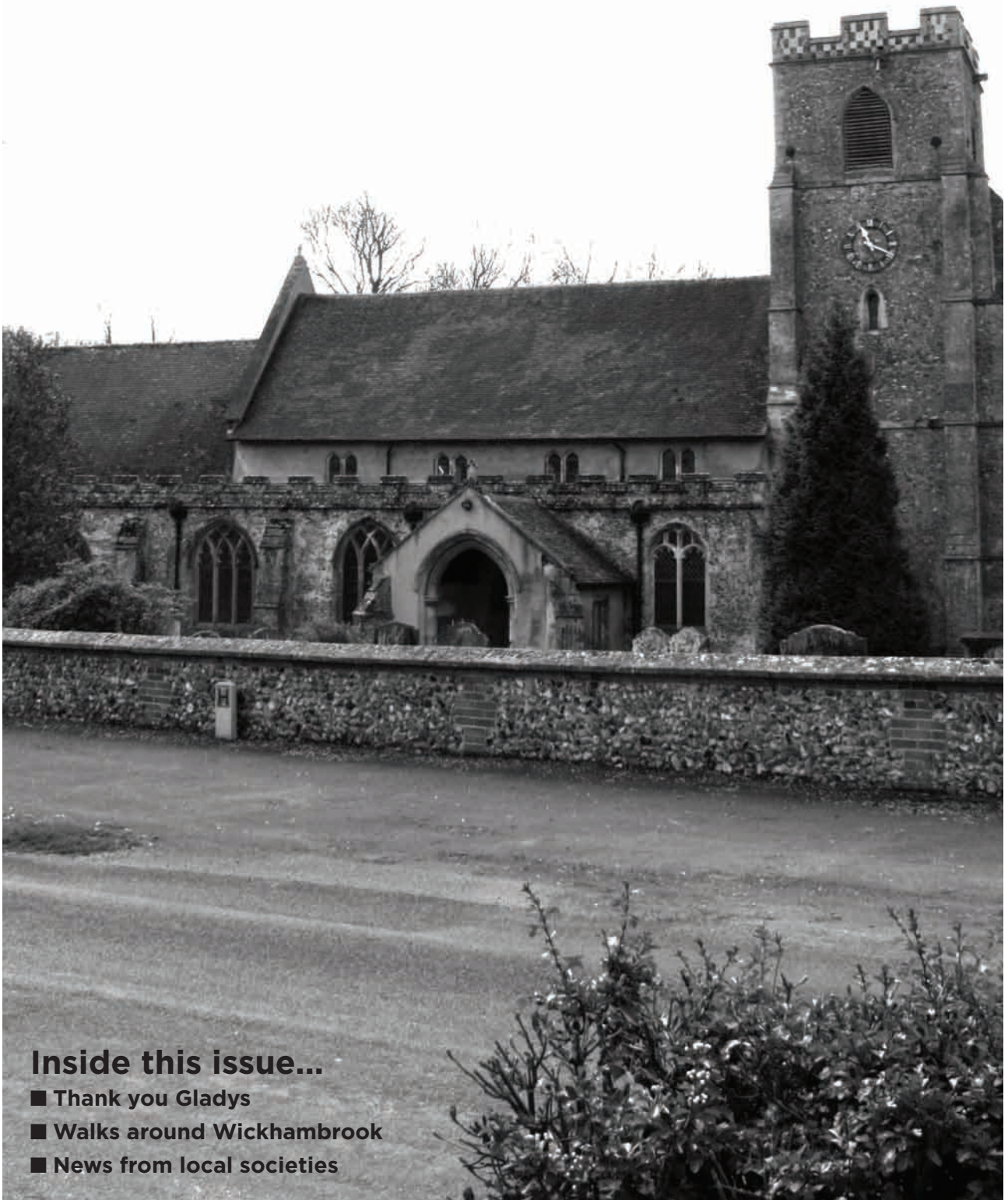


# Wickhambrook

January/February 2018  
Issue No 292

**scene**



## Inside this issue...

- Thank you Gladys
- Walks around Wickhambrook
- News from local societies

# Useful phone numbers

Emergency.....	999
Suffolk Police (non urgent) .....	101
Reporting Anti-Social Behaviour .....	08456 034715
Crime Stoppers .....	0800 555 111
Suffolk Fire Service Community Fire Safety.....	01473 260586
Gas Emergency.....	0800 111 999
Electricity Emergency .....	08007 838 838
Anglian Water Emergency.....	0800 145 145
Essex & Suffolk Water Emergency .....	0845 782 0999
Suffolk Trading Standards .....	01473 581694
Consumer Direct.....	08454 04 05 06
If your GP surgery is closed you should call NHS 111 which is open 24/7 and a trained advisor will help you. Calls are free from a landline or mobile.....	
111	
<i>Wickhambrook Surgery:</i>	
Appointments and General Enquiries .....	01440 820140
Repeat Prescriptions .....	01440 823801
Local Police SNT Team .....	01284 774100
Wickhambrook Stores .....	01440 820220
Milk Deliveries.....	01440 702220
Garages .....	01440 820391
	01638 730362
Greyhound Pub.....	01440 821017
County Councillor Mary Evans.....	01284 789546
Borough Councillor Clive Pollington.....	01440 820687
Parish Clerk Sonya Thorburn.....	01440 821861
All Saints Church - Rev. Brin Singleton.....	01440 821029
Wickhambrook MSC Bookings and Enquiries.....	01440 821906
<i>Reporting Full Recycling Bins:</i>	
Paper Recycling .....	01842 762934
Glass Recycling .....	01842 820804
Clothing Bank .....	0800 018 6333
Village Website .....	<a href="http://www.wickhambrook.org">www.wickhambrook.org</a>
Follow the village website on twitter .....	@WickhambrookCB8

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The opinions expressed in this publication are those of the author and do not represent those of the Wickhambrook MSC Committee and/or the *Wickhambrook Scene*.

Please note that all articles and letters sent to the Editor must be accompanied by a name and address (these do not have to be published).

### The MSC Monthly Lottery

The monthly lottery prizes are £50 first prize; £25 second prize; and 5 consolation prizes of £5. The lottery subscription is £10 p.a. If you would like to subscribe to the lottery, and as a bonus, get your *Scene* delivered to your door for free, then please contact the promoter Gloria Harrison on 01440 820210 or 0758 1712421 or e-mail harrisongloria1@googlegmail.com.

