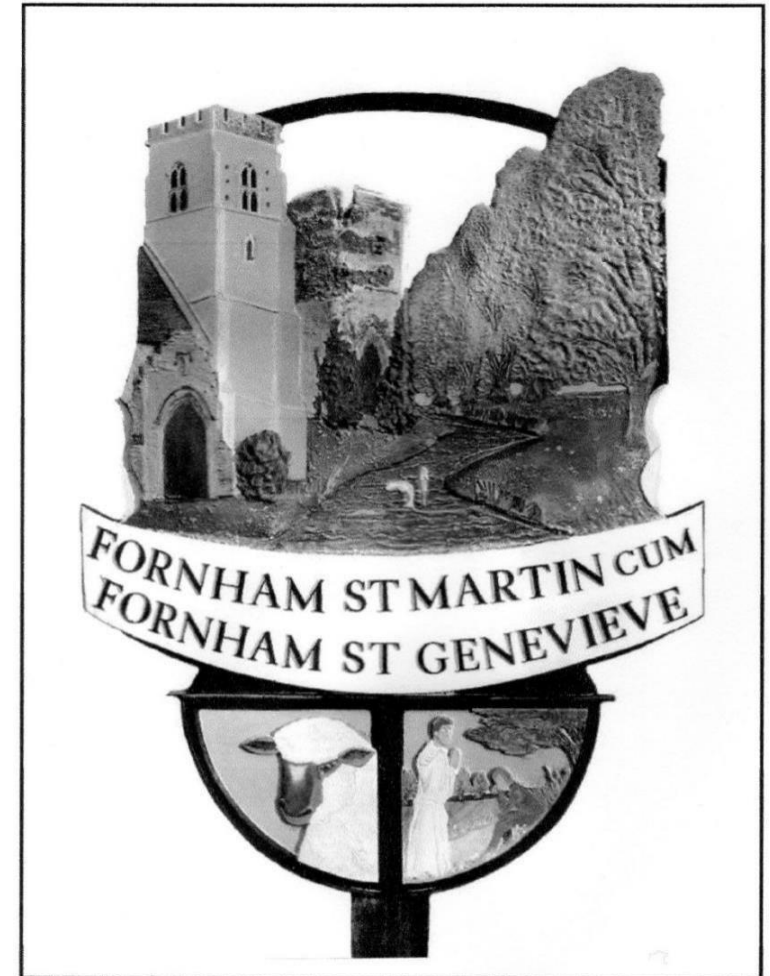


Fornham Bugle

Disclaimer Notice. Fornham Bugle accepts all articles, notices and advertisements in good faith. We cannot be responsible for the veracity of submissions, nor liable for the quality of goods or services advertised. If you are considering using the services of any advertiser, we advise that you satisfy yourself as to the quality of goods and workmanship being offered prior to commencement of the work, and before any payment is made. Fornham Bugle reserves the right to decline an article or advertisement and may also discontinue publication of an article or advertisement without either warning or explanation, where applicable giving a partial or total refund of any payment{s} made. When publishing articles sent in by members of the public, we wish to make clear that in no way does it mean that Fornham Bugle agrees or concurs with any views or opinions expressed therein.



The Parish Council on behalf of all parishioners would like to acknowledge with thanks and appreciation, the work carried out by the volunteers who organise and distribute the Bugle.



April/May 2024

Newsletter Number 134

For advertising, or for any article for inclusion in The Bugle contact the Bugle Compiler via email at:

buglenewsletter@gmail.com

or on our website:

<https://fornhamstmartin.onesuffolk.net>

Delivery: Peter Forster

Enquiries: Tell No: 01284 764723

Please note: The deadline for articles to be included in the **June/July 2024** issue of The Bugle is Noon on **Friday 24th May**.

ADVERTISING

The Bugle is a free publication to all residents of Fornham St Martin and Fornham St Genevieve. There are six editions per year.

Our advertising rates are £75.90 per 1/2 page (85x115mm) for 6 editions. £151.80 per full page (180x115mm) for 6 editions. 10% discount is offered to advertisers located within the two villages. For further information please contact the Bugle Compiler, Meral Ahmed, email your enquiry to buglenewsletter@gmail.com
Supply logos in JPEG format and text as Word doc, please

USEFUL TELEPHONE NUMBERS

CONTACT	DETAILS	NUMBER
Anglian Water	Emergency (Reporting leaks etc)	03457 145 145
Cinema	Cineworld, Parkway, BSE	0330 333 444
Councils	West Suffolk District Council	01284 763233
	Suffolk County Council	0345 606 6067
Electricity	UK Power Networks (Power Cuts)	0800 316 3105
EMERGENCY	POLICE/ FIRE/ AMBULANCE	999
GAS	If you smell gas, think you have a gas leak, or are worried that carbon monoxide fumes are escaping from an appliance, please call the free Gas Emergency Services line immediately.	0800 111 999
Police	Contact your local police in England Wales, Scotland or Northern Ireland less urgent than a 999 call.	101
	Crime stoppers	0800 555 111
NHS	Free-call single <i>non-emergency</i> number medical helpline operating in England and Scotland.	111
Hospital	West Suffolk Hospital, BSE	01284 713 000
Samaritans	Bury St Edmunds	0845 790 9090 Charges apply 116 123 Free Phone
Transport	National Rail Enquiries	03457 48 49 50
	BSE Bus Station	01284 702020
	Bury Taxi	01284 766777
FSM Village Hall	Lynne Quelch fornhamhall@aol.com	07552 061489



