

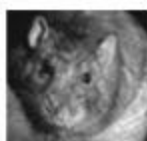
LOCAL LYNX

BALE - BINHAM - COCKTHORPE - FIELD DALLING
GUNTHORPE - LANGHAM - MORSTON
SAXLINGHAM - SHARRINGTON - STIFFKEY

ISSUE 139
August -
September 2021



*Bee swarm at Morston,
August 2019*



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**ADS DIRECTORY now on back page and at
www.locallynx.co.uk**

WHAT'S ON

VH = Village Hall

AUGUST

1st Sun. **Binham** Yard Sale, Site Map, 10am to 3pm
 5th Thu. **Sharrington** Craft Group VH 2pm
 7th Sat. **Binham** Priory Concerts- Brook Street Band, BP 4pm & 6.30pm
 7th Sat. **Langham** Cake Stall on the Green 9.30-11am
 10th Tue. **Sharrington** Jammin' for scones VH 2-4pm
 14th Sat./15th Sun. **Binham** Art Group Annual Exhibition MH tbc
 14th Sat. **Langham** Cake Stall on the Green 9.30-11am
 18th Wed. **Binham** Cosy Club, MH 2-4pm
 21st Sat. **Langham** Cake Stall on the Green 9.30-11am
 21st Sat. **Sharrington** Village Hall Party VH 2pm
 27th Fri. **Sharrington** Mobile library van VH 3.10pm
 28th Sat. **Bale** Village BBQ, VH 6.30pm
 28th Sat. **Langham** Cake Stall on the Green 9.30-11am
 28th Sat./29th Sun. **Morston** Stalls in the Hall, VH 10-4pm
 29th Sun. **Langham** Party on the Playing Field from 5pm

SEPTEMBER

2nd Thu. **Sharrington** Craft Group, VH 2pm
 4th Sat. **Sharrington** Terence Blacker concert, VH 7.30pm
 10th Fri. **Bale** Fish and Chips, VH 7pm
 14th Tue. **Sharrington** Jammin for scones, VH 2-4pm
 15th Wed. **Binham** Cosy Club, MH 2-4pm
 16th Thu. **Sharrington** Gardening Group Talk. Field Dalling VH 6.30 for 7pm
 18th Sat. **Sharrington** Gardening Group. Bulb Sale. Field Dalling VH 10am – 1pm
 24th Fri. **Sharrington** Mobile library van VH 3.10pm
 26th Sun. **Binham** Village Show and Fete, MH and playing field 1- 4pm.

POST OFFICE & LIBRARY BUSES

Wednesdays Mobile Post Office **Field Dalling** Villagers' Hall 8-8.40am & **Langham** VH 8.50-9.20am *NEW TIME*
 Thursdays 24 June & 22 July **Field Dalling** Library Bus, Highfield, 16.25-16.45pm
 Thursdays 24 June & 22 July **Langham** Library Bus, St Mary's Estate 15.30-15.50pm
 Thursdays 24 June & 22 July **Langham** Library Bus, Cornfields, 16.00-16.15pm
 Thursdays 24 June & 22 July **Morston** Library Bus, Anchor Pub 10.50-11am

REGULARS (All subject to easing of lockdown)

Tuesdays **Binham** Art Group, BMH 9.30am to 12.30pm
 1st & 3rd Tuesdays in the month **Binham** Sew and Natter, The Gallery in the Chequers, 7-9pm
 Wednesdays term time **Binham** Youth Grou, BMH 6-8pm
 3rd Wednesday in the month **Binham** Cosy Club, BMH 2-4pm
 Third Thursday in the month **Binham** & Hindringham Open Circle Meeting, Hindringham VH 7.15pm
 Fourth Thursday in the month **Binham** Local History Group, BMH 7.30pm
 1st & 3rd Saturdays in month **Langham** Coffee Mornings, VH 10am -12noon



Local Lynx is a non-profit-making community newspaper for the ten villages of the benefice.

We welcome **articles, drawings, photos, poetry and advertisements** for publication from all ages but the editor reserves the right to edit or omit submissions. A **maximum of 400** words is recommended. Please contact your local rep on their email or phone number listed under your own village heading.

All submissions must go through the village rep.
 For general information: lynxeditor@pobox.com.

Deadlines for submissions to reps are: 6 January, 6 March, 6 May, 6 July, 6 September & 6 November

Newsletter and Website Advertising

For enquiries about advertising in Local Lynx, contact Sally Metcalfe: sallymetcalfe@btinternet.com

Rates for advertising (pre-paid) are:

One column x 62 mm (1/8 page): £72 for six issues.

Small Ads Panel on the back page:

Available for individuals and businesses providing local services. Cost: £36 for six issues.

And please don't forget....

Lynx 139 and all back issues are permanently available on our website at www.locallynxx.co.uk. The website now has an **Ads Directory**, an 'In More Detail' page and a 'Local Charities' page to cover relevant articles in greater depth. (Paper copies of website articles are always available from Roberta on 01263 740188.)

NEW CLASH DIARY

If you are arranging a big event, contact your village rep to add it to our clash diary, then check the diary to see what else is going on.

October

3rd Sun. **Binham** Harvest Lunch, MH, 12.30pm
 9th Sat. **Binham** Village Quiz, MH tbc
 16th Sat. **Morston** Shovell Dinner, Anchor tbc
 20th Sat. **Binham** Christmas Fair, MH 9.30-2pm
 27th Sat. **Sharrington** Christmas Fayre, VH time tba

December

11th Sat. **Sharrington** Strawbs Concert, VH 7.30pm



DUNCAN BAKER M.P.

N. Norfolk Conservative Assoc: 01692 558458
www.duncanbaker.org.uk

JEROME MAYHEW M.P.

Broadland Conservative Assoc: 01603 865763
www.broadlandconservatives.org.uk

Church Services for the Stiffkey and Bale Benefice for August and September 2021

HC=Holy Communion. CFS=Church Family Service. MP=Morning Prayer. BCP=Book of Common Prayer

Parish	1 st August	8 th August	15 th August	22 nd August	29 th August
Bale	9.30am HC		9.30am HC		At Gunthorpe
Field Dalling		11.00am Animal Blessing Service	At Saxlingham	11.00am MP BCP	At Gunthorpe
Saxlingham		At Field Dalling	11.00am HC	At Field Dalling	At Gunthorpe
Gunthorpe		11.00am MP BCP	4.30pm Silent Meditation		10.30am HC Group Service
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC	At Gunthorpe
Binham	11.00am HC	11.00am MP BCP	11.00am MP BCP		At Gunthorpe
Morston	9.30am HC BCP		9.30am MP BCP		At Gunthorpe
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP	At Gunthorpe
Stiffkey	9.30am MP BCP	At Langham	9.30am HC	At Langham	At Gunthorpe

Parish	5 th September	12 th September	19 th September	26 th September
Bale	9.30am HC		9.30am HC	
Field Dalling		11.00am CFS	At Saxlingham	11.00am MP BCP
Saxlingham		At Field Dalling	11.00am HC	At Field Dalling
Gunthorpe		11.00am MP BCP	4.30pm Silent Meditation	
Sharrington	9.30am HC	9.30am MP BCP	9.30am MP CW	9.30am HC
Binham	11.00am HC	11.00am MP BCP	11.00am MP BCP	9.30am HC
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP
Stiffkey	9.30am MP BCP	At Langham	9.30am HC	At Langham

Zoom Evensong on September 5th at 5.00pm. For further details please contact Ian Newton on 01328 830947 or email iannewton46@gmail.com.

BLAKENEY METHODIST CHURCH

Minister: Rev'd Jacqui Horton Tel: 01760 720858

rev.jacqui.horton@gmail.com

Samantha Parfitt Lay Pioneer

sammi.1980@live.co.uk 01263 711824

1st Sunday -Traditional Worship in the Chapel

2nd Sunday – Café Church

3rd Sunday – Garden Church

4th Sunday- Café Church

5th Sunday- Something different

ST. PETER'S CATHOLIC CHURCH

Back Lane Blakeney NR25 7NP

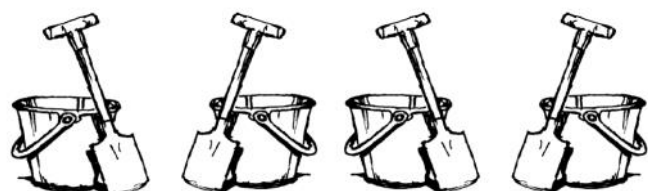
www.catholicparishofwalsingham.org.

Mass on Sunday 11am

Mass on Wednesday 9.30am

HOLT & REPPS DEANERY NEWS

A joint Deanery Evensong will take place on Sunday 1st August 3pm at Cromer Church, followed by tea.



RECTOR'S LETTER

My Dearest Friends and Parishioners,

What a year for Great Britain and Ireland, a year of challenge and sadness, and of triumph. For we, with resistance, triumphed. I had the great pleasure of asking last April in the House of Lords that did the Lords Archbishop of York and Canterbury have the authority to order the closure of Parish Churches. The legal Counsel to the Speaker of The Lords said, 'No'. The Church of England changed its rules overnight to guidance!

In our Constitution, under the laws and customs of England, the Parish Church belongs to the Rector and occupies a unique place in the hearts of our people.

My heart moves out to all with pain, illness or worry. Do let me know and I shall call. Do talk to me first before asking any other clergy who live in our several villages. I am your man. So just call.

And now is Summer. Shall we enjoy it? I think we should; and pray to the Almighty for a good harvest and peace and plenty.

So may there be Peace and Plenty, Pax et Bonum, and Fiat Lux,

Yours very truly,

Ian Whittle

The Rectory, Langham 01328 830246

LOOKING AFTER LOCAL LYNX

- covers 10 villages in North Norfolk
- published every other month
- voluntarily produced by village members
- currently distributed to 1,000 households
- estimated readership 2,000 plus 800+ on-line readers at www.locallynx.co.uk

Local Lynx is a not-for-profit community newspaper, supported technically by parish councils, PCCs and, of course, our brilliant advertisers. Sometimes this covers our costs, but at others, we fall short.

Although our overall financial position is still healthy, we need to make up the shortfall. So we are turning to you, our readers, for a little help. Firstly, if you run a local business or service, please consider advertising. Secondly, we know that you value your Local Lynx and, if you would like to help ensure its long-term future, then please think about making a small donation. Six pounds a year would be £1 per issue; ten pounds a year would be a round sum, but please give whatever you feel is appropriate.

Our bank details for making a direct BACS transfer are below or you may donate by cash or cheque. Please email lynxeditor@pobox.com to arrange this.

Lynx Internet Banking and Standing Orders
Account number: 6500 4288 Sort code: 09-01-54

With special thanks to our individual donors. *Ed.*

LANGHAM DOME



If you're interested in Aviation.

If you're interested in Local History.

Then we think you will enjoy being one of our
Volunteers!

If you can spare just a few hours a month, to
explain the amazing history of Langham Dome
Museum to our visitors, please get in touch at
manager@langhamdome.org

COMMUNITY NEWS

COUNTY COUNCILLOR'S NEWS

...from Michael Dalby

Test twice a week to beat Covid-19

Everyone in Norfolk is being reminded to get tested for Covid-19 twice a week, as case numbers continue to rise in the county.

While Covid-19 cases in Norfolk remain low by national standards, at 26.7 cases per 100,000 compared to 149 across England, the rate has climbed by 13.3 per 100,000 over the past month and Public Health are reminding residents of the testing options open to everyone, including those who have been vaccinated, to help monitor and control the spread of the virus.

