

SUMMER 2024
ISSUE 119

THE ORACLE

ORAC NEWS

WHATS ON

A POSTCARD FROM...

LUCY'S NEWS

**QUARTERLY MAGAZINE FOR THE VILLAGE OF
OCCOLD & SURROUNDING AREA**

Issue 119 of The Oracle was compiled and edited by:

Gill Chapman

Would you like to be part of the editorial team? No experience required, just basic IT skills and the ability to work to a deadline as part of a friendly, collaborative team.

Please get in touch via email: oracle@occold.com

The Oracle is a quarterly magazine published in March (Spring), June (Summer), September (Autumn) and December (Winter). Deadlines for each edition are usually around the 14th of the preceding month.

To Advertise in the Oracle please contact Gill at orac.treasurer@occold.com with your advert. Prices remain the same for another year:

4 issues	Full page	£54	1 issue	Full Page	£15
4 Issues	Half Page	£30	1 Issue	Half Page	£8
4 issues	¼ page	£15	1 issue	¼ page	£4

Revenue from advertising in The Oracle goes to ORAC, helping to fund the production of the magazine and the maintenance and development of the Village Hall, playing field, playground and village green. Our thanks go to **Occold Primary school** who are involved in printing the magazine.

All submissions for publication should be emailed to oracle@occold.com

Use these settings in Word:

Font: Calibri 14

Narrow margins

Paragraphs: no spacing

No headers or footers

Submit a word, small pdf or jpg file

Guidance is on the village website www.occold.onesuffolk.net

Many thanks to everyone who has contributed to this edition.

If you have an interesting hobby or have visited somewhere of interest and feel you could write an article for the magazine, your input would be much appreciated.

Village Hall Bookings: villagehall@occold.com or 01379 678198

Cover photo courtesy of Amanda Hull

ORAC Vice Chair's Report 18/08/2023 - 09/05/2024

Annual Events

WI Harvest Supper
ORAC Christmas Dinner
Christmas Fair
WI Christmas Dinner
Cross Fit Christmas Party

ORAC members undertook the preparation and serving of the Christmas Dinner and organisation of the Christmas Fair. This reduced costs and enabled a greater proportion of the funds received to be invested in maintenance and upgrading facilities.



We are coordinating joint events in the Hall with Friends of Occold Primary School and cooperating with Thorndon Village Hall to avoid the clashing of similar events.

New Hall Users

Dove Players hired the hall for the rehearsals of their Christmas Panto, Puss in Boots and a 3-day run of the production in January 2024.

Regular Hall Users

Parish Council
Occold Primary School – hall hire and School Room
WI
Transformational Yoga (Venessa)
Monday Yoga (Abie)
Bellicise
Coffee and Cake mornings
3 Girls 1 Climb/ Soup and Roll lunch
Crafty Crafters
Gary Cook Band Practice
Foster Care Group
Badminton
Table Tennis
Rocking Foxes Dances
Karate Club – occasional



Coffee mornings and soup lunch continue to be well attended providing a wonderful opportunity for a chat. Other village organisations are now participating in the running of the soup lunch since the 3 Girls successfully completed their climb of Mount Kilimanjaro. For the last few months each group has been able to retain the revenue from the event they run as

ORAC has able waive the hire fee having been supported by the 'Living Well in Winter' grant from Mid Suffolk Council.

In addition, there were numerous private bookings for functions such as family parties, sales, football club event nights and training meetings.

Maintenance and Improvements

Volunteers cleared shrubs and undergrowth along the fence adjacent to the Beaconsfield Arms in July 2023. Tree surgeons crowned trees, removed a self-set Field Maple and a dead tree at the eastern edge of the playing field in April 2024. Grass cutting arrangements for this season are working well and are proving to be cost effective.

The picnic tables and benches were replaced in the play area funded by a Locality Award Grant, organised through our local councillor, Lucy Elkin.

Forty chairs were purchased from Jubilee Baptist Church to replace the most worn chairs currently in use at the Hall. The worn chairs were sold to off-set the cost of the replacements.

The lighting bar, which had been taken down and stored when the badminton court was installed, was refurbished and the suspension system revised to make it easier to remove and replace when the lights were required for shows and concerts. The sound system was also upgraded for easier use during these events.

Routine maintenance tasks have been scheduled in the hall to ensure compliance with current safety standards. On 4th May 2024 20 volunteers conducted repairs in the play area and helped to spread new play bark in line with recommendations contained in the annual RoSPA report.

Funds raised though steady regular bookings and changes in the way annual events are organised has increased revenue and enabled ORAC to keep on top of maintenance and gradually improve facilities.

Finally, I would like to thank the County, District and Parish Councillors, members of ORAC and other village organisations and volunteers whose help and enthusiasm made the planning and running of events at the Hall such a success during 2023/4.

Ted Hampson
ORAC Vice Chair

We held our 2024 AGM on 23rd May, bringing it forward from last year to return to it's original date. Ted stood down as Vice Chair and came off the committee along with John. Many thanks to them both for their contributions and commitment over the last few years. We meet monthly at the village hall. Minutes of meetings are available at occold.onesuffolk.net

ORAC Committee 2024:

Vacant	Chair	email: orac.chairman@occold.com
Gill Chapman	Treasurer	email: orac.treasurer@occold.com
Carol Peters	Secretary	email: orac.secretary@occold.com

Nigel Woodhouse, Dan Hull, Russell Grange, Gordon Erhorn, Johanna Matta

New members are welcome at any time. If you would like to be involved please contact anyone on the committee.

What's on in the Village Hall:

Coffee Mornings

1st Monday of the month:

3rd June, 1st July, 5th August, 2nd September

Soup Lunches

Last Friday in the month:

*28th June – WI, 26th July – St Michael's Church,
30th August – tbc*

Craft Club

3rd Wednesday of the month:

19th June, 17th July, 14th August

Table Tennis

every Monday 6 – 7.30pm - New Players always welcome, no need to book. £3 per person, £2 for other household members.

Bellicise

every Thursday morning 10 - 11am

Yoga Classes with Abie

Monday evenings 8 - 9pm

Transformational Yoga

**Tuesday evenings 6.30 – 7.45pm & Friday mornings
10.00 – 11.15am – see posters for dates.**

WI meetings

*1st Wednesday of the month – 12th June - outing,
3rd July, 7th August*

Orac meetings

**20th June, 18th July, 15th August 7.30pm (may be
subject to change - please contact secretary if you
wish to attend)**

Parish Council meetings

*3rd June, 1st July, no meeting in August, 2nd
September 8pm. Please check dates with Clerk if
you wish to attend*

JFF Big Band 'D' Day Concert

**Sunday 9th June 4pm – 7pm Refreshments & Bar
available + raffle**



A Postcard from... Costa Rica

My son and daughter in law had spent their honeymoon in Costa Rica 5 years ago; and their experiences had encouraged me to go. We have always been a nature loving family and the variety of animals they saw was astonishing.

Costa Rica is a tropical country in Central America, with coastlines on both the Caribbean Sea to the east and the Pacific Ocean to the west. It is very small, about the size of Wales, and has just two seasons: wet and dry. Although it borders less secure countries, such as Nicaragua, it is very safe for tourists and has developed a tourist industry based on its biodiversity. Hence it is teeming with wildlife.