SHARPY THE SPARKY
DOMESTIC ELECTRICIAN

- All domestic work undertaken
- Extra sockets and lights
- Fuse board upgrades
- New installations
- Garden power and lighting
- Extended warranty available
- Rewires

Fully Registered & Approved Part P Contractor

Call or email Matt to arrange a free no obligation quotation.

ELECSA
Approved Contractor
Part P
www.elecsa.co.uk

Tel: 01284 765590
Mobile: 07702 715722
Email: sharpythesparky@hotmail.co.uk

ELECSA



WILL FORD - DOMESTIC & COMMERCIAL FENCING

Call for advice or a free quotation on 07733078575 or 01284 768582
or email: fordfencing@hotmail.co.uk

Page	Contents
2	Advertising information
5	Village hall contact details
9	Thursday Stickers
12-16	Living Together
16-18	Church News
18	Village Hall Announcement
19-22	Parakeets
23-25	Under Suffolk Skies
28-29	Fornham Computer Club
31	FSM Ladies Club
32	Highways Reporting tool
37	PC Information
39	Useful Telephone Numbers



**Leon Brown Arb-Agri
Contracting LTD**
Tree Surgery Services

Fully qualified professionals with over 17 years experience

- Dead Wooding & Crown Lifting
- Chipping
- Crown Reductions
- Felling & Dismantling
- Hedge Cutting
- Site Clearance Works
- Woodland Management
- General Ground Maintenance

leonbrown.28@hotmail.co.uk 07552393830 01359408521

leonbrownarboriculturalservices.co.uk

YOUR RELIABLE LOCAL ELECTRICIAN

**City &
Guilds**

**Lee Jardine
Electrical Services**



- All Domestic Electrical Work
- Rewires/New Installations
- New/replacement lights and sockets
- Electric Showers/Hobs and Ovens
- 24 Hour Emergency Call Out
- Landlords Compliance Certificates

Tel: 01284 361 986

Mob: 07444 272 472

Email: lee.jardine@outlook.com

PARISH COUNCIL

John Borrett (Chair) - Fornham St Martin 01284 747140
Michael Collier (Vice Chair) - Fornham St Genevieve 01284 704851

Penelope Borrett - Fornham St Martin 01284 747140

Paul Butler - Fornham St Martin 01284 760119

Naomi Steward – Fornham St Martin 01284 489707

John Rushman - Fornham St Genevieve 01284 701511

Vicky Bright, CiLCA

Fornham St Martin-cum-St Genevieve Parish Clerk

Tel: 07712 232920 Email: fmsgpc@gmail.com

Any parishioners wishing to raise an issue or add an item to the agenda, should contact the Parish Clerk between 9:30am-2:30pm or between 6pm-7pm Monday evenings.

Please be aware that the Clerk does not work on Tuesdays!

Parish Office: 3 Scott Avenue, Mildenhall, Suffolk IP287LT (Appointment only).

The Parish Council meets on the **SECOND MONDAY** of each month at 7:30pm in the Village Hall (with the exception of August & December).

West Suffolk/County Councillors:

Rebecca Hopfensperger - Tel. 07876 683516

Sarah Broughton - Tel. 07929 305787

Suffolk County Council - customer.services@suffolk.gov.uk

West Suffolk Council - Tel. 01284 763233

customer.services@westsuffolk.gov.uk

MP: Jo Churchill - Tel. 01284 752311

jo.churchill.mp@parliament.uk

Fornham House

Caring is at the heart of everything we do

Fornham House care home in Fornham St Martin, Bury St Edmunds offers a warm, homely environment, providing quality nursing, residential and dementia care on a permanent and respite basis.

Fornham House offers a range of lounges and relaxation areas, where many social activities take place and are complemented by patio and garden areas for outdoor relaxation. There are generous rooms, some ideal for couples and all with en-suite facilities. Fornham House's range of private and communal spaces provide residents with the necessary facilities for a quality life in later years. Our brand new **purpose-built extension** has 17 en-suite rooms suitable for those living with dementia. Our extension provides modern fittings throughout, yet exudes a cosy atmosphere, in keeping with the tradition of Fornham House. All rooms are fully furnished, however we encourage residents to bring with them items of furniture and personal possessions so that their room can be a true 'home from home'



Why not speak to our Home Manager to arrange a viewing appointment? Our team is always on hand to discuss your care needs and the lifestyle we provide

tel No 01284768327 address Fornham House



Fornham St Martin, Bury St Edmunds, Suffolk, IP31 1SR.

