



LAKENHEATH

TIMES

Spring 2023

CORONATION SPECIAL!

INSIDE THIS ISSUE:

**Community Matters
Focus on Village Life
Good Neighbours and
Good Neighbors!**

LAKENHEATH SHOPS, BUSINESSES & SERVICES

Important Information!

The local elections are on Thursday 4 May 2023

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections. This new requirement will apply for the first time in England at the local elections on Thursday 4 May 2023.

Which forms of ID can I use to vote?

You may already have a form of photo ID that is acceptable. You can use any of the following:

- Passport
- Driving licence (including provisional license)
- Blue badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards

For more information on which forms of photo ID will be accepted, visit electoralcommission.org.uk/voterID or call their helpline on 0800 328 0280.

If you don't have an accepted form of photo ID

If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a Voter Authority Certificate. You can apply for this at voter-authority-certificate.service.gov.uk.

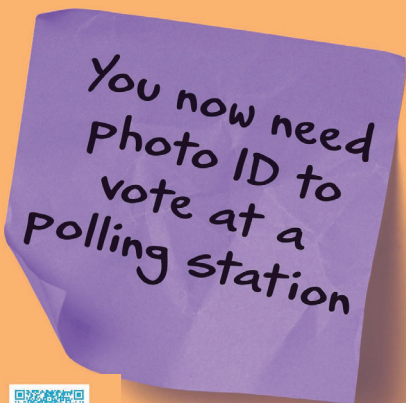
Alternatively, you can complete a paper application form and send this to the electoral services team at your local council.

If you need any help with applying for a Voter Authority Certificate or want to request an application form, contact your local District Council. To find their contact details visit electoralcommission.org.uk/voter.

Find out more

If you have any questions or would like to find out more, go to electoralcommission.org.uk/voterID, or call their helpline on 0800 328 0280.

The
Electoral
Commission



No ID? You can apply for free voter ID
Find out more at

electoralcommission.org.uk/voterID

or call 0800 328 0280

Councillors, Lakenheath Parish Council.

	Telephone	Email
Cllr Gerald Kelly (Chair)	07968 396389	gerald.kelly@lakenheath.org
Cllr Jenny Hastings (Vice Chair)	01842 861390	jenny.hastings@lakenheath.org
Cllr Judy Cahill	01842 861960	judy.cahill@lakenheath.org
Cllr Iain Frost	01842 860577	iaian.frost@lakenheath.org
Cllr John Gentle	01842 860908	
Cllr Alan Gyte	01842 860979	
Cllr Peta Gyte	01842 860979	
Cllr Michelle Hugo	07947 725378	accounts@willowgrovefarm.co.uk
Cllr Edward Morley	07901 871264	
Cllr Roy Norman	01842 861553	roy.norman@lakenheath.org
Cllr Wendy Overy	01353 675236	wendy.overy@lakenheath.org

Hello from Me to You!

Hello and welcome to your Lakenheath Times in its new format. I was happy to be invited to help your parish council produce a periodical that would reflect in some small way the vibrant community you have in Lakenheath.

There is a link as we know between all the villages on the fens of East Anglia – and a particular link between your village and mine now, Littleport, a few miles down the road. Not least either is the ancient connection between Ely and all of us! On page 30 the Lakenheath Heritage Society talks about its impact on Lakenheath that began in 673 when Queen Etheldreda founded her sanctuary there... As they say, the rest is history!

In your magazine's pages you'll find all the interesting items you are used to seeing, of course, with some interesting features, focussing on activities like football, page 22 and of course the Coronation of His Majesty King Charles. Another special occasion is recorded on page 27!

This is a community project and the businesses and service providers who advertise in our advertisers directory provide the revenue the parish council's magazine working group need to make your relaunched Lakenheath Times a reality. So thanks are due to all of them, from all of us.

Have a good Spring and a happy Easter,

Lyn

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Lakenheath Times Advertising Rates are very reasonable!

Your deadline for the summer issue is April 19 2023

Our Advertising Rates are:

Book 1 issue; Quarter page, £39.70	Half page, £60.60	Full page, £101.30
Book 4 issues; Quarter page, £113.40	Half page, £190.40	Full page, £331.20

Advert	Orientation	Size mm	
		Width	Height
Full Page	Portrait	123	182
Half Page	Landscape	123	89
Half Page	Portrait	59.5	182
Quarter Page	Landscape	123	42.5
Quarter Page	Portrait	59.5	89

Editor: Lyn Gibb-de Swarte Email: revlyn@btinternet.com

Assistant: Cathy Gibb-de Swarte Email: cathygibb@btinternet.com

Advertising: wendy.overy@lakenheath.org

The Spring Coronation of King



Lakenheath will celebrate on Saturday May 6, when eight months on from his majesty's accession to the throne after the passing of his mother on the afternoon of September 8, last year, and for the first time since 1902 on a weekend, the coronation of His Majesty King Charles III will take place, where he will be crowned alongside his wife Camilla, The Queen Consort.

Although the coronation ceremony will take place at Westminster Abbey in London - the same location chosen for our late queen's State Funeral in September - where it will be conducted in part by the Archbishop of Canterbury - residents will be able to join the millions viewing broadcasts globally, even if they are not able to be among those thousands lining the streets of the capital.

It is expected that King Charles will travel from Buckingham Palace to Westminster Abbey in the Gold State Coach, like his mother, HM Queen Elizabeth II, did before him in June 1953.

Coronation ceremonies have changed little in hundreds of years, but it has been suggested that King Charles prefers a shorter ceremony, with changes set to





Charles III



reflect the monarch's role today and look towards the future, while still being rooted in long standing traditions and pageantry.

Among the expected changes to the ceremony, and to reflect Britain's increasingly diverse and multi-cultural society, will be an acknowledgement of other faiths alongside the Church of England. While the monarch will remain Fidei Defensor, Defender of the Faith, a title originally bestowed by Pope Leo X on Henry VIII, King Charles is also expected to pledge to help and support other religions.

Members of the royal family, the aristocracy, the Prime Minister, with members of the government and Parliament, heads of state from other countries and other royals from around the world will attend.

Monday, May 8 will be a 2nd spring bank holiday, and Prime Minister Rishi Sunak said it would allow people to "come together and celebrate" just as communities did more recently for the Queen's Platinum Jubilee celebrations in June last year.

Licensing hours will be relaxed to mark this occasion of exceptional national significance, and as the government has said, will see the country united in celebration across the bank holiday weekend.

Home Secretary Suella Braverman added: "Our country, and in particular our hospitality industry, has faced many challenges in recent years and the King's Coronation is an opportunity to give a boost to our local businesses, and celebrate with our local communities. Over the Bank Holiday weekend, we can raise a glass to our new monarch, and with our friends and families wish him a long and successful reign."

Lyn Gibb de Swarte

Lakenheath Parish Council has outlined its plans for your enjoyment of Coronation Weekend

On Saturday May 6th the Coronation of King Charles III at Westminster Abbey will be live on TV.

Then on Sunday May 7th you can enjoy The Big Lunch, and Monday May 8th The Big Help Out Day!

His Majesty has invited families, friends, neighbours, and communities, to share food and fun together in celebration and friendship.

Therefore on Sunday the Parish Council invites you to bring along a picnic lunch to Lakenheath Pavilion on the playing fields from 1:00 pm – 4:00 pm

The licenced bar will be open for teas, coffees and soft drinks.

