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Issue 162

April 2013



Those who walk around the woods regularly will have noticed various works going on. The avenue of small-leaved limes on either side of

the overhead cables at the Heath Road end of Hemp Meadow Wood have now been cleared of extraneous growth and overcrowding by self-sown willows. The willows (sallows if you will) can be very invasive and crowd-out more desirable species, in this case the limes. Some areas are being allowed to form thickets, especially of brambles, sloe and dogwood. This is especially good for wildlife forming refugios where the nesting birds in particular can nest away from invading dogs and other critters.

In this same vain, a number of next boxes have been attached to trees to give some of the smaller birds (tits in particular) additional nesting sites.

A second gate has now been installed along Heath Road, which has finally blocked off unauthorised access by vehicles (an all too common occurrence) onto the Trust's lands. The gates will be padlocked shortly.

After all the snow and rain the paths are in a delicate state, so please avoid the worst areas if you can: they will dry out eventually.

I mentioned in the last newsletter that the Trust will be having a special tenth anniversary celebration in the woods at Midsummer. The actual date is Saturday 22nd June, so keep this day free in your diary. Please let us have ideas of how best to celebrate this occasion; music, games, dancing etc. Are you prepared to help?

Many thanks.

Christopher Grey-Wilson, Chairman



by *Lucy*

This year has got off to a flying start with lots going on in the wood, and beyond. We planted a hedge at Trench Farm for Lucy Wood on a beautiful day. 14 people came to help and we had the 330 plants in and mulched and guarded in two hours, followed by cider, of course. Thank you to everyone who came, especially to Pete Osbourne who brought his new spade still in its wrapper – it didn't look very new by the end of the day!

May 2013 edition

Adverts

To place an advert, please call Anne Wood on **01379 687230**. A charge of £3 is made for 1/4 page ads, £12 for full page ads. If dropping money for ads into the village shop please remember to include your name and company name and make sure the money is secured in a sealed envelope. There is a charge of 50p per ad for 'Classified' ads.

Please email ad artwork to **article@kenninghallnews.org.uk** or place in the box at the Kenninghall shop by **Sunday 14th April**.

Ad specs

1/4 page: 67mm width, 93mm height
Full page: 138mm width, 190mm height

News and articles

Please **email** all news and articles where possible to our email address **article@kenninghallnews.org.uk** Please send in all items by **Sunday 14th April**.

e-news

If you would like the Kenninghall News sent electronically in PDF format, in addition to your paper copy, please email a request to the above email address.

Any loose inserts delivered with the News do not represent the views of the Kenninghall News.



Saint Patrick

As I write this, it is the eve of the Feast of St Patrick and I am sure there are Irish people all over the world who will rejoice and give thanks for the rich Christian heritage that finds its roots in this incredible saint.

History tells us that Irish Raiders plundered the coast of Wales snatching Patrick away from his family (this is hundreds of years ago!) and took him prisoner to Ireland where he spent six miserable years herding swine on a bleak Antrim hillside.

However, in captivity and loneliness he came to know the real meaning of life, and turned to prayer.

In his old age Patrick wrote something called his 'confessions' recording that he prayed 100 times a day and as many times again at night!

Patrick escaped back to Wales, became a priest, then a bishop, but felt called back to Ireland where his preaching was received with enthusiasm, he truly was a

spiritual giant and yet a humble priest, a wonderful Man of God.

Tel: 01953 888533

email: revkahawkes@aol.com

*Blessings
Rev*

You are welcome to ALL the Services.

Services at St Mary's for April

Sunday 7 th	11am	Holy Communion
Sunday 14 th	11am	Family Service
Sunday 21 st	11am	Holy Communion
Sunday 28 th	11am	Service of the Word

Café church

Café Church will be re-opening on Saturday 6th April, 10am to 12 noon. Just come along for a coffee/tea, cake, and chat. See you soon!

PS If you are having a spring clean and find any unwanted bric-a-brac or good clean soft toys, we can use them.

Dates for your diary

Saturday 6th April Café Church

Saturday 4th May Café Church and Plant Stall (Gardening Club)

Saturday 1st June Church Fête and Quilting Exhibition (please note there will be no Café Church in June)

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Back Wax.....	£10
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Diary Dates for April



Bin collections

April: 6th (G)*; 12th (B)*; 18th (G);
 25th (B) *unconfirmed at time of printing



St Mary's Bell Ringers' Practices

April: 3rd, 10th, 17th, 24th



Carpet Bowls Club

We meet on Friday evenings from 7.30pm to 9.30pm. Always looking for new members to join. If you're interested please contact Gerald on **01379 687305**.



