



Spring forward
Getting the garden ready for longer days



Born and bred
Judy Larrett has great memories



Dancing girls discovered!
Why Zumba is making these ladies smile

inside eyke

ISSUE 8 SPRING 2012



Grub's up

Heard about the new place to eat?

IN THIS EDITION: NEWS & EVENTS

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PLUS Milking time at the farm **PLANS FOR THE QUEEN'S DIAMOND JUBILEE** My first year in the village **FUNNY YOU SHOULD SAY THAT**



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EDITOR'S letter



whom are a credit to the school and their families. So if you get the opportunity to visit this cordon bleu hot spot, take it. Amongst my fellow diners was Mervyn Whitmore who remembers his first days at the Primary School some 70 years ago and his wife, Ann, who fondly recalls being a dinner lady.

On a more drab and boring subject – Pre-Submission Soundness Core Strategy and Development Management Policies Development Plan Document. For those that have not skipped the page or fallen asleep, this document will govern the development of the Suffolk Coastal region for the next 15 years and such as it is I would think that any developer reading it will imagine they have died and gone to heaven.

Should you have any observations or comments on this document it has to be made on a set form and must be deposited at Suffolk Coastal District Council offices by 5.15pm on 7th March 2012. The documents and forms can be accessed via the internet by going to www.suffolkcoastal.gov.uk ❄

I had a wonderful lunch the other day at a quite unique restaurant – one that should be in the *Michelin Guide*. Clearly, the place is very popular as it was busy with the usual networking between diners that takes place over lunch. It is a restaurant that I shall certainly visit again. The prices are a real steal and it's local. The head chef, Maria, made a fantastic turkey and sweetcorn pie with fresh vegetables that were cooked to perfection.

By now I am sure that those who have visited this well known establishment will realise which restaurant I am referring to – it is, of course, Eyke Primary School. Yes, if you did not go to the school community lunch you missed a real treat. After lunch we were given a tour of the school by two charming young gentlemen – Jack and Boogie – both of

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» **EVENTS** Meetings of the Parish Council are held at the Village Hall and all are welcome to come along. You can read minutes from previous meetings and future agendas by visiting the Eyke village web site at www.eykevillage.co.uk – just click Parish News

Poetry by Jan Stangoe

A cruise on the Atlantic was our holiday this year
There was champagne, cocktails and every type of beer

A variety of performers entertained us on the stage
Piano concerts, dancers and, a song for every age.
Bridge club, gym hall, quiz or geology
Art class, dance class, library, mythology
If one could not be amused with some of these
Then one surely would be very hard to please.

While I soaked up the history in a foreign port
Someone, cleaned and cooked for me
Now there's a merry thought
At meal times waiters pampered us
Sir, Tea? Madam, Coffee? What a fuss!
24 hours a doctor's on call
In case of a headache, sore throat, or fall

If I win the lottery before I'm 93
Will I need a sheltered home?
No! I shall stay at sea.



You can find all the past issues of the magazine, plus news and galleries at eykevillage.co.uk
And if that's not enough, all the content from the monthly newsletter that comes through your door...

Can anyone help?

Nicola Aspendon

I just found a copy of your publication from November 2010 on line and wondered if you could maybe help me to find someone who used to live in School Lane.

Her name was Jacqui Brown, she had three children Misha Marcus and Samantha-Jo. Her partner at the time was Skip Ward. I discovered she married a serviceman some time after 1986 and moved to the States.

I have tried to find Jacqui for many years with no luck any information would be greatly received. I would love to make contact with her as we were such good friends prior to 1986 when I too moved to the US. Please feel free to pass along my contact information to anyone who may be able to help.

Sincerely
Nicola Aspedon (nee Oehrlein, Hatley)

Nicola can be contacted by phone: USA 254 258 7705 or email: killeentxafg@msn.com

Cheese straws or shapes

Maria Hassan



Since the last magazine I have been giving cookery classes in school, (not quite sure how it happened, just a very persuasive head teacher!) an after school club and another during school hours. Initially I was nervous and hoping the children would be kind to me. How wrong I was, the children are a pleasure to be around and very keen to learn a new skill.

So far we have made Carrot and coriander soup, fruit kebabs with chocolate dipping sauce, cheese scones, cheese straws and chocolate brownies. All the recipes have been successful and we always take time at the end of every session to sit down and taste our food. So the recipe this time is one you may like to make with some of the children in your life, it is easy and tasty...perfect!