There will be a Bouncy Castle and Face Painting.

Then on bank holiday Monday May 8th at Lakenheath Peace Memorial Hall and Community Centre: ►

The Big Help Out Day

The aim of the day is to highlight the positive impact volunteering and 'joining in' has on communities. The Parish Council are organising a Community Event where all clubs/organisations/sports clubs are invited to set up a stand to show what is on offer in the village, and encourage people to join, either as volunteers or members. Lakenheath Peace Memorial Hall and Community Centre are hosting this event from 10.00am – 4.00pm so do come along and see what a busy and active community we have in Lakenheath.

The licenced bar will be open and teas, coffees, and cakes available.

Look out for more details of both events on Facebook and the village notice boards nearer the time.

**citizens
advice** West
Suffolk

Citizen's Advice Bureau **UPDATE!**

Telephone:
0808 278 7868

Website:
<http://www.suffolkwestcab.org.uk/>

Address:
**The Risbygate Centre, 90 Risbygate Street
Bury St Edmunds, Suffolk IP33 3AA**



The Tap

Cheese and Wine Society
Meets on the 2nd Tuesday
of each month

For more information
Call Ken: 07798 735959
Or Steve: 07540768658





Welcome to the all-new Lakenheath Times!

The Neighbourhood Planning Survey told us how important having our own magazine is to Lakenheath. We've tried hard to produce something that we can be proud of, so it's got more in it and in colour! You'll see that our regular contributors are all here plus quite a bit more, and we look forward to our clubs and organisations taking the opportunity to tell us about what they are doing.

We knew nothing about producing a magazine, so we've been extremely lucky to have Lyn de Swarte to join us as Editor and Advisor. Lyn has vast experience in journalism and has a regular column in the Ely Standard, and with Cathy her partner produces the Littleport Life magazine. She has even written a book on how to produce a community magazine! There is no way we can cover it all here, so we've asked Lyn to produce a profile of her extraordinary experience for inclusion in the Summer edition.

So what's different, and why? The first and most obvious thing is the look; it's smaller, brighter, and set out in clear sections. Each edition will feature Lakenheath people, and group activities, and this spring, the village celebrations on the Coronation of His Majesty King Charles III.

Clubs have been invited to share what they do and any planned events – we're

sure that this will help them increase both membership and attendance at events, and we wouldn't be at all surprised if you spot something that you didn't know went on in the village!

One thing that caused lots of discussion was how often the magazine would be published. In the end we decided that we should produce a quarterly magazine for interest and information. Even monthly publication cannot be up to date with news, so we now have a Facebook page and will be making better use of our eight Notice Boards in the village for more pressing issues.

By introducing an advertisers section we believe we can do two things. The first is a useful Directory; if you need something fixed, Lakenheath Times can tell you which local businesses can help.

And second, we can't ignore the fact that the previous version was a commercial arrangement costing the Parish Council thousands of pounds a year. Our advertisers tell us that they are sure the new Lakenheath Times will help their business. In return their revenue to us will support our production, as will the help of our volunteers. We're looking to deliver a great magazine which is free, fun, and full of information and interest without a strain on the public purse.

Chair of the Parish Council
Gerald Kelly

Lakenheath Times publisher: Lakenheath Parish Council.

Parish Clerk, N Glading

The Parish Office, Peace Memorial Hall 98 High Street, Lakenheath IP27 9EW

Tel/Fax: 01842 860598 Email: lakenheathparish@gmail.com

Opening Hours: Tues-Thursday, 9am-12noon.

Your DC and CC Update!

From Colin Noble, West Suffolk District Councillor for Lakenheath Ward. Suffolk County Council Councillor for Row Heath Division. And Stephen Frost, West Suffolk District Councillor for Lakenheath Ward.



Councillors Colin Noble (L) Stephen Frost (R)

Thank you for reading this column in this new version of our great Lakenheath Times, where Stephen Frost and I aim to bring you up to date with what is happening at both the District and County Council.

In January, Stephen Frost and I launched the Lakenheath Men's Shed Breakfast Club. A chance for older chaps in the village to gather and have breakfast and a chat. Please look out for the next Saturday morning free event on the notice boards around our village. We'll also post the dates on Lakenheath People or just give Stephen, or me, a call or email and we'll let you know the next date. The very next one is Saturday 4th March.

On Thursday May 4th it's Polling Day for the local District Council elections and whoever you are going to vote for there is an important change with the new voter identification requirements. If you use a postal vote, then the arrangements are much the same but if you prefer to vote in person you will need to have photo and address identification with you. Essentially a driver's license or passport and utility bill as without them you will not be able to vote.

March is the month when your Council Tax will land on your doorstep and whilst there are rises in the bills at both the district

council and county council, both Stephen and I have battled hard on budget lines to seek to minimise the increase, always mindful that it's your hard-earned money.

This new style magazine will cover the period up to and including the national celebration of the Coronation of our New King and after the national sorrow of last year with the sad passing of Her Majesty Queen Elizabeth the Second, it will be a chance for us all to welcome our New King and celebrate our way of life across the nation, and here in our community. Have a wonderful Coronation weekend.

As always if you have any issue or concerns you can always give Stephen or me a call or email, and we'll do our best to help. Our contact details are on the inside front cover of this magazine.

Men's Shed Breakfast

Look out for dates on the Parish Notice Boards and Facebook.

Where: Lakenheath Peace Memorial Hall

This is a new initiative for older chaps in the village to get together for a breakfast, read the papers and chat.

It's free so please do come along!

Text or email:
Colin Noble
07504 417929 colin.noble@askcolinnoble.com
Stephen Frost
07710 436672 spfrost@tory.org

Please Let us know so we can plan the number of sausages needed!



LAKENHEATH SILVER BAND

We practice at the Community Centre, Lakenheath every Tuesday night at 8.p.m.

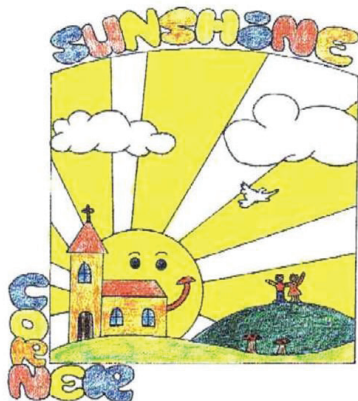
Anyone interested in our village band, either contact me, Daphne Austin, or come along on any band practice night.

If you would like to join us you would be made very welcome and subject to availability, would be given an instrument and music stand.

Beginners through to experienced players are all made welcome. We do not judge your ability. A sense of humour and a love of music is a must.

Secretary: Daphne Austin, phone: 01842 861076 mobile 07731780406 or email: daphneflugal@btinternet.com

SUNSHINE CORNER DAY NURSERY



Sunshine Corner Day Nursery, at the Abundant Life Church, Backstreet, is open Mon-Fri 8.30am to 4pm during school term time.

Come and visit our bright, spacious classrooms, including our Soft Play Area, and our two outdoor areas.

Our friendly staff are ready to welcome you and start your child's learning journey. We are a community minded, non-profit making nursery, dedicated to providing affordable, quality child care and early education.

Family events year round!

FREE sessions for when children turn 3 and some two-year-olds.

