303@btinternet.com or chetvalleyvoices@gmail.com. Follow us on Facebook, Instagram or X: @ChetValleyVoices. www.chetvalleyvoices.co.uk.



Loddon Community Gym

The Library Annexe, Church Plain, Loddon, NR14 6EX

Tel: 07534 946143 www.loddoncommunitygym.com

The gym is open on some part of every day Monday to Friday:

Monday 1:45–5:25pm; Tuesday 4:45–7:05pm; Wednesday 9:00–11:20am;

Thursday 6:00pm–8:20pm; Friday 10:15am–12:35pm.

Your Community Gym in Loddon Library Annexe is well-equipped, affordable, friendly and not-for-profit. The Gym will be 10 years old in April and has, from day one, offered the opportunity for our members to achieve and maintain a level of fitness to help improve their wellbeing and quality of life. There is a friendly and relaxed atmosphere and a genuine feeling of a social environment, and definitely no pressure. Our chair-based exercise classes are proving very successful and we continue to hold them every Wednesday morning.

We are open on each weekday and full details of our hours and costs can be found at www.loddoncommunitygym.com. For more information why not drop by to see us or call our qualified trainer, Louise, on 07534 946143.

To book sessions go to www.picktime.com/easternriverscommunitygym.

Loddon Indoor Bowls Club

We meet in the extension to the Old Town Hall, entrance via The Swan car park and clearly marked. We are a members club with internal league matches every weekday evening, roll ups on Monday, Wednesday, Thursday and Friday afternoons commencing at 2:00pm and on Tuesday and Wednesday mornings at 10:00am. Numbers are restricted to the first 12 arriving. Subscriptions are £20 per year, £2 per sessions for roll-ups and competitions and £3 for league matches. We'd love to see you so just turn up and give it a try.

For information contact our Chairman, Paul Clemence on 01508 218078.

Loddon & District Day Centre—New Location

We have moved! From February, the Day Centre is being held at Saxon House, on Tuesday and Fridays from 10:00am-2:00pm. We meet to chat, enjoy games, talks and light exercises, together with refreshments and a home-made two course lunch. Why don't you come and join us? Please contact Bev on 07826 299290 for more information. We'd love to see you.

Chet Valley Art Society

Are there any local artists out there who would like to join the Chet Valley Art Society? For further details, please phone Vee on 07557 402211.

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Chet Staithe Probus Club

We are a club for retired gentlemen, and friendship. The atmosphere is relaxed, jovial, with little formality. Dress code is casual. We have a good mardle, and a different speaker every meeting on varied subjects.

Afterwards, members either go home, adjourn to the bar, or stay for a pleasant lunch. Your choice. We meet at The White Horse every first and third **Tuesday** of every month, start time 10:00am.

Upcoming meetings:

We have received no information about March meetings.

Come to a couple of meetings and try us out; no pressure to join.
Clive Boyd, Secretary, 01508 520547 cliveboyd@btconnect.com



Chet Valley Probus Club

Chet Valley Probus Club welcomes people who are retired, semi-retired or approaching retirement and who have had some measure of responsibility in their working life. We are friendly and excellent company, enjoy fascinating talks on a variety of subjects, good food and meeting others of like mind. Why not come along and give us a try, no obligation? We meet on Tuesdays at Chedgrave White Horse at 10:30am, lunch optional.

Upcoming Meeting:

Tuesday 27th February: The Leprosy Mission—Daisy Mansfield.

Tuesday 12th March: Newhaven Court—Helen Murray.

Tuesday 26th March: A Short History of Tea & Coffee—Pat Alker.

probusonline.org/chet-valley Hon. Sec. John McCormack 01508 521899.

Loddon Community Cinema

Our next presentation is The Great Escaper. Starring Michael Caine and Glenda Jackson. Rated 12a and runs for 96 minutes.



In what turned out to be their last film, Caine announced his retirement and sadly Glenda Jackson passed away nine months after she finished filming, this well-received film tells the true story of WW2 veteran Bernard Jordan who “broke out” of his retirement home to attend the 70th anniversary of the D-Day landings in June 2014. Attracting world-wide interest during his 48 hours on the run, the film captures his determination to honour his fallen comrades whatever it takes.

Showing on Thursday 7th March at St John’s Lecture Hall, George Lane, Loddon. Doors open 7:00pm, film starts at 7:30pm. Tickets: £4 adult, £2 child available on the door or in advance from Loddon DIY.

email: loddoncommunitycinema@yahoo.co.uk



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Loddon and District Women's Institute



In February, in support of the Climate Coalition, several of our members distributed Green Hearts around Loddon and Chedgrave. We hope that lots of you found one and took it home as a small reminder of what each can do towards trying to make things better for our beautiful world. Also in February, several people enjoyed another of our popular Sewing & Craft days—lots of cups of tea and coffee, lots of conversation and lots of busy fingers.