Litter can now be accepted at the recycling centre

Anyone who has picked a small amount of litter in the county can bring up to three bags of the waste to a recycling centre for disposal. People looking to organise a group litter pick can still contact their district council who can help provide bags, grabbers and arrange for collection of the waste collected.

As with all household waste it will be free to leave picker litter at the recycling centre. The litter will need to be bagged, with cans and glass separate for recycling, and come from public land such as roadsides and pavements.

Composting

You can now buy a cut price compost bin from Norfolk Recycles for £1 (plus delivery) This is the second year of a campaign by the county's waste and recycling team to get more people to switch to composting at home to help reduce and recycle more of their waste.

More than a third of the contents of people's bins is made up of waste that could be composted. The campaign aims to sell 1,500 cut price home compost bins online and through recycling centres, meaning that an additional 225 tonnes of waste will be composted at home each year.

Small county budget

The small county budget is now available for environmental projects as well as highways-related projects. It has been increased to £10,000 per year (from £6,000p/a).

Cltr Michael Dalby
Michael.Dalby.cllr@Norfolk.gov.uk 07504545077

...from Steffan Aquarone

One of the most consistent issues raised with me on the doorstep during campaigning was the lack of footpaths in our beautiful, rural community and I will be campaigning to improve the number of footpaths, particularly in circular walks accessible from villages, alongside my main priorities of climate change, public transport, and growing our local economy. If anyone has ideas on local footpaths please get in touch.

Steffan Aquarone 01603 327827

County Councillors' contact details:

Michael Dalby: County Councillor Wells Division - Glaven, Priory and Walsingham Parishes (incl. Binham & Cockthorpe, Brinton & Sharrington, Field Dalling & Saxlingham, Langham, Morston, Stiffkey)

DISTRICT COUNCILLORS' REPORTS ...from Dr. Victoria Holliday

Highlights of recent NNDC reports relevant to your area are:

The Coastal Partnership East has been awarded £8.5 million to look at coastal adaptation.

The relocation and build of the Wells new life boat house is progressing well with completion and delivery of the new Shannon lifeboat expected next summer.

There should be 183 affordable homes coming on stream in 2021/22: this includes 66 new affordable flats with extra care and in-house facilities in Fakenham.

29 of our care workers are participating in NCCs 'Developing Skills in Health and Social Care' project.

Environmental protection rangers have installed 'dog control' signage across the district and are patrolling areas where there have been complaints of irresponsible dog ownership.

A 'safer seals' campaign has been launched to protect these iconic animals from frizbees and dogs.

New subscriptions to brown garden bins aren't being accepted for the moment until a new supply is received.

We hope Environmental Services will keep up with the expected influx of visitors to our villages and towns and the attendant litter. Parking is already an issue and Highways have provided us with traffic cones to try and control pinch points.

Work has started on replacing the public loos in Wells and Fakenham, initially with modular buildings, but to be replaced by on site building starting in autumn.

A missed bins webform is now available on the website. This links directly with the waste contractor.

It's been a busy start to my term as your elected member with work in your parishes. Do get in touch with me if you have any issues within the district council's control.

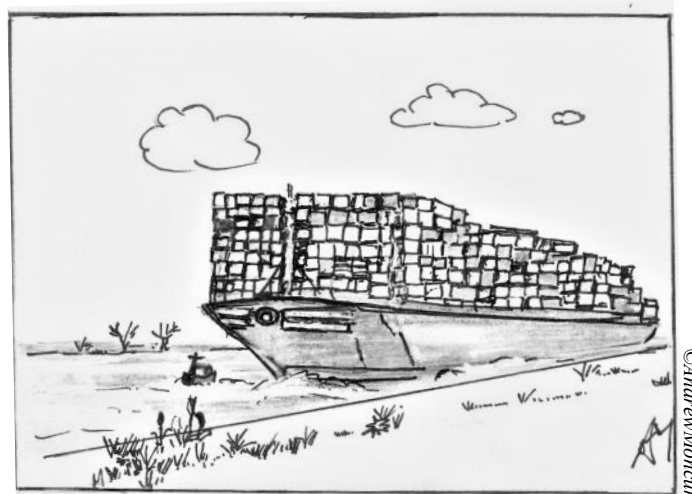
Dr Victoria Holliday

Elected Member, Coastal Ward 07557054629 or
victoria.holliday@north-norfolk.gov.uk.

...from Andrew Brown

Just over two years on from the last district elections - how time flies - we have reached the half-way point of the current administration already. It's worth having a look at just some of the things we've achieved.

- 20,000 trees planted with plans to plant another 40,000 towards our pledge of one tree for every resident in the



++ Ultra-large container ship **Goliath** calling Norfolk Broads tender **Tadpole**: "Excuse me, but which way for Potter Heigham, avoiding shipping jams on the Suez Canal?" ++

district.

- two environment forum events, implementing a climate change emergency agenda installing EV charging points in five locations and plans to tackle the council's and its business partners' carbon footprint.

- distributed over £26 million in business rate relief payments and £120 million of government business grants and identified the forgotten sectors in the government's support plan and gave grants to outdoor education centres vital for the education and mental well-being of our young people.

- delivered local homes for local needs with 108 new affordable homes last year with 183 planned for 2021/22; a number of rural affordable schemes with partners Broadland Housing with the one in Edgefield being the last of 5 schemes that won an industry award for best design in the East of England.

Finally, Covid has presented an enormous challenge to the council's staff and services. It has managed to control public facilities like car parks and toilets, high streets, promenades, the pier and beaches; run a community support service assisting with 500 food parcels and over 5,000 prescriptions. Thanks to the management of public facilities throughout last summer incidents of infection were amongst the lowest in the country despite the large numbers of visitors.

Holt development planning appeal

The long awaited decision in the appeal to the Planning Inspectorate last December for the building of 110 houses and a new two form entry primary school in

NORFOLK OPEN STUDIOS
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10.00 - 5.00 p.m.

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Friday 27th August
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Roasts 12-3 Pizzas 5-8pm

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Beresford Road was announced 3 weeks ago. Along with a number of colleagues I voted against this proposal at the development committee because Holt already had significant sites approved and the impact of traffic to and from the new school, along with failure by the county council to commit to building the school, was difficult to support in my view. The developer appealed against the council but the inspector disagreed. We did not incur any costs of the developer and the policies in our local plan and calculation of our 5-year housing supply were upheld, which is very important for defending future challenges from developers.

Cllr Andrew Brown, Stody Ward

District Councillors' Contact Details:

Richard Kershaw e:richard.kershaw@north-norfolk.gov.uk
(Binham, Cockthorpe, Field Dalling, Gunthorpe & Bale, Langham & Saxlingham)

Andrew Brown e:andrew.brown@north-norfolk.gov.uk
(Sharrington)

Victoria Holliday:(Morston & Stiffkey
victoria.holliday@north-norfolk.gov.uk

NCP NEWS

Farming in protected landscapes

Are you a farmer with land in or near a National Park or Area of Outstanding Natural Beauty in England? Our new Farming in Protected Landscapes programme (FiPL) opened for applications on 1 July 2021.

The DEFRA funded programme will fund projects that: support nature recovery, tackle climate change, provide opportunities for people to discover nature and support sustainable farm businesses. Projects must also support our Norfolk Coast AONB Management Plan objectives.

The funding will pay for farmland-based projects on one landholding or across a number of holdings which provide direct benefits to the Broads National Park or the Norfolk Coast AONB.

Some examples of projects that may be funded include:

- Restoring rivers to provide biodiversity and natural flood management benefits
- Creating connectivity between habitats, including hedge planting
- Whole farm (or farm clusters) planning and actions for water, conservation, energy efficiency and economic resilience
- Improving soil health and minimise soil loss and implement regenerative farm practices

Acupuncture at

Holt Holistic Centre

Alison Courtney BScHonAc

健康

I am an experienced acupuncturist working in Holt. My background was in nursing then midwifery prior to becoming an acupuncturist. If you need more information on acupuncture, I am happy to talk it through with you. For appointments call the clinic on 01263 711898. Home visits may be available.

Member British Acupuncture Council

Holt Holistic Centre Mobile 07790 264515
10 Station Road Holt alisoncourtney3@gmail.com
Tel 01263 711898

Taking unproductive land out of production to deliver combined nature benefits

Creating new habitat for breeding waders, or creating ponds to support a variety of wildlife

Conserving historic features on a farm, such as mill buildings or burial mounds

Supporting traditional land management industries such as graziers and reed-cutters with equipment

Creating and promoting a series of farm walks across a number of farms, providing new access opportunities

Replacing stiles with gates on public footpaths to promote easier higher quality access

Supporting a locally branded farm product initiative which promotes the links between the product and the landscape in which it is produced.

Read how you can apply on our website: <http://www.norfolkcoastaonb.org.uk/partnership/farming-in-protected-landscapes/1230>

www.norfolkcoastaonb.org.uk/partnership/farming-in-protected-landscapes/1230

If you have any further questions please contact Gemma Clark gemma.clark@norfolk.gov.uk

FARMERS APPEAL

Like all good farmers wives, at the start of the day, the topic of conversation is usually about the weather. Well so far it's been too hot, too cold, too dry, too wet, and we have been battered by the north easterly wind, so we have managed to cover everything.

Lockdown has highlighted the mental problem of people having to isolate and be alone. A farmer's life is like that much of the time, but in this area we are lucky and most farmers talk and look out for each other, but in some parts of the country isolation is a way of life.

We are all custodians of this green and pleasant land, so please let's look after it; take your litter home, stick

MORSTON STALLS IN THE HALL

10am to 4pm

SATURDAY 28th AUGUST

SUNDAY 29th AUGUST

at

VILLAGE HALL, MORSTON, NORFOLK

in aid of All Saints Church, Morston

BRIC-A-BRAC

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COLLECTIBLES

REFRESHMENTS

HOMEMADE CAKES

FREE ADMISSION

to the footpath, and keep your dogs on leads near livestock, but please be very aware of walking a dog through a field of cows and calves.

Mrs Moo is not somebody to be tangled with.

Let's hope Covid 19 is retreating and we are all double jabbed; the summer will bring sunshine and fun for us all. Stay safe.

Juliet Case

HOLT & DISTRICT DEMENTIA SUPPORT

At Holt & District Dementia Support we are now providing our full range of services and have taken the positive step of holding our AGM in person and starting the summer with an outing for all those who use our services. Our AGM was held in May and provided an opportunity for us to review how we had met the challenge of the Covid-19 pandemic and for our chair, Claire Roberts, to thank all the members for their hard work and commitment throughout the year. Presentations were made to Kate Gosden, trustee and administrator, as she stepped down from her role and Judith Follows, a volunteer from the outset of our service, who was moving to Leicestershire.

On the afternoon of 8th June, we were delighted to visit the gardens at Thorpland Hall, the home of one of our volunteers Annabel Savory and her husband

Nigel writes: "Clients, carers and volunteers began by exploring the walled kitchen garden with its extensive areas of fruit, vegetables and colourful herbaceous borders with not a weed in sight! We then ventured to admire the lake with its wildlife and sumptuous, surrounding plant before sitting down to some delicious refreshments, absorbing the bliss of an idyllically sunny afternoon in the gardens against the

backdrop of the estate's very fine Tudor house. What a wonderful way to spend a summer afternoon! We were most grateful for the extreme generosity and kindness of our hosts."

