
The Tuddenham Tattler

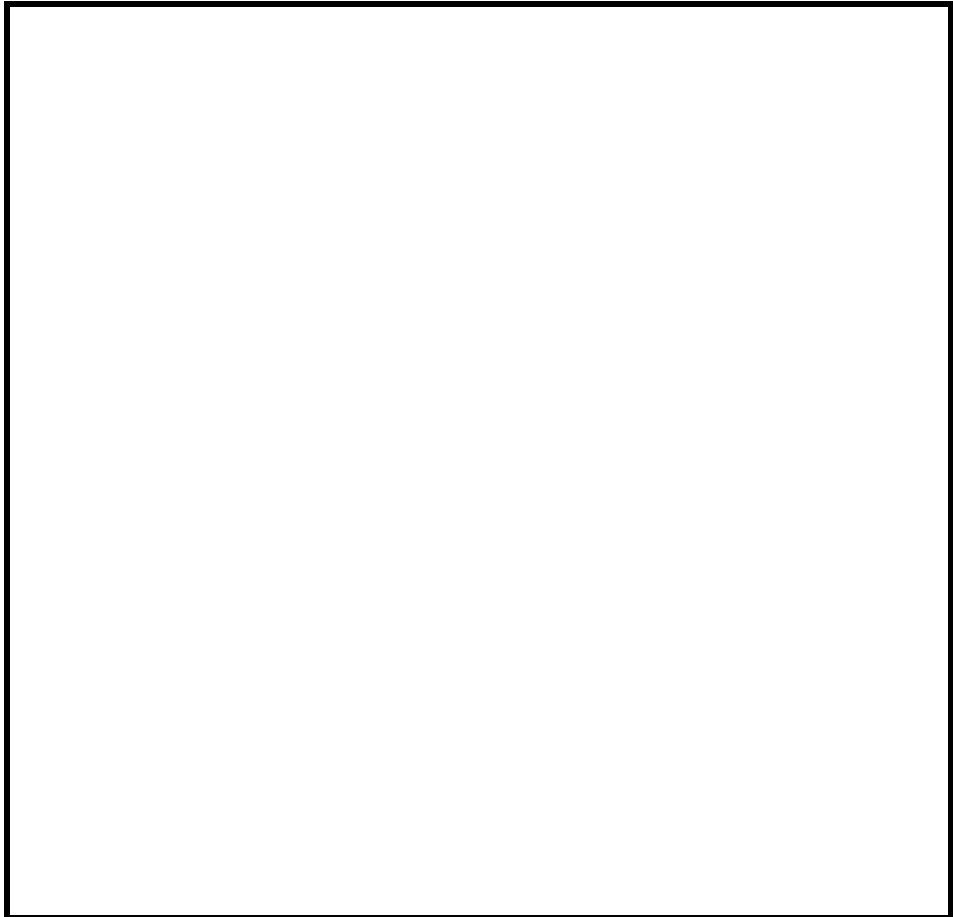
Issue No 38

April 1996

“The sun’s out so she’s started Spring cleaning already,” was the remark made to me by a local gentleman on my way to the bus. I haven’t started yet unless you call trying to clear out the hundreds of plant pots I’ve amassed through the years. I always think Spring is a good time to sort out habits and attitudes as well as cupboards.

Standing in the sunshine, seeing a wide variety of cyclists going through the village, from small children to adults, some with mental and physical limitations, has made me think, “Why on earth don’t more people take to the bike?” Its great to enjoy looking at the countryside knowing that the exercise is “doing you good.” Of course there are lots of other physical activities which do this, some of which are included in this issue. If you know of any others that we haven’t mentioned, and would like to write about them (!) please let us know.

Good health in 1996.



Thank you to Ed Nicholls, The Street, for this lovely drawing. Tuddenham looks at its best at this time of year and this view reminds me of all the artists who “try their pencil” at it in the Summer. Are we not fortunate to live in this paradise? The outcome of recent Public Inquiries, reported on page 7, may affect the peace of our village.