Parish Council Meeting

April: 2nd

Mobile Library

April: 9th



Kenninghall Bookshop

April: 6th, 13th, 20th, 27th



Kenninghall Singers

March: 28th
 April: 11th, 18th, 25th
 May: 9th, 16th, 23rd, 30th
 8-9pm

Come along and have a sing (we sing all sorts of music) – we meet in the church every Thursday evening (except 1st Thursday of the month and some holidays). If you would like to know more, ring Avril on **01953 888483** or just pop along at 8pm on Thursday.

Kenninghall Morris

Practice, 7.30pm – 9pm
 April: 11th, 18th, 25th



DON'T FORGET...

Clocks go forward by one hour at 1am on Sunday 31st March.



Kenninghall Amblers

We are out and about again. In April we are walking on Thursday 18th, so why not come and join us? We will be leaving at 10am from Kenninghall Market Place. Car sharing and destination yet to be decided. If you would like any further information please ring Sylvie **01953 888343** or Avril **01953 888483** or email jabroughton@hotmail.co.uk

Useful contacts:

- Amblers**, tel: 01953 888343 or 888483
- Carpet Bowls Club**, tel: 01379 687305
- Kenninghall Lands Trust**, tel: 01953 888588
- Kenninghall Morris**, tel: 01953 888291
- Kenninghall Pre-School Nursery**, tel: 01953 888048
- Kenninghall Primary School**, tel: 01953 887286
- Kenninghall Singers**, tel: 01953 888483
- King's Ride GP Surgery**, tel: 01953 887208
- Parish Council Chairman**, tel: 01953 887521; email: stephengordon@gn.apc.org
- Playing Field Fund**, tel: 01953 888291; email: peter@pozitive.co.uk
- Red Lion Bowls Club**, tel: 01953 887566
- St Mary's Bell Ringers**, tel: 01953 888176
- The Red Lion pub**, tel: 01953 887849
- The White Horse pub**, tel: 01953 888857



Kenninghall Playing Field Fund

200 Club March Draw

The March Draw took place during the Kenninghall Morris practice on 14th March. Congratulations to the winners:

March

1 st	£20	Alison Bailey
2 nd	£15	Marianne Jackson
3 rd	£10	Mr R Sutton



Would you bee-lieve it!

Peter Kidd would like it known that he is very willing to collect any swarms of bees that may arrive in the village! You can contact Peter on **01953 887566**.

East Harling & Kenninghall Medical Practice

DID NOT ATTEND or DNA's

Most of our patients know it can sometimes be difficult to get a routine appointment with a doctor or nurse. In the course of events where demand is unpredictable, this situation cannot be easily remedied. The problem that makes this harder to overcome is that of **missed appointments, or 'DNAs'**. Over the past **3 months** we have noticed a large number of appointments have not been kept.

413 patients DNA'd their appointments which totalled **89.5 hours of lost clinical time** over the 3 month period. Essentially this equates to 38 lost clinics or the wasted time of one and a half clinicians for a month!

We appreciate that there are sometimes valid reasons for a patient not to attend an appointment that they have booked. However, it would help us greatly if you would ring and cancel your booked appointment as early as possible, in order that it may be re-used.

Remember – your DNA means another patient was denied an appointment.

KENNINGHALL BOOKSHOP



Take a trip up East Church Street and take the path around the back of Rose Cottage. There, snuggled into a back shed, you will find a not-so-secret

store of the cream of Kenninghall's reading: **Kenninghall Bookshop**.

With books organised into sections, everything from Fiction, Crime and Thrillers, Antiques, Biography, Computing, Humour, Pets, Classics, History and Health, can be found. There's even **coffee, tea and hot chocolate** available to make browsing a pleasure.

Kenninghall Bookshop is staffed by volunteers and all books have been kindly donated by the readers of Kenninghall. Proceeds of all sales go to Kenninghall School and the Village Hall. **With paperbacks at 20p and hardbacks at 50p**, you don't have to spend a lot to give to great causes and pick up a collection of fantastic new reads.

Whether you come just to browse the packed shelves for something to take your fancy or on the hunt for your favourite authors, Kenninghall Bookshop is **open every Saturday from 10am to 4pm**.

Hope to see you soon!