Contact details for the Village Hall for: a club meeting, exhibition, or private party

Please contact:

LYNN QUELCH on 07552 061489

Or email fornhamhall@aol.com

Whist Drive Club

Starting promptly at 7pm and finishing before 10pm on a Friday evening, held in Fornham St Martin Village Club. The Whist club is eager to invite anyone interested in playing "Progressive Whist". No partner is required. The entry fee is £2.00 (+ £1.00 for optional raffle) with a break for light refreshments included in the entry fee.

**MARTYN WEBB
PLUMBING SERVICES**

Fully Qualified & Insured Plumber, Over 30 Years Experience
No Call Out Fee, No Job Too Small, Reliable and Friendly Service

PLUMBING INSTALLATIONS, MAINTENANCE and REPAIRS,
COMPLETER BATHROOM REFURBISHMENT, WALL & FLOOR TILING,
ALL TYPES OF SHOWERS FITTED

RADIATORS * CYLINDERS * IMMERSION HEATER PUMPS * BALL VALVES *
SYPHONS * TAPS * SERVICE VALVES * WATER SOFTENERS * SINK UNITS
* COLD WATER STORAGE TANK

Telephone : 01284 852554

Mobile : 07864 712055

Email : webbtm88@hotmail.com

**Malcolm Jeffery
Community Funeral Celebrant**

My name is Malcolm, and I am your local community funeral celebrant living locally in Manners Road, Fornham St Martin. I can conduct religious, semi-religious and non-religious funerals and have over 20 years' experience.

When the time comes, I'll phone you and help you to prepare the funeral for that special person via phone, email or zoom. I can give advice and guidance or follow the plans you have in mind. I have conducted funerals at the Crematorium, Woodland Cemeteries and at the Cemetery Chapels followed by a burial. I am also happy to plan visits in advance of your loved ones passing, if you would like this to happen.

My contact details are below.

07988 770022

malcolmjeffery@mail.com

mjeffery.co.uk



FULLERS MILL
one of Perennial's gardens

Vacancy – Bothy Assistant

FullersMillGardens,WestStow

Fullers Mill Gardens are seeking a café/shop assistant to join their small friendly team

Wed 1-5.30pm Fri, Sat & Sun 10am-5.30pm

The Role- Assist with the smooth running of the café/shop. Delivering excellent customer service, you will welcome visitors to the site, serve refreshments, take payments and handle cash. You'll ensure the food areas are of the highest possible level of cleanliness and hygiene, ensuring start and end of day procedures are completed. £10.42 per hour. Job description and application: www.perennial.org.uk

**FORNHAM ST MARTIN CUM ST GENEVIEVE
PARISH COUNCIL. S.137 DONATIONS FOR
COMMUNITY GROUPS**

The Parish Council has a pot of funds that allows them to give donations to Community Groups and Organisations, to assist them with their running costs etc.

Due to the Pandemic, we realise that many groups have been unable to meet for some time, therefore if your group is now in a position to meet again and you need assistance with any running costs associated with this, please contact the Clerk; fsmgpc@gmail.com to apply for a donation.

A1CARS
(SUFFOLK) LTD
24 hour Taxi, Executive and Coach Service
Reliability, punctuality, safely,
comfortably and on time serving
Bury St Edmunds and
surrounding villages



**COACH & MINI BUS
AIRPORT TRANSFERS
EXECUTIVE SERVICES**

**T: 01284 766777
E: book@a1cars.co.uk
www.a1cars.co.uk**

TWINN ACCOUNTANTS LTD

We offer an efficient and professional accountancy service at a very competitive rate.



✓ Accounts and tax returns for Sole Traders, Partnerships and Limited Companies.	✓ Construction Industry Scheme
✓ Self-Assessment	✓ Bookkeeping and Management Accounts
✓ VAT returns including MTD	✓ Tax Planning
✓ Payroll Services	✓ Company Secretarial Services
	✓ Training on Xero and QuickBooks

Tel: 01284 787616 Email: info@twinnaccountants.co.uk
www.twinnaccountants.co.uk
Suite 4, East Barton Barns, Great Barton, IP31 2QY

All accountants are not the same...we promise!

LotsofCare



Your Independence, Your Choice: A Little or Lots of Care AT HOME

Empower Home Living

Our mission is to support you in living comfortably AT HOME. With Lots of Care, experience the empowering blend of independence and personalised assistance.

Unique Care Approach

Discover care that stands out from the rest. We provide the support and attention that other care agencies often overlook.

Tailored to Your Needs

Flexible care that caters to your needs, whether you require care for a brief visit or an extended period, precisely tailored to you whenever you require it.