On 18th March some of our members will be attending the Norfolk WI AGM at the Theatre Royal. The speaker this year is Janet Street-Porter.

Forthcoming Meetings:

Thursday 14th March: Knit, Natter and Crochet at Loddon Library. 2:30-4:00pm. Open to the community.

Wednesday 20th March: Our usual monthly meeting. Speaker's topic—Crime Scene Examiner. 7:15pm for 7:30pm at St John's Chapel, George Lane, Loddon.

We are always happy to welcome new members. If you are interested, why not come as a visitor and see for yourself? We can be contacted via our Facebook page or by email: loddonwi@gmail.com.

Chedgrave & District Women's Institute

It is with regret that after 53 years we have to announce the suspension of Chedgrave & District afternoon WI. We would like to thank everyone who has supported us over the years.

Margaret Bagguley (President)

Loddon & Chedgrave Ladies 8 O'clock Club

We are a friendly group of ladies who meet on the last **Wednesday** of each month in the back room of The Hollies, Loddon High Street. An annual fee of £10. is charged plus £3 for each meeting attended. New members always welcome.



Next Meeting: Wednesday 27th March. Speaker to be arranged.

Contact June 01508 528853 or Hillary 01508 520457.

WEA

Our Spring Course—Crime Novels through Time—has started with a lecturer from UEA.

We meet on Mondays, 2:00-4:00pm in the Jubilee Hall.

For more information please telephone Sharon on 01508 520386 or Alison on 01508 521976.



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Loddon and District Horticultural Society



At our January meeting we welcomed two new members. Due to illness our scheduled speaker for January, Tim Fuller, was unable to attend. Thankfully Bob Coutts was available at the last minute with his talk on Gardening for Spring. Tim has been booked again for January 2025. At the Norfolk and Norwich Horticultural Society's Annual General Meeting in January we were presented with the Drayton Challenge Shield. This is awarded for the affiliated society gaining the most points in affiliated society classes throughout 2023. We should all feel really proud with this achievement.

Next Meeting:

Wednesday 13th March: Andrew Sankey—Cottage Cures and Superstitions. Our meeting takes place at the Jubilee Hall Clubroom, George Lane, Loddon starting at 7:30pm. Refreshments are available and a raffle held. Visitors are £2. The subject this month for the Copland Cup is one stem of Daffodil/Narcissus. This is a table show that takes place at each meeting except when we hold our mini-shows.

Membership is £10 per year. Contact Jean Cope (Chairman) 01502 710024 or jeancope52@gmail.com; or Hazel Copland (Secretary) 01508 520890 or happyhaze50@gmail.com. Follow us on our Facebook page.

Chet Valley Photography Club (CVPC)



Our monthly club meeting in March is on Monday 11th in St John's Methodist Chapel, George Lane, Loddon. Doors open 6:45pm for 7:00pm start. Details for this meeting will be posted on our website when they are available.

We also have an open Facebook page (search Chet Valley Photography Club) which details some of the things we have done over the past few months. You do not need expensive equipment at all—many images taken today are done using a mobile phone. Please have a look at our website www.chetvalleyphotography.org.uk for more information if you are interested in joining the club. The club is open to everyone regardless of their photography knowledge or experience.

Loddon & Chedgrave District Society

We are a friendly group of people who like walking, visiting interesting gardens, historic buildings, and the occasional social evening. Membership fee is £6pa. Members will receive a programme. New members welcome.

For more information about our events contact June on 01508 528853 or junecs@btinternet.com. For membership contact Hillary on 01508 520457 or meredithp3@sky.com

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Chet Neighbourhood Plan

The Chet Neighbourhood Plan (CNP) is out for Regulation 16 consultation, indicating that it has regard to national planning policy. It sets a framework for future development in Loddon and Chedgrave, up to 2038, and contributes to achieving sustainable development.

If successful, CNP will be one of the main factors in determining planning applications, together with the Local Plans produced by South Norfolk Council (SNC) and The Broads Authority (TBA). It will also mean that Loddon and Chedgrave councils will receive 25% of all Community Infrastructure Level (CIL) payments made to SNC with each planning application attracting CIL. This funding would be spent in the relevant parish.