Angela & Sally

Independent Carer Lynda Kennedy

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- ◆ Meals prepared
- ◆ Housework
- ◆ Laundry
- ◆ Shopping
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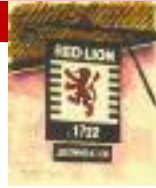
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Forthcoming Events



At THE RED LION

www.redlionkenninghall.co.uk

Tel: 01953 887849



Sunday 31st March EASTER SUNDAY

Egg Race (2pm)

BBQ

Easter Bunny

An evening of Jazz with
The Red Lion Jazz Band
(from 4pm)

Sunday 14th April

ACOUSTIC JAM SESSION

(3.30pm)

Sunday 21st April

St GEORGE'S PARTY

Thursday 25th April

PUB QUIZ with JOHN (9pm)

SUNDAY ROAST

Served 12-3pm

FRESH FISH FRIDAYS

Crispy, beer-battered fish,
chips & peas £9.95

NEW FOOD SERVING TIMES FOR 2013

Monday - Thursday

12 noon - 2pm and 6.30pm - 8.30pm

Friday & Saturday

12 noon - 2pm and 7pm - 9.30pm

Sunday

12 noon - 3pm and 5.30pm - 8pm

.....
'Like us' on Facebook and look out
for our monthly competitions!

LETTERS



Do your parish footpaths have a story to tell?

Countryside charity CPRE Norfolk has been given a grant from the Heritage Lottery Fund to enable three communities to research, publicise and celebrate the footpaths in their parish. The funding will pay for a range of activities and resources, including training in archive research, and also for a researcher from UEA's Landscape Group to join community groups in walking their local footpaths, to explain why the footpaths are there and why they might be important.

Participating parishes will also be given financial and practical help to publicise their research, perhaps through a local exhibition or film, or through printed maps and leaflets.

Community groups who are interested in taking part should contact Katy Jones, Branch Manager at CPRE Norfolk, on **01603 761660** or email katyj@cprenorfolk.org.uk

Kenninghall Scout Group – Please Join Us!



We're welcoming new members to our Beaver, Cub and Scout groups. If you're aged between 6 and 14 then you can join us for lots of fun! Our activities include crafts, cookery, orienteering, sports and looking after the environment. We're also planning camps and events in the Summer. We meet at

every week at Kenninghall Village Hall. Please contact us on kenninghallscoutgroup@gmail.com for details of days and times.

Join us as a volunteer

The Group has many exciting plans for the future and is looking for a Group Scout Leader, Assistant Beaver Leader, Assistant Cub Leader and Assistant Scout Leader to be part of this. The Group Scout Leader manages the Scout Leaders in the Group (Scout Leader, Cub Leader and Beaver Leader) and ensures these Leaders are providing young people a variety of exciting and challenging activities.

The Assistant Leader roles will work with the Leaders to deliver a range of activities and games for the Cubs.

These are volunteer roles, they do not come with a salary, but they are very rewarding. The roles would suit those who are creative, enjoy working with young people and want to improve their local community. We welcome everyone over the age of 18 to apply.

To find out more about attending Beavers, Cubs or Scouts or to find out more about our volunteer roles please email Alex on kenninghallscoutgroup@gmail.com

East Harling Surgery

Please note that with effect from 3rd April, the East Harling surgery will CLOSE every Wednesday at 1pm for staff training. We will re-open at 2pm. Thank you.

Knit 'n' Natter

1st and 4th Tuesdays
each month

7.30pm

The Red Lion

All abilities welcome





hedge; it can be pruned hard and the trimmings sold for medical use. Honeysuckle, roses and spiraea can also be grown for hedging, either singly or as a mixture. Box can be grown to produce a low, decorative hedge, but it will grow larger if unchecked. Rosemary will form a good hedge as will cotoneaster, and both are easy to propagate and yield berries. Willow will grow well from long cuttings and can be trained into a living hedge; layered willow will produce a hedge that is effectively impenetrable.

The choice of hedging material should be suited to the site – some plants prefer sun or shade and longevity should not be overlooked. A hedge may be enhanced by some topiary or a window as at East Ruston. Once established most hedges should be trimmed by a third to prevent gaps appearing at the base. Old split plastic buckets may be cut into rings and covered with glass to give rabbit-proof shelter for young cuttings. Pig netting can be combined with hedging to reduce ingress by wild animals.

Our monthly competition was for three hellebore flowers; Avril won, Valerie took second and Eve took third. Next month's competition is for three daffodils and we will be hearing about the Little Ouse Headwaters Project. The Memorial Hall is still here so that is where you will find us on the first Thursday of the month, at least for a few months!