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

Little Fishes Easter Egg Hunt

Saturday 1st April 11am - 2pm

Come and join us for some Easter Fun at the Lakenheath Pavilion



Raffle Tombola Barbecue Games Egg Hunt

Cakes Teas and Coffees

Fun for everyone

Under 9s only

A fund raising event for Lakenheath Little Fishes Pre-school

Register for a place NOW

Lakenheath Little Fishes

A warm welcoming environment for your child to learn, socialise and play.

2 Fully qualified SENCOs



Ofsted Rated GOOD



We are a non-profit charity sessional pre-school for ages 2 to 5 years. We offer 15 and 25 hours free funding a week for some 2, 3 and 4 year olds. We accept golden tickets and a variety of employers childcare vouchers.

My little one is my third child to go here, Professional, structured and fun. FISHES PARENT

Contact us on
07544579001

lakenheathlittlefishes@gmail.com

or find us on facebook

Partnerships with parents and carers are excellent
OFSTED 2017

Lakenheath Pavilion, Eriswell Road, Lakenheath, Suffolk IP27 9AF

connecting communities

rural transport

COMMUNITY TRANSPORT FOR THE FOREST HEATH AREA AND SURROUNDING EAST CAMBRIDGESHIRE VILLAGES

The voluntary network provides door to door minibus services fully equipped to carry passengers in wheelchairs or with walking aids. Our minibuses are available to all who have difficulty travelling because of lack of suitable public transport.

BOOKING LINE 01638 664 304 FROM 8am – 4pm Monday to Friday

www.suffolkonboard.com/CC



Sunset Barn Care Farm and Care Cafe

Hi from down on the farm. We hope you are seeing signs of Spring, our daffodils are popping through the firm frosted soil as I write.

We've been busy carting logs for our fire to keep the Cart Lodge warm, pruning our fruit trees and filling a skip in our big Winter tidy up.

The animals are enjoying the hay we take to them daily and the poor old chickens, ducks and geese are longing for the days they can spend outside again wandering aimlessly in the meadows with the sheep but alas Avian Flu is keeping them detained all over again, much like Covid 19 did for us.

The Care Café Tuesdays 10 a.m. – 2 p.m is open and is welcoming villagers at the Methodist Church in Back Street with a varied menu of food available. Giving some of our farm helpers and volunteers opportunity to meet others in the village and an opportunity for all to socialize and feel valued.

If you have any questions about either the Care Farm or Care Café please do contact Melanie on 07847 037622 or email melaniepsmith@hotmail.co.uk



LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE

*Centrally located,
the perfect venue for
your function*



2 halls available to hire
from just £18 per hour
bar and kitchen also available



For more information and to book please contact the booking clerk on
bookings@lakenheathvillagehall.org or 07538609281



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

What's on

Community Centre Bar open every Friday night 7-11pm. Pool table and darts board available for use. Families welcome. Hot food available, check our facebook page for menus. Card or cash payments accepted.



Open Mic Night in the Community Centre, 1st Friday of every month 8-11pm. Whether you're a singer, a poet, comedian or in a band come along and take over the mic for a session. Lounge and bar also open.

Community Kitchen at the Warm Room in the Community Centre, Monday's and Thursday's 11:00am – 2:00pm. For anyone wanting somewhere to go for a few hours, to keep warm, have something to eat, have a cup of tea or coffee and a chat. All are welcome. Donations gratefully received.

Please Note: This will be running only until the end of March with plans to reopen again next winter.



Quiz Night! Friday 24th March 2023. In the Community Centre. Arrive 7:30 for a 8:00pm start. Teams of up to 6, £4 per person entry fee. Cash prize for the winning team. Pre-booked teams only, to book call Sue on 07939810829. Hot food available to purchase, please check our facebook page for menus.

LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

Clubs and Groups



MARVELOUS MONDAY

THE MONDAY CLUB

Peace Memorial Hall: 10:00am – 12noon
Snooker & Pool for the over 50s. 1st session free!

For further details call Kevin or Sandra on: 01842 860829

LAKENHEATH FLOWER CLUB

Peace Memorial Hall: 2nd Monday of every month 2pm

Call Heather on 01842 860997



Terrific Tuesday

LAKENHEATH PARENT BABY & TODDLER GROUP

Peace Memorial Hall: 9:30 – 11:30am

Brighten up your Tuesday Mornings!

All are welcome to join us.

Your first visit is FREE!

Join our facebook group: Lakenheath Parent, Baby & Toddler Group



LAKENHEATH LINERS

Peace Memorial Hall: 7:30 – 9:30pm

Teacher Peter Jones. £5.00 per person.

For more information please call Tony King on 07719271261

Wonderful Wednesday

GREEK DANCE FITNESS

Community Centre: 7:00 – 8:00pm

Please contact Marilena for further details on 07789555404.

MONEY



Peace Memorial Hall: 7:30pm. Come along for a good evening out and you might even win some money! Please call Margaret on 01842 860878 for details.

LAKENHEATH SILVER BAND

Community Centre: 8:00 – 9:30pm



Thrilling Thursday

LADIES KEEP FIT

Peace Memorial Hall: 10:00am – 12noon

Please contact Jenny for further details on 01842 861390.



Fabulous Friday



LAKENHEATH CURLING GROUP

Peace Memorial Hall: 10:30am – 12:30pm

Superb Sunday

FAITH BAPTIST CHURCH

Peace Memorial Hall: 10:00am – 1:00pm

LAKENHEATH VILLAGE HALL

Luncheon Club News

Luncheon club is held in the Village Hall on the last Wednesday of each month. Why not come along and enjoy a home cooked meal and meet some new friends.

Coffee and tea is served from 11am. Later you will be served a two-course lunch. If you would like to attend, please ring Margaret on 01842 860878 for catering purposes.

We do ask each person attending to bring a small item for the raffle if possible. If you need transport, **Good Neighbours** will be happy to help. We would love to meet you.

Luncheon Club will be having a coach trip to Felixstowe on 23rd May. We will be visiting 'The Hut' and having fish and chips delivered. Of course, you may just come on the coach and then come up with your own lunch arrangements. If you are interested, please ring Margaret 01842 860878 for more information.



Weekly Money Bingo!



Weekly money Bingo evenings are held in the Village Hall starting at 7:30pm each Wednesday.

Everyone is welcome. We give away a total of £165 in prize money. We are a relaxed group so come along and give us a try and who knows – you might win some money. Bring your own refreshments.

The Christian Enterprise Foundation

If you are involved with activities or projects within the village that would benefit from the support of the Charity, please let us know in writing.

To consider support for your scheme please give as much information as possible together with the level of grant being requested in your letter of application.

Our aim is to support Village groups and / or organisations within the Parish of Lakenheath.

Any grant requests should be put in writing to:

**CEF, Lakenheath Peace Memorial Hall,
98 High Street,
Lakenheath
IP27 9EW**



Squirrels BEAVERS**1st Lakenheath Scout Group****Squirrels** – age 4-5
Tuesday 5pm-6pm**Beavers** – age 6-8
Monday 4.45pm-6pm**Cubs** – age 8-10½
Monday 6.30pm-8pm**Scouts** – age 10½-14
Thursday 6.30pm-8.30pm

All sections welcome boys & girls
Come and enjoy camping, canoeing, den
building, archery & so much more!

**For more information, or to add your
child to our waiting list please contact:**

Group Scout Leader

Wendy Barnes: 07428 623057 or
email 1stlakenheathgsl@gmail.com**cubs scouts****BEAVERS****Village Easter Egg Hunt**

We will once again be holding a
FREE village Easter Egg hunt on
Saturday 8th March.