Our charity continues to provide the welcoming Poppy Café every Tuesday morning and Poppy PM every 2nd & 4th Thursday of the month; Poppy Home Visiting and our latest venture, Poppy Friends. As

the number of people being diagnosed with dementia increases, so does our need for volunteers. If you feel you could help in any way, please contact Claire Roberts - 07760 462693 or e-mail contact@holtdementiasupport.org.uk.



LIBRARIES UPDATE

Scavenger Hunt

Fakenham, Holt and Wells Libraries are running a scavenger hunt around town until 1st September. Pick up an entry form from the library. Find all the characters around the town and write them on the sheet, bring it back to the library and you could win a prize.

Free Summer Reading Challenge

Visit your local library to register your children for the summer reading challenge for children aged 5-11 and pick up their free packs. Every week there will be a different activity sheet available throughout the summer holidays.

This year the theme of the challenge is World Wildlife Heroes and it's running in partnership with the Reading Agency and the World Wildlife Fund. If your

ANTIQUES & COLLECTIBLES



**SEEKING TO PURCHASE FURNITURE,
POTTERY, GLASS, PICTURES, TAXIDERMY, etc**

**COMPLETE HOUSE ~ SHED ~ GARAGE ~ BARN
CLEARANCE, OR SINGLE ITEMS BOUGHT**



VISIT OUR SHOWROOM AT

**LEATHERINGSETT WATER MILL
ANTIQUES & BROCANTEs**

OPEN TUES/SAT 11.00 TILL 3.00



malcolminletheringsett@gmail.com MOBILE 07798 753765

PROFESSIONAL SERVICE ASSURED

child loves nature, the environment, animals, bugs and slugs this challenge is the perfect opportunity to foster a love of reading.

Most importantly the Summer Reading Challenge is fun and engaging for children. In addition it can support your child to keep up with their reading during the long summer holiday and nurture a life long love of books with all the benefits that brings.

The Library and Information Service is also hosting some exciting children's author and storytelling events on-line. This includes award winning author, vet, and wildlife enthusiast Gill Lewis and children's TV presenter, author and vet Jess French. To find out more and to book on to our events visit our Norfolk Libraries webpage and follow the links to the Summer Reading Challenge. www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on/summer-reading-challenge.

Study space can now be booked in library by calling 01603 774777. This helpline is available 10am-6pm Monday to Friday, and 10am-4pm Saturday.

You can book one two-hour session per day. We will clean the area between sessions.

Borrowbox

Borrowers can now access hundreds of free audio books through Borrowbox <https://norfolk.borrowbox.com/>.

For further information on how to access this resource with your library card, along with information about ebooks, emagazines and more, follow this link: <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/find-an-item/ebooks-and-audio>.

MOTOR NEURONE DISEASE VOLUNTEERS

A rewarding way to make a difference locally

Do you enjoy listening to and helping people? Are you looking for a volunteering role which fits in around your family, work, studies and other commitments? By giving just a few hours a week you could make a huge impact.

As an association visitor for the Motor Neurone Disease (MND) Association you would maintain contact with people with MND, their families and carers by phone, email, via online platforms, or with face to face visits, when permitted. The role is a challenging but rewarding one. By offering confidential emotional support, information and help to access the right

services, you can enable people affected by MND to live their lives more easily.

Katie Moore, association visitor with the local West Norfolk Group says,

'Being an association visitor is a really rewarding role. It is a privilege to be able to support people in difficult times, and to know that you can make a difference in someone's life. It's not always about the big things, sometimes just being there is enough.'

Nina Hicks whose late mother, Pamela Tresize had MND commented on the support they received from their association visitor Steve and the support they received from the Kings Lynn and West Norfolk group:

'Because MND is so complex and individual it takes an amazing person to volunteer and I am forever grateful to Steve Thorn and the compassion he showed my mum. MND Kings Lynn are exceptional. They provide endless support emotionally and through the provision of information for both the patient and their families at diagnosis, during the illness and afterwards. They are irreplaceable and I thank them every day for everything they did for my mum and continue to do for me. They made a horrific situation a little easier and I will continue to raise money for them.'

For more information on how you can become an association visitor, or if you have any other skills to offer, please contact Liz Cooper, local Area Support Coordinator on 01604 800620 or email liz.cooper@mndassociation.co.uk. Alternatively, you can find out more about MND, the association, the association visitor and other roles and apply online at www.mndassociation.org.

BALE

Contact: Maggie Thomas 01328 822481
maggie2403@icloud.com

BALE VILLAGE HALL

Just when we were getting excited at the prospect of the first social event in the village hall for 18 months (Pizza Party, 17th July), we received news that restrictions were not going to be lifted until 19th July. How very disappointing to be so tantalisingly close! Efforts to reschedule the event have so far been unsuccessful so it looks as though our next big social



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event will be the annual Bale BBQ. This will be held on Saturday 28th August, 6.30pm for 7pm.

For those new to the village, the Bale BBQ is not a couple of bangers thrown into a bun. No, it is barbecued lamb rubbed with spices, lovingly prepared by our resident culinary genius, Alastair, ably assisted by Paul. Delicious vegan and vegetarian options are available, too. Main courses are accompanied by a selection of vegetarian salads, mainly with a Middle Eastern vibe, all utterly scrumptious.

If the Pizza Party cannot be rearranged, the BBQ will be free of charge to Bale residents. Otherwise, the BBQ will be £15 per person. Please book the BBQ via the Bale Village Whatsapp Group. If you are not a member of the group, contact me on maggie2403@icloud.com or 01328 822481.

Hot on the heels of the BBQ will be the first Fish and Chips night since March 2020 so put Friday 10th September in your diary. Fish and Chips evenings are held on the second Friday of each month at 7pm. No need to reserve a place but you must order beforehand by 6pm at the latest via the Bale Village Whatsapp Group or, if you are not a member of the group, phone Anne on 01328 878355. Pay Anne or Margaret in cash on arrival at the hall. Payment cannot be made by card or cheque. BYO wine/beer/soft drinks and don't forget to bring money for the raffle! Glasses and cutlery are supplied.

Looking still further ahead, the Harvest Supper will be held on Saturday 2nd October at 7pm for 7.30pm. Please contact Paula on 01328 822012, at pjmbale@icloud.com or via the Bale Village Whatsapp Group to reserve a place.

Information on events will be posted on the village noticeboards (outside the village hall and next to the phone/defibrillator box opposite the church). However, things change at short notice in these interesting times so, if you want to be kept in the know, it is advisable to belong to the Whatsapp Group. To join, please contact Alastair on 07791 456819 with your mobile number.

Maggie Thomas

WILD BALE

Wildflower meadows

Wildflower meadows are one of the keystones of the natural habitats in the UK supporting the life of many thousands of insect species and therefore the ecology of our entire natural world. The loss of one wildflower triggers the failure of an entire eco-system as we are beginning to realise, watching the natural world be



depleted around us.

In the UK during one generation, 7.5 million acres of wildflower meadows have been destroyed. The main culprits have been poor agricultural practices

begun in the 1930s; the construction of large-scale house and commercial buildings; building on river flood plains and the expansion of road/railway infrastructure. The remaining 2% of historic wildflower meadows are even now under pressure from development.

Our wildflower plants are not only part of our ecosystem but have multiple benefits: many are edible and have medicinal properties that have been used by humans for thousands of years. Large areas of wildflower and natural grassland also act as carbon sinks, essential to life on earth.

In Bale we are fortunate to have the meadow, opposite Manor Farm, that is now in full flower. The churchyard meadow, instigated by and watched over by Richard Scott is beginning to show much promise.

The cornfield wildflowers, corncockle, corn marigold and mayweed, are now rarely seen in Norfolk and will disappear altogether within the next 25 years.

Having re-read the first half of this article, I realise it sounds rather grim and pessimistic. However, the rewilding of intensively farmed land (a World Wildlife Fund initiative) is improving and protecting existing wildflower meadows and the work of the Wildlife Trusts is helping to reverse the loss.

Creating an area of wildflowers in our gardens is easy to do and requires very little work. As summer draws to a close we can collect seed heads and sow



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them in a sunny spot in the garden. The reward will be a colourful display of wonderful native flowers that will benefit many species of insects, small mammals and birds before they, too, disappear. *Paul Laurie*

ALL SAINTS' CHURCH

Church services are now back in a regular pattern with Holy Communion at 9.30am on the first and third Sundays of the month. At time of writing, the 'all clear' hasn't been issued to allow us to sing our hymns but it is to be hoped that from the beginning of August we will be able to raise our voices once again and enjoy the services as they are meant to be.

We are grateful to all those who have volunteered their time to clean and decorate the church, both those who deserve long-service medals and the new recruits. The resident bats are doing their level best to challenge the cleaning teams but I think we are winning!

Harvest Festival will take place on Sunday 3rd October at 9.30am. Gifts of food to decorate the church will be welcome. Please leave your offering in the porch on Friday 1st or Saturday 2nd. All produce will be donated to The Benjamin Foundation after the service.

PM

HUNDRED CLUB DRAW RESULTS

If you would like to join the 100 Club, please pay the annual subscription of £12 into a/c 10142182, sort code 20-30-81, using 100 and your surname as the reference. The draw is held on the second week of each month.

May 2021

Fiona Milsom	£25	Richard Scott
Nick Newbury	£10	Anne Peppitt
Theo Jewitt	£5	Kris Clarke
Sybil Nash	£5	Sarah Mitchell

June 2021

BALE BOOK GROUP

Midnight in the Garden of Good and Evil

My book choice was *Midnight in the Garden of Good and Evil: A Savannah Story* by John Berendt, first published in 1994 and described back then as 'perfect storytelling'. I remember reading this for the first time while on holiday in Spain and being intrigued by this new genre of writing, taking real events, characters and places to create a non-fiction novel.

Berendt, a journalist from New York, took up residence in Savannah



for an extended period of time. The book is based on the people he met, the events that happened, the responses to those events and, most importantly, the place. Although the main event is a real-life murder of a young male hustler and the subsequent trial of Jim Williams, international antiques dealer, collector and prominent member of the Savannahian elite, this text is really about Savannahians and Savannahian society. We meet a range of eccentrics, poseurs, snobs, sorceresses and fraudsters within the evocatively described historic townscape of Savannah.

The majority of the group enjoyed the book, particular highlights being some of the larger-than-life characters: Luther the Inventor, The Lady Chablis (Grand Empress of Savannah), Minerva and Joe Odom. To describe these characters in more detail would be a spoiler, suffice it to say that they are highly entertaining with some hilarious one-liners.

Most book group members were drawn in by the detailed descriptions of the town squares and buildings as well as the broader cultural tropes often associated with the deep South of the US. None of us had visited Savannah but many of us, having read the book, felt we would like to go there. One of the main buildings, The Mercer House, scene of the murder, is now a museum and part of the tourist trail spawned by the novel. The book has also been made into a film with some of the real-life characters playing themselves.

Sub-themes of the book were discussed: power, wealth, local politics and how the criminal justice system (police, courts and prisons) is open to manipulation if your heritage, race and sexuality don't fit.

The overall conclusion was that it is an entertaining book with evocative descriptions of a town and landscape peopled by likeable, engaging, quirky characters. A really good holiday read. *PJT*

EVEN MORE FOOD FOR THOUGHT

...(sorry)

You'll be pleased to know that I'm going to try to make this effort mercifully short on account of the fact that I'm way past our lovely and very patient rep's deadline and I'm about to scoot down to Devon to an actual social event with actual people from outside my (small but perfectly formed) household. The impact of the Covid-19 pandemic still looms large, though, over the wedding that Paul and I will be attending. I'm writing this as England are about to kick off against Denmark in the Euro 2020 semi-final and it's not lost

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on me that 60,000 strangers are being permitted to gather cheek by jowl at Wembley while 30 fully-vaccinated old friends are not allowed to stay together in the house we booked to celebrate the marriage of the much-loved couple. But logic and politics never were the most companionable of bedfellows.