**The deadline for editorial copy for the March/April 2018 issue is 15th February 2018. The deadline for adverts for the March/April 2018 issue is 1st February 2018.**

Front cover photograph by Jo Mitchell

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# Dates for your diaries



## JANUARY

- 9TH**      **MAKING JEWELLERY  
WITH SIKANDER JADD**  
7.30pm, W.I. Hall
- 12TH**     **TEA PARTY**  
2pm-4pm, W.I. Hall
- 18TH**     **PARISH COUNCIL MEETING**  
7.30pm, Pavilion
- 14TH**     **FARMERS MARKET**  
10am-1pm, MSC
- 22ND**     **CACTI OF DESERTWORLD  
WITH BARRY GAYTON**  
7.30pm, W.I. Hall

## FEBRUARY

- 1ST**        **MEET AND EAT**  
12.30pm, The Greyhound
- 8TH**        **ESTATES COMMITTEE MEETING**  
7.30pm, Pavilion
- 11TH**      **FARMERS MARKET**  
10am-1pm, MSC
- 13TH**      **THE IMPORTANCE OF  
BEING TRIVIAL  
WITH MARK MASON**  
7.30pm, W.I. Hall
- 15TH**      **MEET AND EAT**  
12.30pm, The Greyhound
- 16TH**      **TEA PARTY**  
2pm-4pm, W.I. Hall
- 22ND**      **PARISH COUNCIL MEETING**  
7.30pm, Pavilion
- 26TH**      **GARDEN BUGS: COHABIT,  
CONSERVE OR CONTROL  
WITH DR IAN BEDFORD**  
7.30pm, W.I. Hall

If you have an event that you would like to advertise on this page, please e-mail the editor at [wickhambrookscene@hotmail.co.uk](mailto:wickhambrookscene@hotmail.co.uk).

## Contacts for the memorial social centre committee

**Chair:**            [chair@wickhambrookmsc.org](mailto:chair@wickhambrookmsc.org)  
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**Secretary:**     [msc@wickhambrook.org](mailto:msc@wickhambrook.org)  
                      [secretary@wickhambrookmsc.org](mailto:secretary@wickhambrookmsc.org)  
**Treasurer:**    [treasurer@wickhambrookmsc.org](mailto:treasurer@wickhambrookmsc.org)  
**Bookings:**     [bookings@wickhambrookmsc.org](mailto:bookings@wickhambrookmsc.org)  
**Repairs:**        [maintenance@wickhambrookmsc.org](mailto:maintenance@wickhambrookmsc.org)

**Bookings/Enquiries:**  
01440 821 906  
**Postal Address:**  
Wickhambrook MSC  
Cemetery Road  
Wickhambrook  
Newmarket  
Suffolk CB8 8XR