SNC and TBA have published the CNP for consultation, which closes at 5:00pm, 15th March 2024. You can see and comment on the plan by visiting: CNP webpage (www.southnorfolkandbroadland.gov.uk/neighbourhood-plans); Loddon Library (31 Church Plain, Loddon); or SNC (The Horizon Centre, Broadland Business Park, Peachman Way, Norwich, NR7 0WF) by appointment (Tel 01508 533805).

Once consultation has closed, SNC and TBA will appoint an independent qualified examiner to assess the CNP and any submitted comments. The examiner will produce a report setting out findings and recommendations. The councils will decide whether they are satisfied with the examiner's recommendations and then publish their decision, setting out whether the CNP will be submitted to a referendum, with or without modifications.



Waveney Valley Arts Society

We are a friendly group who meet at the Fisher Theatre in Bungay on the first Wednesday of every month (excluding July and August). Events provide a welcoming place to hear expert lecturers share their specialist knowledge. The theatre is open from 10:00am and our lectures start at 11:00am.



Next Meeting: Wednesday 6th March—Women Artists in Britain: an Exhibition at Tate Britain 2024 by Amy Lim.

The lecture will follow the AGM which starts at 10:45am. Guests are welcome to join us for an individual lecture but there will be a charge of £10. If you wish to become a member of our society, the contact details are on the website: <https://theartssociety.org/Waveney-valley>.

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We warmly encourage you to come along to a rehearsal, to see if you would like to join. The choir is mixed ability and we will not ask you to audition. An ability to read music is an advantage, but not essential, as we have access to audio recordings and voice parts for all our pieces.

We are currently working on a selection of short classical songs and a longer piece—Vivaldi's Gloria—to perform at our next concert in July. The choir sings a variety of classical and modern pieces, under the direction of our Musical Director, Terry Cunnane. We work hard during rehearsals, but also have a lot of fun—come along and find out more!

If you have any questions, please contact our Chairman, Trevor Beckford, by phone (07834 141199) or email (familypeckle@hotmail.co.uk).

Alternatively, just turn up to one of our rehearsals, which take place on Tuesdays from 7:15-9:00pm.

We rehearse at Poringland Catholic Church, Ugate,
Poringland, NR14 7SH.

LODDON + CHEDGRAVE VICTORIAN EVENING

Loddon looked magical over the Christmas period with the town beautifully lit thanks to our two Parish Councils, and supportive residents who decorated their homes. Thank you! The Committee would also like to thank our town's businesses and Town Council for their sponsorship and support for this community event.

It was great to see the town filled with folk from near and far to enjoy the spectacular arrival of Santa. Chet Valley Voices and Funky Feet School of Performing Arts gave fabulous performances in the town centre, and Loddon Band helped create a festive atmosphere in Holy Trinity church.

Please save the date for this year's annual Loddon and Chedgrave Victorian Evening which will take place on Friday 6th December.

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Loddon and District Local History Group

The December talk by Mary Fewster, titled 'Christmas Past', covered an historical assortment of facts about Christmas through the ages. The origins of some of our Christmas celebrations can be traced back to much earlier times. It was believed that spirits lived in evergreen plants and wished to be brought into the house. The tradition of picking holly and mistletoe for our houses derives from these earlier times. When the Christian church adopted mid-winter festivities, King Alfred decreed that there should be 12 days of feasting after Christmas.

Mary then described some of the food eaten starting with frumenty which is cracked wheat porridge cooked in almond milk. Sometimes fruit was put in and it became plum porridge. The Christmas pudding we enjoy today evolved from this. Boar hunting was an important pastime and a boar's head was the central feature of the feast once it had been decorated with bay and rosemary. Suckling pig with capers was popular too. Sweet dishes made of marzipan and sugar were enjoyed as were mince pies made of minced meat and fruit.

Some Christmas activities were then outlined by Mary. Margaret Paston's letters mention backgammon, chess and cards being played at tables and it is known that people dressed up and played music. Mummers performed plays like *George and the Dragon* in some areas. Medieval customs involved electing a servant to be the 'King of Christmas' who then had to be served by the master.

In the mid 17th century Christmas came under attack from a strict religious group called the Puritans who saw Christmas as a pagan festival with no biblical basis. In 1644 they were powerful enough to ban Christmas until Charles II reinstated it when he returned as King in 1660. After this some more familiar traditions developed.

By the late 18th century turkeys and geese were being bred for Christmas meals and carols were being sung in church again to musical accompaniments. In the 19th century Christmas trees and Christmas cards became popular particularly for the better-off. Poor industrial workers were often required to work over the Christmas period as the machines needed to be kept running. Pantomimes became popular and in 1823 'Cinderella' was performed in Norwich. Toy theatres became popular and toys in general started to be produced more. Tom Smith produced the first crackers and Caley's was one of the firms that supplied them. In 1919 King's College, Cambridge introduced a Christmas Eve Carol Service which is still held today.