Ingredients – makes 36

120g butter, softened

450g grated Cheddar cheese.

250g plain flour, 1 teaspoon salt

1/4 teaspoon chilli powder (optional)

Preparation 15minutes

Cooking time 15 minutes

Equipment: Mixing bowl. Measuring jug. Teaspoon. Wooden spoon. Sharp knife. Flour dredger

1. Preheat the oven to 200 C / Gas mark 6. Grease a baking tray.
2. In a large bowl cream butter and cheese. Stir in flour and salt; mix well. On a lightly floured surface, roll the dough out to 1.25cm in thickness. Cut into 5cm strips or shapes and sprinkle with chilli powder, if desired. Place strips on prepared baking tray 3 to 4cm apart.
3. Bake in the preheated oven for 10 to 15 minutes, or until crisp.
4. Enjoy x

News from Eyke CEVCSchool

A New Year and new term brings lots more exciting learning and activities to school.

At the end of February we are having a Creative Craft week with the theme of carnivals. Children will learn all about Carnivals and their history whilst making costumes and learning to drum!

Each term we have a theme week where we learn about a subject area rather than normal lessons. In the summer term we will be having an Olympic Sports Week which will end with our Sports Day on Friday the 1st June.

We will also have our summer fayre on the

1st of June and will match it to Jubilee celebrations with Kings and Queens running the stalls!

We have a special celebration assembly every Friday at 2.30pm when we celebrate the achievements of children across the school each week.

Do come along!

A special thank you goes to the Parish Council too this term, as £250 was donated to school by The Chain of Oaks group. This will be spent on books for the library. A particular favourite for older children at the moment is the Diary of a Wimpy Kid series!



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The Queen's Diamond Jubilee

In June this year we shall celebrate a momentous occasion when the Queen celebrates the 60th anniversary of her accession to the throne. Only one British monarch before her has achieved such a milestone: the Queen's great great grandmother, Victoria, who eventually reigned for over 63 years, from 1837 to January 1901. The Queen's father, George VI, died on 6th February 1952, and in accordance with historical practice, the Queen acceded to the throne immediately, so the country would not be without a reigning monarch. However, it was not considered to be in good taste to celebrate the accession of the new monarch on the very date of the death of the previous one, so a decent interval of time was left, and a date picked in early June. The actual coronation of Elizabeth the Second did not take place until 2nd June 1953, when she had already reigned for over a year, which allowed sufficient time for planning such a major event.

Whatever one's feelings about the place of the monarchy in the 21st century, the

celebration of this extraordinary occasion gives us an opportunity to do two quite different things. Firstly, we can show our admiration for an individual who has never wavered in carrying out the promises made as a very young wife and mother to pledge herself to her people's service, saying "Throughout all my life and with all my heart I shall strive to be worthy of your trust." Secondly, it gives us a great opportunity to get together with family, friends and neighbours to enjoy community based commemorative events.

People in Eyke have certainly joined in enthusiastically in the past to commemorate special occasions. In 1935, there was a very full programme of events to celebrate the Silver Jubilee of George V, starting with a church service led by the Rev JGR Darling, followed by the planting of an oak tree in the churchyard by Mrs Darling. That oak tree, tall and sturdy, can be seen just to the right of the small gate to the churchyard, opposite the village hall, along with a now very weatherbeaten plaque on the wall.

A newspaper report of the time describes how "the whole village" gathered on the rectory meadow, now the site of bungalows, for the children's sports, followed by tea, then adult sports providing "humour and interest by their variety" according to the same report.

I don't think that these days we would get away with races for Single Women or Married Women or indeed Women over 40. Races enjoyed by the children included egg and spoon, sack race, and threading the needle, and amongst the list of successful young participants are one or two residents of Eyke today, and a couple who live a little further afield, but keep up their links with the village. The day ended with a social in the village hall, where there were cheers for the king, followed by the singing of the National Anthem.