So, the wedding has turned into an all-hands-on-deck kind of thing. We've managed to retain the services of the caterer for the main feast on Saturday night but everything else has gone south. We're bringing food to share for the first night: ambitious theme, chosen by one of the brides; small plates, Persian-style. Twelve people can stay in the house in two (rule of six) groups. The remainder are bringing tents. I'm in the house in case you were wondering.

As penance, I'm making lunch for everyone on Saturday before the ceremony. A few of those attending are vegan so I'm making a mostly vegan lunch, by which I mean most of the dishes are going to be vegan rather than I'm only going to use a small amount of chicken stock in the cooking. One of the dishes I'm going to cook had its first public airing in Bale at last year's August bank holiday BBQ. It went down very well, hence the reappearance, and it's from Yotam Ottolenghi's book, 'Simple'. I won't tell you what I think of the book but I do love this dish of slow-cooked runner beans in tomato sauce: brilliant if you grow your own and have a glut.

For four people you will need:

- 2 tbsp olive oil
- 2 onions, roughly chopped
- 3 large garlic cloves, crushed
- 2 tsp cumin seeds
- 1 1/2 tsp hot paprika
- 3/4 tsp ground nutmeg

- 1 tbsp tomato puree
- 500g runner beans trimmed and sliced into 1 inch pieces
- 1 tin chopped tomatoes
- 500ml vegetable stock
- Herbs of your choice (coriander, parsley, dill, mint)
- Salt and black pepper

Put the oil into a large pan with a lid and place on a medium heat. Add the onions and fry gently until they start to colour and soften, stirring now and then. Add the garlic and all the spices and cook, stirring, for a couple of minutes. Add the tomato puree and cook for a further minute or so then add the beans and stock as well as half a teaspoon of salt and some black pepper. Reduce the heat a little and cover the pan. Cook like that at a simmer for 30 minutes, checking from time to time that it's not sticking to the bottom of the pan, then remove the lid and continue cooking for another 30 minutes until the sauce is thick and the beans are completely soft. Remove from the heat and stir in the herbs.

This dish is best eaten at room temperature and is even better the next day. *AM*

BINHAM

Contact: Liz Brady 01328 830830
lizsdavenport@gmail.com

BINHAM PARISH COUNCIL

The impending release of the national lockdown is fast approaching, but uncertainty remains as to whether all restrictions will be lifted due to the increasing rise of Covid infections associated with the Delta variant. The Prime Minister has indicated that the plan is to ease the restrictions on July 19th as planned. We are advised and asked to take personal responsibility as to how we individually respond to social distancing ending, face masks no longer mandatory and limits on gatherings removed. So, vigilance and common sense will still play a large part in what we do as individuals and communities to 'manage' and live with Covid in the future. Many test events for example Euro 2020, Wimbledon, horse racing, festivals, visits to the theatre and cinema and many more have taken place. The data collected and analysed will inevitably influence the future norm, whatever that might be. We should remain

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mindful of any conditions for our own and collective wellbeing.

The Village Hall Annual Meeting under Covid rules was attended by 36 villagers all socially distanced in the Memorial Hall on evening of 21st June, despite delayed release of the National Lockdown. What an amazing turnout. The PC and Memorial Hall Trustees were thrilled to welcome so many, especially the new residents by way of reports from village groups including plans for the upcoming lockdown release and 2021.

Since my last report, the PC has been busy keeping our heads above water ensuring that those plans I outlined previously are taking shape and that we respond to problems that might have arisen in the village, necessitating PC consideration and action. To report the village is keen to keep the remaining red telephone box on Front Street which will require more work prior to taking ownership. Litter and cold calling will be discussed at the next PC meeting in July.

The challenge of how does the PC respond to complaints and worries about speeding into and through the village? My comments in the previous article (L138) may have appeared to be unresponsive to those who complain or indeed experience speeding vehicles past their properties. As a result a thorough review of the SAM data since February 2020 to date has been undertaken. There is speeding especially off the long straight road on entry to the village from Hindringham. The plan is of course to reconsider the best way forward in making the village safer with respect to traffic. Norfolk County Council are generally responsive but any additional signage costs money (ours) and must be positioned under guidance to avoid additional hazards that could inadvertently cause accidents. Fortunately, the accident rate is low despite the many potential obstacles such as concealed driveways, huge farm, delivery vehicles, increasing volume of traffic as COVID restrictions are released and the holiday season that is upon us.

Driving across the village green in recent months has been brought to my attention. The PC's response is that no one should park on or drive across the village green at any time unless they have 'prescriptive property rights'. Village greens are precious pieces of land and should be looked after if only to maintain the space for village gatherings for example special occasions not least The Queen's Platinum Jubilee celebrations in June 2022.

By way of explanation of a recent early surge of

large vehicles passing through the village in recent weeks two examples are reported. Disruption in terms of noise and inconvenience to parishioners and walkers alike has been reported to the PC. Two main reasons, Egmore Energy harvested forage rye in the area including some acreage close to the village although delayed because of the weather. This involved a route through the village for full trailers under strict conditions, without any undue inconvenience or mess. The second being the construction of a pop-up campsite, Barley Fields Camping opened on 1st July, off Field Dalling/Binham Road. This resulted in complaints of constant noise and damage to roads and verges over a period of a month close to the machinery route. The village is much quieter now, settling down ready for the summer influx as schools break up for summer holidays.

The PC would always welcome any concerns and comments and try to respond in a timely and appropriate manner. Therefore, please feel free to contact either myself as chair (lizsdavenport@gmail.com) or the parish clerk Mrs Sarah Hayden (sarah352hayden@btinternet.com).

Elizabeth S Brady, Binham PC Chair

BINHAM MEMORIAL HALL

www.binhamvillagehall.co.uk

Slowly and steadily, it appears that we are hauling our way out of the pandemic which is such good news. The hall has held some weddings, and more are on the way for the rest of the summer and into the autumn.

It was marvellous to see so many people at the hall AGM and parish meeting in June and we are delighted to have found two new Trustees who are very welcome.

We even have some dates for your diaries! The Binham Village Show and Fete returns on Sunday 26th September. The timings are to be confirmed but as always keep an eye out on the Facebook page, the website for show classes and notices will go up nearer the time. We also have the Harvest Lunch on October 3rd and a fundraising quiz on October 9th. It is so exciting for us to have some actual plans and we are all very much looking forward to seeing many people there.

Boringly, we have been absolutely plagued once again by people dumping bags of rubbish by the recycling banks. This is so needless and thoughtless, and we are tired of having to tidy up – probably as tired as the village is of it. A man in Thetford was fined £300 in June for dumping a sofa by a bottle bank and while it has not been as bad as a sofa – which would be awful –



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it is a revolting thing to have to deal with. So, if you can spread the word that fly tipping is illegal and disgusting then that would be very kind.

There are a few numbers left in the 100 Club so do contact June Read via the contacts page on the website to become a member.
Mary Hunt

BINHAM PRIORY CONCERTS



Brook Street Band

Saturday, 7th August, 2021

Matinée Concert: 4 pm

Evening Concert: 6.30 pm

We are delighted to present, albeit under Covid restrictions, a concert by Brook Street Band, one of the country's leading exponents of baroque music.

Programme

George Frideric Handel (1685-1759): Trio Sonata Op.5 No. 4 (G Major)

Johann Sebastian Bach (1685-1750): Trio Sonata BWV 529 (C Major)

Handel: Trio Sonata Op.5 No.3 (e minor)

Bach: Trio Sonata BWV 525 (E flat Major)

Handel: Trio Sonata Op. 5 No.6 (F Major)

Entrance by pre-booked tickets, limited to 50 for each concert (£20, including glass of wine) from 01328 830362, davidfrost226@btinternet.com.

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BINHAM VILLAGE PLANS

Post Covid lockdown

Cosy Club

Wednesday August 18th and Wednesday September 15th at 2 - 4pm. Do come along for a cuppa, cake and chat at Binham Memorial Hall.

Binham Yard Sale

Sunday August 1st at 10 - 3pm, Proceeds to "Brighten up Binham". For more details, please ring Liz 07435 788221, Janet 01328830652, or Angela 07885 911015 and for a map and details The Chequers.

Christmas Fair

Saturday November 20th at 9.30am - 2pm in Binham Memorial Hall.

Wanted - Any books please. For details ring Liz 07435 788221.

FRIENDS OF BINHAM PRIORY

Rainwater penetrated the roof of Binham Priory church causing worrying leaks dangerously close to the organ. The problem, made worse by our excessive winter rainfall, has now thankfully been remedied and the Friends of Binham Priory were able to step in and foot the bill.

This is the second time in recent months that we have been asked to come to the rescue for repairs. Around Christmas we were able to pay for urgent electrical work, part of which kept the priory church safely lit.

We can only provide assistance, like this with the help of membership subscriptions and income we generate from running events. Like numerous other charities, we have had no events for more than a year. So, today we would like to say a very big thank-you to our loyal supporters who have stayed with us. Without you we would not be able to do our bit towards keeping this magnificent grade 1 listed building up and running.

We will soon be announcing the November date for our postponed talk by Peter Brookes, political cartoonist for The Times. A year later than anticipated, we also have our special anniversary members' event in hand. Members will receive personal invitations. Those who come along to our fundraisers will know how much effort we make to give our audience a good time. We really look forward to seeing you again.

Now, as confidence grows in planning ahead, we need more members to take us into the future. We would love to welcome newcomers to the area as well as established residents who may not have thought of

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joining us. Membership costs from just £10 per year.

If you would like to know more about us, please visit our website where you will find lots of interesting Binham pictures and information as well as details of how to join us. The address is www.friendsoffbinhampriory.weebly.com. We can also be contacted by email at friendsofbinhampriory@gmail.com.

BINHAM ART GROUP

The Art Group has now restarted classes on Tuesday mornings, in the Memorial Village Hall after painting en plein air in the grounds of The Chequers for the last six months. The Art Group would like to thank Sarah, Simon and Team Chequers for their kind hospitality during that period, it's been eventful painting in all weathers!

The Binham Art Group will be holding its annual art exhibition over the weekend 14 and 15th August, although, on this occasion, the usual preview evening will be limited to invited members and their guests only.

Robin Townend

BINHAM MEMORIAL HALL

100+ Club winners

June winners: £25 Mrs Carolyn Raymond, £10 Liz Brown, Kevin Cooke, £5 Jane Grange, Alex Howell, Sarah Day.

If anyone would like to join the 100+ club, please call at 8 Priory Crescent or ring June Read on 01328 830106.

HINDRINGHAM & BINHAM OPEN CIRCLE

Hello everyone just to say I've provisionally re booked some speakers for September to December. Who knows if we will get to meet up! I am proposing we meet informally on the playing field at Binham on Thursday 22nd July from 6.30pm. Suggest those who want to meet bring a deckchair and their own drink and nibbles. There is parking there too. I will send out a reminder email on the day having checked the weather. If you're not on my usual list, you can either give me a ring on 01328 878487 or email me

fannyasher@hotmail.co.uk. If you're not a member and are interested in joining do come along and meet us

It would be lovely to see you there. *Sue Elkins*



FOOD FOR THOUGHT

The happiness of life is made up of minute fractions
- the little soon-forgotten charities, a kiss or smile,
a kind look, heartfelt compliments, and friends
with whom you dare to be yourself.

