



# THE BEACON

Beck Row, Holywell Row and Kenny Hill



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**April – May 2025**

Hello Readers

Springtime is here, the clocks have gone forward so we have lost an hour's sleep – but much lighter evenings, more time in the garden and outside, that is of course if it is warm enough.

Things to look out for in this edition: Easter Egg Hunt for the children on Saturday 19th April; the events commemorating VE Day – 8th May; Love Our Village meet up for a tidy up 15th May; Rose and Crown reunion 5th July - a community event – reuniting customers, staff etc., from the days when the hub was the Rose and Crown Public house.

The online copy of the Beacon is accessible, approximately one week after the hard copy has been delivered – [beckrowparish.gov.uk](http://beckrowparish.gov.uk)

As always, a massive thank you to all involved with putting the Beacon together and the wonderful volunteers who deliver no matter the weather.

*Sue French*

# What's Going On Locally...

## St John's Church

### Sunday Services 9.30am

- 1st Sunday – Lightwave Service
- 2nd Sunday – Service of the Word
- 3rd Sunday – Lightwave Breakfast Church (in hall)
- 4th Sunday – Holy Communion



### Community Events (by donation)

- 1st Tuesday – Lunch 12 noon (book with Kathy 07963 958017)
- 2nd Tuesday – Soup and Chickenfoot 12 noon
- 3rd Tuesday – Coffee Morning 10am
- 4th Tuesday – Soup and Bingo 12 noon

Temp contact details - The best church contact is the Rural Dean, Revd Canon Chris Childs on 01638 429212 or revcchilds@aol.com

### BECK ROW LADIES CLUB

2pm – 4pm  
2nd Monday of each month  
St John's Church Hall, Beck Row

## The Methodist Church

### Sunday Services

Beck Row Methodist Church 11am  
Holywell Row Methodist Church 6.30pm  
Rev. David McAloon - 01842 753819

## The Mildenhall Scale Model Club

now meets in St. John's Church Hall  
7pm - 10pm  
every 1st and 3rd  
Wednesday  
Gary Wenko • T: 01638 714543

## THURSDAY CLUB

2pm – 4pm  
3rd Thursday of the month  
(over 50s)  
at Beck Row Methodist Church

For further details please  
contact Maggie Walker  
on 01638 715447



## St J's

### Stay and Play

Every Wednesday  
9.15am to 11.30am

FREE

at St. John's Church Hall  
All children aged 0-5 and their  
parents/carers welcome