In 1977 a Committee was formed, which included representatives from Rendlesham

to arrange celebrations for the Queen's Silver Jubilee. Steered first by Bill Jennings, Eyke Parish Council Chairman, whose name is remembered in William Close, and assisted by Phyllis Hatcher as secretary, a very organised group was formed, with representatives from the various clubs existing in the village at the time: the Parents' Association, W.I., Football Club,



Sunshine Club, Ladies Club, as well as the PCC, Village Hall Committee, and the Parish Councils of Eyke and Rendlesham. The very detailed and well documented minutes show that at that first meeting, Rev Pat Ashton was elected as chairman, Miss Roma Lyon was Treasurer, and Miss Hatcher continued to be secretary.

Fund raising events were organised to cover the costs: an organ recital produced a profit of £32.60, donations totalling £80.75 were made, and a grand draw was held in May. What happened to the suggestion that a Round the Village Race should be held, has disappeared in the mists of time!

Four hundred yards of bunting, red, white and blue pennants was made by the people of Eyke and Rendlesham to decorate the village, and this continued to be used for many years at the Village Fete. The children at the school made models of two lions and two unicorns, which were placed at either end of the village.

On Sunday, June 5th, a celebration church service was held, then the more secular

celebrations took place on Monday, 6th. Sports for all took place on the Rec. from 2.30pm, then tea for everyone from Eyke and Rendlesham, outside in Church Lane if fine, and in the hall if wet. Children and OAPs had a 'sit down' tea, while those in between had a buffet. Finally, from 8pm to midnight, a disco was held in the Village Hall. In the course of the day, children were presented with Jubilee medals and mugs.

So, how will Eyke in 2012 live up to the challenge from the past? A group of eighteen interested people met in the hall on 13th February to discuss ideas. Mrs Kelway, the head teacher at Eyke School started the ball rolling by outlining the School's plans for Friday 1st June, when after sports activities followed by lunch, a party will be held in the school, to which the village will be invited, and this will be followed by a Summer Fair.

Various ideas were put forward as to what other activities could fill the rest of the weekend – afternoon tea in the village hall, maypole dancing, a treasure hunt..... but in the end the group decided that one big, inclusive event which would appeal to all ages, would be exactly right, so it was agreed that a hog roast (vegetarian option available, of course!) with entertainment and music would fit the bill. The Parish Council had already voted to underwrite some of the cost, and money left over from the Chain Of Oaks organisation, which is no longer active, will also be used. This means that although the cost of putting on such an event is high, the tickets for it will be available at a heavily subsidised price, so that many people from the village are encouraged to attend. The event could not take place without the generosity of Nicky and Oliver Brigginsshaw, who have offered their lovely garden at The Old Rectory, the location of the village fete for decades, as a venue.

Everyone left the meeting brimming with ideas to research and costs to investigate for the next meeting in two weeks. The final result will have to wait for a future issue! ❄️

My first year in Eyke



resulting in an attractive quirky design.

Happy local discoveries included the well-stocked shop, friendly pub and regular bus service, as well as super neighbours who early on invited me to join their pub quiz team, and introduced me to the OK Chorale in Woodbridge. Before moving here I was a Citizens Advice Bureau adviser for some years, and one of my first aims on moving to Eyke was to sign up with a local bureau. Now an established member of the Leiston CAB team, I'm learning about the issues that affect the residents of rural Suffolk.

It goes without saying that there's the whole of the Suffolk Coastal area to explore. Rendlesham forest is a few minutes' walk away, and offers peace and beauty at all times of the year, and blackberries at some times in particular! Last summer I offered my services as a volunteer with the Theatre in the Forest, which was great fun, and allowed me to see, albeit from an oblique angle, the excellent production of Twelfth Night.

Writing for Inside Eyke has proved to be a way of contributing to the local community and making new friends, as well as discovering more about local history, activities and skills. Quilting and Zumba classes, both of which I've written about, feature in my own diary

I've discovered a leisurely pace of life in Suffolk. People have time to chat. There's no shortage of activities to pursue, and I've recently added sailing club and Pilates classes to my list. How lucky recently some of us were to enjoy a tasty lunch at Eyke School followed by a most informative tour of the school.

It hasn't taken long to feel part of the community, thanks to my new friends in Eyke, and learning about the area is an on-going process. I've certainly found that Inside Eyke provides a wealth of information and local history for newcomers like me - thanks to Ron and the editorial team! ❄️

Janna McKendrick

The end of January saw the first anniversary of my life in Eyke. It's been a very full and eventful year, and I'm happy to say, all good!