On-Demand Care

Need assistance for just an hour, or for weeks? No problem. Choose the flexibility of 1 hour here or there, or a longer period of care - our services are designed to fit seamlessly into your life. We can even provide cover for you if you require a break from caring for a loved one or stay at home or take a holiday

Our Service includes:

**Personal Care
Medication
administration
Companionship
Over Night Care
Dementia Care
Live-in Care
Respite Care in Your
Home
Affordable Rates**



Call us today to find out more:

01284 334 481

www.lotsofcare.co.uk | info@lotsofcare.co.uk

What's on in Fornham St Martin Village Hall

Weekly

Tuesday	10:00 am to 12 noon	Mums & Toddlers
Friday	7pm-10pm	Whist Drive Club

****TermTimeOnly**

Monthly

1st Mon	10:00amto 1.00pm	ChainReaction
1st Tues	2:00am to 4:00pm	Jazz
1st Thurs	10:00am to 4:00pm	Patchwork
2nd Tues	10:00am to 4:00pm	Textiles
3rd Mon	10:00am to 12 noon	Probus Ladies
3rd Wed	7:30pm to 9:30 pm	Ladies Club
Thurs	10:00am to 4:00pm	Patchwork
3rd Fri	12noon to 4:00 pm	SpinnersandWeavers
4 th Wed	10:am to 4:00pm	Quilters
4 th Fri	10:00am to 4:00pm	Textile

Occasional meetings

Parish Council, Village Hall Committees

*If you would like to book the Village Hall for a club meeting, exhibition, or private party, please contact **for bookings and enquiries***

***Lynne Quelch, 07552 061 489** fornhamhall@aol.com*

*or **Maureen Hockett, Committee Chair, for information 07887 778 353***
maureenl.hockett@aol.com



Culford Pre-Prep & Nursery

Discover the wonderful opportunities that await your child.

Join us at culford.co.uk



Culford

Suffolk Highways Online Reporting Tool:-

<https://highwaysreporting.suffolk.gov.uk/>

The Highways Reporting Tool allows you to report a new defect and monitor the status of existing

reports, such as; blocked drains, Cycle lane/tracks & public right of way issues, damaged drain/manhole cover, vegetation and mud on the road, flooding on a road or pavement, missing/damaged barriers or guardrails, missing/damaged or obscured signs, missing/ faded road markings, Potholes& Pavement defects, trees/hedges affecting the highways or footways.

Do not report a highways problem online if:

- it poses an immediate danger to public safety
call 0345 606 6171.
- it's on a trunk road in Suffolk
call the National Highways Information Line on 0300 123 5000

THURSDAY STITCHERS

Do you sew, patchwork, cross-stitch, appliqué , crochet or knit? We do. If you would like to join a happy, sociable group of ladies on a Thursday in Fornham St Martin Village Hall we would be happy to have your company.

We are open between 10.00am - 3.00 pm. Or just part of that time if it suits you best.

Come and meet us and see what we do, have a coffee with us and bring a friend if you wish. Just phone Catherine Buxton 01284 762149 or email cathbux@icloud.com or Sue Yates 02184 700532 or Jacky Ives 01284 769755 for more information or just pop in.

Talented writers

Do YOU want to publish a piece of fiction or non-fiction in the Bugle Newsletter? Like a poem, article or a short story. If you want to publish something or have any queries

Contact Meral Ahmed the Compiler at:

[**Buglenewsletter@gmail.com**](mailto:Buglenewsletter@gmail.com)

Computer Help

PC, Mac, Server or Tablet support in your office or home.
A rapid response from a qualified IT professional.

- laptop and desktop repairs, speed up your system
- cyber security, cloud systems, network setup
- data recovery and virus removal
- improve wifi, smart TV, phone, tablet etc
- individual tuition

Gage Computer Services (01284) 277876
www.comphelp.co.uk steve@comphelp.co.uk

 Est. 2003 

D&T

TELEPHONE: 01638 728497
MOBILE: 07799 671010
daleparker59@yahoo.co.uk

DALE PARKER EST 1989

LANDSCAPE GARDENER • TREE SURGEON

- block paving and natural stone
- patios ● decking ● turfing
- seeding ● fencing ● grass cutting
- hedge cutting ● clearance
- maintenance ● tree topping
- tree felling ● tree lopping
- dead wooding ● stump removal
- garden waste removal
- paths and driveways

**FREE ESTIMATES
FULLY INSURED
REFERENCES SUPPLIED
IF REQUIRED**

FORNHAM ST. MARTIN LADIES' CLUB By Janet Petch

The Fornham Ladies Group met on 21st February 2024. The meeting for January had to be postponed because of the unavailability of the village hall. There were 26 people present including 5 prospective new members. They were welcomed and it is hoped that they will become regular attenders to our group. Apologies were received from J. Hoggett, S. Hardy, A. Phillips, J. Collier and M. Hockett. Future events. The trip to Brick Lane Music Hall in London for a 50s, 60s, 70s show is now fully booked. A trip to Beale's Roses and the End of Pier Show, Cromer are planned. Wendy Potts gave details of an event "Chocolate Bingo" to be held on 23rd March at the Southgate Community Centre in aid of Motor Neurone Disease. Martyn Taylor was our speaker for the evening with his talk "Under Bury St. Edmunds" It is surprising what is under Bury St. Edmunds – tunnels and cellars. It was very detailed and informative and made one aware of what we had been treading over all these years. He was thanked for his talk. Refreshments were served. New members to the club are very welcome. Please contact 01284 767372 or 01284 766098 for further information.



