



I know they say that a week is a long time in politics, but seven hours seems interminable when you are lying on the floor with a broken hip! As many of you know, Norman slipped while trying to lift the dog onto the sofa just before midnight a fortnight ago (at which time, we should all, including the dog, have been tucked up in bed), but is now recovering well and will be home shortly. But troubles never come in single spies, as the Bard said, and John has been very unwell over the last month, as he explains below. I join John in thanking everyone for all your good wishes, cards, visits, calls, lollipops, stickers, handmade books, flowers, chocolates, fruit and offers of help. And my thanks also to John and Pearl for taking on Norman's Bun, Cuppa and Chat calls this month. We also send good wishes to all the other members of our RBL family who are not well or in hospital, including Jim and Marion, Juliet, and Peter. It is good to hear Ken is improving.

I must also thank Nikki, and the staff and residents of De Lucy House care home for hosting our July Bun, Cuppa and Chat. As you can see from the pictures, we all had a lovely time tucking into delightful food, with the weather holding until just before the last of us left. Nikki also handed over masses of poppies from the staff and residents for our Poppy Cascade in November. A huge thank you to you all.

You will be pleased to know that the Newsletter contains the usual Chuckle Corner, written before Norman broke his hip! I took a joke book into hospital so he could prepare for next month. Must keep him busy.

#### **A Message from our Chairman**

The last three to four weeks have been a very trying time for myself and Norman. I was in hospital for six days after being referred by my doctor for a chest infection. Various tests showed other complications as well as the discovery that cancer had returned after ten years, I was discharged to a virtual ward, sent home with a package of oxygen, BP cuff, oxygen reader and a tablet and, most importantly, a monitor which was kept strapped to my arm so the ward nurses could keep an eye on me all the time. Fantastic technology. A way forward program is in place commencing on 24 August, got to be positive.

Norman, as Rosemary explains above, is in hospital after fracturing his hip in a fall a couple of weeks ago. It has been repaired but he is likely to be out of action for a while yet.

One thing that has come out of this is the fantastic support shown for both of us by so many of you in the form of cards, prayers and physical help.

After reading this you will not be too surprised to learn that we reluctantly decided to cancel both the August branch meeting and, more importantly, Bun, Cuppa and Chat, as we would not be able to provide all the lifts required. We support over 70 beneficiaries and need to look at how we can provide the necessary lifts, when we are back on an even keel.

Best regards to you all, **John**

#### **Bun, Cuppa and Chat on Tour**





**Eleanor, a recent Bun, Cuppa and Chat recruit**



**Nikki, De Lucy House Activities Co-ordinator; Sue, the Crocheting Queen; Jean, the Knitting Queen, with Norman and Rosemary**



**Last year's Remembrance Poppy Cascade**

## Your Dickleburgh Branch Needs You!

(with apologies to Lord Kitchener)

My appeal last month for potential standard bearers to come forward bore fruit with two people contacting me, including one young person, though he would like to get his GCSEs over with next summer before thinking seriously about the idea. Thank you both.

A slightly different appeal for help this month (am I pushing my luck?). You will see from the smart poster on the right that we are promoting the branch, and Bun, Cuppa and Chat in particular. As John mentioned, we are currently supporting over 70 local veterans, spouses and widows / widowers, with usually 20-30 coming to Bun, Cuppa and Chat each month. We have a splendid catering team (supported by several members of the group who kindly supply cakes for us) and we have plenty of room in the Village Centre for the event, but we only have four drivers available to bring people into the Village Centre who cannot drive themselves or have no family to help. With Norman's accident and John's illness, that was reduced to one (the lovely Jim), as I was bit busy with other things! If you can spare a few hours, usually Thursday afternoon, once a month, please let me know and I can give you more details. And of course you can join us for a bun (or two), a cuppa and a chat. You don't need to be a member of the RBL, but if you would like to join us, we would be delighted to sign you up. **Rosemary**

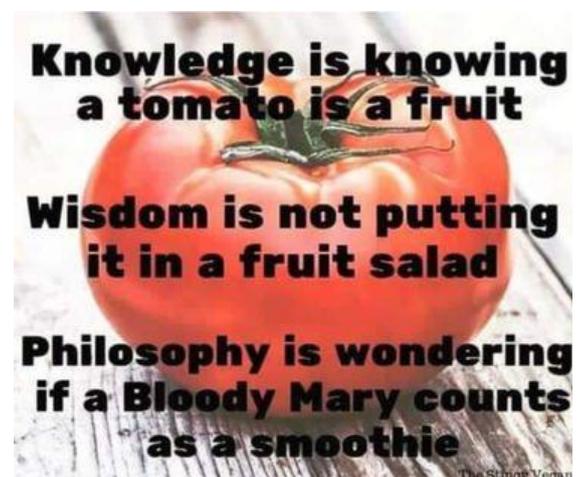


**RBL**  
ROYAL BRITISH LEGION  
Dickleburgh & District Branch  
**Bun, Cuppa & Chat Group**  
Monthly afternoon event for  
armed forces' veterans and their spouses,  
from South Norfolk, North Suffolk and beyond.

For more information or if you would like to join the Royal British Legion to help us to support our local veterans, please contact:  
Branch secretary: Rosemary Steer, 01379 854245  
dickleburgh.secretary@rbl.community

For those of you who love the English language...