# American pancakes

## INGREDIENTS

- 200g self-raising flour
- 1 1/2 tsp baking powder
- 1 tbsp golden caster sugar
- 3 large eggs
- 25g melted butter, plus extra for cooking
- 200ml milk
- Vegetable oil for cooking

## TO SERVE

- Maple syrup

## METHOD

1. Mix the flour, baking powder, caster sugar and a pinch of salt together in a large bowl. Create a well in the centre with the back of your spoon then add the eggs, melted butter and milk. Whisk together either with a balloon whisk or electric hand beaters until smooth then pour into a jug.
2. Heat a small knob of butter and 1 tsp of oil in a large, non-stick frying pan over a medium heat. When the butter looks frothy pour in rounds of the batter, approximately 8cm wide. Make sure you don't put the pancakes too close together as they will spread during cooking. Cook the pancakes on their first side for about 1-2 mins or until lots of

tiny bubbles start to appear and pop on the surface. Flip the pancakes over and cook for a further minute on the other side. Repeat until all the batter is used up.

3. Serve your pancakes stacked up on a plate with a drizzle of maple syrup and any of your favourite toppings.

## MSC monthly lottery

### NOVEMBER 2017

### MONTH 6

All winning numbers below drawn by D Smith, N Aderson, C King and J King at Farmers Market, Wickhambrook on 12th November 2017.

302	Miss D Cordy	£50
567	Mrs D Flatt	£25
316	Mr Roddy O'Donnell	£5
426	Penny Cole	£5
939	Mrs Tessa Neaman	£5
883	Mrs A Mortlock	£5
622	Janet Robinson	£5

*All prizes delivered by the Collectors.  
Gloria Harrison, Promoter*

# Thank you Gladys!

It was with great pleasure that on 14<sup>th</sup> November 2017, a small group of trustees paid a visit to one of the hall's most dedicated and longstanding supporters, Mrs Gladys Alexander, to thank her for her extraordinary service to the MSC.

Now retired from her role as a trustee, Gladys has clocked up a staggering circa 40 years of voluntary hands-on involvement with the hall, and in fact is still far from hands-off, as even now she continues to take delivery of the Scene and What's On and distribute them to her merry team of posties.

As a gesture of appreciation and recognition, the committee has dedicated to her, the new tree recently planted on the recreation field.

Gladys' tree, as it will now be known, is a young Sorbus Rowan, and is situated to the side of the pavilion (car park side), next to Alf Hicks' commemorative tree (something, it was felt, that Alf would have much approved of).

Trustees visited Gladys with pictures of the new tree and its accompanying plaque, and with flowers and a card signed by every committee member, to say a personal thank you for all her work. They were very lucky to be invited to spend a genuinely fascinating half an hour or so reflecting on the many ways in which Gladys has provided support to the hall, and on the many changes she has seen there and indeed in the village during her years as a Wickhambrook resident.

Not wishing to outstay their welcome, the trustees left with their interests thoroughly ignited, certain in the knowledge that there is a book or memoir in the waiting if Gladys could only be persuaded to put pen to paper!

So from the relative newbies to an experienced hand, it's a resounding thank you to Gladys for her care and commitment.

*Sam Scarff  
Chair*

## History society

As a child, I well remember looking at cartoons in the newspaper and an annual compilation by Giles.

Like most of the audience at History Society in November, I had no idea that he lived in Ipswich and that many of the people and places were familiar to the locals.

Carl Giles was born in London, but came to work in Ipswich when he was twenty-one. He married, and bought a farm outside the town where he lived until his death in 1995. John Field, who

gave the talk, showed us many cartoons by this talented artist and followed each one with a photograph of the real place (often a pub!) depicted in it.

He used local people as models and his quirky take on politics, popular culture and family life proved to be a very funny look at life in Britain during his lifetime.

He was awarded the OBE in 1959 for charity work, most notably for the RNLI, for whom he designed Christmas cards each year.

# Parish Council

## STEPS CLEARANCE

The Footpaths Officer, Roger Medley, has to deal with many requests or complaints throughout the year about clearance of footpaths but his action taken upon learning from a resident that the steps up to the recreational field from the Coltsfoot Green footpath was particularly impressive. The steps had been totally covered by a dense growth of grass and weeds. These were cut away and the edges mown to reveal perfectly useable steps. Many thanks indeed.

## PARISH COUNCILLOR RESIGNATION

Mrs Julia Walker resigned from her post in October and the Parish Council was very sad to say goodbye to such an experienced and popular member. Mrs Walker has served on the Parish Council for many years giving freely of her time on both the full Parish Council and the Estates Committee where she held the position of Vice Chairman. It is hoped she will enjoy her 'retirement' which will enable her to spend more time with her family. Candidates for the vacancy will be invited to attend the January meeting and it is hoped an appointment can be made.