The move to Suffolk came after many years in commuter-belt land. With happy youthful memories of East coast sailing with my family, including navigating up to Snape on one holiday in the 1960s, East Anglia beckoned. The Woodbridge area became the location of choice for many reasons - river, sea, picturesque villages, countryside, peacefulness, dry weather, cultural activities, ease of occasional access to London, and more besides. It seemed like the ideal place to put down some roots. My house-hunting efforts had barely started when details of Eyke's White House attracted my attention. It was love at first sight. There were even photos on display of the house in its former years. The original building dates back to 1780 and was tastefully extended a few years' ago by the Jennings family,

Obituary David Lawrence Lancaster 16/04/1923 - 22/12/2011



David Lancaster, a resident of Eyke for nearly 30 years passed away peacefully on the 22nd of December after a long illness.

David's life and career in both military and civil aviation was long and distinguished. He was a great inspiration to a lot of young and not so young aspirational pilots. All benefitted from his advice, guidance and influence gained from a life time of experience in the air.

He was a huge role model to so many, not only to those in aviation but to his family and all the friends and associates he made during his life. There cannot be anyone who ever met him who was not infected by his zest, his drive, his sense of humour his "joie de vivre".

David, born in the East End of London on April 16th 1923 spent the years before World War 2 living and attending school in Barking and Dagenham. After leaving school he took the earliest opportunity to enlist joining the RAF in November 1942 and volunteering successfully for aircrew.

He underwent basic training in South Africa and then advanced training to become a fighter pilot in what was then Rhodesia. Operations followed in North Africa, Italy and finally over Western Europe as the war reached its climax.

After the end of the European conflict he was posted to a training unit prior to being sent to the Far East. Events however overtook this training with victory being achieved

before his deployment.

David was demobilised in August 1946 and spent a short period as an apprentice with A.C. Cars. Here he acquired his carpentry skills manufacturing the wooden chassis the cars were built on. During this time he studied and qualified for his civil aviation licences whereupon he embarked on a new career in civil flying.

During the next 10 years he had various piloting positions including involvement in setting up and operating two small airlines. As business aviation became established in the U.K. during the mid 1950s he was appointed to the position of Allied Breweries chief company pilot managing and expanding their aviation department until his retirement some 20 years later.

David's other great passion was sailing. By retirement he had been established with his boat "Nordic Eagle" in the Tide Mill Marina Woodbridge for some years. The decision was made to leave the Midlands and David with his Wife "Billie" moved to Suffolk settling in Eyke, a decision they never regretted.

In addition to sailing they both became involved in all aspects of village and local life. He was a leading light in the Woodbridge Cruising Club, a Churchwarden, a village fete organiser and fund raiser of some note always coming up with a novel way of "encouraging" visitors to part with their cash. They were frequently visited and enjoyed family holidays on and off the water with their Sons, Grandchildren and Great Grandchildren in the later years.

Billie passed away in May 2005. Latterly David suffered grievously with vascular dementia and after her passing spent the last few years of his life in residential care. He was buried with her in Eyke Churchyard on January 16th 2012. ❄️



DOWN ON THE FARM JOHN'S MILKING HERD

Church Farm lies in the centre of our village and deals not only with beef cattle but is home to 120 milking cows too. Some of you may have seen the milking herd through the winter grazing in the fields down the track beside the farm. The majority of these docile animals are British Frisians. During the winter they are milked twice a day in the milking parlour at Church Farm, though in summer they are in the meadows near Low Road where John Fleming has another milking parlour. For us laymen the milking session is interesting to watch. Each cow gives an average of 7 to 8 gallons of milk per day over a ten month lactation period.

Steve White is the cowman at Church Farm and he is expert at milking the herd. Steve can milk all 120 cows in around one and a half hours – that's not bad going! Clearly, the cows enjoy the milking experience as they quietly line up outside the milking parlour waiting their turn - as soon as one batch is

finished the next bunch surge in. 10 cows can be milked at any one time – 5 on one side of the parlour and 5 on the other. Steve automatically pours 'treats' into troughs beside the milking cows to keep them happy. He knows them all by sight and often speaks to them while cleaning the udders in preparation for attaching the milking machine.