2013 Open Gardens

We are having OPEN GARDENS in Kenninghall on Sunday 23rd June 2013. If you would like to open your garden, whether it be a courtyard or two acres – we need your help! You still have time to join in so if you are interested in opening your garden please ring Sylvie on **01953 888343** or Avril on **01953 888483**

Maria and John welcome you to



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EVENING AND WEEKEND SERVICE AVAILABLE

Dates for your diary

Thursday 4th April R Langston, "The Little Ouse headwaters project"

Thursday 2nd May Ben Potterton, "In the company of cranes"

Saturday 4th May Plant Sale at St Mary's Church, 10am – 12 noon
Sunday 19th May Visit to The Place for Plants, East Bergholt, 12.30pm

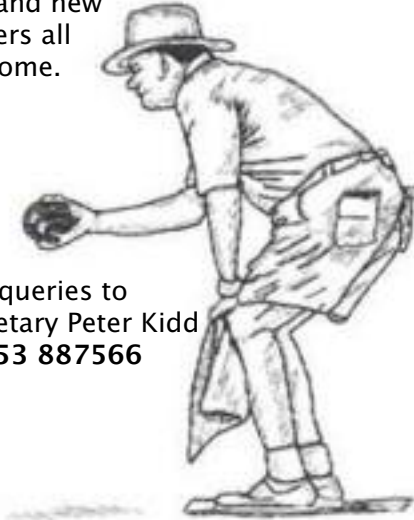
Sunday 2nd June Visit to How Hill Environment Centre, Ludham, 12.30pm

Thursday 6th June Walk with Neal Armour-Chelu at Middle Harling Heath (6.45pm)

All Thursday meetings start at 7.30pm, and will be held in the Memorial Hall. Visits and walks – meet in the Market Place for car share arrangements at the times shown.

Red Lion Bowls Club

Red Lion Bowls club roll up on Sunday April 28th at 11am. Old and new players all welcome.



Any queries to Secretary Peter Kidd
01953 887566

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NOTICE

Kenninghall Playing Field Fund Annual General Meeting

Will be held on Tuesday 16th April at 7.30pm
In the Kenninghall Memorial Hall
This meeting is open to all – please come along

NOTICE

Kenninghall Memorial Hall Committee Annual General Meeting

Will be held on Tuesday 23rd April at 7.30pm
In the Kenninghall Memorial Hall
Members of the public are cordially invited to attend.

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Kenninghall Stores and Post Office



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fish includes fresh smoked salmon pâté, kippers, smoked haddock and mackerel to name just a few.

Handmade Pies & quiches

Made in Capel St Mary, near Ipswich Suffolk.

This company not only supplies us but, also the Tate gallery in London. Each pie is handmade with the finest local ingredients. We stock a selection of the pies and quiches that are available from this excellent supplier. Examples of pies we can order are: Steak; Chicken and Capel Mushroom; Steak and Adnams Broadside; Chicken, Ham and Tarragon; Chicken, Chardonnay and Spring Onion & Leek. Our Quiches are also great quality and value, lots of mouth-watering flavours to savour.



Norfolk and Suffolk cheeses

Including Mrs Temple's, a range of delicious cheeses with flavours and textures to make your cheese board irresistible.

Binham Blue – produced from the milk of British Holsteins, this soft-veined cheese is creamy yet tangy and is more like Gorgonzola than Stilton.

Copys Cloud – with a fluffy white rind and melting centre.

Just two examples of our many local cheeses.



Fresh Meat

Our fresh meat is all sourced from East Anglia and supplied by the award winning butchers of East Harling F.L Edges – orders taken.

Marybelle Milk & Cream Products

All of our milk is sourced from six local family farms, which have an emphasis on low intensity and care for their animals. "Grazing the grass in spring, summer and autumn, our girl's are tucked up warm through the winter months."



Fresh Bread & cakes

Our freshly baked bread is locally sourced from Health & Homebake Bakery in Diss.

We get a delivery every morning but it's so popular you will be lucky if there is any left by tea time!

Fresh Ground Coffee

Yes, we grind coffee. The smell of fresh ground coffee? Nothing beats it! Including: Pure Kenyan – a full bodied, pointed and bright coffee with a distinctive, heady aroma. Pure Mocha – rich and smooth with tantalising chocolate 'undertones'. Many more varieties available to tempt you!



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Thank you for your continued custom

Karen & Mike