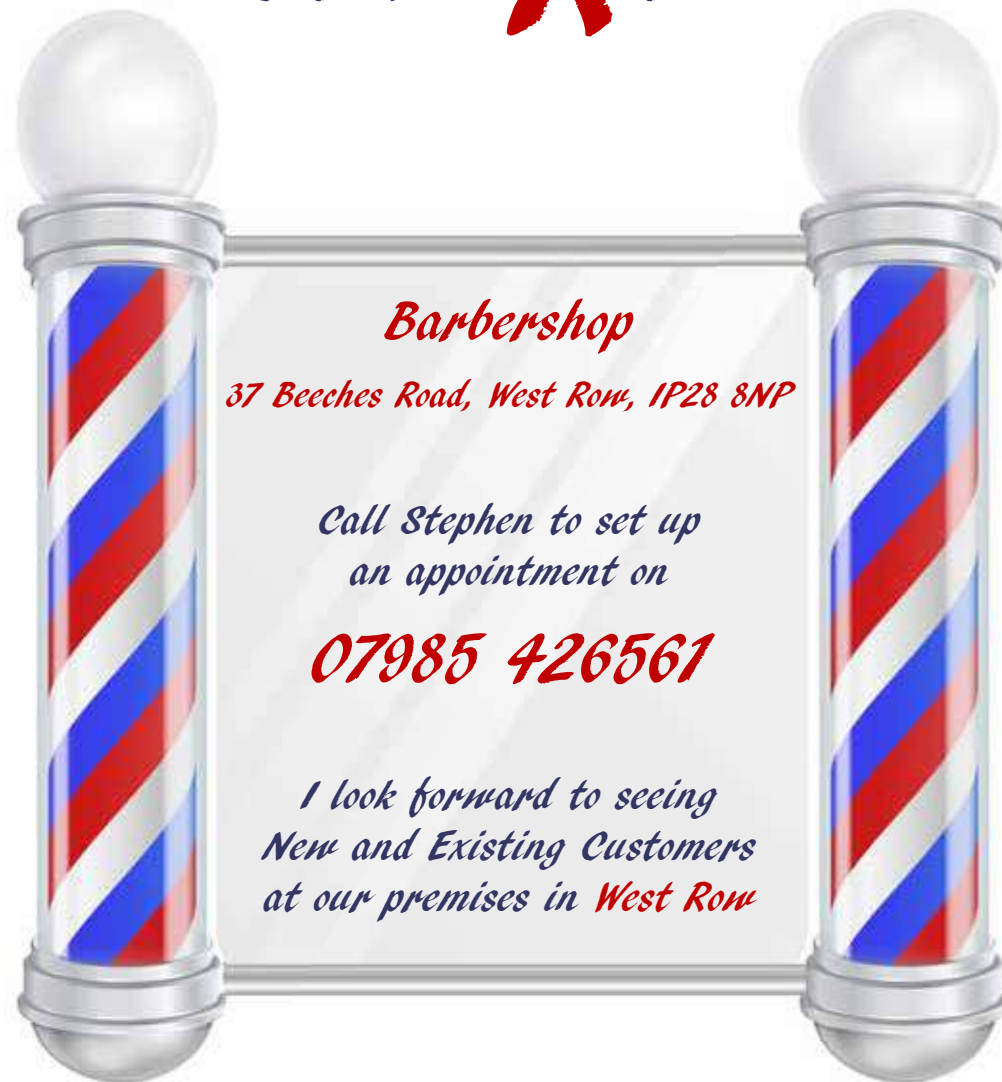


## BECK ROW PRE-SCHOOL

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## Beck Row New Ladies Club

The Club has been well attended over the winter, and there have been some interesting speakers. Meetings take place on the 2nd Monday of each month at St John's Hall at 2pm, and the cost is just £4. This includes refreshments, raffle and an opportunity to chat, so very good value! There is no membership or booking required, just turn up.

Lynda, our secretary, has been responsible for making some very delicious cakes which have been appreciated by all!

We are also continuing to collect small change for the charity 'Smalls for All', so please bring any along to the meeting. Just £3 buys 4 pairs of girls pants for those in need. We also send regular parcels of lightly worn underwear, so as spring is approaching and you turn out your cupboards, please remember to bring anything suitable to the next meeting.

Anyone is very welcome to attend, there are going to be some self-driven outings so if you would like to come, then join us at the next meeting and put your name down. We will sort out car-shares for anyone not wishing to drive.

Our upcoming Programme is:

- 14th April Iestyn Edwards – My Tutu went AWOL
- 12th May Safari to Watatunga (no walking involved) - £17
- 9th June Jan Munt – Building Ely Cathedral
- 14th July Porters Lodge, Cavenham - Garden visit, tea and cake. OPEN TO ALL - £10



## BILL MALONE SERVICES

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The church is currently without a vicar, and in this interregnum, Rev Mark McCaghrey who is the team vicar for the Barton Mills group, will be the point of contact.

Our group has been reorganised, so the appointee will be responsible for Beck Row, Eriswell and Icklingham. Currently, the documents are being worked on before the advert for a new incumbent can be published, so it is likely that it will be some time before an appointment is made. We will of course, keep you updated.

St J's Stay and Play have been fortunate to have the help of Angie, from the Lightwave Team. She has brought a wealth of knowledge and crafting talent to the group, and is much appreciated by all who attend.

Angie also leads the two Lightwave services on the 1st and 3rd Sunday of each month.

A new Bible Study group has been formed, all welcome, on the 1st and 3rd Monday afternoon 1.15 – 2.30pm. Everyone is welcome to join for a cup of tea and a lively discussion.

The weekly Tuesday Warm Rooms programme will continue throughout April and May

1st Tuesday – Lunch (bookable)

2nd Tuesday – Soup, sandwiches and Chickenfoot

3rd Tuesday – Coffee Morning

4th Tuesday – Soup, sandwiches and Bingo

Instead of the June Lunch we have received funding for a coach trip to Felixstowe.

The Hut has been booked, and pre-ordered Fish and Chips will be delivered there. A few seats are still available, please contact Kathy Butcher if you would like to come, or to attend any other lunch (1st Tuesday of the month).

The Saturday afternoon Bingo has been well attended and enjoyed by everyone, the next one will be on the 12th April at 2pm in the Hall. Books are £5, including refreshments, and there is also a raffle.



## **SATURDAY AFTERNOON BINGO**

at

**ST JOHN'S CHURCH HALL, BECK ROW**

**2pm**

**£5 per book to play, refreshments and raffle**

**DATE FOR YOUR DIARY**

**2025:**

**12th April**

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# Easter Wordsearch

DIRECTIONS: Look for the ten words in the list hidden in the puzzle.  
The words can be vertical or horizontal as well as forwards or backwards.

BASKET  
BONNET  
BUNNY  
CANDY  
CHICK  
DYE  
EGG  
HUNT  
LILY  
PARADE



Solution page 27



## Holywell Row Village Hall – BINGO SESSIONS

Bingo sessions are going to be held on the 4th Friday of each month in the Village Hall – 25th April and 23rd May.