I had never flown long haul before, but the 10 hour flight to Houston was very comfortable and I enjoyed tracking our progress over the Atlantic, skirting Iceland and Greenland, then down over the Great Lakes of Canada. From Houston we had a shorter 3 hour flight to the capital, San Jose, where we spent the night in the Crowne Plaza. Next morning it was raining torrentially, even though it was the 'dry season'! We boarded our coach for our first destination, Tortuguero, on the Caribbean coast. It is only accessible by boat, so the coach journey took us over rather bumpy roads to the dock. Evidently there had been so much rain that the usual road in had become impassable due to mudslides. However, we did have a good view of our first sloth from the coach.



From the dock, it took an hour by fast boat to reach our accommodation: Evergreen Lodge. Located deep in the rainforest, the lodges are accessible by boardwalks so that visitors do not disturb the environment below. Just a few steps from our lodge, I could look down to the forest floor and see such diverse species as agoutis, poison dart frogs and blue land crabs. But the most memorable part of the

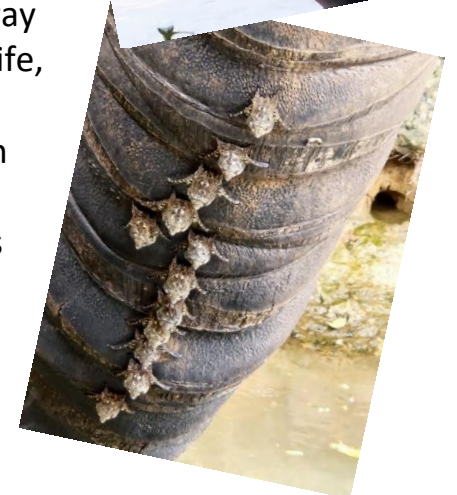
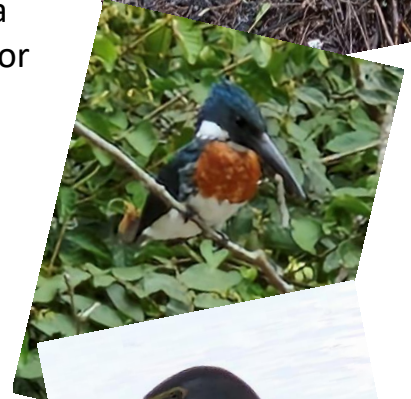
holiday was the sounds of the jungle. It gets dark around 8pm, at which time the jungle comes alive with the booming calls of howler monkeys and the strange whirring sound of the common pauraque, a type of nightjar.

Next morning I was up at 5am to experience early morning in the rainforest and was rewarded by a group of white faced capuchins chasing one another over the roofs of the lodges. After breakfast we journeyed by boat into the Tortuguero National Park, a series of narrower waterways. For a bird enthusiast this was heaven, as I had amazingly close views of water birds such as herons, egrets, kingfishers and Northern Jacanas, whilst toucans, macaws and black vultures flew overhead.

On day 4 we left the jungle behind and headed inland to an area dominated by the Arenal volcano. Arenal is active, the last major eruption being in 1968, when 87 people were killed. Until 2010 there had continued to be minor eruptions but seismicity has now decreased so that it is described as 'sleeping'. The nearest town, La Fortuna, is so called because it was fortunate to escape the 1968 eruption. Next morning I was foolish enough to attempt zip wiring through the jungle, which I would never repeat again! Then later we walked the hanging bridges and were treated to a whole family of coati mundi making their noisy way through the forest floor, snuffling around for insects and grubs to eat. At the hotel I had an amazing view of the volcano from my terrace and sat watching humming birds flitting from flower to flower.

The next day we set off for another boat trip on the Cano Negro, a river bordering Nicaragua. It is the third most protected waterway in the world and has wonderful biodiversity. As well as the birdlife, we spotted caimen, river turtles and basilisks. A highlight was a group of proboscis bats which were spending the day aligned on

a tree trunk. They have 'S' shaped markings on their backs so that when they are lined up they resemble a snake. Furthermore, if disturbed they all quiver in unison, so that they look like a snake about to attack. It is an amazing defence adaptation. Our



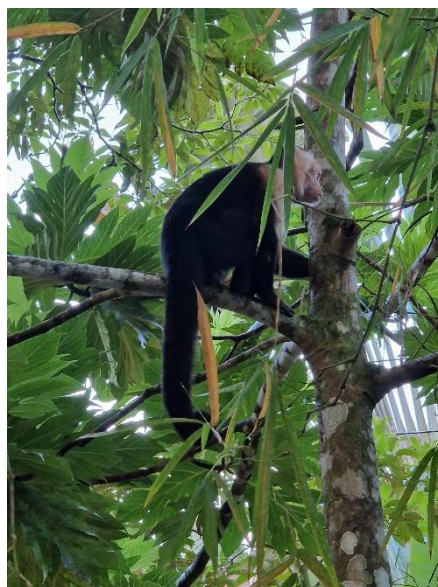
guide also spotted an unusual orange coloured howler monkey, which was curled up on a branch fast asleep and cradling its head on its hand.

On return to Arenal, we found that it had rained there all day and the volcano was completely obscured! Our tour guide said that some people don't believe there is a volcano there at all on such days.



Leaving Arenal on day 7 we drove past Lake Arenal, which produces 40% of the electricity for the whole country via the dam and hydroelectric plant. We crossed the continental divide, which separates the Caribbean and Pacific regions and which is marked by a line of volcanoes, part of the faultline which extends north to the San Andreas fault in California. The weather changes abruptly when you cross the divide,

from hot and wet to very hot and dry. Our next destination, Borinquen thermal spa, was in the volcanic region of Rincon de la Vieja. The hotel grounds were astonishingly lush and I enjoyed sitting on the veranda and watching toucans overhead. Some very abundant birds were the noisy Montezuma oropendulas, which are magpie sized but which make their nests hanging from tree branches in a similar way to African weaver birds. It was very interesting walking around the grounds of the resort, as there were areas where the hot springs came bubbling to the surface. We did, of course, have to experience a mud bath and hot spring pools.