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Tuddenham St. Martin **W.I.**

SOUP & SWEETS

**Tuddenham Village
Hall
Saturday May 4th
12.30pm
Tel: 252315**

In Praise of Bicycling

I think it is a shame that so few people cycle and instead clutter up our roads with cars. If only they could discover the joys of the cycle.

I use my bike for travelling to work in Ipswich, a distance of 3.5 miles, taking 15 minutes. This is going at a fairly easy pace, so there is no need to change when I arrive at the surgery. The best time of year is late Winter, when my morning run coincides sunrise. The sun comes up over my right shoulder and lights the fields with a rich red glow. Strawberry time is also good. The smell from the "Pick your own" is wafted across the road and delights the nostril. A car driver blasts past these things with no awareness of what he is missing. If he leaves the office tired, stressed, and unhappy, he arrives home in the same frame of mind. When I leave the surgery the exercise of riding ! burns off any frustration of the day. ! The pleasure of the journey reminds me that life is good and I arrive home refreshed and happy.

What if it rains? Well it does sometimes, even in East Anglia. I still cycle to work and on the whole seldom get too wet. With the help of a light-weight waterproof I am still presentable. I also do my house calls on the bike. This usually involves eight miles or so. Patients think I am mad or I am too poor to buy a car. However since every doctor is always advising people to lose weight, smoke less and take more exercise, I do not see why my taking at least some of my own advice is so surprising.

Cycling is a pleasure, it is cheap and it is healthy. So why do so few of you ride a bike? I think the main reason is habit. Most people just take the car without even thinking. If you bike regularly you will be fit.

A lot of people suffer from the bikes

they own. A hundred pounds does not buy a bike. It buys a set of gas pipes with only a very superficial resemblance to a bicycle. However a good machine is not expensive and if used instead of a car will soon pay for itself. Some people worry about the danger. In fact I find the average Suffolk driver quite a considerate animal. Given a choice they would rather not run down a cyclist. So take my advice; go out and buy the best bike you can afford and use it every day. You will be happier, healthier and richer.

Peter Burn

The Feel- Good Factor

Most people have owned a bicycle at some time in their life and for many the joys of cycling are being rediscovered. And little wonder — as we emerge into a more enlightened culture when thought for the environment as well as our personal health and fitness is at the top of the agenda.

For me one of its pleasures is arriving somewhere "feeling good" because your body has done some work. You have almost certainly noticed things along the route that you would have missed in a car. Perhaps you have stopped several times to admire the view or to smell the delicate perfume of wild hedgerow flowers. (I usually make this excuse at the top of a hill to get my breath back as Hazel, my cycling companion, is a much better hill climber than I.) Yes there are hills in Suffolk. You've arrived....that's a good feeling in itself, and you have none of the problems of finding somewhere to park and that cup of tea tastes far better than if I had just jumped out of a car.

Adding a set of panniers to your



bicycle is an excellent idea as now you can carry a change of clothes to suit whatever the weather throws at you - or how about food or a picnic for those out of the way places.

When driving one usually tends to stick to the main roads to get from "A to B" in the least possible time but on a cycle one is not in such a hurry as getting there is all part of the pleasure. I find that "O. S. Landranger 1:50 000" are excellent for route planning and giving details of tracks for off-road use. Go on, get that bike of yours out of the shed!

Ed Nichols.

Cycling Round Tuddenham

Pauline, Helena and I moved to Tuddenham nearly four years ago from Bethnal Green in the East End of London. At that time we were a two car family. I decided with some relief, to give away my ailing Ford Cortina, and to commute by bicycle to my place of work.

Throughout the year I meander, toil, pound? in and out of Ipswich. The reactions of my work colleagues vary from the awe struck (surely cycling a few miles isn't that impressive?) to jocular bantering. The most banter comes from someone who drives ¾ mile by Volvo every day because, he says, his brief case feels too heavy for him to walk in! I have even been invited by The Evening Star for an article on cycling to work. It has been, for me, a good way of taking regular exercise.