Please come and see us outside the
COOP from 11am-3pm to collect an
entry form and meet the Easter Bunny.

If anyone would be able to donate
an egg, please contact me on
07428 623057

Last year we gave out 100 eggs,
let's see if we can beat that this year

Lakenheath Beavers!**We meet Wednesday Evenings****4.30 – 5.30 (Rainbows)****6.00 – 7.30 pm (Brownies)**

We do various crafts, activities and learning new skills.

If you have a girl who would like to join Rainbows (4-7) or Brownies (7-10)
please go on-line and register at:

www. Girlguiding.org.uk

or contact below for more information:

Brownies:

Emma (07713 696475) or Cheryl (07754 540182)

LakenheathBrownies@gmail.com

Rainbows:

Lauren (07503157086) Cheryl (07754 540182) and Anna at

LakenheathRainbows@gmail.com



Lakenheath Cricket Club

We play 1st and 2nd XI cricket in the Two Counties Saturday cricket league.

If you are interested in playing contact us.

We also run a youth section for girls and boys as part of the ECB All Stars and Dynamos cricket sessions for 5 to 11 years old.

email: Lakenheathcc@yahoo.co.uk



LAKENHEATH INDOOR BOWLS CLUB

There are vacancies within the club for new bowlers and bowls is a great way to make new friends.

Why not come and try bowls at your leisure?

Your first three sessions are free and thereafter the appropriate rink fees are payable.

The times currently available are Monday mornings, most afternoons and possibly some Saturdays and Sundays.

Bowls can be provided but you would need to wear smooth, flat soled shoes or slippers.

For further details please contact:

Mrs J Brackenbury, Secretary,
22 Arrowhead Drive, Lakenheath, Suffolk IP27 9JN
Tel: 01842 861946

Website: www.lakenheathindoorbowls.club



LAKENHEATH CAMERA CLUB

Affiliated to the Photographic Alliance of Great Britain through the East Anglian Federation.

Membership costs £25.00 per year (a small increase), but is still not expensive for 16 evenings, with tea, coffee and biscuits included. And competition entrants must be members.

We meet every two weeks from September to April, in the Methodist Chapel Function Room, Back Street, Lakenheath. IP27 9HF. The evening programmes commence at 8 pm, with doors open at 7.30 pm.

If you would like any further information, please contact Mrs. J. Ottewell on 01842860785 or email jottewell5@gmail.com.

OUR MARCH AND APRIL PROGRAMME: -

6TH MARCH

'My Personal Selection'

Mrs Daphne Hanson DPAGM HonPAGB, from Burwell, will share some of her favourite photographs with us.

20TH MARCH

Fun Night Competition. Straight shots of 'Buildings' taken during this year.

For this Competition cropping only is allowed, no other computer manipulations.

3RD APRIL

'Joan and Dave do Venice'

Mr and Mrs Jordan from Drayton, Norwich are going to show us Venice.

17TH APRIL

Annual General Meeting

That concludes our 2022/2023 year.

We commence again in September.

For more information please visit <https://www.facebook.com/lakenheathcameraclub/>

Guests are always made welcome –Just turn up - No obligation to join.

Lakenheath Flower Arranging Club



Why not join the Flower Arranging Club and discover a new skill? Where you can learn about arranging flowers, watch expert demonstrations and increase your garden interests.

The Flower Arranging club meets on the second Monday of the month at 2pm in Lakenheath Village Hall. (Not in April) And everyone is welcome, including beginners!

Annual Club membership is £30, Juniors up to 18 years, £3 and visitors on class nights, £4.50.

The next flower arranging event is Monday March 13th, a Demonstration by Crystal Dyball from Norwich entitled 'Junk and Jumble' – visitors £6.

Then on the April 17th is our annual dinner and AGM. The venue to be decided.

And Monday May 8th will be the usual class.

Note for your diaries: 24th and 25th June the Lakenheath Flower Club are organising a Flower Festival at St. James Church, Hockwold. Entitled 'Once Upon a Time' further details will be published in the summer edition of your magazine.

If you need more information, please call Heather on 01842 860997.





EPIC Dad Fun Club

Rich writes: "Our dads and children's fun club is for dads, male carers, and children of all ages, including games, toys, crafts, sports, and refreshments."

This welcoming group meets on the last Saturday of the month from 10am to 12noon at Lakenheath Primary School at Mill Road, Lakenheath, IP27 9DU.

Forthcoming Dates:

Saturday 25th March, Saturday 29th April, Saturday 27th May

For more information, please contact us on info@epicdad.co.uk or call or text 07717744608.



LAKENHEATH PAVILION

Eriswell Road, IP27 9AF

Hire our function hall from just £22/hour

Booking enquires by email and phone only

Call Linda on **07789 499970** or email mail@lakenheathpavilion.org



**SEATING FOR UP TO 175 GUESTS • PERFECT FOR WEDDING RECEPTIONS, BIRTHDAY PARTIES AND MORE
HIGH STANDARD KITCHEN • MUSIC LICENCE UNTIL 1AM**

What's on at Lakenheath Pavilion?



Monday • Slimming World
5pm and 7pm
Looking to reach your dream weight this year? Look no further than Slimming World.



Wednesday • Yoga
6:30pm to 7:30pm
Drop in Yoga - bring your own mat, water, and towel. £10/class or £50 for six.
Call Wendy on 07783 009786 for more info.



mail@lakenheathpavilion.org



07789 499970



lakenheathpavilion.org

Lakenheath Pavilion is owned and operated by the
Lakenheath Playing Field Association • Registered Charity #504908



Lakenheath Casuals FC

Est. 1971

Men's Senior 1st - Casuals 1st

Men's Second Team - AFC Lakenheath

Ladies' Senior First Team - Lakenheath ladies

Club History

Lakenheath Casuals FC was established in 1971, for 40 years the Club played in the Thetford Sunday league and most players in those days who played in that team also played for Lakenheath FC on a Saturday. However, in 2013 the team evolved and moved into the Cambridgeshire Saturday League playing at Lakenheath Pavilion.

With a multitude of local Lakenheath people over the years helping out running the Club unfortunately the 1st Team & Reserves folded in 2016.

Until 2018 when an ex-player decided to resurrect the Club and bring it back to life. His purpose was to build a team with local players to see where he could get the Club too.

Cambridgeshire County leagues refused them league entry so they decided to enter

in Central & South Norfolk League as a Suffolk based Team.

Lakenheath Casuals grew from strength to strength being promoted every year, adding a second Senior Men's team, Vets Team & a Ladies Team. Achieving FA Charter Standard Accreditation and UEFA C Coaching the Club today is thriving, with over 90 players signed on for the past 3 years we feel the Club has achieved its goal.

We are aiming to improve our facilities by adding dugouts & Floodlighting in the Future and Casuals 1st Team are also looking to be promoted into the Anglian Combination League for next season Campaign. Any and all local support is welcomed, please follow us on Facebook, twitter or our website for fixtures, league table updates.