Bingo starts at 7.30pm.

10 games for £5.

There is a prize for 1 line and a prize for a full house in each game.

The Hall is available to hire at reasonable rates. Please contact Pauline on 07714 063190.

## Hearing Aid Information

Audiology Department, West Suffolk Hospital

Hardwick Lane, Bury St Edmunds, Suffolk, IP33 2QZ

Telephone: 01284 713507 – you can telephone Monday to Thursday 9am to Midday

Email: [audiologymailbox.wsh.nhs.uk](mailto:audiologymailbox.wsh.nhs.uk)

Hearing Tests are given every 3 years. If you feel that your hearing aids are not working properly, contact **Audiology at West Suffolk Hospital**. However, please be aware that the tubes and cones on your hearing aids should be replaced every 4 months. Not changing the tubes and cones regularly could lead to problems with your hearing.

### Batteries, Tubes, Cones and Hearing Aid Maintenance

All these things can be dealt with by West Suffolk Hospital. Go to Reception B. Take your NHS Hearing Aid card with you. Probably a good idea to telephone before taking your hearing aid in for repair in case its an easy problem to solve.

### Batteries, Tubes and Cones can be requested by post

Write a short letter giving your name, address etc, include your NHS Hearing Aid Card. If you are asking for just tubes and cones, include a regular stamp. If you are including a request for batteries you must include a Large Letter stamp. The hospital supplies the return envelope.

### The Market Cross Surgery, Mildenhall – Batteries only

The surgery provided batteries with no trouble, although it would be an advantage if you take the NHS Hearing Aid card with you. Surgery is open usually Monday to Friday 8am to 6.30pm.

### The Jubilee Centre, Recreation Way, Mildenhall, Suffolk, IP28 7HG

– Phone 01473 286060

More information from: Hearing Advisory Service <https://www.hhas.org.uk>

Only open for three hours 10am to 1pm on the 1st Wednesday of every second month.

**Batteries only** can be collected without an appointment. If you need tubes and cones, ring 01473 286060 to pre-order and book an appointment.

For servicing and repairs, phone 01473 286060 or go online to book an appointment.

2025 opening times going forward:

May 7th 10am – 1pm, July 2nd 10am – 1pm, September 3rd 10am – 1pm, November 5th 10am-1pm

If you intend going to the Jubilee Centre, it would probably be a good idea to check the date and time first by telephoning the above number. **Take your NHS Hearing Aid card with you.**

*Our thanks go to Pauline and Marilyn from The Hub Swimmers for the above information.*

## Crispy Chocolate Fridge Cake Nests

**INGREDIENTS** makes 24

- 150g dark chocolate, roughly chopped
- 150g milk chocolate, roughly chopped
- 100g salted butter
- 125g golden syrup
- 2 tsp vanilla bean paste
- 8 shredded wheat biscuits
- 24 M&M's® Choco Eggs

### METHOD

- 1 Line 2 12-hole cupcake tins with paper cases (or used a silicone cupcake tray). Melt both the chocolates, the butter and golden syrup together in a saucepan over medium-low heat. Once smooth, stir in the vanilla and crumble in 7 of the shredded wheat biscuits, making sure there are both crushed pieces and large chunks.
- 2 Scoop heaped tablespoons of the mixture into the holes of the tin and press the middles down using the back of the tablespoon to create a nest shape. Chill for 2 hrs until set.
- 3 Once set, crush the remaining shredded wheat biscuit and sprinkle this over the nests. Sit two M&M's® Choco Eggs into the middle of each nest.

Will keep in an airtight container in a cool place for up to four days.





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SCAN ME

Carter Place, Field Road, Mildenhall, Suffolk. IP28 7AL - www.beatricecarter.co.uk

*This next contribution from David Taylor has been provided after an USA meeting of a new Writer's Group he has joined. I hope you all enjoy reading it.*

## The Shed

'She'd make you a good wife. I've known her mother, Martha, since school days. She's been brought up properly and knows how to keep a tidy house and cook well.' His mother's statement hadn't impressed Eric too much because he had little or no feeling for or attraction to Edith.

'I want more than a well-cooked sprout and a sparkling floor; I want excitement and romance in my life, mother. I want a woman who will let her hair down and be a loving mum to our children. I suppose I want a happy family.'

'I've told you before, Eric, "I want" doesn't live in this house'.

A few days later, Eric and his mother were invited to Edith's home. He'd been told to wear his best suit, a sensible tie and polished shoes. He hadn't been ordered to smile, thank goodness, because he would have found that too difficult. He sat there, impassively, trying to enjoy a weak, milky tea with no sugar. Edith sat opposite in a grim, shapeless dark green dress that had a high neck, long sleeves and covered her legs down to her ankles. Her straight hair was cut so short that the most exposed part of her body was her neck. Eric hoped she hadn't dressed to impress because she'd failed miserably. He smiled inwardly.