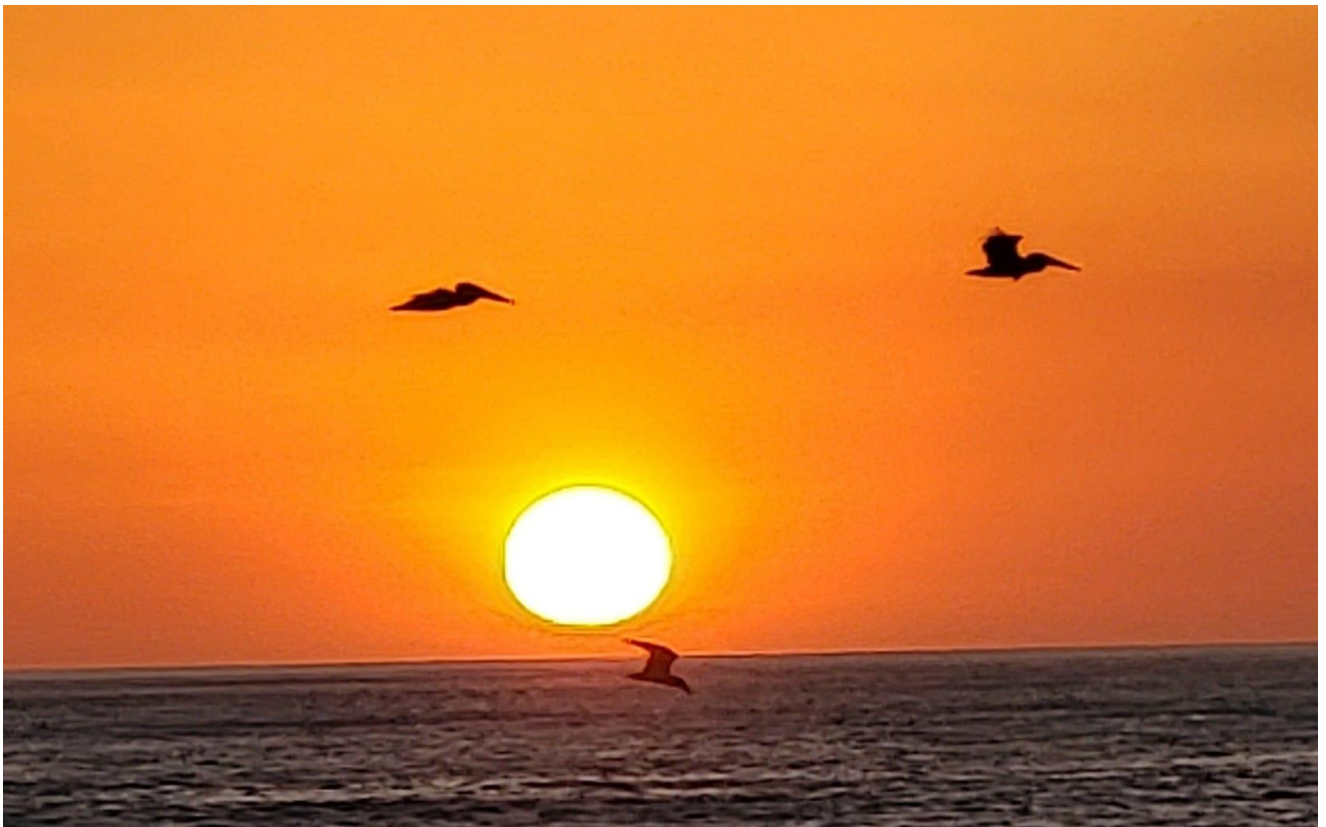


On day 9 we left for our final destination, the Pacific coast in the Guanacaste region. This was the 'down time' part of the holiday for rest and relaxation, but I still managed to do

some salsa dancing and watch the pelicans diving into the sea. On our last day we had a boat trip for snorkelling in the warm blue ocean and were treated to the appearance of a whale shark right next to our boat. In the evening we had a last group meal and watched the sun set over the Pacific. It was a fabulous, unforgettable holiday. In total I had seen 10 different species of mammals, 56 different birds, 8 reptiles, 2 amphibians, as well as blue morpho butterflies and leaf cutter ants: a truly biodiverse experience.



Kate Burchell



MID SUFFOLK

Refuse and Recycling Collection Schedule 2024



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- REFUSE (general rubbish) collection week
- RECYCLING collection week
- Refer to the MID SUFFOLK Christmas and New Year Waste Collection Schedule 2023-24
- Collections following a bank holiday will be a day later than usual for the rest of the week



Please put your bin out by 6.30am

To check for delays and report a missed collection, please visit www.midsuffolk.gov.uk
Alternatively, phone 0300 1234 000 (option 4)

Lucy's news – update from Mid Suffolk District Council

Making room for meadows

Mid Suffolk District Council looks after a number of public spaces around the District – from small greens to large public parks. Now the sun is (finally!) shining, I wanted to talk about how these areas are managed.

The Council has been making some changes, allowing areas of longer meadow grass to grow in some places. For example, in Stowmarket, the District Council and community worked together to add wildflowers and to plant a community orchard (providing blossom in the Spring, fruit in the Autumn, and lots of wildlife habitat).

The long grass is then cut and removed in late summer, allowing time for seeds to fall and help spread the wildflowers.

Inviting nature in

The Council's biodiversity officer, Richard, says: "This change is one of the fastest ways to benefit wildlife. All you need to do is stand in the middle of a meadow area for a few minutes, from late June onwards, and you will often see it teeming with butterflies, hoverflies and a whole range of other insects. Some are obvious, flying above the long grass and flowers, whilst others you may need to delve into the grass to see. Then, go and stand in the nearest area of mown grass to see the difference – very little insect life. The change takes only a couple of months."

It's not just about the wildlife. Spending time closer to nature is good for our wellbeing, too. And young children seem to love exploring paths through long grass, as these offer new ways to play, and more to see.

Finding the right balance

We want to get the balance right, and it's not always easy. We know it's important to keep the grass short all year-round where it needs to be – in areas used for sports and play, for example. But there are still spaces where we can make our District more nature-friendly:

- The Council can provide advice, along with tree, hedge or wildflower packs for Parishes, community groups or landowners. If that's of interest we'd love to hear from you! See: <https://www.midsuffolk.gov.uk/wildlife-and-biodiversity>
- We are also continuing the Council's popular **Trees for Life** scheme, which offers families a free tree to mark the arrival of every new child. For details see <https://www.midsuffolk.gov.uk/w/tree-for-life>

For District Council issues, please contact me and I will try my best to help:

- email lucy.elkin@midsuffolk.gov.uk or phone 07928 512590
- For news and updates, find me on Facebook at www.facebook.com/CllrLucy

See you soon,

Lucy (District Councillor for Eye Ward - Eye, Occold and Redlingfield)

Useful numbers

- Citizens Advice – for advice on benefits, debts, heating bills and lots more, call 01449 676060 / 01449 676 280 – or pop in to see Citizen’s Advice in Eye Library on Friday mornings (no appointment needed)
- Report flooding in your property: <https://www.suffolk.gov.uk/roads-and-transport/flooding-and-drainage/report-a-flood-in-suffolk>
- Report other types of flooding: <https://www.suffolk.gov.uk/roads-and-transport/flooding-and-drainage/report-a-flood-in-suffolk>
- To report a power cut, call [105](https://www.ukpowernetworks.co.uk/). You can also search, track and report power cuts online: <https://www.ukpowernetworks.co.uk/>
- Damaged power lines – please stay away and call [105](https://www.ukpowernetworks.co.uk/). If there is an immediate risk to safety, please also call [999](https://www.ukpowernetworks.co.uk/)
- Fallen or overhanging trees – if there is an immediate danger, please call Suffolk Highways on [0345 606 6171](https://www.suffolk.gov.uk/roads-and-transport/highwaysreporting). If not, you can report fallen trees or debris on the road at [highwaysreporting.suffolk.gov.uk](https://www.suffolk.gov.uk/roads-and-transport/highwaysreporting)
 - For updates on the Orwell Bridge, please go to www.trafficengland.com or www.twitter.com/highwayseast
- Report a blocked drain to Suffolk County Council: <https://suffolk.gov.uk/roads-and-transport/flooding-and-drainage/highway-drainage/report-a-blocked-drain>
- If your water supply has been affected, please call Essex & Suffolk Water on [0345 782 0999](https://www.essexandsuffolkwater.co.uk).
- If your property has been affected by sewage flooding or there is a sewerage issue, please report to Anglian Water or call their 24-hour emergency number: [03457 145 145](https://www.anglianwater.co.uk)
- Floodline Telephone: [0345 988 1188](https://www.gov.uk/flood-alerts) or visit [GOV.UK flood alerts](https://www.gov.uk/flood-alerts) for more information
- Dangerous structures please contact customer services on [0300 1234 000](https://www.03001234000.co.uk) (Option 5) or out of hours call [0808 168 7794](https://www.08081687794.co.uk)