## REMEMBRANCE SUNDAY

A cold wind blew during the service around the War Memorial in the cemetery but many villagers braved the November weather. The photograph shows Cllr Julian Wilson laying a wreath as a representative of the Parish Council. The wreaths are supplied by the Royal British Legion and the Parish Council makes a donation on behalf of the village. We are lucky to have such a striking memorial and I must thank my husband, Hugh, for once again making sure it looked bright and clean on the day.

## LITTER PICK

Thank you to everyone who turned out on the same chilly November morning to remove unsightly litter from the village, plus a very few pieces of 'escapee' litter from the firework display the evening before. There was a more disappointing response to my invitation to write another verse of the litter pick poem but I would like to thank one resident who has come up with the rather catchy 'Get fitter - pick litter' slogan, which certainly is an incentive for all to come to the next one in March 2018! The one verse sent in may also inspire you:

Checked the weather, so I put on a hat,  
And the orange vis jacket went well with that.

Nearly filled a whole bag with a pot and two pans,  
Six empty crisp packets and twenty-two  
**CANS.**

## 'ZIPHAMBROOK'

Zip wire installation update: At the time of going to press this project is due to commence week beginning 4 December. We are all looking forward to seeing (if not trying!) the finished result. The zip wire has been partly financed by a community



grant held by St Edmundsbury Borough Council on behalf of the village. The criteria for the grant is quite strict but the Parish Council was able to prove that it would be a welcome addition to the equipment and by getting several quotes has achieved best value. Photos to follow in the next publication of 'The Scene'.

### MEMORIAL GARDEN

The garden project has now been completed with three benches purchased to site on the areas of hardstanding already in place. These will be given additional coats of teak oil over the winter before being placed outside in early spring ready for use. Tesco Groundworks have been sent photos and an in depth report of the planning and financing of the garden which has resulted in the remaining 25% of the grant being paid. The Parish Council is very pleased with the end result, a large unkempt area has been transformed enhancing the entire cemetery.



### RECENT PLANNING APPLICATIONS:

Recent planning applications considered by the Parish Council over the last six weeks:

- DC17/2164/HH Columbine Cottage, Nunnery Green. Single storey rear extension. No objection.
- DC. /17/2297/HH Rolfes Farm House, Church Road. Swimming pool and spa. No objection
- DC/17/2075/HH 4 Nunnery Green. Relocate Oil Heating storage to front garden. No objection
- DC/17/1821/FUL adj to Rowans, Nunnery Green 1 dwelling, 1 carport/shed, associated access. No objection

Decisions made by St Edmundsbury Council over the last eight weeks:

- DC/17/1708/FUL Sunset Bungalow, Meeting Green. 1 dwelling. Refuse application.
- DC/17/2059/AG1 Black Horse Farm Stables, Ashfield Green. Agricultural storage unit. Withdrawn/Abandoned

### AGREED DATES OF PARISH COUNCIL MEETINGS FOR 2018

Parish Council meetings - Thursday 18 January, 22 February, 29 March, 26 April, 31 May (Annual Parish Council), 28 June, 26 July, 30 August, 27 September, 25 Oct and 29 November.

Annual Parish meeting - Thursday 10 May 2018.

Estates Committee meetings - Thursday 8 February, 12 April, 14 June, 9 August, 11 October and Monday 3 December.

All at 7.30 p.m. in the pavilion next to the MSC Hall. All meetings are open to the public unless otherwise stated.

*Sonya Thorburn  
Wickhambrook Parish Clerk*



# Finance matters



## **AUTUMN BUDGET 2017**

The recent Budget held little of particular interest for the average investor. The usual increases in personal taxation allowances (income tax, CGT, etc.) were announced and covered extensively in the media. Major changes to pensions and their tax-relief were not included, much to my relief as there have been so many over the years that it is nice to have a little stability. The only notable change was the inflation-linked increase in the lifetime allowance from £1.00M to £1.03M. This is the limit above which up to 55% of additional tax is due on pension pots. It does not affect many people, though can come as a complete shock to those with income entitlement of £51,300 pa (less if a tax-free lump sum is paid on top) from final salary schemes.

## **HOME OWNERSHIP**

Perhaps the biggest Budget news was that first time buyers (FTBs) were to be targeted with changes to stamp duty, but I feel it is unlikely that this will make much difference to affordability over the next few years. Indeed, it is probable that any 'gains' due to the abolition of stamp duty for FTBs on properties up to £300,000 will just help fuel the price rises for the narrow band of properties the FTBs are fighting over. For purchases going through at the moment, FTBs will welcome the change as it will effectively give them up to £5,000 extra to spend on their first home or add to their deposit.