Normally, there were niceties, but nobody could think of anything to say except about the foul weather which had soaked his trousers and dulled his shoes.

'So how is your job and the company you work for?' questioned Edith's mother.

Before he could reply, his mother spluttered, 'Oh, he's doing very well. Very well thought of, aren't you, Eric?'

Eric grunted, 'I work for Albert Spriggs in accountancy, but my outside interests are carpentry and design.' After periods of long silences and a short, stilted rendition of 'There's no Place like Home', by Edith on the piano, both mothers agreed that it would be rather nice if Eric and Edith went to the pictures together the following week.

Eric was not in the grip of rapturous anticipation, but to please his mother, he agreed. Eric hadn't had many romantic experiences in his life and was wondering what the night would bring. There was the consolation of seeing a film anyway. When he picked up Edith, he was moderately impressed because she had put on a bit of lipstick and a dab of rouge. But there was something he had to say, 'You look very nice, Edith, but did you have fish for tea?'

She suddenly looked shocked and replied, 'Oh no, my mother insisted that I had a large spoonful of cod liver oil because she said there would be lots of germs in the picture house.' She started to cry. Eric quickly told her, 'Don't worry, it doesn't matter and I'm happy to have your company.' Deep down, he wasn't so sure, but he did have a fishy kiss when he said goodnight.

With further pressure from both mothers, the couple went on further dates and Eric found that Edith was far better company outside the clutches of her mother. However, he gradually realised that her mother was trying to stop any amorous moves on his part by feeding her cod liver oil just before he picked her up. Eric was sure it was a form of birth control, but he had a plan, 'I've brought you some pear drops, Edith, have a couple.' He wasn't sure she liked pear drops, but they did help to disguise the fishy breath.

And so, the romance, as such, continued. It was a bit of a surprise to Eric when he heard himself proposing. There was no romantic flourish of getting down on one knee, but just a suggestion, on the spur of the moment, that they pop to Spinks, the jeweller, to look at rings. He had got used to the fishy, pear drop taste of her kisses, but she would not allow him to go any further. Her mother had directed that she was to save all of herself for the honeymoon.

'London, what do you mean London?' Edith's mother exploded. 'I thought you would go to Mrs Briggs's B & B at Cleethorpes, just like we normally do.'

'Eric has insisted that they we honeymoon in London, and I think it's quite exciting because I've never been south of Nottingham.'

'Well, you'd better take a large bottle of cod liver oil with you because you don't know what sort of germs to expect in that evil place.'

After the wedding and the honeymoon, the weeks, months and years sped by and Edith had become the dutiful wife, but not in all respects. She still believed in her cod liver oil, especially before bedtime, and there were no children. Eric had given up on the idea of a family but had progressed so well at work that he told Edith to give up her job and become a full-time housewife. Looking back, he realised it had been a mistake

because Edith had become so houseproud that he felt unwanted inside his own house. He was admonished when he ruffled the cushions or made marks on the regularly hoovered carpets. However, he'd found a very satisfying pastime instead, making and designing toys for the children of the local orphanage. He spent most of his time out in his shed at weekends and evenings, even in the winter. He had come to know and enjoy the company of youngsters that he would have so loved as his own. The foster parents, carers and children called him Uncle Eric and he felt wanted and appreciated.

Edith had no hobbies and, apart from going to WI and doing a bit of shopping, she just cleaned and polished. She had no interest in Eric's carpentry and never bothered to visit his shed or accompany him to the orphanage to meet the children. There were no thrills in Eric's life until the arrival of the new neighbours.

'Why don't you invite them round for a cuppa and a slice of your delicious cake?' Eric was keen to see what they were like.

'Certainly not. They might keep their shoes on and drop crumbs on my best carpets.'

Eric was surprised that Edith wasn't curious to meet them. Two days later, Edith brought Eric's attention to a loose curtain pole in the back bedroom. As Eric started to remove a few screws, he glanced down into next door's back garden and was knocked back. There was a middle-aged, shapely, beautiful woman, sunbathing in 'not a lot'. He gulped, he was smitten, he remained silent, and he couldn't keep his eyes off her. That was until Edith came along, armed with a brush, dustpan and the Hoover.

'Don't you stare at her, the hussy. Fancy exposing herself like that.' Well, Eric's eyes were popping even more when she removed her top for that extra bit of suntan. 'You can go back to your work in the shed and leave the curtain pole until later.'