Cycling is also, for us, a family activity. Our daughter, Helena, was one year old when we arrived in Tuddenham. We started with a child's seat at the back



of Pauline's bike. As Helena grew larger this had the disadvantage of her leaning to see better which made the bike become less stable. We put a seat at the front of my bicycle on the cross bar. This was a cosy option and at fifteen pounds for the seat an inexpensive one. We could chat with her immediately in front of me. Then, about six months ago we bought a trailer bike which attaches to either of our bicycles. It has the great advantage that Helena can bicycle safely with either of us for reasonably long distances on public roads. She can pedal, or not, as she chooses - although cycling can seem hard work when she decides not to pedal. Cycling as a family has given us many lovely outings, as well as being a potential means of Helena and one of us commuting to school. Helena has enjoyed the cycling although sometimes an incentive such as the promise of crisps and a drink at the pub does wonders for her motivation.

We have gained much support as well as practical advice from a very friendly family cycling group we joined. The group meets in Ipswich on the last Sunday of each month. We go on journeys which are geared to the children enjoying the outings. We choose quiet roads to destinations such as the playground in Woodbridge or the shores at Nacton. We aim to have journeys of not more than six miles each way. If you would like more details please contact Pauline or me.

John Goodrich.

Cycling Thoughts...

I love cycling. To me it has always brought freedom and independence. Although these days I use it mainly for going to work, I still enjoy cycling for relaxation. I feel very strongly that all cyclists should wear safety helmets. Yes ladies, however funny they make us look. Safety first at all times!

Eileen Offord.

I have cycled for years. At Cambridge it was a way of life and then again when I worked in Manchester. Hopefully I shall be taking up this interest again.

Fiona Woods.

Editor: Fiona said more which you can read later in this issue.

I had my first bike when I was five. Then, when I was fourteen I bought my own for five shillings (25p). I have been bicycling ever since and even now, regularly cycle into Ipswich. I park at my daughter's house as there is nowhere safe in town. I don't know why more people don't use a bike, it's such good exercise.

Peggy Moore.

Cycling Memories

While cycling past the School of Artillery in Lark Hill, Wiltshire, my front wheel came adrift and rolled on ahead. I came to a shuddering halt in front of a steam roller.

I was just thinking "I wonder if there are any crocodiles here?" (Key West, Florida) when I suddenly saw, a couple of yards away, one by the side of the road.

I well remember the expression on the face of a London Policeman at Marble Arch, when my friend and I asked him the best way to get down to Devon. He thought we meant by train and then saw our bikes. "Not on those!" We could imagine him

relating to his colleagues, "You'll never believe this but..."

Suffolk Cycle Network

I attended a **Suffolk Cycle Network** meeting in Ipswich last month (*Now you know why there is all this interest in bikes this issue...*) A group is being formed to try to make a cyclist's life easier, e.g. pressure for better and safer places to lock up bikes while in town. Someone in this village had very expensive handlebars removed, the thief couldn't take the whole bike because of a very heavy chain padlock. The Colchester branch has succeeded, after a long time of hard work, in getting a grant of £40,000 to provide a centrally located, secure cycle park. Let's hope the Ipswich group will be as successful.

Rotating Reporter.

Riding my Bike

On Bank Holiday Monday I went with my brother, my Mum and her friend to Alton Reservoir and I rode my bike for ten miles. Some of the track was very bumpy. There were two enormous hills we couldn't ride up or down because it was scary going down and very hard riding up them. We took our own bikes but you could hire bikes there. The track went right next to the reservoir so we had a good view of the sailing boats and bird life. It took us a bit over two hours for the whole trip.

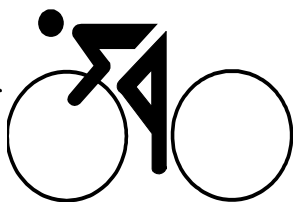
Lorna Williamson

BikeAbility

This is a project of Scope, Ipswich and East Suffolk, run from the Wellington Centre, which aims to provide cycling opportunities for people with disabilities using tandems, trailer bikes, recumbent cycles and wheelchair tandems. On Wednesdays volunteers take out small groups. Lack of funds for more "special bikes" unfortunately restricts the numbers. According to a Tuddenham volunteer their obvious enjoyment is indescribable.