Home ownership will only increase when affordability increases, through higher wages and/or house price reductions. Supply and demand is one of the biggest factors affecting home ownership, so the Government's announcement of the construction of 300,000 new houses each year should help, if they are in areas that people are looking to buy.

However, the home rental market will also influence this process as changes to taxation for landlords take effect. Rents may rise as landlords try to recoup some of their losses caused by the reduction of tax relief on the interest of their buy-to-let mortgages and also to offset increases in Capital Gains Tax as corporate landlords will no longer get tax relief for gains driven by inflation.

Many would-be FTBs have sufficient income to pay a mortgage; they just cannot save up enough to pay a deposit.

According to Rightmove, the average property price in East Anglia last year was £323,442, ranging from terraced houses at £272,952 to detached houses at £444,487. Many lenders will allow FTBs a mortgage worth 90% of the purchase price, so an average terraced house would require a deposit of over £27,000. Potentially the Help to Buy equity loan scheme would halve this and provide an interest-free loan for a further 20% from the Government. However, this is only available for new-build properties until 2020 and hence is not overly helpful as new houses tend to be more expensive.

It is obvious that the key for FTBs is to plan well ahead to save for the deposit both by sensible investing and curbing expenditure. Even then, the 'bank of mum and dad' is often needed.

## **FURTHER INFORMATION**

Please contact me (details as per BV Services advert) or take a look at [www.bv-ifa.co.uk](http://www.bv-ifa.co.uk).

Please note this article contains general information only and should not be viewed as specific advice.

*John Bramwell*

*BV Services is authorised and regulated by the Financial Conduct Authority*

# Walks around Wickhambrook

**T**he Parish Council with the help of Suffolk County Council is planning to produce a walking leaflet giving details of three selected circuits in Wickhambrook area. One will head north, another south and a third will cover the central area. All will start at the village centre as it is hoped that the leaflet will attract walkers from neighbouring villages. The three chosen circuits will be described in the Scene. Below is the northern route. While the leaflet map is being produced it will be of benefit to take a copy of Explorer Map 210 Newmarket and Haverhill with you.

## **WALKING TO THE NORTH**

This circular walk heads north of the village and makes use of the green lanes in that area. Total mileage is between 6 miles and 7 miles and will take around three hours at gentle pace. The circuit is best undertaken in the drier months. It is also enjoyable in the winter, just a bit more of a challenge.

Leave the entrance to the Memorial Social Centre car park, turn right and take the footpath that runs between the cemetery and the W.I Hall. Cross the footbridge in the corner and continue with the ditch and bank on your right. Turn left at the corner and follow the edge of the field on the left. This will bring you to the road where you turn right. Ignore turnings to the left and right until you have crossed the little bridge and reached the de-restriction signs at the foot of the hill. Spot a stile on the left. Climb this and head half left crossing a culvert and then veering right. Sometimes the grass is quite long and sometimes you have the company of sheep. Cross a second stile and continue in the same direction walking along a headland with a hidden stream on your right. Go through a hedge and

stay with the stream, now more obvious, until you reach a concrete bridge. Turn left and almost immediately right along a farm track which skirts a small wood.(N.B. The official right of way goes through the crop in two places but the headland alternative seems more acceptable to both the landowner and walkers) Turn left on re-joining the stream and follow the waymarks to the wood. There are fallen trees here which provide convenient seating for a coffee break. Soon after entering the shade, cross a wooden bridge and then a second one and on meeting a wider track turn right. Follow this green lane along the middle of a long ribbon of trees with the stream on your right. Ignore turnings on the left and right. On emerging at the end (there is a slight incline and a pond can be seen on the right), ignore the left turn and continue ahead. The track leads around Busses Farm. Join a metalled road and continue in the same direction (heading north). To check that you are in the right place, you will almost immediately pass an obvious pond on the left. Ignore the bridleway sign on the right. This road joins a main road, still very quiet, and you should continue in the same direction, passing a turning to Baxter's Green and a signpost which shows Wickhambrook 2 miles back the way you have come. On reaching a gentle bend in the road and Queens Cottage on the left (this used to be a pub and was purchased by Greene King in 1897 for £375) take the green lane on the left. This could give the impression of being a private drive were it not for the Byway sign. This green lane continues for some way. Ignore a wooden bridge on the left. This track offers pleasant but sheltered walking, eventually opening out at another track where you have to turn left or right. Turn left. A right turn leads to Ousden. Cross the road (left