COCKTHORPE

Contact: Maurice Matthews 01328 830350
maurice.matthews@peppard.net

No news from Cockthorpe this time.

FIELD DALLING

Contact: Julie Wiltshire
julie_wilson75@hotmail.com

ST ANDREW'S CHURCH

Services in church continue each month with a family service on the second Sunday and morning prayer on the fourth Sunday, both at 11am; you will be very welcome. We hope that coffee might return shortly!

We also hold an online service at 5pm on the first Sunday of the month, but as Fiona and I are camping on Islay with our grand-twins, we will have a gap in August. If you need details of how to access Zoom services, please contact iannewton46@gmail.com.

Many people who might be new to the area may wish to know that the reverend rector for the churches in our area is Ian Whittle who lives at The Rectory, Langham, telephone 01328 830246.

BLESSING OF ANIMALS SERVICE

8th August at 11am

So many of us grow very fond of our animals. This is a great opportunity to bring them along to a short service in which we will ask God to bless them, and to thank him for the companionship (as well as worries!) that they give us.

You and they will receive a warm welcome! We tend to sit in pews away from other dogs, so they seem to feel nice and secure with their owners.

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BEREAVEMENT GROUP

Friday 13th August at 4pm

To be held at Manor Farm Cottage, Field Dalling. Support group for those who are dealing with loss, enabling fears and worries to be freely expressed and allowing healing to take place. Contact Fiona Newton on 01328 830947 or fionanewton46@gmail.com.

VILLAGERS' HALL

AmazonSmile

If you shop on Amazon, please consider using the AmazonSmile service where Amazon make a small charitable donation to your chosen charity when you make a purchase, and if you make regular purchases, it all adds up. As the Villagers' Hall is a registered charity, we have recently set this up on the AmazonSmile service. All you need to do is logon via www.smile.amazon.co.uk using your normal logon credentials (username and password) and select **Field Dalling and Saxlingham Village Hall** as your chosen charity. Going forwards, always logon via www.smile.amazon.co.uk and you will see the same products and prices as through the normal Amazon route. Any funds received to the Villagers' Hall via this service will be greatly appreciated. Thank you.

200 CLUB WINNERS

May	June
£50 Carolyn Hayward	£50 John Rayner
£25 Bridget Newman	£25 Jo Cox
£15 Kathy Chestney	£15 Nick Deterding

A reminder that volunteers are required to take this over from October.

GUNTHORPE

Contact: John Blakeley 01263 861008

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FOGPC

50/50 Club Draw Results

May	June
Julian Hammond £25	Hilary B-J £20
Alex Worrall £20	Lisa Rush £15
Niamh Shelkin £20	Dave Godin £5
Keith Webster £15	Carol Finch £5
Jessie Lindsay £15	Peggy Corney £5
Marcus Aitman £10	Dorothy Tomic £5
Donald Burton £10	Chrissie Whyman £5
Lindy Soame £5	
Aden Price £5	

The May 2021 "Super Draw" was the last for the June 20 – May 21 year's subscriptions. Thanks to great support from both existing members and new villagers we have started the new year's June draw with over 130 members. In 20/21, and even without the coffee mornings, the 50:50 Club contributed £873 to the Friends and Friends subscriptions and donations for 21/22 already amount to £1,073.50 as this edition went

to press.

We can still take more members so if you have not yet joined please consider doing - so more members not only means more for the Friends but also more cash prizes. If you would like more information on the 50:50 Club please contact either Myfi Everett on 01263 860035 or John Blakeley on 01263 861008.

As announced in Lynx issue 137, and subject to the current plans to get out of the Covid restrictions coming to pass, we still hope to re-start the monthly coffee mornings on 25th September 2021, but this will be confirmed by e-mail and the usual board being put out.

John Blakeley

ST MARY'S CHURCH NEWS

The settled pattern of an 11am service on the second Sunday of each month continues, usually Morning Prayer/Matins but sometimes Holy Communion; whenever possible taken by the Rector Ian and accompanied on the organ by Martin Jacklin (whose extempore variations at the end never cease to delight),

There are two anxieties.

The first is the almost overwhelming growth of vegetation in the churchyard. We would be sunk without the excellent mowing, and other work, of Stephen Fisher - kindly funded by The Friends of Gunthorpe Church. Stephen is keeping open the pathways to the back of the graveyard and the dell with the fine chestnut, where there is now an extra bench on which is written "God bless The Friends of Gunthorpe Church".

The second anxiety is more alarming – financial. The cancellation for two years of the Gunthorpe Fête has left a large hole in the already depleted church coffers. Thanks to so many in the village the fête always raised very substantial funds, shared equally between the church and the Village Institute. The Friends generously provide money for the upkeep and maintenance of the fabric of the church and the churchyard but cannot (by their necessarily secular constitution) help with what the church needs to keep it going as an active church - with an incumbent for services including at Easter, Harvest Festival and Christmas Day, and importantly for weddings, funerals, memorial services, and baptisms. For these, and the provision by the Diocese of our Rector, we face the need of having to raise substantial funds by other means.

One of the church gates has temporarily been safely removed by Jeremy Denholm and his team at The Hall for repair.

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FRIENDS OF GUNTHORPE PC

At the time this article went to press the Friends AGM had been provisionally arranged for 28th July and if this takes place a full report will appear in Lynx issue 140.

In the meantime, I would like to thank the committee for 'standing-by' and all members for your continued support in these difficult times. A special thanks as always to John Blakeley for keeping in touch with everyone, chasing and collecting all the subs and running the 50/50 club 'remotely' with Myfi. A big thanks to Myfi as well.

If, by chance, you have not joined the Friends and/or 50/50 club for this year – and wish to – or are new in the village and would like more info - please get in touch - marievalk@aol.com - or- jbconsult@btinternet.com - and we will get the information to you.

The year's accounts are being put together by our treasurer, Richard Redmayne – many thanks to him! – and his report will given at the AGM. More thanks are due to Dan and Virginia Worsley, who along with Richard Redmayne make sure the church is clean and tidy and ready for services once a month. Dan and his cousin Brian have been working very hard to clear the 'dell' to the north of the graveyard and it is now a lovely place to meander...this is a great bonus as there has not been a churchyard clear-up this year due to Covid. We hope to have one in the future, but the churchyard is looking very good, and the church guest book has comments on how well it is all kept. Thanks so much Dan, Ginny, Richard and Brian for all your hard work.

We hope Covid rules will be such that we can have a harvest supper in November and gather together again. Until then I send you all my sincere thanks and very best wishes. Stay safe and well. *Marie Denholm*

VILLAGE LYNX REPRESENTATIVE

I have been the village Local Lynx representative for the best part of 15 years and I'm afraid that old age and changes in family personal circumstances mean that I now need to ask another villager to take on this role from no later than the end of this year. The task is not onerous but involves a few hours every couple of months to collate and indeed commission articles and submit them in the correct format to the editor. You need to be reasonably computer proficient with Word etc and have an e-mail address. Many articles are regularly contributed by others, and I would, for example, continue to offer the FOGPC article and



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possibly items where I have the background knowledge to help.

If you may be interested and would like more information, please give me a call on 01263 861008. Thanks. *John Blakeley*

LANGHAM

Contact: Christina Cooper 01328 830207
christinacooper27@googlemail.com

FROM THE REGISTERS

Holy Baptism

Ophelia Elinor Stafford Allen
Sunday June 20th 2021

ALLOTMENTS AVAILABLE

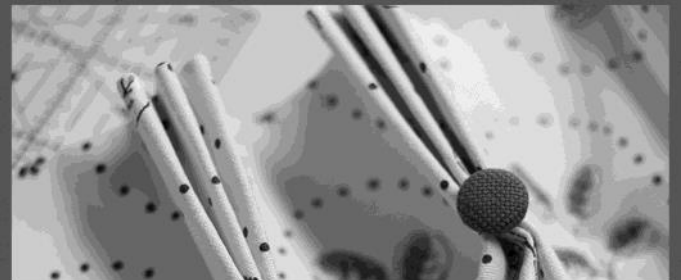
Allotments have recently become available in Langham. It's not too late to plant some vegetables for late summer picking, so if you have always fancied trying your hand growing your own, now is your chance. If interested, please call Cavin on 01328 830444 for more information.

BLOOD CANCER SALE

July 17th – Outside Langham Village Hall

You will all have seen my intentions in the last edition of the Lynx. I thought I had everything organised as the lockdown was to finish almost a month before the Sale date of July 17th. How wrong I was! At

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first I thought to cancel and then I discovered I was too late to withdraw advertisements, so after a lot of thought and discussion with my husband we felt it best to do a scaled down version.

The main concern was that people who have supported us over the years would arrive in Langham and find no 'Sale' at the Village Hall. I felt very unhappy about this so decided to go with it - with spare masks, hand sanitizers and fingers crossed for a fine day!

Peter and I have been raising funds for Leukaemia Research, which has now been renamed Blood Cancer, for over 50 years and we both feel that this Sale will have to be the last one of this type that we can do. Perhaps something smaller in the future may be possible.

On that note I want to say a huge thank you to all the helpers and everyone who has supported us in any way over the years.

Best wishes to you all, Maureen.

MOBILE POST OFFICE

The weekly Langham Mobile Post Office van has changed its opening hours (to accommodate additional visits at Weybourne and Baconsthorpe villages). The van now visits Langham Village Hall car park from 8:50am to 9:20am every Wednesday.

Whilst we're not expecting any further changes in the coming weeks, the latest/current times are available online here: <https://www.postoffice.co.uk/branch-finder/7181310/langham-mobile-service>.

FACEBOOK PAGE

Just a reminder that Langham village has its own Facebook page:

<https://www.facebook.com/LanghamNorfolk>

Posts include found cat, found 'Cloudseley' rabbit, technical tips, the occasional 'What's On', requests for compost and more!

HELP!

Who would like to help mow the churchyard?

We have a very good ride on mower that mulches the cuttings and a full mow takes about 2 hours.

Mowing is required once a month in March, April, May, twice a month, in June and July, back to once a month August, September and October and maybe a little more.

I can confirm from the hour meter on the tractor how

many hours per year as it's logged on the service each year and it's about 20 hours/year.

Surely there is someone who would enjoy trundling around to produce a beautiful lawn! There is a small annual recompense.

Barbara North has decided to step down after 5 years and the PCC are very grateful for all the time she has put in to keep it shipshape.

Adam Pitchford, Adam's Ariel's, has also had to retire from the strimming and we are very grateful for his work over the last 3 years.

Please let me know if you are able to help.

Edward Allen, Churchwarden 01328 830276

PARTY ON THE PARK (Playing Field Actually!)

At last the ending of the Covid restrictions seem to be nearly upon us. We have been kept at a distance from each other since March of last year, and it has been very difficult for most of us.

So, a party to say "hello again" for all, "thank you for being there for me" for others and "yayyyyy, party" to some (I'm at the head of that group!) is being organised on the playing field on **Sunday 29th August 2021**. Timetable of events are:

5pm Family rounders

6.30 - 9pm Live music (band to be confirmed, but we're excited!)

6 - 8pm BBQ (meat & veggie options) – cash only

5 - 9.30pm Licensed bar – cash only

As the party is on a Sunday night (bank holiday weekend), don't forget the pub serve pizzas until 8pm.