Social Media



League - Central & South Norfolk - Division 1

Kit Colours - Blue & Red

Facebook - @LakenheathCasualsFC

Twitter - @LakenheathCasFC



League - Cambs County CSI Division 3b

Kit Colours - Yellow & Green

Facebook - @AFC Lakenheath Casuals

Twitter - @AFC Lakenheath



League - Cambs County Women's - Division 2

Kit Colours - Green & Blue

Facebook - @LakenheathLadies

Twitter - @LakenLadies



www.LakenheathCasualsFC.co.uk

All our teams play at Lakenheath Pavilion on the main Full size pitch.

Our Men's team's play Saturday's at 2pm in the Winter and 3pm in the Summer.

Lakenheath Ladies play on Sunday's 2pm in the Winter & 3pm in the Summer.



Lakenheath FC

LFC Manager's Assistant, Alan Gyte, brings us up to date with the team's progress - and a look back at its history!

In the spring of 2018, the club appointed

Ben Cowling as First Team Manager, and he has overseen a drastic overhaul of the club, both on and off the pitch. Having been fortunate to have been elected to Step 6 in the Eastern Counties League Division 1 North, we finished a creditable 5th. That season also saw the club make a significant investment in the club's facilities, including the addition of floodlights, new dugouts, and spectator hardstanding as the club achieved a 'G' ground grading from the FA.

Unfortunately, in the seasons 2019/20 and 2020/21 only a handful of games took place because of pandemic. The FA decided that on a points-per-game basis, we were promoted to the Thurlow Nunn Premier Division and Step 53 for the 2021/22 season for first time in the club's history. We finished in 12th place which was a fantastic achievement. We are of course looking to improve on last season and currently sit in 6th place.

The 'Heath was formed in the early 20th century, in the 1907/08 season. There's a bit of confusion about our original colours as there are a few 'original' shirts still around, including blue and gold stripes and black and gold quarters. Since those early days, we've changed colours a few times including green and yellow quarters, green with white trim, blue and black stripes, yellow and now we are at back to our 60's colours, dark green with a white trim.

We have also had various home grounds too, including somewhere close to the playing fields and also to the right of the community centre, the old British Legion. We arrived at the Nest around the time of the 2nd World War. After the chalk was quarried for the construction of local roads,

the landowner, Sir Charlton Briscoe gave the quarry, also known as the Pit, to the village, on a long lease, to have a football pitch, and in the 1950's the current stand was built.

In the early 1960's, Sir Charlton sadly passed away and his son kindly offered the Pit to the football club for a 'very small fee' which was gladly accepted, and the place has grown since then.

We played in the early Ouse Valley League in the early years, and then the Essex and Suffolk Border League, winning the Suffolk Junior Cup in 1936/37, before becoming one of the founder members of the Anglian Combination League in the early 60's with our reserves playing in the Bury and District League.

In the late 1990's, the club joined the Cambs League where both teams played until 2017/18 and indeed our reserves are still in the Senior B League. Most of our success has come in the last 20 years, although our under 18 team won the Suffolk Minor Cup for the first and only time in 1970, and our first team won the Junior Cup again in 1974 and our reserves won back to back Suffolk Primary Cups in early 1990's.

The first team gained promotion to step 7 of the football pyramid in 2008/09 winning Cambs Senior A. For the next 9 years we finished in the top 3 of the Premier Division – 6 times winning the League in 2010/11 and winning the Cambs League Cup 3 times and the Suffolk Senior Cup in 2015 with a record 7-0 victory against Ipswich Valley Rangers in the final.

I believe we are one of only a handful of clubs that have won all county cups available to us, and are proud that we now qualify for the Premier Cup competition.

Lakenheath Under 16's are Flourishing!

This is the first season for the U16 as part of Lakenheath FC after making the transition from Lakenheath Youth Football Club at the end of last season.

The team had always been a part of LYFC with manager Darren Gathercole taking over when the team were in the U10 season.

He has the help of Dave Edson and most recently, Darren Fulcher who joined us this season.

The decision was made last June to transition the oldest age group at Lakenheath Youth to Lakenheath FC to hopefully see the progression of some into adult football when they time was right.

Playing at The Nest is a big thing for the

team and something which they deserve.

This season, the team play in League One of the Norfolk Combined Youth Football League after coming runners up last season which saw them being promoted up a league.

The boys are going from strength to strength and are currently sitting second, just a point behind the league leaders.

The team would like to take the opportunity to thank John and Gemma Brooke of J Brooks & Sons for kindly sponsoring the kit for the team.

We play Sunday mornings if anyone would like to come down and support the team.

The future is bright for this bunch.



Back row from left to right:

Darren Fulcher, Marcus Hines, Joseph Fulcher, William Clark, Alfie Watts, Aaron Giddings, Kai Brown, Richy Edson, Josh Murrow, Alex Bradford, Harry Chisholm, manager Darren Gathercole

Front row from left to right:

Sam Smith, Jovan Paucar, Harry Davis, Jack Gathercole, Billy Palmer, Kieran Chapman, Ethan Smith, Cain Rae, Casper McCormack

GREENER LAKENHEATH

Judy Cahill is a Councillor and leads on environmental issues for the Parish. Here she tells us about progress so far.

The Parish Council and local volunteers are working hard to improve our environment. Following the Neighbourhood Plan survey it was clear that we all want a cleaner, greener Lakenheath so a number of projects got under way.

The first of these included taking over the Mutford Green area as a Community Project. We have planted native trees and hedging which will eventually hide the electricity sub-station; having cleared the area, there was room to plant a memorial tree for the Queen's Jubilee. Lots of bulbs have been planted and the planters near the road now look the part. Further work is going to start later in the year clearing the brambles and the drainage ditch.

Part of the Neighbourhood Plan is to smarten up the High Street and hopefully persuade drivers that they are actually in a village and should slow down! So we are creating a 'Green Gateway' at each end of the Village centre.

Around the Lakenheath sign we have put in about 3000 bulbs which should give us a great display fairly soon; as the weather improves we will be sowing wildflowers to take over as the bulbs die down. On the other side of the road is the rather less than lovely BT building. We have agreement in principle to manage the area around the building and we are working with BT to firm up our plans.

At the other end of the High St - around the Dumpling Bridge Lane junction - we have planted yet more bulbs, and as the weather improves, we will be putting in more of the shrubs donated by the Woodland Trust.

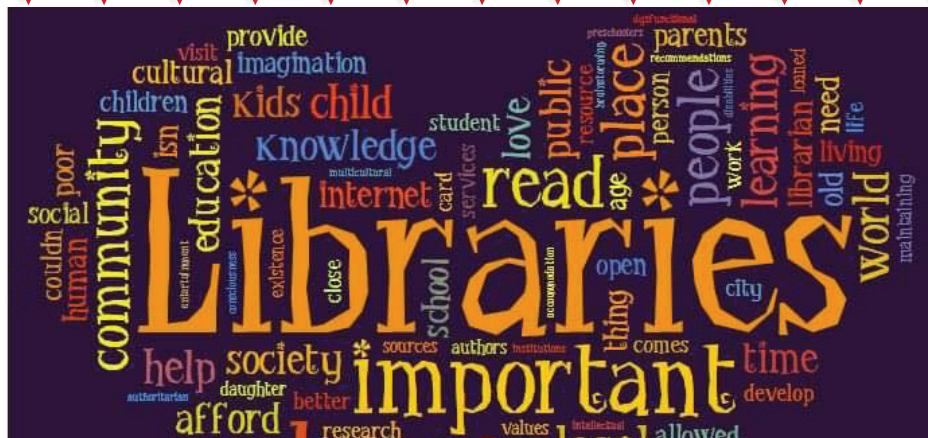
We are constantly on the lookout for sites which need tidying up and the landowner is prepared to let us improve matters. You may have noticed that the flower beds at the entrance to the Cemetery and around the Chapel have been cleared and replanted.

