

Norfolk

Dear Barbara and Steve,

How the time flies, already 3 years since my visit to Kraków which gave me a new and pain-free lease of life.

In the past week I have spoken to Jack (Frost) he sounds as cheerful as ever though awaiting test results on a painful ankle joint.

Do you remember a delightful lady who was with us at the same time in Kraków. Daphnie (Lovett) is as chirpy as ever and along with husband Michael still involved with good deeds everywhere. If you were able to listen to a conversation between Daphnie and I you would imagine that we had enjoyed a wonderful holiday together rather than being in hospital.

Elsie passed her 80th milestone in October and is keeping well with limited cycling plus walking, dancing every week and some swimming. We did enjoy a week of cycling in east Norfolk early June time.

Otherwise I still ride every week but not more than 20 miles at a time. Could'nt do that before Kraków you know.

Many thanks for the beautiful calendar depicting scenes of Kraków and reminding me of what a beautiful city it is and how privileged I was to visit there.

We hope that you are both keeping well and following up the good work.

Here's wishing you Health and Happiness throughout the New Year.

Yours sincerely

Elsie + Alex. (THROP)