ENGLISH IS THE ONLY LANGUAGE WHERE YOU DRIVE IN PARKWAYS AND PARK IN DRIVEWAYS.	THE WORD <b>QUEUE</b> IS JUST A <b>Q</b> FOLLOWED BY FOUR SILENT LETTERS.
IT'S ALSO THE ONLY LANGUAGE WHERE YOU RECITE IN A PLAY AND PLAY IN A RECITAL.	<b>JAIL</b> AND <b>PRISON</b> ARE SYNONYMS. BUT <b>JAILER</b> AND <b>PRISONER</b> ARE ANTONYMS.
YOUR FINGERS HAVE FINGERTIPS BUT YOUR TOES DON'T HAVE TOETIPS.	WHEN YOU TRANSPORT SOMETHING BY CAR, IT'S CALLED A <b>SHIPMENT</b> . BUT WHEN YOU TRANSPORT SOMETHING BY SHIP, IT'S CALLED <b>CARGO</b> .
<b>YET, YOU CAN TIPTOE BUT NOT TIFINGER.</b>	



## Norman's Chuckle Corner

- ✚ A football hooligan was brought before the judge charged with disorderly behaviour. The arresting officer explained that after the game, the accused threw something into the river that flowed past the stadium. "What exactly did the accused throw into the river?" asked the judge. "Stones, Sir," replied the police officer. The confused judge said quietly to the policeman "Well that's hardly an offence, officer". "It was in this case, Sir, Stones was the name of the referee."
- ✚ The owner of a racehorse is angry because his horse for which he paid a lot of money had yet to win a race. Before the start of yet another race the owner took hold of both the horse's ears looked him squarely in the eyes and said, "You had better win this next race or you will be working the farm tomorrow, do you hear me?" The horses line up in their starting stalls, the race starts, and they all gallop off towards the winning post. Except for the owner's horse who is asleep in his stall. "What the devil are you doing?" shouts the owner in exasperation. "I'm grabbing some rest," says the horse "I am working the farm tomorrow morning."
- ✚ Two old men were talking together on a park bench. One says to the other, "You have got a suppository in your ear." "Gosh, thank you," says the other man "I now know where I've put my hearing aid."
- ✚ Two older women were sitting on a park bench discussing their husbands' bad habits. One of them said, "My husband has a habit of continuously biting his nails". "Oh, my dear" replied the other lady. "My husband had the same habit, but I have cured all that." "How?" said the friend. "I hid his teeth".
- ✚ I threw a biscuit at my neighbour this morning but he ducked - Jammy dodger.
- ✚ I ate a ploughman's lunch at the weekend. He didn't seem very happy about it.
- ✚ I took a part-time job working for a local shepherd. He said to me "I have got 68 sheep could you round them up for me" I said "Okay, you've got 70 sheep."
- ✚ A waiter goes up to a table and asks the customer how his meal was so far and how did he find his steak? The customer looked up and said "I just parted a ton of mashed potato and surprise, there it was."

## Dates for your diary

***Branch meetings and our Bun, Cuppa and Chat event take place in the Village Centre, Harvey Lane, Dickleburgh, unless otherwise notified. We hope we will be back to normal this month!***

***Please note the branch meeting and Bun, Cuppa and Chat in September are a week apart as it is a 5-week month!***

**Battle of Britain service** – Sunday 11 September, Starston Church, 10.45am.

Please do join us for this annual event, especially if you have served in the RAF. We are hoping for several Standards to attend, including our own, as well as a bugler and piper. Andy Knowles, retired Group Captain from the RAF Regiment, who lives in the village will give the talk.

**Branch meetings** – Wednesday 28 September, at 7.30pm, Wednesday 26 October (AGM), at 7.30pm

**Bun, Cuppa and Chat** - Thursday 22 September, 2.30-4pm, Thursday 27 October, 2.30-4pm

**Congratulations to John and Pearl Roberts on their 60<sup>th</sup> wedding anniversary on 15 September.**

### **The Vicar's Sermon (or *The Sicker's Vermin as I once called it*)**

The vicar was in a fluster as he got ready for the service on Sunday as he had lost his brand-new bike and feared it might have been stolen. As he got up in the pulpit to deliver his sermon on the ten commandments, he explained to the congregation that he was upset because his bike had gone missing. When he got to the commandment, 'Thou shalt not take the name of the Lord thy God in vain', he looked rather shamefaced, recollecting the expletives that had passed his lips. Getting to the commandment 'Thou shalt not envy thy neighbour's ox etc, he casually slipped in 'or their brand-new bike', casting a quick eye amongst the congregation for a reaction. On reaching 'Thou shalt not steal', he fixed each congregation member with a steely stare, before moving on to 'Thou shalt not commit adultery', exclaiming, 'Oh, now I remember where I left my bike!'

***A little healthy competition for Norman's Chuckle Corner – Ed.***

**Contributions or comments, please, to the Editor, Rosemary Steer, tel.: 01379 854245; email: [rosemary@steerfamily.plus.com](mailto:rosemary@steerfamily.plus.com)**

**John Roberts: 01508 531492**

***If you have received this Newsletter, but are not involved with the Royal British Legion, don't worry, we just wanted to spread a little fun and humour around! Please contact me, though, if you would like your name removed from the mailing list.***