While the Parish Council is doing as much as it can, Lakenheath in Bloom is a new volunteer group who are busy buying and installing tubs and benches around the centre of the Village and by the Surgery.

Of course, 'gardening' is only part of the story and four times a year we organise a Litter Pick around the village. While it is disappointing how much litter there is, we are always both surprised and pleased at how much of it we manage to collect!

If anyone has ideas about other areas we could use to help improve our environment please get in touch with us at the Parish Council, and if you feel you could help with any of our projects or litter picks everyone is always welcome. We are very grateful to all those who have helped us so far and look forward to more residents joining us in our fun and really worthwhile projects!





Lakenheath Library

Free WiFi. 2 Computers. Jigsaws. Lots of Books!

WHAT'S ON IN MARCH

Wednesday 1st March

Top Time book club (4-5)

Thursday 2nd March

Knit & Natter (2:00- 4:00)

Friday 3rd March

Wordplay Session (9:30-10)

Sunday 5th March

Family Craft (11-1)

Friday 10th March

Wordplay Session (9:30-10)

Sunday 12th March

Lego Club (11-1)

Thursday 16th March

Knit & Natter (2-4)

Friday 17th March

Wordplay Session (9:30-10)

Sunday 19th March

Family Craft (11-1)

Wednesday 22nd March

Lego Club (2:15 -4:45)

Friday 24th March

Wordplay Session (9:30–10)

Sunday 26th Feb

Lego Club (11-1)

Thursday 30th March

Knit & Natter (2-4)

We offer a warm space where you can meet and chat, join up the community jigsaw and have a hot drink.

We post our events on our Facebook page and also on instagram.

@lakenheathlibrary and

@lakenheath librarys

Opening Times:

Monday Closed

Tuesday 10:00 - 14:00

Wednesday 14:00 - 17:00

Thursday 12:00 - 17:00

Friday 09:00 - 14:00

Saturday 09:00 - 12:00

Sunday 10:00 - 15:00

Books can be returned carefully through the letterbox when the library is closed

Address:

65 High St, Lakenheath,
Brandon IP27 9DS

Tel: 01842 860723

Exciting Times in Spring at Lakenheath Fen



There is plenty to enjoy here at RSPB Lakenheath Fen in Spring. *Writes RSPB officer Heidi Jones.* As well as all the changes in wildlife, it is magical to watch the reserve become a brighter shade of green, to watch wildflowers appear and to listen to a wealth of birdsong. If you have a spare day, or even half a day, why not pop down and spend some time here? If you have any questions, you can always give us a call on 01842 863400 or drop us an e-mail at lakenheath@rspb.org.uk.

By the beginning of March, the first signs of Spring will be noticeable wherever you are- crocuses and daffodils flowering on roadside verges whilst small birds like robins and blackbirds pair up and sing in gardens. Whilst we don't have the Spring bulbs, we do have the birds and one of the first changes we notice is the increase in variety of wading birds on the Washland. Already (on 7 February) a few avocets have turned up and during March we can expect to see other species such as dunlin, ruff and black-tailed godwit in small numbers. These don't come to the reserve to breed but use us as a pitstop to refuel on their long migration to their breeding grounds. March, as a result, is a fantastic time to see some more unusual waders without having to travel far from home!

April will also bring more migrant birds to us, including the swallow, house martin and cuckoo. It will also be the month when bitterns 'boom' their low, deep calls from within the reedbeds more frequently. Through March we may hear some booming but it really gets regular in April, especially on sunny, calm mornings. Other highlights to enjoy will be aerial displays from marsh harriers. Male birds

will be turning, twisting and diving in energetic displays over reedbeds, designed to show females how capable they are of chasing prey and of their general agility. You may also see 'food passes' from males to interested females, again to demonstrate a very important skill- that males are capable of catching and delivering plenty of food. April normally sees the first butterflies and dragonflies become airborne on fair days. Numbers of these larger insects quickly build up and together with the mass emergence of the clumsy, black (but harmless) St. Mark's flies, they will provide a feast for the hobbies arriving from Africa. These elegant falcons (with a conspicuous red patch of feathers around the base of the legs) look like miniature peregrines and numbers can rise to around 50 birds here by the end of May. At this point, the hobbies begin to disperse to their breeding grounds across the UK and our numbers drop to two or three pairs which stay to breed with us for the summer.



photo credit: Denise Randall

Lakenheath Parish Council are delighted to announce:

**The Freedom of Lakenheath is awarded to
LAWRENCE GRAEME VAUGHAN COOK**

The Parish Council has the power to grant Freedom of the Parish to individuals who have given very exceptional service to the village and the wider Parish. On the 24th February, Ed Morley (the only other recipient of this honour) presented Graeme with his decorated scroll in a small ceremony at his home. Apart from Graeme's family and friends the ceremony was attended by Cllr Jenny Hastings, Vice Chair of the Parish Council and Cllr Peta Gyte.

Lawrence Graeme Vaughan Cook was born on 19th March 1918 at Oulton Broad Lowestoft Suffolk. In 1923, he arrived in Lakenheath with his parents and his brother and sister, Stanley and Gwenda, and lived in Undley Hall, which had been bought by West Suffolk Council and split into smallholdings.

Graeme has many recollections to share. In 1926, when he was about seven years old, he was sent to Liverpool to live with his aunt and uncle, as it was thought at the time that this might improve his future, and he returned to Lakenheath only for holidays. He was enrolled in a school in Allerton. Saturdays were very special as he was given four old pennies and was able to go to the Garston Empire cinema. In 1928 he returned home to Lakenheath.

During this time, he helped his father after school with the dairy herd and the smallholding and with the harvest during summer holidays. In 1931 the family moved into a small cottage in Broome Road where his father rented pasture with grazing facilities. In 1932, on leaving school at

fourteen, he got a part time job as an apprentice to the local butcher. At sixteen he went to Cambridge and then St. Albans to continue his apprenticeship with Sainsburys.

In 1945 after ten years away, five of them as a butcher manager, and five in the Auxiliary Fire Service during the war, he returned to Lakenheath to take over the management of his father's business. He was hoping to create a pedigree Friesian herd, but circumstances made this impossible, so he decided to buy milk wholesale already bottled. And thus began Cook's Dairy Milk Round.

The same year he met his wife Joyce, who was from London and serving in the Land Army in Lakenheath. They married in 1947 and lived in Broome Road, where their three children were born. The business moved to 63 High Street in 1967 and became Cook's Dairy from where it operated until it was sold in 1980 and Graeme and Joyce moved to a bungalow in Woodlands. Graeme continued to work as a butcher, first at the Co-op, and later with Yallops butchers until he retired at the age of eighty.

Over the years he immersed himself in the Lakenheath community.

Joyce and he joined Lakenheath Amateur Dramatic Society, he served as Chairman of the Village hall committee, he belonged to the bowls club, the Rotary Club and served on Lakenheath Parish Council for many years. He was a regular church goer and worshipped at the Methodist Church until he was 102 years old when all outings were cancelled due to Covid.