For more details please phone Martyn Allen on 257302 during working hours.

Riding Reporter.



Cycling memories.

The first cycle I ever had was a small black “sit up and beg” bicycle. My father had to help me balance on it as I tried to ride in our driveway. Little did I realise how important a part cycling was to play in my life later on. Unlike many others I began my cycling tours abroad inspired by the Germany of the Schwäbische Alb between Tübingen and Ulm and Lake Constance, far off the tourist track, Jurassic limestone crags, buzzards circling overhead, and very hot, so much so that I fell asleep on the bike! Next I explored The Black Forest, a much tougher task. Steeper climbs, more tourist traffic and more expensive. Of course you can stick to the Youth Hostels, of which there are so many, all over Germany. These tours lasted for years getting to know all areas of The Black Forest and collecting momentos on the way. It is not easy to carry a Cuckoo Clock on the back of a cycle. From Lake Constance the Swiss and Austrian Alps can be seen. Thus began my ride over The Alps and Dolomites to Venice and back by the Italian Lakes - an unforgettable experience. You buy the travel guides, check out the miles, do three months’ hard training but nothing can prepare you for the realisation that you have to cycle thirty miles uphill, continuously, gradients of 1:8, and occasionally 1:6 in tremendous heat followed by a sudden snow shower. The hairpin bends require a special technique and the drains at the side of the road

can easily swallow up a narrow tyre.

But the feeling of elation at the top, the wonderful peaks and glaciers, tourists in cars applauding, even some Italians coming over to give you a congratulatory hug, all makes every bit of effort, and not a little pain, worthwhile. Every bit of the terrain you have conquered, no car did it for you. The harmony of muscle, machine and will power got you there.

All this seems very macho, but it need not necessarily be so. Families can cycle the length of the Moselle on a flat cycle track along the river. Bikes can be hired from any railway station for “£2-3 a day and handed in wherever you happen to end up when you have finished your journey. Or you can take your bicycle to Harwich, crossing overnight to The Hook, and cycle on the cycle tracks provided. The Dutch really do have great breakfasts!

Cycling for me is the way to get to know the culture of a country. People always want to talk to you about where you are going, you feel part of a different way of life, and nowadays, very importantly, you do not pollute the environment with exhaust fumes. Get fit, get cycling, there’s something in it for everyone whatever your age. Have Fun!

Ian Macro,

GEMINI TRAVEL

Forthcoming excursions;

May	Lakeside shopping
July	Legoland/Windsor
August	Buckingham Palace
	Chesington World of
Adventures	
December	Thursford Carols

Bookings now being taken for the above so please contact Ed Nicholls on 01473 785819 or Gemini Travel on 01473 212705.

Welcome

We welcome Philip and Katherine Rudd to 4, Church Hill Cottages. They moved from Lowestoft and have been in Tuddenham about a month. They work in Felixstowe. Philip is interested in computers and Katherine enjoys nightclubs.

Public Inquiries

There have been two recent inquiries which covered the proposal to redesignate Green Lane (also known as Reedings Lane) as a Bridleway, and an appeal by the Ramsey brothers against Suffolk Coastal District Council so that they can stage vehicular sports on the land beyond the railway track on the Rushmere boundaries. Tuddenham Parish Council was represented at both inquiries. Results will be reported in future copies of The

Ipswich Mobile Library

The mobile library now calls at The Fountain Pub on alternate

Tuesdays, 9.40-9.55am.

Future visits will be on:

April 30th
 May 14th and 28th
 June 11th and 25th
 July 9th and 23rd.

For further information please phone 727345 or 232035.

The library carries more than 2000 books and sound recordings with a constantly changing selection. You can borrow up to six books plus a variety of other items and keep them for up to a month before they need renewing.