and immediately right) and continue along this green lane. Any breaks in the trees and hedge on the right will give good views across the valley to Stetchworth and Dullingham. At the T-junction turn left (right leads to Lidgate) and head towards the British Telecom masts. Soon after passing the entrance to the B.T. compound find a hidden tunnel footpath on the right. If after 20 paces you still have not spotted it then turn round as the sign is more easily seen from this direction. This path soon brings you to a large field on the right visible through the hedge and after another 40 paces turn left into Spring Wood. There is no waymark at this point but it is the only track available. The path heads straight through the shade to give further pleasant walking. Step over several fallen trees as you head towards the remains of a wooden fence. Pass through and continue in the same direction but not for long. Where the hedge on the left ends you will find a waymark pointing left. Take this direction keeping to the hedge on the right. In the next corner you will find a path which skirts a little wood. On reaching the road turn right. After a short distance the road bends right and you must leave the road and continue ahead to pass to the right of a metal 5 bar gate. (If you reach the white railings you have walked too far). Stay with the hedge on the left until it turns sharply left uphill. You continue ahead using a clearly marked path through a growing crop. This will lead to the familiar track in the trees where you turn right. Follow this Byway ignoring all other options until to reach civilisation at Coltsfoot Green. You may wish to use the bench. At the road turn right and almost immediately left to find you way back to the playing field and car park.

*First written up in 2006. Updated 27th  
November 2017*





# Women's Institute

Our guest at the October meeting was Pam Bowen from the Crown Prosecuting Service, based in London, but travelling around the UK, Europe and sometimes beyond in her work investigating and bringing to justice those involved in trafficking of women and modern slavery. She outlined her portfolio responsibilities and what these involved and brought a violent, evil, disturbing world into the light most probably known by name to those present without realizing the true nature of the problems encountered. Among the squalid and dangerous she related comic, touching and heart-breaking stories from her own experiences which had us laughing and horrified in equal measure. You had to admire Pam's passion, determination and patience to try and improve the enforcement of present legislation while adding and improving new policies to help deal with the ever changing but

unfortunately increasing situations in such a challenging environment.

It was a chilly, dark, November evening as we met to discover the wonders of the astronomy BUT unfortunately it was too cloudy above to see anything of the planets or the stars and their constellations!!! Thankfully Richard Young our sky-watching expert had a slideshow of photos, taken by him of the Moon, which he talked us through.

Richard from the Athenaeum Astronomical Association in Bury St Edmunds also showed members the observatory with a telescope, in situ, commissioned and built on the roof of the Athenaeum on Angel Hill in Bury St Edmunds!!

Who knew that was there, none of those present! See if you can spot the green dome next time your passing by! Established in 1859 - 1860 by George Biddell Airy (1801-1892), the then

Astronomer Royal under the patronage of President Lord Alfred Hervey of Ickworth, the Association is now trying to raise funds to renovate and repair the Observatory for the use of enthusiasts and paying members of the public in the future. She was thanked by Sue Burton Griffiths.

The Wickhambrook Institute has also recently hosted the annual "Gallops" group meeting in Wickhambrook when we welcomed six other institutes for a successful evening of W.I. business and entertainment.







### FORTHCOMING MEETINGS

- Tuesday 9th January  
Making Jewellery  
with Sikander Jadd
- Tuesday 13th February  
The Importance of being trivial  
with Mark Mason
- Tuesday 13th March  
The Suffolk Wildlife Trust  
with Will Cranstoun

### TEA PARTIES

All profits to local charity or group or for our Denman Bursary.

- 12th January  
from 2pm to 4pm in W.I. Hall
- 16th February  
from 2pm to 4pm in W.I. Hall
- 16th March  
from 2pm to 4pm in W.I. Hall.

Come and join us for Tea, Coffee, Cake and Chat £1.50

Our meetings are held at 7.30pm in the WI Hall and all ladies from the village and district will be made very welcome. We have two Walking Groups for those of you who feel the need for regular exercise and lots of chat! Wednesdays at 10am for the longer distances, and on Thursdays at 10am for a gentler programme. Just turn up at the WI Hall if you would like to join in.

Information is always available from Hilary (01440 821713) or Veronica (01440 820791) for all our activities.

*Val Orange  
Press and Publicity*

## Which is the more popular – the café or the market?

When you see these familiar roadside signs it means there's an indoor 'foody' farmers market with 'meat and 57-veg-variety' stalls, cakes, pastries and preserves plus winter horticulture' and craft stalls, in the MSC on the following Sunday. There's always something new or different in the monthly market – next year maybe a 're-cycled books and magazines' table in the foyer (any offers to help with that?). But most importantly, because it's just what's needed in a winter-frosted village... there's the regular open-to-all warm and friendly Centre Café in the Bar Room offering a stop-off for the chilled morning health-walkers and those on their urgent Sunday morning newspaper errands, offering warming tea and coffee, delicious hot snacks, irresistible tasties to take away for Sunday tea and a chance to sit down for a relaxing sociable chat and a village gossip catch-up with friends and neighbours.