From then on, on the few occasions that Edith went out, Eric kept an eye open, well, both eyes open, to try to manage a meeting. One day, he saw her hanging out her washing and he dashed to his shed, picked up his stepladder and popped his head over the fence. 'Hallo', he said in a shaky, gabbling voice, 'I thought it was about time that I met my new neighbour. Is your husband in? I'd like to meet you both. Oh, I'm Eric.'

The neighbour gave him the most wonderful smile, 'I'm Amanda and I'm so pleased we've at last met. I often hear you banging in your shed. Incidentally, there is no husband, I'm widowed and that's the reason I moved. Come in for a cuppa.' Eric couldn't believe his luck and quickly made his way to her backdoor, praying that Edith wouldn't return too soon, although she was likely to assume that he was in his shed. Eric felt so much guilt about his wicked thoughts and Amanda made him feel at home. He was excited and yet relaxed in Amanda's house and she was so friendly. It was just a shame she had annoyed Edith with her exposure.

'My wife doesn't like company, so I can't invite you round for coffee', he said dejectedly.

'Well, in that case you can pop in here when she is out.' Wow. Eric had died and gone to heaven. He couldn't believe that this vision of loveliness could want his friendship.

'May I come on Tuesday afternoon when Edith is at WI?' he said eagerly. 'I'll bring a bottle of wine. What do you like?'

This subterfuge took off like a rocket and they both so enjoyed each other's company, to the extent that they became more than just good friends. Luckily, the shed abutted Amanda's fence and Eric used his design and carpentry skills to construct a flap in the back of the shed which twinned an almost invisible opening in the fence. An ingenious series of pulleys and slide mechanisms was a tribute to his design skills. All of these contraptions were cleverly masked behind his workbench and cupboards. Consequently, he was now able to enter Amanda's Garden and crawl along the side of the fence to her backdoor without any of the manoeuvres being visible from any of his upstairs windows. He used garden knee pads to keep his trousers clean. He was amazed at how much more he appreciated the wine-soaked kisses from next door than the rare fishy, pouty kisses from his marriage.

Life had become idyllic for Eric except for some niggling indigestion pains. One day, at Amanda's, he suddenly collapsed in her arms from severe, enveloping chest pains. When the pains had subsided, he asked her to help him crawl back to his shed. That was where the ambulance men found him, but they didn't manage to save him.

On the day before the funeral, Amanda visited Edith with a card and flowers, and, to Amanda's surprise, she was asked into the house. Amanda soon admitted that she had been widowed also, and they started to chat and chat. To Edith's surprise, the previously considered hussy was a tower of strength, and she found she enjoyed Amanda's company. They started to meet up for coffee in each other's houses. Embarrassingly for Amanda though, Edith would always say at the end of each get-together, 'I still can't understand why Eric died with muddy knees and I'd love to know who phoned for the ambulance and gave directions to his shed. How would anybody know?'





As those readers who follow the fortunes of the football club will know we have the pleasure of hosting the games for Lakenheath Youth teams. We often say how welcome local children are to join in but so far, we have little interest shown which is sad. However, Richard Horrex the Lakenheath Youth coach is hosting some open training sessions for those youngsters from age 5 years to 7 years.

The sessions are free, and the first one will be at Lakenheath playing fields on Sunday 16th March. Everyone is welcome. The Beck Row ones will start on Sunday 30th March, but everyone is welcome to go to Lakenheath from the start.

To book your place please contact [Lakenheathyouthfc@gmail.com](mailto:Lakenheathyouthfc@gmail.com)

Other information is available from the details below.

Contact details are –

Philip Haylock: [philiphaylock@btinternet.com](mailto:philiphaylock@btinternet.com),

mobile 07860 316748

or Youth teams Richard Horrex: [richardhorrex@gmail.com](mailto:richardhorrex@gmail.com),

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## Wildlife surveys at RSPB Lakenheath Fen

Now that Spring is here, much of our wildlife becomes active again - small birds are singing, butterflies are beginning to emerge, and birds of prey are courting and nest-building. This provides the reserve team with a great opportunity to survey what we have living here to (hopefully) get a good idea of the numbers of different species using the reserve.

Already underway are Breeding Bird Survey-style counts of small birds. The reserve is divided up into areas and the staff team each have their own 'patch' which they visit at least three times in the Spring to count the numbers of small birds such as Great Spotted woodpecker, Wren or Reed warbler. Our administrator Suzanne will survey Brandon Fen, whilst I do Trial Wood, and our Site Manager Dave will do land on Cowles Drove. We take a map with us and mark what we see - which helps us on return visits to get an idea of Territories, and thereby numbers.



Later in March we will begin our early morning Bittern and Marsh harrier surveys - these are done as a co-ordinated team, with several of our volunteers involved too. We start at 5am because this is when male Bitterns do the most booming - giving off their incredibly loud, deep bellows which travel a very long way across the reedbeds.

