



# Yare Valley Society Newsletter

Issue 67

April 2005

**YARE VALLEY SOCIETY**

**ANNUAL GENERAL MEETING**

**TUESDAY 10 MAY 2005 AT 7.30 pm**

**ST ANDREW'S CHURCH HALL, CHURCH LANE, EATON**

**After the business part of the meeting  
there will be an illustrated talk**

***WHAT'S GOING ON IN THE BROADS***

**given by Dr Michael Green**

**Director of Research and Strategy, Broads Authority**

## **Subscriptions**

Thank you those of you who have paid your subscription for 2005 and beyond. This is a nudge to members who have not already done so. As was set out in the letter attached to the last newsletter, the minimum subscription is £1 per household for the year. If you pay for the next five years (up to the end of 2009) it will cost £4 and life membership may be bought for £10. The importance of having paid up members cannot be stressed too much if we are to continue to be a voice that is listened to regarding the importance and preservation of the Yare valley. If you have not already paid for this year, please send your subscription to the treasurer at 9b Poplar Avenue, Norwich NR4 7LB

## **New link road from A11 to the hospital**

The new link road (to be called Round House Way) opens to traffic at the end of this month. After deliberation and consultation, the County Council has decided that the speed limit will be 40 mph alongside the new housing area and, for the time being, 30 mph alongside the Yare valley. Unfortunately this lower limit by the valley is likely to remain only until land can be acquired to widen this part of Colney Lane and make matters even worse for the valley. The Society has made representations for a lower limit to help protect the valley and its wildlife but clearly to no avail.

## **New shop units on Bartram Mowers land**

As long ago as 1980, planning permission was given to develop five retail units for the display and sale of leisure goods on the Bartram Mowers site at Bluebell Road. One unit was built and used for a time and this meant that planning permission has been 'kept alive' in spite of no other units being constructed. Recently, an application has been received by the City Council for a revised design for the units, keeping within the same overall area as before. Since this proposal has already been permitted in principle, the only comments we can (and have) made are on the use of the units, opening hours, lighting, signs and landscaping. We have also asked that every aspect of the development be in line with the character of the valley. Be assured that we are doing all we can. If you wish to see the plans, please contact Elaine Tucker on 458657.

## **Spring Walk Reminder**

Glenn Collier will be leading a walk on **Sunday 24 April**, meeting at 2.30 pm at Cringleford Bridge car park. He will be looking for birds and other wildlife on Eaton Common and the nearby Mill area. On the spring walk which Glenn led last year in the valley, the group saw blackcaps, whitethroats, chiffchaffs and other resident species including long tailed tits. They heard a willow warbler, sedge warbler and linnet. Butterflies seen included peacock, tortoiseshell, green veined white, orange tip and small white. An early large red damselfly was also spotted. If you have any questions about this year's walk, please ring Glenn on 01603 451193.

## **The value of walking – a personal view and illustration by Ian Levene**

When your doctor says to you "What is the most strenuous thing you do each week?", do you shift uneasily in your seat and mumble about cleaning the car, when you know you that you put it through the car wash? Do you admit that the only thing that raised your pulse rate was putting out your dustbin for collection? Well, with a little mature consideration, you might realise that your overworked GP is trying to help you. He may even spend valuable time telling you that your body is a complex system of interdependent parts that needs a regular workout to give it an even chance of staying in good working order. This doesn't mean that you have to rush out and join an expensive leisure club, so that you can watch television while you pump iron. Have you considered what going for an enjoyable walk in the countryside will do for your metabolism? Does your local authority spend good money, your money, on producing leaflets of country walks? If you don't know, make some enquiries and you may be surprised at what is available. All you will need is a pair of stout shoes and a rain jacket and ideally a companion. If you get hold of a handbook about country flora and fauna, you will find your walk a lot more interesting. You will also stimulate your television-addled brain as well as getting some exercise. You don't have to buy a handbook—you can borrow one from a library; failing that, make sure that your companion knows a bit about these things so

that you can talk to each other as you go along. If you walk for an hour, three times a week, you will feel a new person or at least a much better older person.

When my wife and I walk the footpaths and bridleways, we hardly ever see anyone else out walking. Occasionally there is the person with dogs and sometimes horse riders, and we think how much people are missing. Go out on a fine winter morning, feel the sun on your cheek and the wind in your hair and you'll say "it's good to be alive".



When you finally decide to risk the open air, it is important to walk purposefully and not to dawdle about if you wish to obtain the maximum benefit of the exercise. But watch out for hazards underfoot, like potholes and briars across the path, which can trip you. Of course, if you see a fox crossing a field as you skirt the edge of a wood, or a raptor searching for a meal, stand still and observe, for these are privileged moments.

### **GUIDE TO THE YARE VALLEY WALK**

**NEW REVISED EDITION**

**PRICE £1 FROM**

**CRINGLEFORD PO, INTWOOD ROAD**

**Norwich Fringe Project has a programme of health walks. Telephone 01603 423377 for details**

*Articles, comments and letters for possible publication in future newsletters can be sent to Alison Ward, 20 Brettingham Avenue, Cringleford, Norwich NR4 6XG*