ALL SAINTS

HOTEL, GOLF & SPA

THE LODGE CAFE

OPEN DAILY 8.30AM - 4PM

Serving Crude coffee, light bites,
homemade cakes and daily changing
specials

Enjoy our Cake of the Day and a coffee for
£5.00, between 2pm - 4pm every day

The perfect work from home location!

NO BOOKING NECESSARY | DOGS WELCOME

For large bookings please contact our Events Team
on 01284 706 777 ext. 3



HOME SUPPORT

Assistance and support in your own home

**Daytime and overnight hours available
Escort and Transport to appointments/
shopping etc.**

Disclosure and Barring checked

Please contact us we are here to help:

Mrs H Eden 07557 337872

**Mrs P Drewry 01638 730469/ 07980
017043**

Fornham St Martin playgroup update: Nicola

I am no longer able to run the village
playgroup on Tuesday mornings.

However, I am very keen for the group to
continue! The insurance runs until April
and the toy and equipment cupboard is
ready to go.

If you would like to volunteer to take
responsibility for the playgroup, please do
contact me:

nickysu.warwick@gmail.com

Living together By Alan

We share the Fornham parishes with a range of plants and animals, from the snowdrops that pop up on our road verges to the seven swans a-swimming that took up winter residence on the flooded field at the end of Lark Valley Drive. Where there's a niche, Nature will always find a way to fill it. Sometimes we create a niche without realising it. Feeding the birds brings in welcome visitors, although we're less happy when it is exploited by rats and - depending on your view as to whether they are welcome or unwelcome - grey squirrels. In the end we usually manage to find a way to live together. The great Charles Darwin observed that, "In the long history of humankind (and animal kind, too) those who learned to collaborate and improvise most effectively have prevailed".

I expect I'll soon be finding sticky patches on some of the plants in my conservatory. The culprit? Most likely an aphid, a true bug; they don't have conventional jaws. Instead, their mouthparts have evolved into a needle that they plunge into plant tissue. Once plugged in to the plant's sap system they simply let the plant pump the sap into their bodies - they don't even have to suck! After the aphid has taken out what it needs it ejects the sugary leftovers, to which we give the romantic-sounding name of honeydew. If the origin isn't an aphid it will be an insect with a similar diet, such as a scale

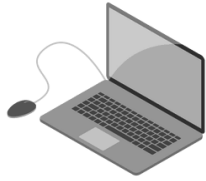
We meet once a month on Tuesday afternoons and membership of the club costs only £10 per annum (£20 if you come to the iPad meeting as well). So if you have the desire to improve your computer skills then please get in touch with me. You would be joining a small group with little or no experience so don't worry that you would be left behind or struggle to understand. We try to keep things simple and easy to follow.

The club has a large group of iPad users. We are almost at our limit as our meetings are usually very well attended but we can usually find space for a few more members.

If you would like to know more about our activities, please email me at fornhamcc@outlook.com or call me on **07860117680**

One more thing, we can always use a little more help. If you are an experienced Windows user with an aptitude for training, we are run by a small team of volunteers some of whom help with the meetings so that people don't get left behind as we progress through a topic. You may also like to present some topics that we cover

If this sounds of interest to you, please get in touch.
www.fornhamcomputerclub.com
 Bernard Grimshaw
 Fornham All Saints Computer Club



News from Fornham Computer Club

Since the turn of the year, we have held some really interesting and enjoyable meetings at the Computer Club. One of the more interesting topics was the adoption of Passkeys to replace Passwords. This is long overdue as internet security continues to be one of the most important aspects of home computing. The idea of secure access to your internet accounts without a password is a great development. The support of Apple, Microsoft, Google and Amazon will help to accelerate the use of this technology on more and more websites. Windows computing continues to be one of the more challenging aspects of home computing and our aim is to help our members to improve their ability to get more from their technology, whilst staying secure online. It's particularly hard for those with limited for those with limited computer experience, having to learn about the Windows Operating System as well as the software, and it requires considerable effort.

Because of this we plan to start a new series of meetings just for Windows beginners and inexperienced users.

insect. The result is the same - a sugary opportunity just waiting to be exploited. Moulds will soon arrive through airborne spores, rapidly turning the patch black. But, unless you have a super-sealed house, it won't be long before ants turn up.