Over the years Graeme organised many annual village carnivals and could be seen riding a horse at the front of the parade, leading the floats through the village, dressed differently every year. He was always involved in Lakenheath life, be it as the dame in the annual pantomime, old time music halls, talent shows, dances, jumble sales and singing to the residents of Lakenheath Village Home.

Graeme will reach the wonderful age of 105 on 19th March and continues to be as cheerful and positive as ever. He has great memories of his life in the place he chose to make his future with Joyce, his wife of 72 years, three children and their partners, six grandchildren and nine great grandchildren (with another on the way).

Graeme says that he attributes his happiness in life to the happy environment he found in Lakenheath when he first arrived at the age of 5, and over the years that grew into dedication and loyalty to the village. He has contributed so much throughout his long life and truly gave very exceptional service.

All Lakenheath congratulates Graeme on this much-deserved award!

Ready. Set. Grow!

Spring Gardening by Rachel Sobiechowski BSc. (Hons)

Spring is here at last. It's been a cold winter, with prolonged spells of temperatures below freezing causing damage to our garden plants, particularly those that originate south of the equator. The cordylines in our garden have been devastated. However, all is not lost. Plants can recover as long as their roots haven't frozen or become waterlogged. Species that are only partially frost hardy such as Hebe, Choisya (Mexican orange blossom) and Euonymus can now be pruned to remove any damage. This may mean you end up with a very lopsided plant, so prune back some of the undamaged growth too to promote even new growth. You may want to move these plants but it's best to wait until Autumn to do this. Don't forget after pruning to give the shrubs a good feed with a granular fertiliser such as growmore, or fish, blood and bone. I'm afraid though that if the centre growth of your cordyline has been damaged and is mushy or mouldy, it's unlikely to recover, although sometimes (especially if they flowered last year) they send up new shoots or seedlings from underground.

Whether we like it or not, climate change is shaping our gardens at the moment, and it's the extremes of weather that do the damage. Drought in summer may lead you to think that more tropical species are more suited to the climate, but when winter comes around these plants need protection to ensure they survive. The key is to look for species that can deal with these extremes in weather, resilient plants

that tolerate a wide range of conditions from summer drought to winter flooding. These plants are actually quite rare so it's a learning curve for us all!

If you didn't get round to pruning your hedges or trees recently, please don't consider doing it now that birds are nesting. As well as dealing with winter damage, here are a few more tasks to do this spring!

March:

- Plant early potatoes outside
- Mow lawns and apply lawn fertiliser.
- Hoe weeds to keep them under control.
- Top dress containers with slow-release fertiliser and fresh compost.
- Keep an eye out for aphids and other garden pests and deal with accordingly.
- Primroses, Polyanthus, Dianthus, and Pansies will all provide fantastic colour from now until May (when they can be replaced with summer annuals).

April:

- Protect fruit blossom from late frosts.
- Sow seeds of hardy annuals, herbs and wildflowers directly where they are to flower.
- Keep a ball of twine handy and tie in new growth of climbers particularly Clematis and Honeysuckle which grow rapidly.
- Leave your spring bulbs to die down naturally, don't be tempted to cut back or tie up foliage. Lift & divide any congested clumps which didn't flower.

May:

- Watch out for late frosts!



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Tel: 01842 814800
www.prgardensupplies.co.uk

Lakenheath Primary School News



We have had lots of exciting events happening at school so far in 2023, none more so than being able to take a choir of 45 children to London's O2 arena to perform with Young Voices. The children got to sing with 9,000 other school children in front of an audience of 11,000 alongside a live band. They even performed as backing singers to Heather Small singing "What have you done today, to make you feel proud." I have to say, it brought me immense pride seeing them performing so well and having this amazing experience. This trip was made possible through the support of Goward and Evans helping to fund the coach travel. We are grateful, as ever, for all the experiences we're able to provide our children thanks to generous donations from local charities.

In sport we've had some of our best results ever against other schools in the region. Our indoor athletics and cross country teams received silver medals and we won the bronze medal in swimming.

We've also just had an exciting visit from a famous author and comedian, James Campbell who has inspired children with their reading and writing.

Our New School Site News

We continue to work with the local authority and contractors with regards to the proposed new school site along Station Road. We've been informed that the plan is still to move our school by Sept. 2025. Our chair of governors, Mike Malina, and I have met regularly with Suffolk County Council and Concertus, and have been communicating with our parish council to ensure our new school site has the best provision for our children and our whole community.

Community support

We know a few of our families are 'feeling the pinch' with the increased cost of living. We are working with EPIC dad to support our school community with provisions.

Our next **'Wellbeing Store' is Monday 27th March between 9am-11am**. Any school parents /carers are welcome to come and fill up a basket of essentials to help them during this time for a suggested donation of £5. Thanks to EPIC Dad for their continued support for families in our village.

Coffee and Chat

Any parents/ carers of children at LCPS, are welcome to come to our "Coffee and chat" group with Ms Fox at school on the following dates. This provides a nice chance to chat with other parents, share worries or parenting ideas, and to build a supportive network with other parents. Each session starts with a different theme:
Wednesday 22nd March, Friday 19th May, Friday 9th June



Family Wellbeing Store

Fill a Bag for a Fiver!

Fourth Monday of the Month at 9am to 11am

School Assembly Hall (access through the side entrance)

A monthly drop-in especially for Lakenheath Primary School parents and carers to collect food essentials and other practical items to support family life (eg food, household items, toiletries, baby supplies, toys, games, books, clothes, etc.)

Recommended contribution of £5 to fill a large bag or storage trolley with various family items. (Bags and trolleys are provided). There will also be a café area with free refreshments and support and information available from our local NHS Social Prescriber.

Forthcoming Dates:

**Monday 27th February, Monday 27th March,
Monday 24th April, Monday 22nd May,
Monday 26th June, Monday 17th July**



LAKENHEATH HERITAGE SOCIETY

Looks at the ancient connection between
Lakenheath and Ely. 673 -1109 CE.


In a nutshell;

- 673 Queen Etheldreda founded a religious enclave at Ely.
- 870 Ely Abbey was sacked by the Danes.
- 900 There was a landing place at Lakenheath at the edge of the Fen.
The Hythe.
- 1003 Lakenheath was given to the monks by Edward the Confessor.
- 1010 The Battle of Thetford. Vikings advanced into the Fens.
- 1061 Pilgrimages to the shrine at Walsingham began.
- 1066 Ely continued to hold the lordship of the village after the Norman Conquest.
- 1086 The Little Domesday Book showed Lakenheath to be a large village of
24 households.
- 1109 Ely Abbey became a cathedral, and the monks began the re-building of
St. Mary's Church.

When he became King in 1003, Edward the Confessor gave the monks of Ely the village and lands of Lakenheath so that the Ely Abbey became the Lord of the Manor of Lakenheath.