He tells me that most are docile beasts, though occasionally a young, frisky animal can upset the herd. Perhaps the frisky ones get an extra talking to! The milk passes through glass tubes to collect in a central tank which is emptied by tanker every other day and taken for marketing. John explained that some cows give milk with a higher fat yield – butter fat he calls it – and that milk is worth more money. John and Steve closely monitor the milk and its quality at all times. Once a month 4 pints of milk go to Sizewell to test for radiation and anthrax and once a

week 1 litre of milk is taken to be independently tested by REEFE for radiation.

To maintain a high yield a cow needs to produce a calf annually. A cow's gestation period is nine months - just like a human - and they can calve for up to ten years before the end of their productive life. John had a barn full of calves when we went to visit and they were gorgeous – well, aren't most young animals.

The young are kept in that particular barn for around 14 weeks and fed by a system where milk is poured into large pails suspended from the side of each pen. The pails have six teats on which the calves suckle. Each calf will take about 8 and a half pints per day which is taken from the dairy herd. Both male and female calves are kept, eventually to be integrated into the livestock herds. They are taken from their mothers when 2 or 3 days old to reduce the risk of infection and for easier management of the

dairy herd. After 14 weeks the calves move on to another barn where I watched them frisking and head butting bales of straw like puppies.

When we visited John's office it was clear that there is a lot of bureaucracy attached to farming. Very detailed records are kept of milk yields from each cow and calves have to be registered with the British Calf Movement Service within 27 days of their birth. Each calf is given a number relevant to its farm and can always be traced through this number. BCMS maintain a database of all bovine animals in the UK.

Milking often starts as early as 5.30am seven days a week and living beside the farm I see John hauling straw on Christmas day – making me realise what a hard life farmers have. So when you pour milk on your cornflakes tomorrow morning spare a thought for the guys at Church Farm who have been up since five. ❄️



Judy Larrett remembers

Judy Larrett is one of our long-standing residents. Born in Eyke in 1927 she grew up with her parents in a cottage just off Rookery Lane, though the first eighteen months of her life were spent with her grand mother because her mother was very ill.

At that time there were no houses in Church Lane so she was quite cut off from the village and knew few people. As a little girl she went to Eyke School, walking from Rookery Lane through the countryside to Church Lane, which was then full of smallholdings, with a bowling green near the church. Judy remembers having quite a tussle with a five barred gate and some horses every time she set off to school and came home.

During her years at Eyke School she met Gladys Magennis and they became lifelong friends. She also met David Larrett whose family home was opposite the school. They later married.

"School days were happy days," she told me. "I remember us girls would tuck our skirts into our navy blue knickers and do handstands and cartwheels in the playground. There was a big stove in the classroom and the little milk bottles – a third of a pint they were – were placed round the stove to warm in winter. Once a week we were taken to the Rec. to play rounders and other games."

Judy remembers the war and how it affected life in Eyke. "We used to watch the planes with gliders towed behind them going over to Arnhem and saw a dog fight over Eyke. There were doodle bugs as well. I remember being in the village hall when incendiary bombs were dropped, we hid under the billiard table until it went quiet.

When we came out the churchyard was on fire."

Like most children, Judy left school at 14 and cycled to Wickham Market every day where she was training to be a teacher. Sadly, her mother developed MS some years earlier and died when Judy was 15, meaning that Judy had to stop training in order to look after her father.

"It was hard. We had an outside loo and on a Sunday dad would cut up newspaper to hang up for toilet paper. We also had an old range which had to be black leaded and an outside copper in which to do the washing. We went to the forest to collect wood for the fire beneath the copper. After washing the laundry in the copper we did two rinses in the tin bath then ran the clothes through a

School days were happy days. I remember us girls would tuck our skirts into our navy blue knickers and do handstands

mangle before hanging it out on the line -- praying for good weather. The next day was ironing. We used a flat iron that had to be heated on the range. Dad paid me two shilling a week for looking after him."

Judy remembers picking bucketfuls of blackberries when young, walking a quarter of a mile to Butley Road and being paid by a man who collected the blackberries by lorry. They were worth three old pence per pound and were sent away to be used as dye. She also did seasonal work on the smallholdings – picking carrots, sugar beet or anything that was required.

In those days there were more shops in Eyke and a man delivered bread every day.

Milk was delivered by pony and trap and poured from big milk churns.