This is the increasingly popular monthly social gathering for everyone – not just the market shoppers and browsers. And any tasty items bought in the market can be brought into the café to enjoy over a 50p cuppa-of-choice, or a posh-coffee-shop 'special' coffee (for only £1 – not the £3.50 high street price). There's no 'only if bought here' rule in Wickhambrook's welcoming Centre Café because it's all the same under the MSC's roof where the cosy heating is on early and the bright lights are on and the doors open-to-all from 10am to 1pm every 2nd Sunday in the month. The next sociable cosy-café, with the Main Hall's 'fresh and local produce' markets set up alongside, are on Sunday 14th January and Sunday 11th February. It's definitely worth getting out of bed for!

# Horticultural society

First of all, a very happy New Year to all of you. I hope that your Christmas time was happy, peaceful and healthy. I am writing this missive half way through November, so it seems very strange to be thinking of Christmas and the New Year being over. However, it must be done so here goes.

Again, I was unable to attend the monthly meeting on 23rd October as I could hardly walk!! I had been to A & E that particular morning for xrays and to see the doctor and was diagnosed with tendonitis in my left ankle and told to rest for at least the next three days with my leg elevated. I was really disappointed to miss the evening and the talk about apples. So the following report is thanks to Dr Philip Draycott, who was then our Acting Chairman. Thanks Philip.

We heard one of the best talks ever when Joanna Crosby described the "Amazing hidden history of apples and orchards". She works for Scotsdales near Cambridge but is expert in everything relating to apples. In addition she is closely involved with the Cambridge City Council's Trumpington Community Orchard Project.

Apples originated in China, long before man appeared on earth. One was waiting for Adam to be tempted by Eve! It is thought that pigs, bears and early man gradually moved them westwards into Europe. Now there are over 3000 varieties. In Victorian times names were given to the then current favourites of both culinary and dessert apples. Each County boasted many varieties originating there eg Cambridgeshire with over twenty.

On the technical side she described grafting, rootstocks, pollination, planting and pest and disease control. Anyone cultivating apples already (there were many members, plus non-members) avidly listened to all Joanna's pearls of wisdom. She also encouraged everyone to have a go, even with

small, tub-grown trees.

For most the best part of the evening was her session identifying many varieties brought along from old garden trees. Her skill was outstanding and most people went home an apple expert.

Joanna was warmly thanked by Philip for a very interesting, informative talk.

On Monday 13th November it was the Society's AGM and it was good to see so many members present. (Was it the meeting, or was it the cheese and wine which followed???)

Dr Philip Draycott who has been Acting Chairman for the past twelve months gave his report. He had filled the role admirably and he was pleased with how the Society had progressed during the past year. He thanked the committee for their hard work, but admitted that he was grateful that his twelve months of hard work was coming to a close. The new committee members had settled in well and we had enjoyed excellent speakers, an all day coach trip and several trips to local gardens as well as our visit to Scotsdales in May for shopping and lunch. All the outings had been blessed with good weather, quite an achievement in 2017. Philip is now stepping down from the Committee, together with Dorothy Lightley, Maria Sumner and Roger Vergine, but two new members were willing to come onto the Committee - Deirdre Smith and Polly Puxley and as well as this Mrs Jackie Merry was willing to be our Chairman. These additions to the Committee were proposed and seconded by the members and they were all welcomed aboard.

Our Treasurer, Ann Collett, gave her report on our finances. Although finances are currently stable, she felt that, particularly in view of the higher prices being charged these days by our speakers, that it would be prudent to increase our annual membership fees to £6 and this was readily agreed to



by members. This is our first increase in membership fees for many, many years and is still excellent value.

Matthew Lawfield then gave a report on the forthcoming speakers for this year. This was one of Dorothy Lightley's jobs for many years and Matthew and his wife Audrey, willingly took over this task when Dorothy resigned. We look forward to the monthly meetings, they certainly sound an interesting assortment. As well as the meetings, Matthew has planned our coach trip and visits to three local gardens. There will be more details of these to follow. Audrey Lawfield has also taken over the task of General Secretary and Minute taker and Philip extended his thanks to both of them.