The Christmas traditions that we are familiar with today had slowly fallen into place. An informative talk.

Carole Rylands

Next meeting: Wednesday 20th March—Development of the house between the 16th and 17th centuries by Ian Hinton.

All meetings held in St John's Lecture Hall, George Lane, Loddon starting at 1:30pm. Admission £3 (includes light refreshments). All welcome.

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Read Any Good Books Lately?

The Reading List by Sara Nisha Adams

This was the book we chose for our January book group and in general we all loved it. It tells the story of a group of disparate people brought together by a reading list they all randomly find. It's about the power of being transported out of your situation by getting engrossed in a book and also how a good book can spark discussions. The reading list had on it a collection of novels including *A Suitable Boy*, *Pride and Prejudice*, *To Kill a Mockingbird* and *Rebecca*. One character, Mukesh, was particularly well-written, starting to live life again after losing his wife—reading is shown to help him on his way as he navigates through.

The Bee Sting by Paul Murray

This is an interesting novel set in Ireland and featuring a family of four who have hit hard times which instead of pulling them together splinter them apart. Told from the four different family members perspectives it's a rich tapestry of a novel. I can't say that I enjoyed it the whole time. Decisions some of the characters made, and a seemingly apathetic slide into disaster, made me get quite tetchy with the book at times. But it's an interesting look at how four people in a family can live in one house and have such different lives with no real knowledge of what the others are going through.

Enchantment: Awakening Wonder in an Anxious Age by Katherine May

I really loved *Wintering* by Katherine May so was keen to read this. Although a bit less structured and captivating it still resonated with me, and I think it can only be a good thing to try and recapture a bit of hope and wonder in this slightly gloomy age! May looks at the natural world and tries to work out if connection with our immediate environment might be beneficial to reducing anxiety and stress. No real surprise that it does but it's a nice read!

I Want to Read...

Why We Swim by Bonnie Tsui

I really enjoy swimming, in the pool, in the river, in the sea, anywhere! I'm not keen on winter swimming though, my circulation doesn't like it. This book talks to various professional and keen swimmers in an attempt to find out why being in water has such a fascination and pull for many people.

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Nature Notes

Today is Tuesday 6th of February and I really must get on with March's Nature Notes if I am to reach the publishing deadline. Once again I have started a new list of birds seen or heard and have already passed 100. In years gone by with trips to North Norfolk I would have been near 150 by now, but I am pleased and content with what I have seen this year.

Over the last weekend while working on our vegetable patch I was serenaded by a robin singing its heart out only about a metre from me. The photo of the sunlight catching its red breast didn't do the whole experience justice. I have heard robins singing even on the most windy mornings before dawn since early January. This past week they have been joined by dunnocks and a song thrush, the latter not yet in full song but seemingly just warming up, but all gladdening the heart as I take the dogs on their early morning walk up the road. This joined with some glorious sunrises which have been magnificent, do lift the spirit and start the day well.

A walk round Sisland Carr a couple of weeks ago gave me some wonderful views of goldcrests flitting through the undergrowth on their search for insects. Nearing the end of the walk, I heard a nuthatch call. I think the dogs thought I was mad as we walked back and forth scanning the tops of the trees for what was about five minutes before I was rewarded with a glorious view of this blue and orange bird.

Walking from The Pits by Chedgrave Church down to the River Chet I thought I would stop and look up the dyke in the vague hope of seeing a kingfisher. I didn't believe my good fortune as there sitting in the willow bush was a kingfisher.

Reaching the path that runs along the Chet to Chedgrave Common there was a little egret with its big yellow feet hunting through the flooded field. It flushed a common snipe that flew off on its zig-zag flight path.

Recently on really windy days I will take the dogs to Langley Dyke to walk along the wooded side as it is sheltered, so there is a better chance of seeing smaller birds. This has proved to be true, and I have been entertained by mixed tits flocks; I always love watching long tailed tits as they flit from branch to branch seeking food. Their long tails and small roundish bodies fascinate me and their black, white and pink colouration brings me pure joy. Also, amongst these flocks have been goldfinch, chaffinch and siskin, the latter being a small green and black finch which is attracted to alder cones. On the last two days I have also seen amongst them an overwintering chiff chaff.

Other recent highlights have been a northern diver at Hamilton Docks Lowestoft and long tailed duck at Benacre Broad along with goldeneye. I think it was a barn owl I saw at Hardley Staithe near the end of January that was my 100th bird this year. It is sad that round here they are now few and far between, having been so common in past years.