*(Photo-Tushar Bala, one of our visitors)*

Males and females are also most active at this time so we can get the best idea of where territories and - later - nests will be. We will also record displaying male Marsh harriers, and where we see both sexes delivering nesting material or food. In 2024 we had a record 17 booming male Bitterns, followed by at least 7 nests. Because female Bitterns do all of the nest-building, incubating and raising of chicks, these two figures can be wildly different. We also know we had a minimum of 15 Marsh harrier fledglings from at least 12 nests. In a few months' time we will be able to report on how these two wetland specialists have fared in 2025.

It's not just the birds that get counted though, as three of our volunteers very kindly commit themselves to weekly surveys between April and September of our butterflies. They walk the same route each week and at the end of the season we send in their data to Butterfly Conservation. We also have our daily sightings list in the Visitor Centre - and anything goes on here, from tiny ladybirds right up to the huge Great white egrets that can be found on the nearby Hockwold Washes. Another of our volunteers submits this data electronically to Merlin, the RSPB's recording scheme, so it gets counted officially.

As well as our own records we love to record what our visitors have spotted, and their sightings are vital for getting a picture of what is happening on the reserve with our wildlife. So, next time you come to see us - we would love to know what you saw on your visit - whether it is common or rare, all wildlife is important and every record counts.

With best wishes for the first weeks of Spring.

By Heidi Jones - Visitor Experience Officer,  
RSPB Lakenheath Fen,  
Station Road, Lakenheath, Suffolk IP27 9AD

[rspb.org.uk](http://rspb.org.uk)



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Beck Row Parish Council presents the

# ANNUAL EGG HUNT

Join us for an Easter trail, crafts and refreshments. A FREE family event with an Easter Egg on completion of the trail.

**Saturday 19th April | 10AM - 1PM**

Beck Row Parish Hub, 82 Holmsey Green, Beck Row, IP28 8AP



## Gardening Tips

With spring now here it can become apparent that seeds that have settled in crevices between concrete paths and brickwork are now producing shoots. Most are insignificant weeds and many are plants that are not required in that area. Some are plants that would be good to propagate in pots but when extracting them they break off and are worthless. However, a percentage are useful and can be extracted from a crack in a patio or against a wall when it has a significant root. These seedlings should be saved in a very small pot with some compost. Give them plenty of water and press down firmly.

The type of seedlings worth saving are self-set foxgloves, feverfew and hollyhocks. Put in a pot they can be planted out at your leisure when more mature. It is surprising how you can double the effect in a small border in this free and simple way, certainly worth putting in the effort without pottering about in the potting shed.

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# News from the Parish Council

Beck Row, Holywell Row & Kenny Hill

April – May 2025 edition

Email: [clerk@beckrowparish.gov.uk](mailto:clerk@beckrowparish.gov.uk)

Website: [beckrowparish.gov.uk](http://beckrowparish.gov.uk)



Tim, our Parish Keeper has now finished renovating the bus stop on Holmsey Green. It's a stop that is quite restricted for space, but Tim has really revitalised this stop with the addition of

the Perspex screen to stop the splash from the sitting water on the road.

If you happen to notice the **Beck Row Village Sign** is missing, this is because it's gone off to be restored and painted. The Parish Council will also be placing some planters on the area of the Village Sign ready for VE Day. Aspal Lane Nursery have very kindly offered to get these planted up to create a beautiful display for the Parish.

The yearly **Easter Egg Hunt** which is advertised in this edition of the magazine and on Facebook returns on **Saturday 19th April**. This is always a very popular event. Beck Row Parish Hub will be open for collection of eggs following successful trail completion, refreshments and Easter crafts. Maps



are limited to 250. Oh and of course the Easter Bunny will be there!



Please join us at **St John's Church Hall at 7.45pm** for a celebratory cake cutting and refreshments followed by a service in **St John's Church at 8.30pm then at 9.30pm** for the beacon lighting. Beacons will shine

across the United Kingdom, Channel Islands, Isle of Man, and UK Overseas Territories – symbolising the enduring strength of our communities. From city squares to village greens, we will stand together in gratitude, honouring the sacrifices that secured our freedom.



**LOVE YOUR VILLAGE**  
Thursday 15TH May 2025, 6-8pm

If you can give some time to take part in keeping our villages clean and tidy then please meet at the **Beck Row Parish Hub**, 6pm on Thursday 15th May where PPE and litter picking equipment will be available along with a guidance for areas requiring attention. Do not attempt to pick up anything that could be dangerous. If you do find any potentially dangerous material, make a note of where it is and let us know.