The ever popular "wheelbarrow of booze" will once again be the raffle prize.

Marianne Atherton M Sc LCPH MARH

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So, don't forget your chairs/picnic blankets and invite all of your friends because the more the merrier! Any monies raised will be donated to the Street Fayre 2022 funds.

LANGHAM DOME

Dedication of the Langham Dome Spitfire Saturday June 26th 2021

It was with great relief that the day finally arrived to go ahead with our long planned Dedication Day.



Our magnificent replica Supermarine Spitfire, which was initially erected last August, was to be dedicated to Richard Younghusband who was tragically killed when his Spitfire crashed at Langham in 1953.

The unveiling of the newly engraved Memorial Plaque was to be carried out by Guy Martin, famous for his television programmes on all types of vehicles, whether it be planes, motorcycles or automobiles!

The day got off to an exciting start when Guy was flown down to Norfolk from Lincolnshire by one of our Trustees, Henry Labouchere, in his wonderful Tiger Moth. After landing nearby they made the journey by road in Henry's little Austen Seven, with Guy at the controls this time, Henry being more than a little alarmed at Guy's gear crunching!



The ceremony which took place on 26th June, had originally been planned for last summer, and looked like being cancelled again when the Government moved the date for Covid restrictions to be lifted to July.

Our chairman, Patrick Allen first discussed the situation with local MP Duncan Baker, and then the Cabinet Office who, thankfully, gave us permission to go ahead with the ceremony.

The blessing on the day was performed by Professor Roger Bland, a lay-preacher in the Diocese of Norwich, who was good enough to stand in when the Reverend Ian Whittle



was forced to step down at the last minute.

It was a happy occasion, with invited guests arriving to be checked in by Ian Jarvis, one of our long standing volunteers. The day was hosted by chairman of the Friends of Langham Dome, Patrick Allen. Our grateful thanks to Guy and Professor Bland for their time on this special day.

The Spitfire stands in the gardens of Langham Dome Museum, an anti-aircraft gunnery training site, built in WW2. The Langham Dome is the only one of its type in the British Isles that is in good repair and open to the public. Therefore this unique building's history cannot be experienced anywhere else in Britain. Small building. Big Story!



If you are interested in joining our group of Volunteers please get in touch at admin@langhamdome.org or telephone on 01328 830169. We would be so pleased to meet you.

*Deborah Wilson Senior Coordinator
On behalf of the Trustees of Langham Dome.
Photographs courtesy of Jamie Sampson*

STALL ON THE GREEN (Opposite the Blue Bell)

Do come and support us at this traditional and social event, meet new people and have a chat.

If you can, please bring along some produce or a cake; all will be gratefully received.

We hope to be in operation, government guidelines permitting, on all Saturdays in August: 7th, 14th, 21st & 28th from 9.30am – 11am. Proceeds are for Langham Church General Fund.

If you would like to help on a stall please contact Janet Allen on 830276.

MORSTON

Contact: Jock Wingfield 01263 740431
jocelynwingfield@gmail.com

DIARY DATES

Saturday 28th and Sunday 29th August Morston PCC stalls in the village hall, 10am to 4pm - books, crafts, toys, bric-a-brac and refreshments.

Friday 17th September, Crab Supper & boat trip to Blakeney Point. Leave 5pm from Morston Quay. Tickets from Mary Athill 01263 740306.

Saturday 16th October Friends of Morston Church Shovell Dinner in the Anchor. Talk by Charlie Ward on 'East Coast Sailing Barges and the Building of Juno'.

STALLS IN THE HALL

On Saturday 28th August and Sunday 29th August there will be 'Stalls in the Hall'. A wide range of goods will be available in the village hall on Quay Lane including Bric-a-Brac, Books, Toys, Crafts and Collectibles. And of course there will be refreshments

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and delicious homemade cakes available. The stalls will be open from 10am to 4pm and admission is free – do come along as all proceeds are for the upkeep of All Saints Church.

CRAB SUPPER & SEAL TRIP

Friday 17 September

**Seal Trip 5pm from Morston Quay
Supper in the Village Hall to follow**

The evening includes a seal trip, local Crab with a selection of salads and lots of fabulous puddings. Tickets: £30. Wine, beer or soft drinks available. Tickets available from Mary Athill, 01263 7401306. All proceeds to All Saint's Church, Morston.

THANK YOU MARY ATHILL



On 24th June Morston Parochial Church Council gave a party to thank Mary Athill for serving as Parochial Secretary for 37 years. She has guided the council with great dedication, wisdom, skill and humour over the year and we are very grateful. The lunch party was held in Gill Kay's flower-filled garden starting off with a toast of

Prosecco followed by a delicious lunch beautifully provided by PCC members. An awning decked with bunting gave us shade and protection in case of rain. A presentation and speeches followed. It was a truly great event to match such epic devotion and service to Morston Church. Well done, Mary.

FRIENDS OF MORSTON CHURCH AGM: REPORT

The Friends of Morston Church AGM was held on Saturday 19th June in Morston village hall.

The chairman reported that this last year had been particularly challenging due to the enforced cancellation of the usual fund raising events. Despite this many people rallied round in a variety of ways to raise money for the cause, including on-line book sales (the Metcalfes), the production of an excellent Christmas album entitled "A Morston Tale" (Richard Longley and the Morris family), plant sales (Margaret Smith) and the sale of lavender bags (Sue and Margaret Smith). The chairman thanked all those involved.

The church fabric officer reported that the south aisle had been replastered and repainted and that further work is

being postponed until after this year's quinquennial inspection. There is still an estimated £135,000 worth of work to be carried out. One event was confirmed for this year: the Shovell dinner will be held (Covid regulations permitting) at The Anchor on Saturday 16th October. The speaker will be Charlie Ward with a talk entitled 'East Coast Sailing Barges and the building of "Juno"'. Tickets will be available from Peter Tibbetts (Tel.: 01263-741082; email: petetibbetts@aol.com) from 1st September. *PT*

ALL SAINTS CHURCH TYMPANUM APPEAL UPDATE

In April the PCC launched its Tympanum Appeal in a bid to raise the remaining funds required to restore and conserve the tympanum which is situated in the chancel arch of All Saints, Morston. The support for the appeal has been incredible with over £70,000 of the required £75,000 now raised. As such, with a sense of optimism that the remaining funds can be raised, the PCC has arranged for the conservation work to commence at the beginning of September.

During the conservation work the church will remain open most of the time and visitors will be able to see the work in progress as well as chat with the conservation team. It is also hoped that a live camera feed will be available so that the tympanum can be seen up close as, unfortunately, visitors will not be allowed up the scaffolding.

If you would like further details or are able to contribute to the appeal please contact Anne Rolfe at annerolfe45@gmail.com or 01263 741125. If you do visit the church you might also like to 'Sponsor a Square' of the tympanum. Individual squares of the tympanum can be sponsored for £10 and all sponsors will receive a postcard of the restored tympanum when the project is complete.



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DRINKS AND JAZZ

After a couple of years without a summer event a good number of the village enjoyed an informal gathering on Sunday evening 20th June.

Suitably distanced in the garden of The Old Rectory Caroline and Peter Robson kindly hosted us for drinks and jazz.

Luckily the rain held off so we did not have to retreat inside St Margaret's.

About half the households in the village were able to make it which was lovely with one couple even travelling many miles just for it.

So a good time was had by all and there have been suggestions that this might become an annual event.

SHARRINGTON

Contact: Claire Dubbins 01263 862261
cdubbins@btinternet.com
www.sharrington.org.uk

'MISS SHARRINGTON'

In 1951 Eric Morley started what was to become 'Miss World' as part of the Festival of Britain celebrations. The event was to promote the new fashion swimsuit, a bikini but it was not seen as a requirement for many beauty queen contests popular in seaside holiday destinations, like Morecambe, which held the 'Miss Great Britain' competition from 1956 to 1989.

Villages and towns elected 'Carnival Queens' often travelling on sponsored floats and dressed 'like a queen' with sash, crown, cloak and attendants.

It is not known when the May dances at Sharrington village hall began selecting a 'Miss Sharrington' but the 1956 dance was attended by over 200 people and Susan Salt (No 25 in the 1956 photo) was judged to be 'Miss Sharrington', receiving her sash from the estate farm manager Tom Sterland and also being elected the carnival queen for Wells-next-the-sea the same year.



Miss Sharrington 1956

Equal second were Gillian Coe and Coral Roberts.

In 1957 the winner was Sheila Willis and in 1958 21 year old Mrs Nancy Eke of Thornage won, rather than a single young lady. Runners up were Diane Manley from Bale, Winifred Pestle from Plumstead and Gillian Coe and Vera Knowles of four and five Bale Road, Sharrington respectively.

In 1959 Gillian Coe won the title and Vera Knowles and June Thaxter from Thornage were runners up in an event judged by Norwich city football captain Ron Ashman and his wife.

In 1960 Vera Knowles eventually won, presented with her prize by Col. K.C. Dempster, Commander of 47th bombardment wing USAF Sculthorpe. The 1960 photo (below) shows her in the middle, unnumbered and



runners up Pauline Berwick (11) from Brinton and Eileen Chestney (3) from Melton Constable. Also taking part that year were Ann Sands (21), Eileen Grimes (4), June Thaxton (Or Thaxter?) plus other entrants whose names we do not know.

Gillian Coe won again in 1961. The prize was a weekend for two in London, all expenses paid, a very nice prize when historically it had been a free pass to dances at the hall for a year.

In 1962 Mrs Pamela Butcher who had moved from

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Sharrington to Dereham won and runners up were Maureen Allison from Sharrington and Pauline Quantrill of Saxlingham. Officially this was the year the village hall cleared all its building debts through the hard work of the village and their fund raisers. This would also be the last time a member of the 47th bombardment wing at Sculthorpe, Major Charles Sargent, would present the prize as in 1962 the unit returned to Langley, Virginia. USAF Sculthorpe, for a decade, had been one of the UK's atomic deterrents in the cold war against the Soviet Union and the largest USAF base in Europe.

Many entrants came from further afield in Norfolk. In 1963 Elsie Smith of Norwich won after judging by three BBC employees. Runners up were Pamela Butcher and Josephine Mitchell of Guist who won the contest in 1964, one of 25 contestants judged by Norwich city footballer Terry Allcock and his wife. Runners up were Anne Kelley of Fakenham and Sylvia Wade of Foulsham.

The last recorded 'Miss Sharrington' in the Eastern Daily Press is 1969 when Jean Horne of Sharrington, was selected on the same night as 'Miss England'. Myra Van Heck. The 34 entrants showed it was still a popular event with runners up Elsie Reynolds of Wighton and Jill Chesterfield from Cromer. But was this the last 'Miss Sharrington'? *A.Abrams*

GET TOGETHER WITH CRAFT

It seemed the right thing to do to postpone the planned 1st July get together even though we had all had our vaccinations.

The good news is we are back to the first Thursday of every month from 2pm.

5th August and 2nd September has us needle felting. Bees seem a very appropriate make in August as the various species visit our gardens collecting nectar. It also means we would not be sharing equipment for anyone still worried about meeting in a group.

However you can come along with your own project instead. If you need help with your own work there is a wealth of crafting talent in the group available for advice.