Ants and aphids share a fascinating relationship. Aphids largely reproduce through parthenogenesis, a scientific way of saying virgin birth. My conservatory aphids grow from overwintering eggs, which hatch into females which only produce female offspring. These aphid nymphs, copies of their mother, are live-born, and are already pregnant with the next generation. They don't need wings because they simply exist to plug in, grow fat and give birth. One aphid rapidly becomes thousands. If the colony gets too big some females will develop wings and fly off to find a new plant, where the cycle starts all over again. It's only in the autumn that a few males are produced and the final generation results in eggs rather than nymphs. Ants have evolved to tap into this life-cycle. They eat the honeydew and actively protect the aphids from fungal infection or attack by predators. They have learned to farm the aphids, 'milking' them by stroking their abdomens. The aphid obliges with a drop of honeydew, which the ant carries back to be shared with its colony. Each partner gets mutual benefit.

Ants have other relationships. You may have seen them carrying pieces of leaf. The ants themselves don't eat them but feed them to fungus they cultivate within the darkness of their nest, carefully controlling the environment so that the fungus grows well. It's this fungus that is fed to the ant larvae. Ants have partnerships with several species of blue butterfly, too, including some that visit our gardens. The caterpillars, which exude honeydew and vital amino acids, are carried to the ants' nest to be carefully fed and tended. Some species' caterpillars even get the ants to build them special nest-chambers where the chrysalis can safely develop. The relationship has become so close that the butterfly could not exist without the ant.

Living together like this is more common than you might think. Corals (amazingly) are animals that make a rocky structure to live in, a bit like a snail with its shell. They have no need to move to find their food because the sea currents bring it to them. Algae are plants that make up a large part of the phytoplankton drifting around the oceans. In the mists of time an alga found that the coral offered it safety and fertiliser. Because the alga could photosynthesise (produce food from light) the coral began to exploit its abilities. The relationship soon became symbiotic with each partner gaining a benefit.

Would you like to be the Local Recorder for:



The Suffolk Local History Council runs a Recorders Scheme throughout Suffolk. We administer a network of volunteers to ensure that the '*present*' is adequately recorded at local level for the '*future*'.

A Recorder will note significant happenings in their parish and collect their local parish magazines, leaflets, election pamphlets and newspaper cuttings. At the end of each year, they are asked to submit a short report summarizing the activities of their parish. The reports are deposited at the Suffolk Record Office and available to future researchers together with the collected items.

If you are interested, please look at the Recorders Pack by visiting www.slhc.org.uk to acquaint yourself with the guidelines of the scheme. You do not need to be a historian; you do not need any qualifications other than an interest in your parish. In return you will receive a copy of the SLHC Newsletter and be invited to the annual conference specifically for Local Recorders. To volunteer to help in this important work, please contact recorders@slhc.org.uk

'I'm in PAIN!' Can Chiropractic help me?

Your initial visit will include:

A consultation with the Chiropractor

A thorough spinal examination with Orthopaedic & Neurological tests

A confidential report of findings

An explanation of our treatment programme if we determine Chiropractic can help you.



abbey
chiropractic
caring for you is our business.
6 Glastonbury Road Bury
St Edmunds, IP33 2EX
01284 706570

Stowmarket
Chiropractic
7 Stowupland Road, Stowmarket
IP14 5AG
01449 612620

Call TODAY for an appointment

Please visit our website for further information

www.abbeychiropractic.com

Registered with The GCC, RCC, SCA & BCA

HOUSE GUARDIAN AVAILABLE FOR RURAL HOUSE-SITS IN THE BURY ST EDMUNDS AREA Going away for an extended stay?

Want your houses safe, secure, and lived in while you're away?

I'm an experienced and trusted house-sitter living in Cockfield and now available

for long-term house-sits in 2024.

If you want peace of mind while you're away, get in touch for an initial chat:

Tel: Jo07834538838 Email: info@joburnett.com



Unfortunately however, warming seas now cause some coral to expel their algal partner, leading to 'coral bleaching' - and the weakened coral cannot survive. You don't have to go as far as coral reefs to see such a relationship, however. Many species of lichen live on the sandy Breckland soils, tree bark and twigs, even on our roofs. Lichen isn't actually one organism, though; it's a composite made up of a mutualistic partnership, the structure provided by a fungus, with algae living within. It's a similar set-up to the coral but it has become even closer to the extent that neither 'till death do us part' partner can live without the other. By the way, if you are lucky enough to have lichen on your garden plants, please do not remove it. It's not harming your plant in any way and on the contrary it's giving you a big thumbs-up. Lichens only grow where pollution levels are low.

If that's not enough for you, every human being, dog or dandelion is a living and breathing example of organisms living together. From all the bacteria and other micro-organisms that live inside you, helping to digest your food, to those that clean up your hair follicles (yes, honestly; look up Demodex), we all provide a niche for fellow creatures. But it's even deeper than that. Most cells of your body contain mitochondria. Often called the powerhouse of the cell, mitochondria are what enable us to breathe oxygen. It's a widely accepted theory that in the ancient past free-living ancestors of modern mitochondria permanently fused with our cells, enabling

modern animals, plants and fungi to generate cellular energy through respiration. Without that primordial partnership we could well still be slime!