"Sometimes they would give me a ride across the meadows to Ufford," Judy said. "I remember a man on a bicycle with a string of rabbits hanging from the handlebars, and dancing at Rendlesham with the 22nd



Dragoons. Bonfire night was special and the boys would spend weeks collecting peoples' rubbish and old branches of gorse to make a bonfire on the Rec.

There was much more going on in the village and the village hall was used a lot for flower shows and concert parties. There was a chapel in the garden at the back of the Larrett family home where we sang, as well as a Mission in Spratts Street that held family services on Sunday afternoons.'

Judy and her father moved to Ufford. She started courting at eighteen, marrying her childhood sweetheart David Larrett on 1st March 1952 in Eyke church. Judy and David moved into the cottage at Ufford with Judy's father, who needed to be cared for.

On Christmas day 1953 David and Judy's son Alan was born in the bedroom at the Larrett family home where Alan now sleeps! After Judy's father died the family moved into Sink Farm cottages then in 1987 moved into their house in Church Lane, where Judy has lived every since. ❀



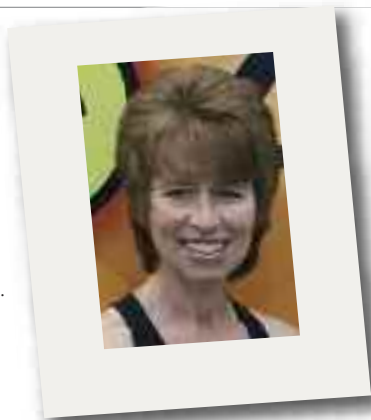
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Zumba in Eyke

Janna McKendrick

Every Wednesday evening at 7 o'clock a dedicated group make their way to Eyke village hall. Even the recent snow and ice didn't thwart their determination to spend an hour in their chosen pursuit. The subject of this enthusiasm is Zumba.

Zumba Fitness is a Latin-inspired hour-long 'cardio' dance fitness class, aimed at improving strength and stamina while encouraging coordination and that 'feel-good' factor. The added bonus is that it is an exhilarating and effective way of burning calories while



having fun. Coral Stebbings (centre of picture above in white top), the Suffolk-born dance instructor who runs the classes, calls it 'exercise in disguise'! Zumba Fitness was introduced in America in 2001 by Alberto 'Beto' Perez, a Colombian born fitness instructor. From its humble beginnings in Cali Colombia, Florida, it has taken the world by storm,

and is now taught in 125 countries. Its health benefits are numerous but most of all it's easy and fun, being accessible to everyone regardless of age,

background or fitness levels. Participants work at their own pace building up their energy level week by week. It appeals to men as well as women.

Coral has thirty years' experience in teaching dance, from the under 5s tots' ballet classes through to professional student training, and not forgetting adults of all ages. One of her current Zumba students is 81 years 'young'!

After formative dance training with Suffolk dance instructor Kay Goddard, further studies gained Coral the prestigious Imperial Society of Teachers of Dancing (ISTD) Associate teaching qualifications.

This enabled her to start her own School of Theatre Dance in 1981, building a varied repertoire of classes in the Suffolk area. By developing and continuing her own training, she was awarded a Fellowship by the ISTD and in 2000 she was appointed an ISTD Examiner. She now travels all over the country examining dance students of all ages. The highly popular Zumba is the most recent of the classes that Coral has added to her timetable. Zumba-related classes are Zumba Fitness, Zumbatomic (for the under

16s) and Zumba Toning (using maraca style weights) including Zumba Gold (for the older active adult) and Zumba B2 (using more complex rhythms).

The wide range of other classes she offers include Ballet, Tap, Modern Dance, Jazz, Body Focus, Body Conditioning, and GCSE and A Level dance. Welcoming back all ex-students is always a treat for Coral, hearing their success stories from across the theatre industry.

Past students have been involved in many West End and Broadway productions including Grease, Spirit of the Dance, West Side Story, Singing in the Rain, Starlight Express, Bugsy Malone and numerous pantomimes.

Many are dancing, singing and sailing the oceans on the world's elegant cruise liners while several have followed in Coral's footsteps and are teaching and choreographing within the theatre profession.