Sometimes on occasions when the wind is raging and the rain is lashing down you may be lucky enough to hear a bird still singing its heart out at the very top of a tree, particularly a tree out in the open where you would think no bird would want to experience the full force of a gale. That bird is

likely to be a mistle thrush, also known as a storm cock. Just what the female of the species thinks to this terminology we will never know! But its Latin name is *Turdus viscivorus*. Whatever its exceptional names it is an exceptional bird not easily distinguishable from its cousin the song thrush. The only real differences are its grey-brown back and wings as opposed to the caramel brown of a song thrush, and also more distinct spots on the breast. If you are lucky enough you will hear its characteristic rasping chatter, much like a football supporter's rattle.

When I saw one recently it stood out because it was noticeably bigger than a song thrush and perched high up on a telegraph pole.



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## Spotlight on this edition's Advertiser – basiclife

Hi Everyone!

We've been asked to introduce you to our company as we advertise within the Beacon.

We are a small family run business that was originally established in 2000. We pride ourselves on providing First Aid and Fire training from serving or retired clinicians or fire fighters.

Steve is a paramedic with over 30 years of service although he has dropped his hours down a bit of late!

Joshua Davis and Colin Heaslip both also train for us and they also both have years of frontline experience.



This experience really makes a difference to our ability to make training relevant to your work place or scenario as well as being in keeping with all our governing bodies rules and regulations.

Steve spends time refreshing health care professionals training around performing CPR and basic life support looking after a number of local and further afield GP surgeries, dental surgeries, occupational health providers even some of the local hospitals.

As well as the commercial side of things we have tried to support our local community with first aid training for scouts, guides, riding clubs, friendship groups etc.

As some of you may know Steve also responds for Suffolk Accident Rescue Service and I support him where I can, which also allows us to look after our local community.

I served as a Firefighter and have had a passion for first aid since my Guiding years.

Emma & Steve Murrow

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Some funnies for  
your amusement



When our lawnmower broke, my wife kept hinting I should get it fixed. But I always had something more pressing – like working on the shed, fixing the boat or brewing beer.

Finally, she found a clever way to get me to pay attention. I came home one day to find her sitting in the tall grass, cutting it with tiny sewing scissors.

I stood there watching her for a minute, then went inside.

A minute later, I came back out with a toothbrush and said, “When you finish with the grass, you might as well clean the driveway.”

The doctors say that I will walk again, but always with a limp!

My wife sat down next to me as I was flipping channels.

She asked, “What’s on TV?”

I said “Dust”

And that’s when the fight started...

On a Saturday morning, I got up early, packed my lunch, and quietly hooked the boat to the van. I drove out into a storm, but when I checked the weather on the radio, I realised it was going to be bad all day. I backed the van into the garage, undressed quietly, and slipped back into bed.

I cuddled up to my wife and whispered, “The weather is awful outside.”

She groggily replied, “And can you believe my idiot husband is out fishing in that?”

And that’s when the fight started...

For our anniversary, my wife hinted at wanting something shiny that could go from 0 to 150 in 3 seconds.

So, I bought her a set of bathroom scales.

And that’s when the fight started...

## Easter Wordsearch

### SOLUTION

T	D	W	M	H	H	T
E	Y	D	N	A	C	E
N	E	C	H	I	C	K
N	Q	T	N	U	H	S
O	L	I	L	Y	G	A
B	U	N	N	Y	G	B
P	A	R	A	D	E	F

# FARMING DIARY

As I write this it seems that we are just drawing to the end of a long cold winter. Apart from one lovely week in early March, mornings have been frosty and cold, days have been cloudy and raw and my fingers have been besieged by horrible cracks and splits that even the redoubtable Snowfire ointment can't help. Work hasn't proved to be much fun as we have been overrun with minor water leaks and irritating power cuts which have needed immediate attention mostly at night or at weekends and mostly involving me. I have just come out of a really difficult week where I ended up with no male staff due to everybody being on holiday at the same time and my son in law James having an operation on his arm in the same week as well. I ended up feeding, collecting eggs, sorting as well as deliveries and the market. I was exhausted, but luckily I was able to recruit some emergency staff to help grade eggs (please see photos).



Notes to self - a) make them use the lovely Country File calendar I have provided so clashes don't happen, but b) it makes me appreciate how important all the people are who are around me.

The whole egg industry is still under bird flu restrictions since they were brought in December 2024. There are still outbreaks all over the country including one farm in Shropshire where one million birds were destroyed, so they are necessary but having the birds housed all the time is a pain. My system is built on having birds outside, so whilst they are not unhappy inside, particularly during the kind of weather I spoke of earlier, it is logistically hard for us to keep them in all the time. Coupled with that we need to adhere to strict bio-security measures all the time - dipping feet in disinfectant dips, changing overalls, that sort of thing all of which takes time and is a pain. We are also supposed to stop people coming on the farm, but obviously with my shop present on the farm that can't happen here. All I can say is that the shop and the chickens are separated quite well and so we hope for the best. It should be noted if we get bird flu we cannot restock for one year at

the earliest so that could be the end for me. We hope and pray that won't happen.