Advertise in this space
for 4 issues £15
1 issue £4

Full page:

4 issues £54
1 issue £15

Half Page

4 Issues £30
1 Issue £8

Suffolk Mobile Library Route 5

The mobile library visits Occold every 4 weeks on a Friday stopping in **The Street, 15.10 – 15.25**

Forthcoming dates for 2024 are:

15th March, 12th April, 10th May, 7th June,
5th July, 30th August, 27th September,
25th October, 22nd November,
20th December.

We have a lift which can be used to help anyone with mobility difficulties access the bus.

For more information please visit our website: www.suffolklibraries.co.uk or call our customer service on 10473 283838.

It is free to get a library card.

You can reserve books online and collect from the mobile library.

Optimal Heating

Father & Son Team
with over 30 years experience

Specialist Heating Engineers
Oil, Natural Gas & LPG Servicing and Repairs



Tel: 01728 628687
Mobile: 07806 660399



Orac Coffee Mornings

First Monday in the month 9.30 – 12.00

Next dates: 3rd June

1st July

5th August

2nd September

Come and enjoy home-made cakes, tea, coffee and good company



Come and play Table Tennis

Monday evenings 6 – 7.30pm

At the Village Hall

New members welcome

£3 per person, £2 for 2nd household member

No booking required

Contact Gill on 01378 678446 for more information





Join the...

Crafty Crafters

*Every third Wednesday in the month in
Occold Village Hall, 1 - 3 pm*

*Wednesday 19th June, 17th July,
and 21st August*

*Bring a craft activity to do or share or
just come to socialise and have a chat.*

*Tea, coffee & biscuits
available.*

£2.50 per person



Redlingfield & Occold WI



Our March meeting was a craft evening led by one of our members. We enjoy having some meetings where we can do something practical and spend time socialising. This was one of those evenings where we made lavender heart bags based on the WI 'show the love' campaign for the environment.



In April we welcomed a local author, Jenni Keer.

Jenni has become a very successful author of commercial women's fiction. She has been nominated for historical novel of the year for her book 'No. 23 Burlington Square', which is in the Kindle top 100. She explained how she decided to try writing for a living when she was a mum of four young boys. It took her 9 years to become a published author: she said you have to have a thick skin and accept feedback and criticism. She was offered a two book deal in 2018 by Harper Collins and 'Lucy Baker' and 'Maisie Meadow' were born. 'Maisie' is based on the antiques world, so Jenni was welcomed to TW Gaze in Diss to do her research. Jenni's degree is in history, so she is now writing historical fiction; and she enjoys doing the research for these.

Jenni explained how authors earn a living. The Society of Authors stipulate that the author earns 7.5-10% of the paperback price, although ebook percentages are higher. 95% of Jenni's sales are in Kindle books. Agents' commission has to come out of the author's share. Authors are also paid every time a book is borrowed from the library under Public Lending Rights. Foreign rights, when a book is translated, and film rights are other possible sources

of income. Film rights are very lucrative (around £30K) as the author is paid whether the film is produced or not.

Jenni explained that the writing process has to be treated like a job. She sets herself a daily target, such as 1500 words, and works 9-5. Most books are 80-100,000 words. Some authors plan every chapter in detail; some just begin writing with no plan. Jenni aims for the middle course whereby she has a plan which can deviate as the book develops. Once submitted to the publisher, there is still a lot of work to do as there are three rounds of edits and the novel can change quite drastically.

Jenni was an informative and engaging speaker, much enjoyed by all.

Our May meeting was our Resolution meeting where we agree the resolution to be adopted by the National Federation at the AGM in June. This year it is called *Dental Health Matters* and the NFWI are calling on the Government to increase investment in the training and retention of dentists and to review the current inadequate NHS contracts in order to ensure everyone can access an NHS dentist wherever they live.

We invited our local councillor Lucy Elkin to talk to us about our local provision and heard some sorry tales of local people struggling without dental care. We discussed how little treatment you can actually get even if you are lucky enough to be registered with an NHS dentist and how costs can rocket for the types of treatment that may follow the regular check-ups, even making this inaccessible to many.

After our formal discussion and adoption of the resolution we lightened the evening with cheese and wine.

We usually meet every month on the first Wednesday of the month in Occold Village Hall at 7.30pm. If you would like more information about our activities please contact Sara Hampson (President) on 01379 678868, or just come along to a meeting. We look forward to welcoming you.

At Occold Village Hall :

Badminton

Thursdays from 5pm - 9pm or check availability for other times through the website.

Hourly slots available

£10 per hour

Book your slot through di.noller@btinternet.com

or through the online booking system at:

occold.onesuffolk.net/services/village-hall

Bookings for under 18's must have adult supervision



Occold Book Club

We have had some interesting meetings over the last few month with some real 'Marmite' books read and discussed.



For our March meeting we read 'The God of Small Thing' by Arundhati Roy, winner of the 1997 Booker Prize. This was a thoughtful, well written book with amazing descriptive writing but for some the jumping from different timelines made it difficult to follow. It was a challenging read and some of us didn't manage to finish it, whereas some of us thought it was excellent. Our scores ranged from 1 – 10 with 6.1 scored overall.

Our book for April was 'The Perfume Collector' by Kathleen Tessaro. We all found this one a light relief and enjoyed learning something about perfume making. The majority of us enjoyed it and scored overall 8.4. We had a fun evening with lots of laughter and discussion about 'bears'!

For May we read a fantasy – Mort by Terry Pratchett. Some of us thoroughly enjoyed it, finding it humorous and clever while the rest of the group struggled, 2 people scoring it zero! 4.8 overall – a real 'Marmite' Book!

For our meeting on 4th June we are reading "The Horse Dancer" by JoJo Moyes and in July we will be discussing Naomi Ishiguro's "Common Ground".

All are welcome, we meet at 7.30pm on the first Tuesday of the month at The Beaky.

EYE & DISTRICT VOLUNTEER CENTRE Charity No 1156968

Do you have difficulty arranging transport?

Eye Volunteer Centre have a team of Volunteer Drivers to take you, wait and then bring you home. There is a charge of 45p per mile, ie Ipswich hospital from Eye costs £23 return approx..