So why not join the party on Wednesday evenings? It's truly addictive! For details of Coral's Zumba and other classes see coralstebbingsschooloftheatredance.co.uk ❄️

It's in mid to late spring, when the soil starts to warm up, that we begin to think about planting up our garden borders for summer. Either to complete a new border or just a few plants to pop in to replace those that have died, or where empty spaces seem to have appeared.

Different plants enjoy



choose a plant to suit. In general most plants that have fine silvery leaves, like lavender and Artemisia, will thrive in most dry soils in a sunny spot. If a plant has large thin leaves then

Glorious Gardening: spring forward

Karen Watson

different conditions and if you can plant them in as close as possible to the conditions that they prefer, or that their wild relatives enjoy, you are more likely to succeed in growing healthy plants. It can be very disappointing for people when they have been to the garden centre, purchased a beautiful looking specimen which has attracted them and planted it, only to find that it gradually becomes sick and dies. This is mainly because it does not like the conditions in which it has been planted.

A general guide to some of these garden conditions includes: Shady places, hot dry places, windy places, boggy places, seaside places. Cold places, Sandy soil, Clay soil (luckily in Eyke this is not a problem). Acid soil, Alkaline soil

Before you go off to the garden centre or nursery to purchase your plant or plants it is best to consider where you plant is going. Will it be planted in the shade or sun? Is the soil acid, neutral or alkaline? Does the soil retain moisture or is it dry or very wet? Is the soil light or heavy? Will the plant be battered by wind? Once you have established this you can make a more informed decision and

it most probably will prefer shade as the leaves are likely to shrivel in the sun.

You may also wish to decide whether you want height in the border or ground colour, fragrance, specific colour - berries etc. - for interest. Most plant labels are very informative and will describe the conditions the plant needs to help you make the right choice.

We have some really good nurseries and garden centres locally and a little further afield, which are worth a visit and who will be very willing to help.

Crown Nursery, Ufford, Swanns Nursery, Bromeswell The Walled Garden, Benhall, Place for Plants, East Bergholt. Wyvale, Woodbridge. Notcutts, Woodbridge..

Beth Chatto, Elmstead Market, Colchester (pictured above right). Beth Chatto's garden is a must to visit and an excellent example of right plant for the right place. She has a beautiful dry garden which is a real inspiration for any gardener, as is the rest of her garden. There is also a good nursery.

MARCH/APRIL JOBS

Mow lawns high for the first cut. Finish



pruning established roses.

Fertilise perennial beds and apply a mulch – established plants may still need dividing. Sow hardy annuals outside towards the end of March.

Finish pruning of evergreens. Dead head daffodils as soon as flowers fade.

Prune forsythia after flowering (above left).

Prune summer flowering shrubs such as buddleia, lavatera, hardy fuchsia etc.

Cut back old foliage on evergreen ornamental grasses such as miscanthus.

Stake plants before they get too big. But most of all – enjoy your garden.

Any garden problems you can contact Karen on 01394 460 003. ❁



FOOT PROBLEM?

Treatment of corns, calluses, nails, verrucas etc

Home visits from a foot healthcare professional

Registered member of the British Association of Foot Health

Professionals

Elizabeth Gallina
MCFHP MAFHP

07920 292 377

01394 460 270

josgallina08@aol.com

Linden Rise, Eyke Woodbridge

Did you ever? Sayings

There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows close to it. Prisoners were taken to the gallows, (after a fair trial of course) to be hung. The horse drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK". If he said YES, it was referred to as 'ONE FOR THE ROAD'. If he declined, that prisoner was 'ON THE WAGON'

They used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery. If you had to do this to survive you were, "Piss Poor", but worse than that, were the really poor folk, who couldn't even afford to buy a pot, they "Didn't have a pot to Piss in" & were the lowest of the low.

The next time you are washing your hands and complain, because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s: Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers, to hide the body odour. Hence the custom today, of carrying a bouquet when getting married. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the

only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top, afforded some protection. That's how canopy beds came into existence. The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt Poor." The wealthy had slate floors, that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh, until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold. (Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle, that always hung over the fire. Every day, they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon, to show off. It was a sign of wealth that a man could, "Bring home the Bacon." They would cut off a little, to share with guests and would all sit around talking and "Chew the fat".

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Sunshine Club

The Sunshine Club table top sale held in the village hall on Saturday 3rd December 2011 raised £77.90 for their funds. ❄️