Spring is coming so get out and enjoy.

Richard and Rachel Hull



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Gardening Notes

Fruit and Veg from Scratch

I promised last month that I'd start a series from scratch for anyone thinking of growing fruit and vegetables, whether in an allotment or garden or even indoors. This first part is thinking about the constraints in your life that limit what you can do: work, children, health, disability, lack of money or even the smallest garden. Worst of all no one in your family really likes vegetables though most people like fruit at least!

You won't really save money, particularly if you count your time. Likely your hourly pay rate will buy you more fruit and vegetables than the same hour spent growing them.

Don't expect to be self-sufficient without a large area of land to grow cereals and keep animals for their protein and manure.

Your own fruit and vegetables will not look so perfect or be so blemish free.

But all this comes with a different price tag. You don't know what has been applied to create those perfect fruit and vegetable on display or the damage that has been done to the environment, so I'll focus on organic growing which is hardly unusual as it's the way it was done for millennia.

There is a magic to starting with a seed and ending up with something to eat. The mental and physical well-being from gardening is widely understood, so if you really want to then it's worth finding a way that suits your circumstances.

Next time micro veg, simple salads and herbs.

Andrew Milner

From the Garden

The storms from the South and West have been playing skittles with my potted trees. Our garden is quite small so the trees I grow from seed live in pots, a type of movable arboretum. The tallest pines have had to be secured to posts to stop them going over.

Frost has bitten some of the early self-seeded plants of *Cerinth major* 'Purpurescens'. From May to August they have such fantastic drooping blue and purple flowers that the bees love. I allow them to seed around, pulling out those I don't want.

At the bird feeders, dunnocks, blackbirds, pigeons, blue tits, robin and wren were busy family planning in this morning's bright sunlight.

The Bramley Apple tree had a pruning. That evening we undertook a mini Wassail for it. Wassailing is a tradition dating back at least to Elizabethan times. It seeks to banish evil spirits and give thanks to and encourage the fertility of the tree by hanging toast in the branches and pouring a libation of mulled apple juice around the roots, drinking a toast and singing traditional songs. Mostly I have been tidying up dead stems, weeding and pulling out quaking grass seedlings, I've wrestled out several large ferns and divided them. Not much is happening except there are now primroses and snowdrops flowering, small but significant flowers heralding the start of spring.

Hazel Copland

End Piece

Mediaeval Glass

Imagine being exposed to the elements for centuries and then suffering the indignity of vandals' stones smashing you. That is a potted history of the mediaeval stained glass east window at All Saints Church, Chedgrave.

Eighteen people recently visited Devlin Plummer Stained Glass in Great Moulton to view the impressive progress the company is making in repairing and conserving the window. Aaron guided us by using our glass, laid out on tables and a large lightbox. Undamaged glass is cleaned with soft brushes and gentle swabbing with pure water. Smashed panes, tricky jigsaws, are repaired using resin adhesive that can be coloured to blend with the glass. Missing fragments are replaced with specially-cut new pieces of glass, which are discretely marked so future historians will know who did the work. Once the glass is restored, it is fitted back into the lead *comes* and waterproofing compound makes a seal between it and the lead.

The cost of the repair work is covered by insurance, but to protect our window for the future against the elements and vandals, we are having an internally ventilated protective glazing system fitted. That is expensive. We are grateful to the many individuals, sister All Saints churches, companies, and the Norfolk Churches Trust for very generous financial support. If you would like to contribute, please contact Rev Alison: ball880am@btinternet.com.

Our visit was exciting, both in viewing the excellent progress that is being made and in seeing the wonderful craftsmanship involved in such work.

Richard Ball

Correction:

Dear Editor, Contact Magazine is the most brilliant parish magazine and under your control I am sure it will continue to flourish. However, you are clearly not Norfolk born and bred, hence your glaring error in the February issue.

Referring to page four, you describe the insects on the front cover as *Ladybirds*. Such title, depending on whether you come from Chedgrave or Loddon, is normally given to either *smart young females* or *posh tarts*!

The correct title in this locality for such insects is, of course, *Bishy Barnabee*. Such is derived from the 16thC Catholic Bishop Edmund Bonner, known as *Bloody Bonner*, for his ruthless persecution and execution of several hundred Protestants during the reign of Mary Tudor. The colour of the insects was likened to the blood on his hands.

Here endeth the lesson. (Thanks to Alanonymous—twas the other editor!)





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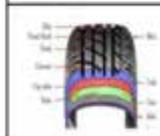
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