If you require our assistance please telephone Gill at Eye Volunteer Centre

Telephone No: 01379 871200



OCCOLD PARISH COUNCIL

The current list of Councillors and their responsibilities is:

Cllr Colin Cripps - Chair and Planning

Cllr Kevin Chittock - Vice Chair/Personnel/Planning

Cllr Stephen Hubner - Planning

Cllr Andrew Duggett - Personnel/SID

Cllr Heidi Stone - Personnel/Neighbourhood Plan lead

Cllr Tim Weller

Cllr Angela Hall

Cllr Roy St Pier

Clerk & Financial Officer A new Clerk has been appointed

For more information please contact occoldparishcouncil@gmail.com

Neighbourhood Plan Update

Over the last few months there has been quite a bit of activity reviewing the outputs of the consultants engaged earlier in the year.

Design codes

Through Locality's support programme, AECOM was commissioned to provide a Design Code document, which will provide urban design guidance, design principles and codes for Occold for application to future development and reference when determining planning applications.

Dan, the appointed consultant, provided his first draft in February which the working group reviewed. This was subsequently revised in line with feedback and has now been submitted to progress through AECOM's own quality control process.

Landscape Appraisal

This appraisal explores the character of the existing landscape and identifies what matters to the community, with recommendations for the protection and enhancement of positive attributes and the improvement of negative elements.

Jane, our Landscape Architect, provided her first draft mid March which comprised of four documents – with a lot of pages! The group met and reviewed these documents early May, fed back and now awaits the next draft.

Our consultant, Ian Poole, has also contributed to the review process and remains a valuable source of knowledge and guidance!

Next steps

We are now awaiting to hear when applications for the next round of grant funding will open.

We are also planning to meet mid-June, with Ian's help, to draft a vision, objectives and an action plan informed by the survey results and learnings so far. These will also form part of the draft plan and all documents will be made available to residents as we progress.

It's fair to say there has been a lot of reading for all involved, some very healthy debate and thankfully a general consensus of opinion so far!

Once again thank you very much to those who have given a great deal of time and expertise to making this happen.

Cllr Heidi Stone

JFF BIG BAND



In Concert on Sunday 9th June 2024 at 4.00pm

At Occold Village Hall, Occold, Suffolk, IP23 7PL

Tickets £6.50 per person

Come and enjoy a wide and eclectic mix of well known classics –
from the 40's to modern day including a Tribute to the

80th Anniversary of D-Day

A Bar and Refreshments will be available in the Hall

The Beaconsfield Arms will be open after the Concert

There is a limited number of tickets available which can be
purchased using the QR Code below – or via our JFF Big Band
Facebook Page.





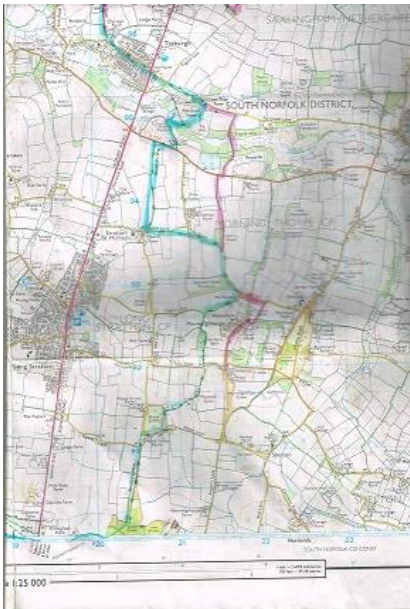
The Boudica Way – A Walk to remember part 2

On one of the driest days of the May half term holiday, Carol Peters and I completed the second half of the Boudica Way. We were accompanied by Amanda and Walter Hull. Walter was doing a 22k challenge to raise money for Tango 2, a long walk for an 8yr old.

When we started at Tasburgh the undergrowth was wet, being wet is not a good start to a walk but we

were well prepared. We walked through a Red Wings horse sanctuary before going round the back of the village and crossing the A140. We were on our long walk back to Diss and the sun was shining, what could go wrong.

The first half was to take us to the Tivetshall Ram for lunch. This was the longest half and was fraught with the map not relating to where the



Boudica walk signs and way-markers were and difficulties getting the GPS to tell us where we were.

The blue line is marked as the route on the OS map, the red is the way-marker signs we eventually followed; at least the routes were all heading in the right direction - towards Pulham Market and then to Tivetshall and lunch.



Some paths were well maintained some full of nettles and Tyrrel's Wood we by-passed as far, far too wet and muddy. Country roads and muddy tracks would make up most of the walk, but there were some lovely stretches of woodland to go through.



We noticed a large patch of Giant Hog Weed, saw several deer of different kinds; the majority being Muntjac, and occasionally a buzzard could be seen in the distance.

After a good lunch with family and friends we set off again with longest stretch of the walk done. We came across three very remote churches, the photos below are of Shimpling.



There was one in the middle of a field at Thelveton and lastly at Frenze. They were all situated fairly near to a big Hall or Manor

On the route near Thelveton Amanda and Walter left us for a well-deserved lift home.

Walter had completed his challenge; he was amazing and kept up a good pace well supplied with snacks and of course good company.

Carol and I soldiered on through a gate with a bull in the field sign, thankfully no bull. A few more miles and we were in Diss and the end of our adventure. Named after the legendary warrior and Queen of the Iceni whose tribes once inhabited the area, the Boudicca Way runs for approximately 36 miles between Norwich and Diss, roughly parallel with the old Roman 'Pye' Road (now the A140).

Sue Welch



Soup Lunch

Occold Village Hall

(Last Friday of every Month,
March date brought forward due to Easter)

12-1pm

Homemade Soup & Roll £5



All Welcome

Tea, Coffee & Cake also available

22nd June in aid of The WI

26th July in aid of St Michael's Church

31st August in aid of Friends of Occold School

**A reminder that dogs are not allowed on the
village field.**

It is used daily by the children of our school and dog faeces
are being found regularly. They are toxic and unpleasant.

Please clean up after your dog wherever you exercise it.
There are dog poo bins at various locations around the
village. Thank you

Tim Bloomfield



Painter and Decorator

2 Ash Tree Close

Occold, Eye

IP23 7LD

01379 678638

Mobile 07708644135



Repairs, Servicing & MOTs to all Makes of Cars & Light Commercial Vehicles

(Including Hybrid & Electrical Vehicles)

Tyres, Exhausts & Batteries @ Competitive Prices

Diagnostics to all Management Systems

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**INSTITUTE OF THE
MOTOR INDUSTRY**