CHURCH NEWS by David Yates

Our early Spring Book Sale Coffee and Cakes on Saturday 17th February was very well supported and £865 was raised for the Bells Project. Now with adequate funds to assure progressing with the cleaning and tuning of the bells, weld repair of the cracked bell, and with the new steel replacement bell frame ready to be assembled at Nicholson Engineering works in Dorset, to bring to church to be installed in the next few months. The next Book Sale Coffee and Cakes is on Saturday 18th May at 10 -3pm as usual.

The 100 Club winners in April are: - 1st £30 Jenny Stocking no.64; 2nd £20 John Groom no.74; 3rd £10 Jeff Dykes no.72.

And in May will be: 1st John Balaam no. 96; 2nd Ruth Earle no.54; 3rd Mark Fell no.78.

Thanks again to everyone in the 100 Club supporting the church in this way, with all the annual subs in, so the prizes will be paid!

The service on Mothering Sunday on 10 March, was

Typically these jets fly at around 36000 (thirty-six thousand) feet: that's around seven miles high or, if you like, the distance from Bury to Thurston but straight up!

Not everything flying high overhead is going to or from London; how about Malaga to Oslo? Birmingham to Istanbul? Gran Canaria to Oslo? How about Brussels to Washington? These are just a small sample of hundreds. Take your pick.

Norwich International Airport has 32 scheduled departures in the next 7 days; compare that to Stansted with 1500 departures in the same period and Heathrow with 4500 departures in the course of a week. Don't you wish you were flying off somewhere nice?

You might well wonder why I've written on this topic? Well the truth is that the Bugle Compiler asked me for an article and I ended up looking skywards for inspiration.

Oh and that lady wanting to move to a part of Suffolk free of aircraft noise? Back then we had to tell her that her dream village with silent skies simply didn't exist.

It's easy to remember being locked down at home during a particularly sunny spell and days were spent in the garden. I well remember gazing skyward and wishing for maybe just a few condensation trails. What are condensation trails? Simply clouds formed by moisture in the exhausts of a jet engine condensing and forming ice droplets.

Ever wonder where those high-flying jets are going or how high they might be? There's a free app called "Flightradar24" which will tell you all about that jet overhead, where it came from, where it's going, how long its journey will take and yes, how fast and how high.

Look to the south as if looking beyond the town maybe just the thickness of your thumb above the horizon: do you ever notice jets going right to left or left to right? Sometimes all you see is a steady or twinkly white light moving across the sky That's quite probably flying in or out of London and yes, on a very clear day you might be looking as far as the skies over south Essex or even the Thames Estuary.

Look directly overhead and watch a condensation trail going east: you might still be watching it when the jet is no longer over Suffolk but out over the sea!

celebrated with posies of flowers presented to all the ladies, thanks to Heather and Sylvia making them up. Palm Sunday (the start of Holy Week) is here at FSM on 24th March, together with Good Friday 'final hour' with Easter Sunday at FAS on 31st March.

We were delighted to welcome Evie-Rose and Abbie-Grace Mailer for their baptisms on 28th January. As well as Rupert Johnson for his baptism on 11th February.

Sadly Cedric Hanson passed away late February, who was the village historian for many years. Also Alan Groves, with his funeral on 20th March. Also George Knell on 23rd January. The ashes of Kenneth Landymore were interred in the churchyard on 5th February.

Our annual meeting will be held on 22 May, to elect the Parochial Church Council for another 12 months.

In the 1960's the Cathedral asked all the parishes in Suffolk to make and contribute kneelers in their names to occupy the pews, like other Cathedrals. The Cathedral is now in the process of replacing the pews with chairs, and consequently the kneelers have become surplus, and have been offered back to the parishes. We have obtained ours and it will be put out on display. It was stitched in the same blue style as all of them, by Mrs Laura Mary Browning (nee Mann) who lived for many years

in FSM. With upper light blue for the sky and lower dark 'Suffolk Blue' from the wool industry, and a yellow sword representing the 'Fornham's Sword' on a cream background in the centre.

The final figures for the Ride and Stride last September have just been issued by SHCT (Suffolk Historic Churches Trust). The total for Suffolk is very close to the target of £250,000, which apparently triggers a bonus of £25,000 offered by a generous donor. Our £1,235 raised in FSM was pipped into 2nd place by St Edmunds, out of the 30 parishes in our Thingoe area, with 387 parishes throughout Suffolk participating. So big thanks to everyone involved, with half kept by the church, and half retained by SHCT to give out in grants, which we may need again in the future.

Village Hall Announcements:

The AGM of the Village Hall Management Committee will be held at the hall on Thursday 25 April at 1900 hours. The meeting to last 30 minutes.

Update on the damage to the Hall. We were expecting the work to be undertaken on Monday 18 and Tuesday 19 March This has now been put back by the contractors to Monday 25 and Tuesday 26 March. Until the work has been completed we are unable to use the front door. All access still remains via the back door.