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 INDOOR MARKET IN
 EAST ANGLIA

5-7 Bramford Road,
 Mon-Sat, 9.30-5.30pm,
 Sun. 11.00-5.00pm

I had to laugh at Peter's article, *page 2*, as I typed it; these cyclists cause noise pollution (clanging bells and screeching brakes) as they whizz along menacing us pedestrians, going so fast that they miss all the interesting features of the countryside. No, I don't want to discuss my car, Peter, she said, pulling her tongue out of her cheek! Let me tell you of a recent walk I took where the living history of my title was not Ralph Taylor, our village recorder, but the "Osier Bed" he showed me in the Fynn Valley.

Some months ago he, and Mr. George Pipe of Hill Farm, had shown me an Osier Bed on a map of the area and I had to admit, as a "townie" that I had no idea what it was. They patiently explained how the trees, related to the willow family, are harvested for their young shoots whose springy qualities make them ideally suited for basket making.

On a recent guided walk, Ralph Taylor took me to "Bottom's Bridge" as I have heard it called, and there showed me the Osier Bed, to the left of the Bat Willows planted in soldier-straight lines. The Osiers look like

any other copse now but George Pipe said he recalled it as a working plantation until 1960. The trees were harvested by Mr. Wright, of The Street, and sold to Mullin's of Wickham Market for around £50 a year.

Ralph Taylor showed me the boggy land needed for them to thrive and reminded me that us "townies" know nothing about the countryside.

Living History

Imagine my excitement then, on another guided walk, this time to the Anglo Saxon Village of West Stow, described in one of Ralph's historical articles in an early Tattler, when we saw a working Osier Bed.

After going round the village, my daughter, Katy, who had visited West Stow before on a school trip, took us to a bird hide hut to eat lunch. As we walked along next to the River Lark, I saw a group of stumps, planted in straight lines, looking for all the world like soldiers at attention though with bald heads. They were very short and had just been cut back. Ralph Taylor explained they were Osiers.

As we walked on I recalled the reconstructed Anglo-Saxon village on the hill that we had walked from and remembered the Osier Bed in Tuddenham, this time next to the

River Fynn. I wondered whether the two sites, with their river, which I now knew to be the source of much more than just water for drinking, sandy hill, and fertile valley, might **both** have supported Anglo Saxon villages around 600A.D. The hill

An Osier Bed

near Bottom's Bridge, where the sand pit is, would be just the place for a collection of wooden huts like those at West Stow. My mind soon pictured the children running between the huts, chickens clucking and piglets rooting in the soil. Later they might sit around the fire, with a basket of bread, and discuss how "Tuddenham" could be in the year 2000!

West Stow Village is open from 10.00am-5.00pm, should you wish to visit. It is past Bury St. Edmunds on the A14. Phone the Visitor Centre on **01284 728718** for details. If you want to see the Tuddenham Osier Bed wander down Fynn Lane towards the railway line - I hope the map helps!

My thanks to Ralph Taylor and George Pipe for bringing the countryside to life.

ESSO WALKS

This is a new campaign designed to encourage people to discover the pleasures of our woodland heritage. Esso "Walk in the Woods" will provide a range of activities, eg. bird watching, woodcraft demonstrations and guided walks. For details of participating woods in this area contact The Tree Council

51, Catherine Place,
London,
SW1E 6DY
0171 828 9928.

Southern part of Tuddenham Parish.

A Grower's Diary April

In The Greenhouse

With the start of April this year so cold the greenhouse is the best place to work, and there is plenty to do; seeds sown in March should be ready to prick out into boxes - avoid leaving freshly pricked out seedlings in direct sun, shade for a day or two with sheets of newspaper.



Continue sowing half-hardy annuals eg. Alyssum, bedding Dahlias, Asters, French and African Marigolds Nemesia, Nicotinia and ten week Stocks, following last month's sowing tips.

Erratum - in last month's diary Lobelia seedlings were shown to be pricked out in singles, but they should have been in bundles of 6-8 seedlings.

Do not be in a hurry to harden off boxes of pricked out seedlings until late April when, hopefully, temperatures should have reached the seasonal norm.