Camp Green, Kenton Road, Debenham, Suffolk IP14 6LA

Telephone: 01728 860597. Email: michael@debenhamgarage.co.uk



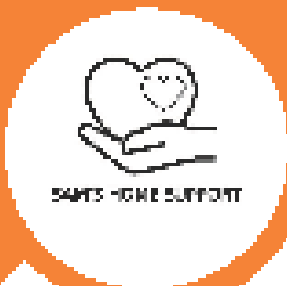
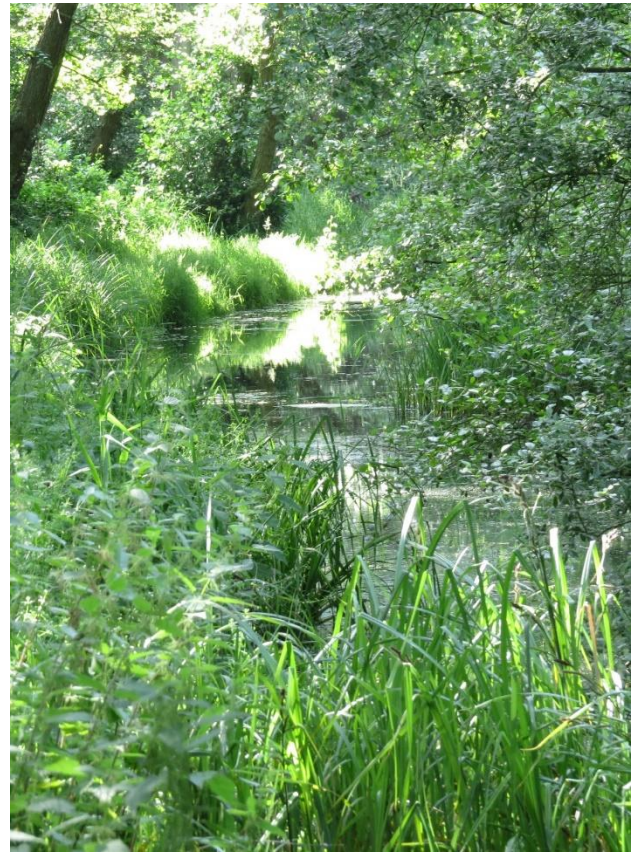
Afternoon by the River

Reflections sparkling ripples in the brook,
Dappled sunlight pouring through the trees,
Water flowing over rocks and stones,
Summer breaking through the slightest breeze.

A kingfisher keenly eyeing its prey,
Bull rushes part as moorhens glide through,
Yellow irises are nestling between,
A motionless heron surveying the view.

Ferns standing tall with sunlight upon them,
Horses grazing and the odd neigh,
The faint sound of church bells in the distance,
Blossom on trees along the pathway.

Judith Rivett



SAM'S HOME SUPPORT

retain independence and live well

Do you or a family member need a bit of extra support with your day-to-day life? Have things become tricky to manage by yourself?



I can support with:

- **cooking, cleaning, laundry** *and much more!*
- **shopping, attending appointments**
- **companionship**
- **socialising, hobbies**
- **finances, paperwork**

I'm fully insured, first aid and food hygiene trained and DBS.

Contact me for an informal chat on:

 **07975 687344**

 **samdavidson.home@outlook.com**

Church Farm
Suffolk Free Range Eggs



Self serve vending machine
offering our fresh
free range eggs
and other local produce.
Open 24/7



LAI BY OUR HENS AT
CHURCH FARM,
OCCOLD

St Mary's Beddingfield *Flower Festival*

Saturday 20th & Sunday 21st July 2024

11am – 4pm each day

Many stalls and activities including the Bar-B-Q, Plant Stall, Tombola, White Elephant, Tea, Cakes & Coffee etc, will be provided in the Churchyard. There will also be a few games to keep you entertained.

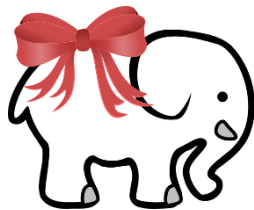
The Theme this year will be

“A Special Day”

Once again there will be an imaginative display of flower arrangements in the Church

*We look forward to seeing you and invite you to join us for our Service of Choral Evensong at 6.30pm on Sunday 21st July **IP23 7QG***

Plant Sale



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**PLEASE CONTACT US FOR A FREE, NO OBLIGATION
QUOTE**



At the heart of learning in our community

Occold Primary School News

office@occoldprimary.org.uk

Facebook: Occold Primary School

There have been lots of exciting things happening in Occold Primary School recently...



Children in our school took part in a circus skills & aerial acrobatics workshop!

We had a wonderful time when the Academy of Movement came in to deliver a Circus Skills & Aerial Acrobatics workshop for the children in our school. During the first half of the workshop, each child got the opportunity to juggle, balance feathers, spin plates, have a go at poi spinning and use a Rola Bola! During the second half of the workshop, children had the chance to have a go at jumps, rolls and flips on the inflatable air tumble track. They also enjoyed learning various moves using the aerial hoops and silks. We've certainly got some circus performers in the making!

We loved having two local artists visit us!

At the end of April, we were lucky enough to be joined in school by two local artists: Dorien Brouwers and Fiona Gordon. They taught the children a variety of drawing, sketching and watercolour techniques. Children in Year 2 upwards have each been given their own art pencil case which has a water colour set inside.

Over the coming months and years, we endeavour to buy each child art equipment to add to their pack which they can use in school and eventually take with them when they leave us at the end of Year 6

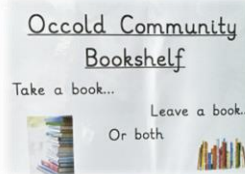


We took part in Poetry by Heart 2024!

Children in KS2 took part in our annual Poetry by Heart Competition. It was lovely to see so many children taking part again this year. Congratulations to our winners, whose entries were filmed, sent off and judged by the national Poetry by Heart judging panel.

Come and use our Community Bookshelf!

Have you spotted our new community bookshelf at the entrance to the village hall? We'd love Occold residents to add books they've read and enjoyed to the shelf for others to take home and read. We welcome books for all ages. Next time you're passing, take a look!



Apple Charlotte

3oz butter
8oz fresh white breadcrumbs
2oz Demerara sugar
1 1/2 lb cooking apples
1 lemon
2 tablespoons water
2 oz castor sugar
1/4 Pint double cream
Coarsely grated chocolate

Melt butter in frying pan. Add breadcrumbs and fry until crisp and golden. Stir Frequently. When ready remove from heat and blend in Demerara sugar. In another pan put apples, peeled, cored and sliced, add lemon juice , water and Castor sugar. Cook until apples are soft, then mash to a smooth purée. Leave to cool.

Put half the cooled purée into a 2pt glass serving dish spread half the breadcrumbs on top. Repeat with a layer of apples and breadcrumbs. Leave to chill before serving.

Before serving pipe or spread whipped cream on top of pudding and sprinkle with Coarsely grated chocolate. Serves 4

Quick tip

Lemon and orange sugar - when using only the juice of either lemons or oranges finely grate off the rinds first and blend with castor sugar. Store in separate jars and use the flavoured sugar for lemon or orange Victoria sandwiches

Enjoy. Elly

Occold Village Hall is available to book for various events including parties, celebrations, sales etc

£10 per hour

Please check the booking calendar for availability at:

occold.onesuffolk.net/services/village-hall and complete the online booking form - **or ring Di on 01379 678198**

USEFUL CONTACT DETAILS

UKPower Network (power cuts etc)

Call free on 105 or 08003163105 or text POWER and your postcode to 80876

Anglian Water

Supply problems or emergencies

0345 7145145

Spotted a leak

0800 771881

Essex & Suffolk Water

Water Emergencies

0345 7820999

Local Doctors Surgeries

Eye Health Centre

01379 870689

Debenham Health Centre

01728 860248

Police Non urgent messages

101

Crimestoppers

0800 555111

Action Fraud Frauds & Scams

0300 1232040 (or Police on 101)

Suffolk Waste Collections

Helpline

01449 778678

Recycling

0300 1234000

Highways (pot holes, flooding etc)

Emergencies

0345 6066171

If on a trunk road (Highways England)

1235000

Hospitals

East Suffolk & North Essex (Ipswich)

014733 712233

West Suffolk (Bury St Edmunds)

01284 713000

Norfolk & Norwich

01603 286286

Local Buses

General Enquiries

0345 6066171

Citizens Advice Bureau

Diss

0800 1448848

Stowmarket

01449 676060

IN THE GARDEN WITH CAROLINE

Tasty and decorative garden treats

Flowers have always been used to decorate tables at dinner parties, why not use some of them to brighten up your everyday meals and drinks. Here are a few suggestion:

Bee Balm (Bergamot): Can taste of spice, citrus or mint; use with pasta, rice or fish dishes. The pink petals can also be added to cocktails, lemonade or black tea. Grow in well drained moist soil in sun or semi-shade.