Mrs Linda Collins wasn't able to attend the AGM but had given a Report of the Annual Flower Show to Philip who read it out for members. The Flower Show had again been successful and Linda thanked all those who made entries in any of the classes and also to the people who came to look around the exhibits. It is very hard work to put on a Show like ours. Linda had made the comment in her Report that a couple of the Judges had said how high the standard of our Show is and that entrants should be proud of themselves.

When the Society was in danger of closing down, it was realised that there was no Constitution in existence so in 2017 Rosemary and Roger Vergine investigated a new Constitution which could be adopted by the Society. This had taken many, many hours but we now had a Constitution which was adopted and agreed to by the AGM. Philip extended his thanks to Rosemary and Roger for all their hard work.

Whilst Chairman, Philip noticed that the Society now had no Honorary Life Vice-Presidents and he had made it his mission to rectify this omission. He announced to the meetings that three were to be elected that

evening - firstly to Mrs Jean Cook who had been the Show Secretary for many, many years and a Committee Member for even more. Secondly to Mrs Jackie Fieldsend, who had been a past Chairman for about twelve years and thirdly to Mrs Dorothy Lightley, another long standing member of the Committee and also General Secretary for about fifteen years. All three were presented with a beautiful, framed document to thank them for their past service. These had been designed and printed by another member, Mrs Veronica Wiseman, - a very clever, artistic lady.

Then followed the election of our new Chairman, Mrs Jackie Merry, and the rest of the Committee who were all proposed and seconded. Jackie then took over the Chair. She thanked Philip for all his hard work over the past twelve months and for leaving the Society in such good heart.

There was no other business so the meeting closed at 8.15 p.m. We were all then able to enjoy our cheese and wine and have a jolly good chat.

We start 2018 with our monthly meetings on Monday 22nd January which is a talk by Barry Gayton on "Cacti of Desertworld". Barry has spoken to the Society before but not about his vast collection of Cacti which he estimates at about 50,000 now.

Then on Monday 26th February we have Dr Ian Bedford from the John Innes Plant Research Institute who is going to talk about "Garden Bugs: Cohabit, Conserve or Control". Dr Bedford has been on Gardeners World and other TV and Radio programmes and he made headlines some five years ago when he first identified the "Spanish Slug" in the UK.

Both these talks are in the W.I. Hall and begin at 7.30 p.m. Members £1 and non members £2 which includes tea/coffee and biscuits. Annual membership is £6 and hope to see you at one or both of the above.

*Jackie Fiedlsend*

# Nordic walking

**N**ordic Walking is the fastest growing form of fitness in the UK and is a technique of walking using specially designed poles. It is derived from cross country skiing and is an effective total body work out that can be enjoyed by anyone regardless of age, gender, fitness ability, or size. If you can walk you can Nordic Walk.

The correct use of poles switches on the large upper body muscles, muscles which are often overlooked, thus increasing cardio-vascular output; toning upper arms and waist; reducing head and shoulder tension; improving posture; as well as increasing the number of calories burned, thus aiding weight loss. The poles also turn the participant into a four legged animal, which vastly reduces the impact on knees and hips, making this a gentle, albeit effective, form of exercise. Studies have proven a reduction in risk of type 2 diabetes, heart disease, and a lowering of blood pressure by people who regularly engage in Nordic Walking.

Mary Tweed, of Nordic Walking East Anglia, teaches the internationally recognised ten step technique programme either over a series of six one hour weekly classes or in a “crash course” format over two mornings. Classes are based in Clare Park and participant’s progress

through the programme until they have mastered the basics, at which point balance, strength and cardio-vascular exercises are introduced.



Classes are fun and sociable and give walkers the opportunity to make the most of exercising in fresh air. Mary supplies poles, so walkers simply need to turn up wearing comfortable clothes and a good pair of walking shoes.

There will be several beginners options in January, so if your New Year’s resolution is to improve your health and fitness, then do take a look at the website [www.nordicwalkingeastanglia.co.uk](http://www.nordicwalkingeastanglia.co.uk), or contact Mary on 07931 580 648 / [mary@nordicwalkingeastanglia.co.uk](mailto:mary@nordicwalkingeastanglia.co.uk)

## The World’s biggest Coffee Morning 2017 - Thank You

I would like to send a **BIG THANK YOU** to everyone who attended and so generously supported our 26th annual Coffee Morning recently. The event was part of Macmillan Cancer World’s Biggest Coffee Morning and was a wonderful morning, with over 160 people attending.

The total raised so far for Macmillan is **£1270**. A brilliant effort for our small village!!!

With grateful thanks for all the donations of money, cakes and the interesting variety of 58 raffle prizes and to the W.I. for the free use of their hall for the morning.

Everyone was so very generous as always. Thank you!!!

There will be a final total in December after Chocoholics orders are completed.

*Val Orange*