We ask for a donation towards refreshments and for Sarah, our resident crafter. We look forward to seeing you at our newly refurbished village hall. *A. Abrams*



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SHARRINGTON AND DISTRICT GARDENING GROUP

Our first event of the summer was a visit to the Forever Green Flower company, tucked away off the A148, where Cel and her team pride themselves on growing high quality seasonal flowers in an ethical and sustainable way. Cel called her event a workshop but in fact it was much more. In the June sunlight we strolled through row upon row of glorious blooms, then learnt many useful tips on the preparation and storage of flowers from the moment they are picked to their presentation in the naturalistic modern bouquets for which Cel is well known. We were all amazed at how fluently and easily she put together her arrangements. It truly was a wonderfully colourful memorable evening which will certainly be in the forefront of our minds from now on whenever we reach for the vase to display our own flowers.



The long awaited summer weather continued into the following week when members and guests spent an afternoon at Thorpland Hall, courtesy of Annabel Savory and her husband. As you turn off the road into the drive which meanders through the parkland in its approach to the house you can't help feeling what a quintessentially English setting this is. Our hosts were happy for us to wander freely through the various sections of the gardens which include a splendid walled kitchen garden and a lake which can be admired in cosy tranquillity by those lucky enough to have taken a seat in the two charmingly restored shepherds' huts which look out over it. Thorpland and its gardens really did look their best in the summer sun and we enjoyed a sumptuous afternoon tea on the lawn to round off our visit.

A high point of the afternoon for those who attended was simply being able to meet up again for the first time in so many months and to get to know some new members. Our membership for 2021 is very healthy but we are always happy to welcome anyone from the surrounding area who wishes to join (email robin@daubeneyhallfarm.com).

Our September meeting will be on Thursday 16th September at 7pm in the Villagers Hall in Field Dalling NR25 7LE, when Andrew Sankey will be talking on cottage cures and superstitions.

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Looking towards autumn, plans for our annual bulb sale on Saturday 18th Sept are well advanced and will also take place at the Villagers Hall, Field Dalling, from 10am-1pm, where you can choose from a variety of selected bulbs and plants or just pop in for coffee and cake. *BW*

FOODBANK NEWS

The local press have recently reported on the huge demand being made by families with children being referred to food banks for assistance, so it was fortuitous that we had already decided at the beginning of the summer to make food suitable for children the main focus of the Sharrington food bank collection for the next few months. A generous supply of donations left under the font at the church soon revealed the dilemma familiar to all parents and grandparents, whether to go for things that were good for children (sugar free bran flakes) or things they actually liked (Coco Pops). So we decided to do some market research among the grandchildren of our congregation. Predictably baked beans and pasta figured highly on their lists with Robert, two, particularly keen on spaghetti hoops. Florence, six, went for chocolate buttons, animal biscuits and hula hoops, though her grandmother is certain she meant to say broccoli, brown rice and raisins. Poppy 10 and her sister Alexa five, had a take on the five a day rule suggesting fancy tinned peaches and also had the original idea of cake mixes. Keira 10 and Amelia seven thought about it seriously and suggested rice, tomato puree, tinned tomatoes and cereal. Jack, nine was adamant that you could make a meal out of chocolate rolls and Lucy 10, a keen baker, realising eggs and butter weren't very practical

endorsed the cake mix idea.

Excellent as this high quality market research is, the fact is that all donations are very welcome. The church is open during the day. Do feel free to add to the display round the font, use the plastic boxes for anything the mice might like, or just leave a carrier bag and we will sort it. We take everything to the Fakenham food bank every other week. It is greatly appreciated by those whose pandemic hit finances have made food banks a lifeline. *AS*

SHARRINGTON VILLAGE HALL

Sadly, due to the extension of lockdown restrictions, we were unable to re-open the village hall for larger gatherings as soon as we had hoped and as a result there has been very little activity since I last wrote.

However the parish council held their AGM as did the village hall committee.

Regarding the latter, outgoing chairman Roger was warmly congratulated and thanked for his excellent stewardship during his term of office and happily he remains involved with the committee as a co-opted member. His place as a trustee has been taken up by Gary Bishop from Brinton, formerly a co-opted member.

Refurbishment of the main hall is almost completed, like many of you who are still experiencing delayed deliveries for whatever reason, our new curtains being an example, will finish the work in this area. Our next project is the room behind the stage which is in need of re-decoration. The team are fired up and ready to start work.

As we look ahead, and hopefully by the time you are reading this, we will have successfully opened the



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village hall again. We have already had several requests from groups eager to resume classes and we look forward to welcoming them back.

To mark the end of lockdown we will be having a party with tea, cakes, and for those that fancy a tippie, a bar, at the village hall for all Sharrington and Brinton residents on Saturday 21st August from 2pm. *D.Webb*

MUSIC AT THE VILLAGE HALL

Firstly, I hope this finds you all safe and well. It's wonderful to be able to share some good news for a change. It's been absolutely ages since we have been able to host any music events at the hall and, given that we hopefully received the all clear on July 19th we have been able to resume booking events for the hall.

The first of these is a welcome return for the irrepressible Terence Blacker who returns to Sharrington on Saturday 4th September, bringing his own brand of musical wit and warmth to these extraordinary times. Since his last appearance here Terence has released a new album *Playing for Time* which received rave reviews ('Classic folk blues in the making' Fatea magazine) and was selected by the Sunday Times as one of its Top 100 albums of 2020.

A favourite at festivals, theatres and folk clubs, Terence will be introducing new songs and revisiting old favourites to provide an evening of impassioned, sharp-eyed, spirit lifting entertainment. He is also widely known as an award-winning author of books for adults and children, a broadcaster and newspaper columnist

The concert will start at 7.30pm and the hall and the bar will be open from 7pm. Tickets are £12 each and available by contacting me at: abrams.chris2@gmail.com.

Looking ahead, on 11th December we are hosting The Strawbs in concert. It is a pre-Christmas treat and it has been something of a coup to arrange their visit here. We have had several delays to this event due to Covid and, more recently, Dave Cousins' knee operation. At the time of writing I have a very limited number of tickets left as most were snapped up very quickly for the initial date. However, I have had some returns and these may still be available. Please let me know if you are interested by contacting me at the above email address. Tickets are £20 each.

Further concerts are planned for next year. Details are on our website: www.sharrington.org.uk

We plan to resume our Wednesday evening music nights later in September and details will be posted on our website. *Chris Abrams*

JAMMIN' FOR SCONES

Jammin' for scones plans to relaunch their monthly meetings at Sharrington village hall on Tuesday 10th August, 2-4pm depending on the latest Covid regulations. Thereafter we will have meetings on the second Tuesday every month. This friendly and supportive group was founded by one time Sharrington resident Sand Grunwald with friends Angela from Holt and Caroline from Corpusty. We come together to share songs, instrumental music, poems and readings. Singing may need to be outside for the time being but we'll face that possibility nearer the time.

There is normally a break for tea and scones but due to Covid we will have to provide our own refreshments for now. BUT the music must go on!

More information from Angela at mason378@btinternet.com

or just come along and have some fun. *A.Mason*

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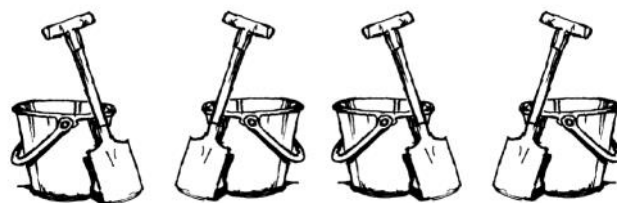
The mobile library service is now operating again and visits Sharrington every 28 days on Fridays.

The stop off points remain the same and the van calls at various points between the Old Swan public house at 12.30pm on the main road and after a lunch break, calling at the council houses at 2.20pm, 17 The Street at 2.45pm and finishing at the village hall at 3.10pm. Our route no is EDE506 and full details can be found by searching for Norfolk mobile library service on the internet.

There are some new guidelines to be aware of following the pandemic. You are required to wear a face covering and only one person at a time or one household of up to three people are allowed inside the van. Contact details are requested for 'test and trace' purposes and hand sanitiser is available.

The service warns that they may run a little late due to the restriction of customers on board but it is a small price to pay in welcoming back a well-established and popular service.

This month our visit will be on the 27th August and then 24th September. *CD*



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STIFFKEY

Contact: Dr. Sally Vanson 01328 830560
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GENERAL NEWS

What delightful weather we enjoyed for a short spell. So good for cheering everyone up and bringing our summer flowers on, even if half term was a deluge of visitors from far and wide. It was rumoured that every holiday home in the village was booked and there will be more of that through the summer as Brits holiday at home.

We have a warning from one resident about hemlock growing in the village. It is very poisonous and should be handled with care. It is flowering now and will soon be in seed. It is like big cow parsley but with a hollow green stem blotched with purple. If you see any, please can you pull it up by the roots so we get rid of it.

One of the objectives of The Lynx is to provide a historical record of village life. It was wonderful to hear about the amazing Karen Penny who is walking the Coast of Britain and Ireland for Alzheimers' Research UK. This is the adventure of a lifetime; a continuous walk circumnavigating the 20,000 miles of the British and Irish Coastline, and its islands. A feat never achieved by a woman, least of all by one on the wrong side of 50! Karen has been walking for over 2 years, 8,700 miles, so far raising an incredible £84,500 for the charity. She is due to finish her walk in Shetland in 2022. On Friday 18th June, Karen arrived in Stiffkey, having walked from Blakeney through Morston and leaving us to march to Wells-Next-the-Sea and on to Burnham Overy Staithe and to Burnham Deepdale as part of her round Britain walk. You can support her on her Just Giving page www.justgiving.com/fundraising/thepennyrollson.

This month's recipe

Raisin Bread – ideal for picnics

500g pastry flour (I used 250 brioche flour and 250 plain pastry flour)
35g fresh yeast, 50g sugar,
200ml of milk,
2 eggs + an extra egg,
100g butter + a knob of butter extra,
4g salt,
200g raisins

Put the raisins in a jar with lukewarm water. Let them soak in advance. (min. 30 minutes). Weigh all ingredients carefully to bake a perfect bread. Take the mixing bowl from the food processor and add the sugar. Place the bowl in the food processor and use the whisk beater as an aid. Run the machine at medium speed and add the eggs. Keep one egg aside. Now run the machine at a higher speed until you get an airy pale mixture. Measure the milk and put it in a pan. Heat the milk until it is lukewarm. Crumble the fresh yeast into the lukewarm milk and stir until the yeast is completely dissolved. Add the butter in lumps to the lukewarm milk and let it melt gently. Save an extra knob of butter for later to grease the baking tin. Change to use the kneading hook to knead everything into a dough. Add the flour to the sugar and egg mixture. Also add the salt. When kneading, pour the lukewarm milk with yeast and butter into the dough. Do this gradually. Run the machine until you get a smooth and elastic dough. Meanwhile, pour the soaked raisins through a sieve and drain well. Run the food processor at a lower speed and add the raisins to the dough. Stir briefly through the dough so that all raisins are evenly distributed. Spoon the dough from the mixing bowl and place it in a deep bowl, covered with a sheet of plastic cling film. Use a bowl that leaves enough space for the dough to rise!

Let the dough rise for about 60 minutes in a warm place in the house, without temperature fluctuations. The volume of the mass approximately doubles.

Preheat the oven to 180° C. Use a knob of tender butter to grease the inside of the baking tin. Spoon the proofed dough into the baking tin and press lightly. Beat a yolk together with a tiny splash of water. Brush the top of the dough with egg yolk. Bake the raisin bread in an oven at 180° C for 30 to 35 minutes.