Borage: These lovely blue or white star shaped flowers can be used to decorate cakes & salads, or drinks – especially Pimms.

Canendula: The bright orange or yellow petals can be sprinkled on salads, pasta or rice dishes. Sometimes canendula is used as a colourant substitute for saffron. Easy to grow in full sun.



Courgettes and other squashes have large flowers with a sweet flavour. Dip in batter and fry or stuff with cheese and bake or eat raw. Can be added to omelettes pasta or salads. Sow indoors mid-spring or direct outdoors in late May/June in rich well drained soil.



Cornflower petals taste sweet and spicy. They can be sprinkled on salads and cakes or baked in shortbread. Sow this hardy annual direct in Spring or Autumn.

Elder: The white flower heads make a lovely cordial, or fried in batter and dusted with sugar – they taste wonderful. **NOTE** – the berries should not be eaten raw and the leaves and bark are poisonous.

Jasmine Officinale: These white flower may be added to green tea, made into a sweet syrup or added to desserts, ice-creams or cocktails. **Please note** – not all types of jasmine are edible.

Lavender: The purple flowers can be added to ice-cream & shortbread, or dried and used to make lavender sugar. This aromatic herb is said to detox, calm and relieve headaches. Grow in well-drained soil in full sun.

Nasturtium flowers have a peppery flavour, great for salads, adding a real pop of colour. They also go well with pasta, egg or cheeses dishes. Grow in well-drained soil in full sun. Try growing trailing plants in hanging baskets but beware of cabbage white butterflies – the caterpillars love them!

Pinks/Carnations have a sweet clove taste. Add to salad or use to flavour desserts and jam. Remove the white part of the petals before use as it has a bitter taste.

Pansies & Violas have a mild lettuce flavour. Use to decorate salads and other dishes. They can be pressed into icing on cakes or crystalised to decorate desserts.

Rose petals can also be used to prettify salads and dessert

Many of these smaller flowers such as borage and violas can be frozen individually in ice cubes ready to pop into a refreshing drink when required.

Remember not all flowers are edible. Only use one that you are really sure about.

Caroline Miller



Peter & Leigh extend a warm welcome to you at the Beaconsfield Arms.

Come and enjoy Sunday Lunch- served from 12.00 – 3pm
(booking advisable)

A variety of Paninis and Toasted Sandwiches now being served at
lunchtimes. New arrivals - TACCOs

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events we usually
run, we'd love to
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along:**

Our website:

**www.jubileebaptistchurch.co.uk is
currently being updated**

**Please call Rob (01449 774609) Greg
01379 678198) or Andrew (01379
678160) for more details**

Weekly Sunday Service

10:45 AM / Village Hall or Chapel Hall

Youth Club

Alternate Fridays / Chapel Hall

Years 10 - 13 : 07:30 PM to 9.30 PM

Sunday Service also available via Whatsapp

Weekly Prayer Meetings online via Zoom

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The **emergencySMS** service has been developed by RNID, BT, Cable & Wireless, the Department of Communities and Local Government, OFCOM, the UK emergency services and all mobile network operators.

For more information, visit:

www.emergencysms.org.uk

www.rnid.org.uk/esms



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RNID •

Contact 999 by SMS text



What is emergencySMS?

If you cannot make voice calls, you can now **contact the 999 emergency services by SMS text** from your mobile phone. Emergency SMS is part of the standard 999 service which has been designed specifically for people with hearing loss or difficulty with speech.

Since September 2009, the emergencySMS service has successfully handled hundreds of real emergency calls. Thanks to this service criminals have been arrested, lives have been saved and babies have been born safely.

What is an emergency?

Please do not send test or non-emergency texts – only use emergencySMS for real emergencies.

For example, if:

- someone's life is at risk
- a crime is happening now
- someone is injured or threatened
- there is a fire or people are trapped
- you need an ambulance urgently
- someone is in trouble on the cliffs, on the shoreline or is missing at sea.

This service works throughout the UK on all mobile networks, it cannot be used from abroad.

How do I use emergencySMS?

Register

You will only be able to use this service if you have registered with emergencySMS first.

Register now; don't wait for an emergency.

To register, **text 'register' to 999**. You will get a reply – then follow the instructions you are sent.

In an emergency

> Text 999

We need to know:

> Who?

Police, Ambulance, Fire and Rescue or Coastguard.

> What?

Briefly, what is the problem.

> Where?

Exactly where the problem is happening – give the name of the road, house number, postcode or nearby landmark, if possible.

What happens next?

The emergency service will either ask for more information or will tell you that help is on the way.

Don't assume that your message has been received until the emergency service sends a message back.

It will usually take about two minutes before you get a reply. If you don't get a reply within three minutes, please try again or find other ways of getting help.



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St. Michael's Church, Occold ...

Flower Festival 2024

Saturday 17th & Sunday 18th August

11am - 4pm each day

This year's theme:

“Stage & Screen”

Free entry but donations are welcome

*Do come along ... BBQ lunch, Stalls,
Plants, refreshments and homemade
cakes.*

News from St Michael and All Angels

By the time that this edition of the Oracle is published we will have moved into a quiet time of the year for church services with our next significant event being the patronal festival for our church (on Michaelmas Day, 29 September) followed by the Harvest Festival a couple of weeks later. Please keep an eye on the noticeboard for details in due course. Until then we will continue with services at 9:15 am on each second and fourth Sunday of the month.

However, there will be other events, not least the annual flower festival, taking place this year over the weekend of 17th and 18th August. Please make a note in your diaries to come along to see the displays and, of course, enjoy refreshments and tombola and, inevitably, to browse a few more books for sale! Thank you to all those who came to the Book Sale in April - we raised just under £700 for church funds which is much appreciated. It would be great if the flower festival could also better last year's fund raising total.

One other change that will have occurred by the time that you read this article is that we have arranged for most of the grass in the churchyard extension to be cut. We appreciate that there are different views but we are trying to strike a balance by leaving some areas (mostly graves with raised borders as a lawn mower cannot be used on these) uncut so that the wide range of wild flowers and plants can continue to flourish whilst making other areas less wild. We are grateful to the families that undertake their own maintenance work on some of the graves and over a wider part of the churchyard.

We aim to keep our church open every day. Please feel free to pop in for any reason. It is a quiet, calm space and, if the temperature heats up outside, is also likely to remain cool!

Very best wishes to all

Stephen Hubner (01379 678360) and Gill Richardson (01728 627916), Churchwardens



St Michael's Church Occold, Flower Guild.