Talking of hoping and praying - for the first time in her 89 years my mother is really quite poorly, and we are all hoping and praying that she can make a decent recovery (never ever been on any tablets). The mental side of this for us and more unfortunately her is proving to be particularly challenging.

On a more optimistic note, my ducks are now laying from strength to strength - 18 eggs every day. The geese have started laying - not many, but we have had 4 eggs per day. As a result of the bird flu outbreaks eggs are in quite short supply and so sales are consistently better than I have ever known in my 40 years of doing this job, so all is far from doom and gloom. All we need is just a bit of sunshine - please God!

Finally, as readers over the years know I always do the Farmland Bird Count for half an hour at a certain time of day (10.05am on 19th February this year) and send off my results to be recorded nationally. The results are as follows.

1 cormorant, 2 wood pigeons, 2 blackbirds, 2 carrion crows, 6 jackdaws, 1 robin, 1 wren, 11 weed buntings, 6 goldfinch, 1 dunnock and 3 gulls.

Happy Easter Everyone!

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## News from Beck Row Methodist Church

The Church is continuing to provide a venue for many activities and the Hall is available to hire. It was renovated quite recently and provides a good venue for the villages around should you wish put on an event with ample car parking. (Tel: Wendy Brown 01842 860 184.)

The recent coffee morning saw many people who came to enjoy the various stalls, homemade cakes, coffee and tea and a pleasing sum was made for church maintenance.

Shortly we are hosting the Pilgrims who travel from the London area to the Shrine of Our Lady in Walsingham in Norfolk for their Easter celebrations and what a pleasurable occasion that is!

A very popular quiz night hosted by Neville will be taking place after Easter (date to be arranged but will be advertised on the local facebook page and on the church notice board).

Our Sunday services are at 11am and all are very welcome.

**Our next events are two coffee mornings on 5th April and 7th June at 10am. Come and join us.**



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Places for all events need to be booked online - please visit  
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### Treasures of the Moth Trap

28 March, 25 April, 30 May (10am to 11am)

Learn more about the amazing world of moths - join us to admire what we catch in our harmless trap.

RSPB members £5 (£2.50 for Under 18s);  
non-RSPB members £6 (£3 for Under 18s)

### Guided Pond Dipping

5 April, 3 May (11am-1pm)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water? Come along to learn about the underwater world with our knowledgeable volunteers to guide you.

RSPB members £5 (£2.50 for Under 18s);  
non-RSPB members £6 (£3 for Under 18s)

### Lakenheath Fen Open Day

Sunday 13 April (9am-5pm)

Join us to celebrate our 30th Anniversary year in style- we'll be offering free entry to all on the day, whether you are an RSPB member or not. There'll be a range of activities on offer for people of all ages.

Entry for all is free; individual activities are chargeable.

### Bittern Walks

Saturday 26 April, Sunday 18 May (9:30am-12:30pm)

This brand-new event aims to get you up close to Bitterns, at the time of year and time of day that offers us the best chance. We should hear plenty of booming as well.

RSPB members £12 (£6 for Under 18s);  
non-RSPB members £15 (£7.50 for Under 18s)

### Hobby Walks

Saturday 10 May, Sunday 25 May (1-4pm)

In peak season we have dozens of Hobbies on the reserve at once- and by the early afternoon they should all be busy hunting for food. On these new walks we hope to get you good views of these spectacular birds of prey.

RSPB members £12 (£6 for Under 18s);  
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Historically, the 48th FW has been the foundation of USAF's combat capability and remains so today. The Liberty Wing led the El Dorado Canyon raids into Libya in 1986 and was the first F-111 fighter unit to deploy to the Gulf during Operations Desert Shield and Desert Storm. The Liberty Wing also anchored NATO forces during Operations Deliberate Force and Allied Force. Since September 11, 2001, the 48th FW has played a key role in antiterrorism operations, and providing combat support in Operations Enduring Freedom and Iraqi Freedom.



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We would like to thank all those who contributed to this parish magazine, as well as all those who have helped to deliver it. Should you wish to get in touch regarding anything in this magazine or if you wish to contribute something towards the next issue you may contact us by Saturday 12th May 2025 in the following ways:

If your household does not receive a magazine please let us know.

Cllr Sue French: sjfrenchpc4@hotmail.com • 07727 329796

Cllr Philip Haylock: 6 The Street, Holywell Row, Suffolk IP28 8LS • 07860 316748

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