Tomato, Cucumber, Pepper and Melon seedlings sown early in March should be ready to pot on into 3½" pots in potting compost. Continue to maintain a minimum night temperature in your greenhouse of 45°F if possible.

Pinch out the top pairs of leaves of Fuchsia cuttings and pot on after a few days to encourage side shoots and produce bushy plants.

Pot up Geranium & Dahlia cuttings. Feed stock plants of Fuchsias and Geraniums with Phostrogen once a week (one tsp to a gallon of water.)

In The Garden

Prepare seed beds by breaking up the clods of soil with a hoe and rake in 3oz of Growmore per square yard. Plant out Summer Cabbage, Sprout and Lettuce plants. Sow Peas in drills 2" deep and 6" wide, scatter Peas in the drill and cover with soil. Also sow Carrots, Spring Onions and Beetroot.

Plant early Potatoes - a good tip to produce Potatoes free of scab place a handful of fresh lawn cuttings in the bottom of each planting hole, place the Seed Potato on top then cover with soil, earth up when shoots appear to protect against frost. Prepare Runner Bean trench - dig out 18" of soil and fill in with 9" of compost from your own heap, back fill with 6" of soil and leave the trench ready for planting or sowing of the beans in May.



Next Month

I will be writing on how to prepare hanging baskets, tubs and window boxes for the Summer display.

 * seedings nursery *
 * Bedding plants, *
 * shrubs, cut flowers, *
 * compost, etc. *
 * Lots for the children to see *
 * while you browse... *

Village Hall

At its meeting on February 27th the Chairman welcomed Adrian Frost to the committee as the new representative of the T.A.D.P.O.L.E.S. The Committee noted that the village pond now has water in it and that The Greenways Countryside Project will continue to look after it. Consultations in the village as to whether we should keep the pond or fill it in produced only two or three responses, all in favour of keeping it. In view of the evident lack of interest in the subject and the problems involved with actually filling it in, it was agreed to leave the pond as it is for the present.

Regarding the toilet refurbishments, Suffolk Coastal District Council has agreed to a grant of £1750 which is 50% of the expected cost of the work to be done. There is a chance of a grant from Suffolk Acre of

up to a further 25% of the expected cost. The estimate is to be updated and it is hoped to start work in May. The present access to the hall is suitable to disabled people and no further work on the entrance to the hall is necessary.

The driveway is in a very bad state but resurfacing would be prohibitively expensive. Paving stones have been laid along the kitchen side. Work on enlarging the T.A.D.P.O.L.E.S' shed is hoped to begin when the weather gets better. The treasurer was able to report an increase in bookings for the coming year, especially from the Garland Dancers, who have asked for every Wednesday evening except at pantomime time. There is a new scheme for the Millenium Fund to provide money for the rebuilding and refurbishing of village halls

Please contact Judith Paterson if you can help with Red Cross Flag Week from 5-11th May.

UPDATES

The village sign is soon to have a plaque added with an explanation of its picture and a mention of those involved in its production.

The village is not to enter the Inter-Parish Sports Tournament this year as there are other things going on at that time.

The "Tattler Concert Party" are to entertain at Thornbank Residential Home next week. Thanks to all our volunteers and their

**Happy Birthday
to
Victoria Bloomfield
Paul Robinson
Sean & Jack Stockdale**

MRS. D.O. READ
RGN MSSCh MBChA
(Chiropodist)



**Tudor Cottage, The Street,
Tuddenham St. Martin,
IP6 9BT**

home visits: ☎ 01473 785122

We went to the special preview day for members at LegoLand, Windsor, on March 17th, 1996.

You can ride on pirate falls. Learn to drive and get a licence. Get lost in a maze. Go on the moving tarantula ride. Build models and see miniland and lots more! **Its Fun!**

Luke Gardiner, age 8.

Can you remember where you have seen this roof detail in Tuddenham? You may see it when you attend a special Tuddenham event on June 9th??

PARISH COUNCIL

A.G.M. on MAY 7th, 1996.

Please come at 7.00pm

Village Hall

This is your chance to have a say about your own community. You will hear what your money is spent on.