On 19th June there is a Garden Party at Kate's.

On 17th July a Flower demonstration.

On 14th August a members meeting.

New members welcome.

Best wishes Judith

Contact no... 873530. 🌻🌻🌻🌻

6th June 2024 marks the 80th anniversary of the D-Day landings along the Normandy coast during WW2.

Unprecedented co-ordination between Allied Nations, intensive planning of engineers, meteorologists and countless more led to a force from 13 countries approaching Normandy in a 5,000 vessel armada. In the early hours of 6/6/1944 (D-Day) 24,000 paratroopers and glider borne troops landed behind German lines to provide tactical support. Massive naval and aerial bombardments attempted to suppress German defences and weaponry. Then a ground force of more than 130,000 troops came ashore across a 50 mile stretch of the Normandy coast, with the first waves often facing intact defences. By the end of D-Day there had been 10,000 allied casualties. Yet this was only the beginning. The ensuing battle of Normandy was to last into August and cost tens of thousands of lives as it defeated and repulsed the occupying German forces eastwards. It was a decisive success for the Allies and paved the way for the liberation of much of northwest Europe. It was the largest Naval, air and land operation in history.



S John Davis

Above: RAF Dakota in D-Day markings.

Below: Spitfire MK-434 with a replica ME-109



The D-Day Crossword Connection

It was just an ordinary crossword clue but 80 years ago its appearance was enough to spring MI5 into action!

Leonard Dawe is not a name we particularly remember or associate with the events leading up to D-Day on 6th June 1944. He was a headmaster in Effingham, Surrey but in his spare time one of his pastimes was to compile cryptic crosswords for the Daily Telegraph newspaper.

On 27th May 1944 one crossword clue devised by Dawe and published ran as follows:

"...but some bigwig like this has stolen some of it at times." (8 letters)

It's gone over my head; don't worry if it baffles you too! Yet, for the spy-catchers at MI5, it rang distinctly loud alarm bells.

Why, because the answer was "overlord." The same codename given to planned the Invasion of Normandy!

MI5 were taking no chances. Mr Dawe duly received a knock on his door.

It turned out to be an amazing coincidence. The crossword compiler was no fifth columnist. He was not arrested and MI5 breathed a huge sigh of relief.

I don't know if Mr Dawe was a man who prayed. Perhaps, under pressure from questioning (did they shine a lamp in his face?) he may have uttered a silent prayer.

During World War 2, King George VI and Parliament called for national days of prayer on 7 occasions. The 7th took place in the Spring of 1944. Weather conditions were causing the postponement of the Normandy invasion. The Supreme Commander of the allied forces, Dwight G Eisenhower, knew his window of opportunity was escaping. Despite the inclemency on 5th June 1944, the command was given and the latest armada to cross the channel began. On 6th June, the weather broke, allowing the safe passage of all those destined for the continent.

The prayers of the nation was answered. As they were on the previous 6 occasions. You may call it coincidence. I would suggest it was God-incidence.

Prayer does change things. If we are children of God, trusting in the mercy and grace of Jesus Christ, we have the confidence to know each prayer will be answered.

If you have anything you want us to pray about, why not drop us a line. Just put a note in our brand new letter box outside the chapel door. If you wish to remain anonymous, that's fine by us.

We're here for you.

Greg Noller, Jubilee Baptist Church.

An Experience to Remember.

For Jim's Big Birthday in December, family and friend clubbed together and bought him a flight in a Spitfire.

As an engineer by trade it is an aeroplane that he has always admired and loved for it's mechanical and engineering prowess as well as it's wartime historical significance. He watched all of the TV series 'Inside the Spitfire Factory' and was engrossed, so this seemed an ideal present – better than the Airfix model he had had in previous years!

His flight was booked on Friday 10th May and the weather was perfect for the trip to Biggin Hill. Although flights can be had at other locations Biggin Hill was regarded as one of the RAF's premier fighter stations and came to prominences during the defence of Britain in the early months of the Second World War.

The plane he flew was the MT818 and is unique as the only surviving Spitfire prototype of any mark. It was the first and only 'Spitfire High Speed Trainer Prototype' created by Vickers-Armstrongs. It was manufactured in 1944, has a Rolls Royce Merlin 66 engine, a maximum speed of 400mph with a cruising speed of 200mph. It was converted into a 2 seater trainer by moving the fuel tank which was originally between the Merlin engine and the pilot, into the wings, replacing the Browning machine guns to create space for the second crew member. All Spitfires originally had the fuel tanks in this position resulting in the horrific burns suffered by so many of the pilots shot down in the war.

We arrived at the Biggin Hill Heritage Hanger for 11.30am for initial briefings, watching of safety videos and meeting his pilot, Jeremy. Our daughter arrived to join us and we decided to go up in the Chase Plane and have close up views of the flight. We were so glad we did as we were able to share much more of the experience with him and took some amazing photos to add to the videos of the flight that came as part of the package. During the flight he took control of the plane for a while and the pilot did a barrel roll. When asked if he wanted to do another one Jim said, "Not if you want to see my breakfast!"



The views of the Weald of Kent were stunning but the 30 minutes of the flight seemed to go very quickly and soon we were landing. After the photo session by the plane we had a tour of the hanger and workshop. Jim found this just as fascinating and our host Del was a mine of information and facts having worked there restoring Spitfires for 30 years. At the time of our visit there were 7 Spitfires being reworked, 3 of them belonging to private owners, the others owned by Warplane Ltd (owners of the Biggin Hill Experience). There

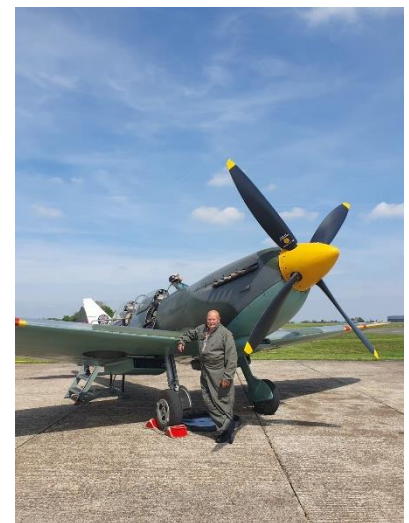


are now 86 Spitfires flying having been restored and only 2 of these are Mark 8s. There are approximately 200-300 still known to exist with more still to be found.

What an amazing day, one he will never forget. He is still reading up about the history and re-workings that are going on, and re-living his special day.

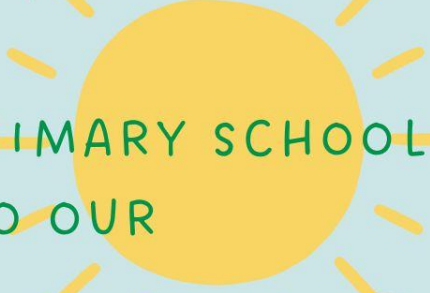
A must do for any aircraft enthusiast.

Gill & Jim Chapman





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Summer fête



Open to all
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local school

Friday 21st June
from 3pm

On the village playing field

Refreshments
tombola
balloon modelling
hair braiding
games

face painting
beat the goalie
cakes
ice creams
tuck shop