Under Suffolk Skies... By Pete

Unless your name might be Farmer Long it's possible that, like me, you're looking forward to seeing the back of the grey rainy skies and the arrival of the season of blueness above?

When the skies are again blue we can gaze up and see aircraft zooming this way and that. We can try to ignore them or they can incite curiosity. What's that, you look upwards when it's cloudy 'cos it's a bigger challenge? Crack on son!

I have a fond memory of when in the early 1980's a lady walked into my office and plonked herself down in front of the receptionists: "I want to move to Suffolk and I want to know which villages I can live in where I won't have the dreadful noise of jet aircraft overhead all day." Back then we had more operational military bases in Suffolk; Honington, Bentwaters, Woodbridge, Wattisham. Ipswich had a civilian airfield and Rougham was less hemmed in than it is now so the skies above Suffolk were much busier than now. Smaller, faster, lower and NOISIER!

Do you remember the covid lockdown when it seemed like all the world's passenger aircraft were parked up and our skies were silent?

them onto their estates in the late nineteenth and early twentieth centuries as novelties, but as we know, the novelty has worn off and many today regard the grey squirrel as vermin. Perhaps parakeets were introduced in the same way. Whatever the truth, it seems certain that our avian visitors have come to stay. They've staged a peaceful invasion of our land and are multiplying at a quite alarming rate. One report estimated that their numbers are increasing by about thirty per cent every year which means that 50,000 one year will become 65,000 the next year and 84,500 the year after. That's a LOT of parakeets, isn't it? It's quite possible that because of the damage they do, nibbling buds in the spring and gobbling berries in the autumn, depriving our native species of vital food sources, in time they may come to be regarded in much the same way as grey squirrels.

I read that in London a cull of the ring-necked parakeets was considered but ruled out because of the vast numbers and the impracticability of carrying it out. At present I am still quite charmed whenever I see these colourful and noisy visitors in my garden but I can see how they might come to be seen as a plague. I suppose that only time will tell if we humans and they can live amicably side by side.

Parakeets by David L. Axton

March 12th 2024

Reading Oliver Clanford's article about starlings in the February/March issue of the Fornham Bugle inspired me to write about some feathered visitors we have been enjoying here in Fornham St Martin for the last year or so. Each morning when I draw back the bedroom curtains I am entertained by the sight of several squirrels running up and down a tree in the next door garden, rifling the bird feeder, while in the branches above several brilliant emerald green parakeets provide a raucous accompaniment. These immigrant birds are commonly known as ring-necked or rose-ringed parakeets, because of the males' reddish-pink neckband. They are fairly easily identifiable as they roost in the tree tops because of their long tails and bright colours but most often you are likely to hear them before you see them!

We have lived in our present house for eleven years but these non-indigenous birds are relative newcomers to the area. I had seen them previously when visiting London and southern England so maybe they are gradually spreading northward, but their presence in Fornham has me wondering how these creatures come to be thriving in the English climate and how did they come to be living in the wild in the UK? Somehow they have become acclimatised here, now being Britain's only naturalised parrot. With their brilliant plumage,

bright scarlet beaks, and vociferous calling, they are hard to miss, both when roosting in groups or sweeping through the air in noisy flight.

Their call has been described as being like the sound you might make by squeezing your bath-time rubber duck several times. Melodious is certainly not a word which springs to mind when you hear them, though their call is somewhat sweeter than that of the crows who also flock our way in large numbers. No, the parakeet is no songbird, although what it lacks in sweetness it more than compensates for with the volume of its screeching. So, where did they come from? I have read that researchers from the University of Kent took DNA samples from wild birds living in Europe to try to ascertain where they originated and it seems that the scientists determined that the majority of the UK's type of parakeet originated in Pakistan and northern areas of India. That could explain how they manage in our climate, as those areas can be as cold or colder than the UK.

Of course, those research findings do not explain how so many of these parakeets come to be living here. (One piece of research estimated that more than 50,000 of them were living across Southern England, and very recently I read in the Daily Telegraph that they have been seen as far north as Scotland.)

Trawling the internet I came across several theories which, although none can be taken as gospel, make some entertaining reading. One version states that the famous rock guitarist, Jimi Hendrix released a pair in Carnaby Street in London some fifty or so years ago. How he came to have a pair and why he should have set them free in Carnaby Street of all places, I could not find out.

Another theory suggested that some escaped from Pinewood Studios in Buckinghamshire while the Humphrey Bogart and Katharine Hepburn film 'The African Queen' was being made. That sounds a bit more plausible perhaps than the Jimi Hendrix story, as does another theory which is that birds escaped when aviaries were destroyed by the Great Storm of 1987. A third, equally fanciful, is that in the 1990s the singer George Michael had a drunken argument with fellow singer Boy George at the flat they were sharing at the time in London. During the brawl George Michael's 'secret aviary' was damaged and parakeets escaped.

On the other hand, their introduction may be similar to that of the grey squirrel, now a very common sight throughout England and Wales in both urban and rural areas, but originally from North America. Wealthy landowners introduced