NORTH NORFOLK BOOK WORMS

The Bees by Laline Paull

This dystopian book caused a lot of discussion and we enjoyed it with most of us scoring it a 4/5. For a debut novel, we were really impressed by the richness of language and such an unusual plot and a strange start.

One member saw an interview with Laline Paull, where she described a bee-keeping friend who had been dying of cancer, yet displaying such calm and peacefulness, that when the friend died, Paull wanted to find out about bees in memory of the lady. This added a layer of poignancy to



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the story.

Flora 717 who comes onto the world/hive not silently or meekly but fighting her way-out which marks her out as different even before her appearance is commented on. We were not clear as to why Sister Sage saves Flora rather than handing her over to the Deformity Police when so much of the Hives survival depends on weeding out anything different/diseased. Worker bee Flora 717 discovers she's also able to lay eggs, a one in 10,000 anomaly that draws the notice of the queen as well as some unseen complications. Was there a subversive plot which already meant that some Sisters knew that some eggs were different and allowed it?

The descriptive passages were very evocative and very well written. Artistic licence was used to great effect and Paull had researched floor layouts of palaces, hotels and other buildings in order to conjure up life in the hive. We could picture the intricate details carved into the wax of the honeycomb, see the messages behind the dances that the foragers performed. We particularly liked the description of the puffed-up drones. It suggested up an image of the Elizabethan court with the drones like male courtiers trying to outdo themselves whilst the ladies in waiting swooned in their presence and various factions/ clerics try to filter access to the Queen. The culture is one of order and co-operation but also oppression – a metaphor for modern life.

It would not necessarily be a book to casually pick up to read and the anthropomorphic aspects were challenging at the start. The story was predictable and possibly a bit over long, but we enjoyed learning about the life cycle of bees, finding the way it was presented interesting and different. It would probably work well as a children's book and it was hard to read too much at one time. We became involved with the hive life and loved the descriptions of the various roles the bees performed, particularly of the male bees. Good description as well of the wasps, hornets and spiders with the effect they have on a bee's life.

We found the idea of the hive colony being under chemical influence from within to keep the bees calm & obedient quite unsettling and cult like yet felt that we had learnt more about bees through this piece of fiction than we expected. The bees' flight patterns and plant names were a definite positive so all in all a definite thumbs up.

We will look at the little bees in our gardens in a different way for some time to come. *SV*

STIFFKEY VILLAGE FACEBOOK

Our Facebook page is still growing and now has 346 members. We are receiving advertisements for local services. Our preference is for advertisers to post once a month however as a result of Covid we have suspended this rule as a way of supporting small businesses. Obviously if they become too repetitive we will delete them. *SV*

CHURCH NEWS

Very little this month, not a lot happening!

We were lucky to have two services in June, the first and third Sundays, but just the one in July, however the first wedding since the beginning of the Covid pandemic was held in St. John's on the 14th between Pauline Taylor and Colin Adlington-De'Ath both of Stiffkey. A very happy celebration.

Visitors have returned to the church leaving much welcomed comments and the book exchange at the back of the nave has resumed. It is hoped that we may be able to hold some Stalls on the Knoll later in the summer, but this will depend on news from the government on 19th July. *H.H.*

NATURE NOTES

Fear

Growing up at a time when children had freedom from an early age, unimagined by youngsters now, has made me think of how we managed our fears.

Fear is a normal emotion. It equips us with caution and discretion. We were not afraid of the feeling it gave us but were taught to use it as a tool for survival. Living in the natural surroundings of country life, lessons were soon learned, and elders taken note of. We acknowledged that all vegetation was to be given respect. We had been shown how to recognise those things that we could forage and those to avoid. Many plants are harmful, but they were not vilified because of our fear. We do well to remember that much of our modern medication is based on poisonous plants like foxglove, aloe, yew, opium poppy, hemlock, autumn crocus, apple seeds, horse chestnut, greater celandine, and many fungi. 80% of the world's population still rely on plant-based medicines and we happily sow many poisonous plants in our gardens for decoration.

We learned that bees and wasps sting but are major pollinators of the edible plants that we rely on. Falling out of trees hurt but wood is a useful material. Water can kill but we soon knew how to cross the tidal



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saltmarsh with safety. It was visitors that drowned; not us. Horses and cows kicked. Dogs bit.

By the time we were at school we knew what to fear but also how to manage the feeling and give these things respect not hatred. Now school was a whole different ball game. There we met human bullies both peers and adults. To be immersed in the countryside seemed like heaven compared to that. The meadow became a place of retreat and safety not a place of mistrust, but it was the learned management of that fundamental emotion that made it so.

Staying in touch with our fear is necessary for our physical and mental survival. The countryside can still teach us much, but we need to give it the respect deserved of a friend in order to benefit. My late grandmother- in- law used to say “experience is best bought if not bought too dear” and that applies to both sides of the encounter.

Rural Ruth



MARITIME HERITAGE CENTRE

We were delighted to re-open in May on Sundays and Bank Holidays and welcome people to our child-friendly (including quiz!) Centre where displays, films, photos and artefacts telling the stories of the local fishing boats and lifeboats and the men and families who worked and built them, were enjoyed. Visitors were also taken across to the working boatyard to see the wooden boats there including our flagship, Dunkirk Little Ship and former Wells lifeboat Lucy Lavers who was being painted up before starting her trips and charters in June.

Did you know that our Maritime Heritage Centre was the former Officers' Mess at the Old Military Camp in Stiffkey and has now been generously refurbished by Mark Harrison?

In the Maritime Heritage Centre we tell the story of Dunkirk veteran local lifeboat Lucy Lavers. We have displays of our fishing and wooden boat building heritage, including crab fishing, whelk fishing, and fishing life and communities. There are several fishing artefacts and photographs in the centre which have been lent or given to us.

You can watch our films which capture the stories of the last generation of fishermen and lifeboat men to use wooden boats. We also have a small display on the history of the Military Camp where we are based. We aim to tell the stories of working boats and lifeboats and the people who built, owned and crewed them – and to conserve our national maritime heritage by doing this.

You'll also find our small shop selling merchandise, postcards, books and more. And we have a multipurpose education and events room, which is perfect for using by groups or school visits.

From just £12 a year you can become a friend, keep up to date and get invited to events. Contact us at rescuewoodenboats.com.

STIFFKEY LOCAL HISTORY GROUP

The Stiffkey Local History Group has of course, and like so many small organisations, suffered the impact of Covid and the attendant lockdown restrictions. It has been hard to accept that, for an active team which has in the past been able to write and publish a book - the long ago sold out “Stiffkey with Cockthorpe - a Story of Norfolk People“, prepare and present annual exhibitions in the village church, and otherwise seek to promote activities for its members and talks on subjects of local interest, pandemic restrictions have completely closed down our endeavours.

However, it is pleasing to report that, as we all now await the possibility of emerging more fully from such strange conditions on 19th July, the committee has been able to meet and plan for the future.

While some uncertainties must inevitably remain about the timing of and extent to which the group will all be able to become fully operational again, it is hoped that a revival meeting will be held in the autumn, of which further details will be announced. The committee will look forward to seeing members again then, and indeed to welcoming new members.

Anyone interested in joining the group should contact the group's treasurer, Geraldine Green (01338 830245.; or the group's secretary Andrew Roe (01328 830638).

Meanwhile, copies of the group's booklet “Stiffkey: Those Who Served in World War I” are available (£5) from Robert Price (01328 830863) or Geraldine Green (as above).

Andrew Roe, Secretary SLHG

STIFFKEY PARISH COUNCIL

Councillor Ian Moy

It is with regret that we report the passing away of Councillor Ian Moy. Councillor Moy had been a parish councillor for a number of years. He took a particular interest in the garden plots and their management and could often be seen tending to his plot and enjoying the serenity of the views. We extend our deepest condolences to his family, especially his wife, Sally.

Traffic management

The Parish Council met with one of Norfolk County Councils Highways officers to see if anything could be done to improve the management and flow of traffic through the village. Unfortunately, the options for the village remain limited, but as a result of this meeting, some maintenance and ‘refreshment’ work has begun. A fuller report of the meeting can be found on our website.

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In addition to this meeting, Blakeney parish council has suggested that the coastal parishes look into the feasibility of employing a seasonal traffic/civil parking enforcement officer. The parish council has expressed interest in hearing if this initiative can benefit Stiffkey and will keep villagers informed as to the outcome.

Ambulance Response Times

A working party has been established to challenge the waiting, response and journey to hospital times for patients in North Norfolk as well as to look at ways to ensure patients receive the most appropriate medical care in time of need. Along with other towns and villages along the coast, Stiffkey parish council has joined this group. The aims and objectives of the group and details on meetings can be found on our website.

Garden Plots

The waiting list for garden plots is still open and we currently have a half size plot available for anyone interested. The plot size is 6.8 x 7.5 m. If you are interested in this plot, or being put on the waiting list for a full-size plot, please contact the parish clerk for more information.

Vacancy on the Parish Council

With the loss of Councillor Moy, a vacancy has now arisen on the parish council. Anyone interested in joining the parish council should check they are eligible before applying. Applicants should send their details and include a short-written piece giving their vision for the village and the parish council to the parish clerk. We would prefer to receive applications digitally (email to clerk@stiffkeyvillage.org) but anyone interested who is not able to send information digitally can contact the clerk via telephone 01493 253041.

SPC



MEDITATIVE MEANDERINGS

For those of us who love our river, it's worth keeping up to date with plans for the future. The River Stiffkey, rises from springs throughout the catchment and meets the sea at Blakeney Harbour, close to the village of Stiffkey. The main river originates in Guybon's Wood, close to Swanton Novers and is joined by a number of tributaries, notably the Binham and Hindringham streams and is about 18 miles long from source to sea. The river flows through and over sand, gravel, clay and, crucially, chalk. It is this chalk bedrock which gives the river its clear waters and unique wildlife. The vast majority of the land in the catchment is farmed, primarily for wheat, barley, potatoes, sugar-beet and beef, but also for dairy and a variety of other crops. Agricultural productivity in the area is nationally important, but the demands of irrigation, drainage and crop production do not always match the demands of the Water Framework Directive and the ecological well-being of the river. The river has been modified over many centuries to meet our needs and little "natural" river now remains.

The Environment Agency highlights a number of mitigation measures required to improve the ecological

status of the Stiffkey catchment. These are: 1. Increase in-channel morphological diversity. 2. Appropriate channel maintenance strategies and techniques. 3. Retain marginal aquatic and riparian habitats. 4. Set back embankments. 5. Improve floodplain connectivity. 6. Structures or other mechanisms in place and managed to enable fish to access waters upstream and downstream of the impounding works. 7. Operational and structural changes to locks, weirs, beach control etc. The need and feasibility of each of these measures are discussed in the following plan, along with: 8. Management of riparian vegetation to provide appropriate levels of shade and light, and input of woody debris. 9. Management of silt and nutrient input. 10. Management of non-native invasive species. 11. Spring and wetland restoration. The consideration of each of these points will help the Stiffkey catchment reach and maintain its Water Framework Directive requirements. The full report can be found on The Norfolk Rivers Trust website.

WARBOROUGH HOUSE GARDENS OPEN DAYS

The sun shone, the people came, they enjoyed tea and cake. The children's I-spy trail was a success and the gardens looked 'fabulous'. Over £3,000 was raised for the NGS charities and over £1,000 for the church funds too. Thank you to all who came and supported the event and especially the tea ladies Heather, Lynn, Kerensa, Sue and Mary. *Arabella and Jonathan Morgan*



No news from Langham School this time.

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