A 'manor' was not a building but an area of land, which together with the people who lived on it, owed 'service' to its Lord. A very small number of 'freemen' were exempt from manorial service, but not from the payment of rents and taxes. There were also a few slaves who worked solely for the manor and had no rights - but were not taxed... Most of the villagers therefore had to provide manorial service but in return they had certain rights. Manorial 'service' meant regular work by the inhabitants to provide for the abbey's needs. It has been suggested that surnames such as 'Munday' come from this time, the name being the day of the week on which

manorial work had to be done. Under the Normans the abbey retained the Lordship of the manor, and the Prior of the Abbey was effectively the Lord of the Manor. A bailiff, who lived in the village, managed the land, controlled labour and collected taxes. Very little, if anything, changed for the villagers under the Normans. Lakenheath was a large village for the time, and it was very important to the abbey. Not only did it provide a wide variety of food for the monks and money from the sale of sheep's wool, but rents had to be paid by the peasants for their homes and land, classes in England after the conquest of 1066 until around the 15th C. The computation of the payment of tithes and rents was very important to the Abbey. Just as a bailiff was necessary to run the manor estate, so the Prior of the Abbey needed a vicar to fulfil his religious duties. The vicar and



church depended on the collection of a tax (the tithe) for their up-keep. The first recorded vicar was John de Cadsby in 1226. The demands of rents and taxes could cause great hardship to the villagers when prolonged bad weather seriously affected harvests and payment of 'service' was generally strictly enforced. It's worth remembering that as well as Lakenheath, Ely Abbey was the lord of a large number of manors throughout other parts of East Anglia and southern England and was consequently very powerful.

Rev. J T Munday, Mark Bailey

David Jones says:

"We work to research, record, and share our village heritage. If you would like to be involved in our work, you will receive a warm welcome. We can be contacted at lakenheathheritagegroup@outlook.com and the full timeline up to 1948 together with our photograph archive and village trail information can be accessed on the parish council website [Heritage pages www.lakenheath.onesuffolk.net](http://Heritage%20pages%20www.lakenheath.onesuffolk.net)"

Good Neighbours and Good Neighbors

When humankind was first exhorted to 'Love thy neighbour' it was not made in English or American but spoken by Jesus who was quoting Moses in Hebrew or Aramaic. It was written down some years after in Hebrew, Greek and Latin. And when William Tyndale printed the first English language bible around 1523 from Wycliffe's earlier translation in 1382 that wrote it out as neyibore, he printed it as Love thy Neighbor. It wasn't until the King James version, that used more than 70% of Wycliffe's Old English translation, that 'neighbor' became 'neighbour' and became the standard English spelling.

Now we have different spellings and different names in American English and British English for quite a few objects too with faucet for tap, crisps - chips, cookies - biscuits, closet - wardrobe and continuing the food theme, Sprinkles are becoming more familiar to those who still call them Hundreds and Thousands and menus in England have 'starters' more often than the customary appetizers! And in punctuating our written language, period means a full stop.

As for anticlockwise to counterclockwise – it may be a different expression of the direction speed skaters negotiate a track, short or long, but both terms describe a common heritage. Ice speed distance skating began on the fens of England in East Anglia and so did the 11 a side game of bandy, that was adapted when the first indoor small ice pads were built, on both sides of the Atlantic, to ice hockey and indoor aka short track speed skating.

The RAF Lakenheath USAF air base is a neighbor to Lakenheath village for whom it has been a neighbour for half a century.

As the Stars and Stripes fly outside many homes in the village, and the strains of both the American and United Kingdom National Anthems are heard being played at the base every day at the specified time for Retreat we can say these are good neighbors and good neighbours indeed.

God Bless America and God Save the King.

Lyn Gibb de Swarte

LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

If you need to go to the doctor or the hospital, have your prescription collected or need shopping, just ring **07587 801 802** and our friendly volunteers will help.

We do not charge for trips to the village although a small donation toward the phone would always be appreciated. We ask for a contribution of 40p a mile for trips outside the village. We would also like at least 24 hours' notice of driving trips.

All our volunteers are DBS checked and we look forward to helping you. The number again is: **07587 801802**.

Lakenheath Scrabble Club

We meet on the first and third Friday of the month in the Methodist Church Hall at 2pm. We have a large selection of games including Scrabble and Rummikub. It's not taken too seriously but it's fun, sometimes noisy and everyone has a great time. New members are always made welcome. Entrance is just £2 and there's tea, coffee and cake too.

Phone Sue on **01842 862768** for details or just turn up. We look forward to seeing you.

Lakenheath Friendship Club

We meet on the second and fourth Thursday of the month in the Methodist Church Hall at 2 pm. Each week we have a different activity, tea, coffee and cake and a small fun auction.

It's a great place to catch up with old friends or make new ones. We are a friendly bunch who make all our new members welcome. Entrance is just £2. Everyone is welcome to come and join. Phone Sue on **01842 862768** for details or just turn up. We look forward to seeing you.



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Wednesday 7th June 9.30- midday

Tuesday 5th September 9.30- midday

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This is why I have been so passionate about guiding people through my science-backed nutritional reset programmes for the last 8+ years. Before I started I was exhausted, peri-menopausal and out of control with my eating (and moods). Now, I am energised, happy and have a renewed lust for life. At the age of 51, I feel better than I ever have!

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Neighbourhood Planning update



Figure 48: Illustrative view of Northern 'Retail Hub' with parking at a 30 degree angle and intermittent planting and street trees incorporating rain garden solutions

It is a while now since the last update, and there have been two reasons for that.

The first is that, as we reported earlier, we have been trying to work with West Suffolk Council, so that our Plan meshed with their 'Local Plan'. Unfortunately we have heard recently that the Local Plan has been delayed again; this means that any advantage of a shared timetable is now lost. So we intend to crack on and let them catch up!

The second reason is that we have been working on the Regenerating High Street Project. This has been a big piece of work looking at ways we can improve the look, safety and convenience of the High Street. We have the government funded report from AECOM (who worked with us on the Housing Needs Assessment and the Design Code) and that has prompted further work from Traffic and Design specialists. Much as we would love to make it all happen overnight, it won't. What it will do is produce a list of priorities for the future, and as a target for Developer Contributions, sometimes known as Section 106, or Community Infrastructure Levy money. All these documents are

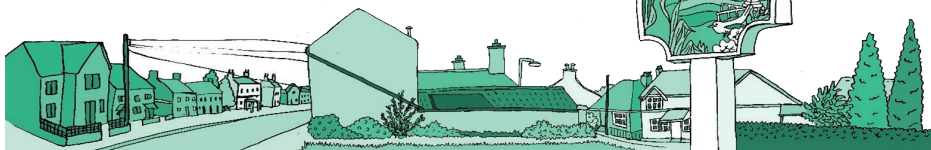


Figure 49: Illustrative view of spill out space, to create active frontages and promote socialisation and community interaction

available on www.lakenheath.org. One thing which is not a matter of expense is the proposal to have a 20mph zone – that is matter of convincing Suffolk County Council Highways that we do consider it a necessity. We really must not wait for someone to be killed before any action is taken. Please make sure Cllr Noble has the ammunition to make the case to the County Council.

Before we received the report we had already started work on some of the issues which we knew would be down to us anyway, and our "green gateways" at Dumpling Bridge Lane and the Village sign are looking much better already. The Outdoor Gym is a success and is being well used, and the other 'mini-projects' are well on the way.

We are now putting together the mass of detail that we have to, and hope by the end of Summer to be showing you our draft Plan and asking what you think of it.



Useful Contacts

AGE UK

Help Desk Tel No: 01473 257039

COUNTY COUNCILLOR

C Noble Tel No: 07545 423795

Email: colin.noble@suffolk.gov.uk

DISTRICT COUNCILLOR

S.Frost Tel No: 07710 436672

Email: stephen.frost@westsuffolk.gov.uk

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Website: www.lakenheathvillagehall.org

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