

LOCAL LYNX

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

ISSUE 136
February -
March 2021



A snowy corner in Sharrington

Marianne Atherton MSc LCPH MARH

Registered Homoeopath

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

WHAT'S ON February/March

EVERY WEDNESDAY

Field Dalling, mobile post office, Villagers' Hall
10.20 to 10.50

Langham mobile post office, Village Hall 9.10 - 10am

BLAKENEY CATHOLIC CHURCH

Back Lane Blakeney

Parish Priest, Father Keith Tulloch, Stella Maris,
The Buttlands, Wells next the Sea 01328 713044
Priest in Residence, Father William Wells (the house
behind the church).

BLAKENEY METHODIST CHURCH

Minister: The Rev'd Cliff Shanganya, 8, St.
Andrew's Close, Holt. NR25 6EL 01263 712181
Email: CliffShanganya@methodist.org.uk
Samantha Parfitt, Steward/Pioneer Rural Church
Planter.sammi.1980@live.co.uk 01263 711824

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

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 136 and all back issues are permanently available
on our website at www.locallynx.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
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Church Services for Bale and Stiffkey Benefice for February and March 2021

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

Parish	7 th February	14 th February	21 st February	28 th February
Bale		9.30am HC		
Field Dalling		11.00am Zoom Service	At Saxlingham	11.00am MP BCP
Saxlingham			11.00am HC	At Field Dalling
Gunthorpe		11.00am MP BCP	4.30pm Silent Meditation	
Sharrington	9.30am MP BCP		9.30am MP CW	9.30am HC
Binham	11.00am HC		11.00am MP	
Morston	9.30am HC BCP			
Langham		9.30am MP BCP	At Stiffkey	
Stiffkey		At Langham	9.30am HC	

Parish	7 th March	14 th March Mothering Sunday	21 st March	28 th March Palm Sunday
Bale	9.30am MP	9.30am HC		
Field Dalling		11.00am Zoom service	At Saxlingham	11.00am MP BCP
Saxlingham			11.00am HC	At Field Dalling
Gunthorpe		11.00am MP BCP	4.30pm Silent Meditation	
Sharrington		9.30am Mothering Sunday Service	9.30am MP CW	9.30am HC
Binham	11.00am HC	11.00am Mothering Sunday Service		9.30am MP
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	9.30am MP BCP		At Stiffkey	9.30am MP BCP
Stiffkey	At Langham		9.30am HC	At Langham

Additional Service

Ash Wednesday (17th February): Langham, 10.00am, HC.

For Zoom service details please contact Ian Newton on 01328 830947 or iannewton46@gmail.com

Please be aware that church services may have to be cancelled at short notice. However, even under such circumstances, our churches will be open for private prayer.

RECTOR'S LETTER

Dear Friends and Parishioners,

May I wish you a happy, peaceful and blessed New Year. The Christmas season is now Epiphany: the continuing celebration of the showing forth of Christ to the world, and the declaration that Jesus Christ is King of the whole world, and of the heavens and of time and eternity. There is Hope. That is our Lenten consideration and shall be our Easter celebration.

It was a king who was laid in a manger by his blessed mother: the great paradox of the Christian religion is that the Creator of all things, the Lord of the earth, came into his own, not in state and majesty, but in the humblest of circumstances. Yet the attributes of kingship were always present.

The child, the record carefully points out, was a descendent of the royal line of David; it was in pursuit of a king that the wise men, in symbolical representation, made their quest; and it was through fear of a rival for his actual throne that Herod sought to eliminate potential aspirants, however young.

It is the sovereignty of Jesus which is now so often neglected, despite the clear insistence on it in the biblical accounts of the birth of Christ. Jesus is Lord.

Christian truth receives its embodiment in the world where men and women receive Christ into their lives – and

make him the sovereign of their being.

Life on earth was not intended to become the texture of gentle inconsequence we so often make it: God calls us to a life which, through submission to his will, achieves a quality which can rightly be identified as eternal.

In celebration of that eternity our parish Churches were decorated and in full use at Christmas; and I thank all those who worked so lovingly and so hard to call out Gloria in Excelsis Deo.

Yours truly, Ian Whittle,

The Rectory, Langham 01328 830246



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HETAS

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.

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

COMMUNITY NEWS

COUNTY COUNCILLORS' NEWS

...from Dr. Marie Strong

Were we surprised being moved into Tier 4 let alone 5? I leave that question for you to ponder. For now I have copied below Norfolk's Director of Public Health rationale for the move to 4 and which pertains to 5. Also copied the usual websites which I am assured are updated regularly – this means that whatever changes come into play you can check out the latest and what is happening where your family and friends live.

As to why tier 4 (and 5?), Louise Smith, Director of Public Health in Norfolk said "What is really clear, over the last six or seven days the numbers have really taken off and are now rising very quickly. "It may be the new variant and we think now just after half of the cases are the new variant but it's also worth remembering that all our predictions and scenarios did predict we were in for a tough winter and unfortunately this does look the direction in which we are heading. When we look at the data by district area we are seeing the numbers rise in every district."

Below I have also copied information available for people struggling to cope with lock down and other Covid-19 related problems. The good news is there is a range of assistance available and if appropriate please share the information.

Covid-19 Information

Information on the national tiers is available at <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>. www.norfolk.gov.uk/coronavirus for local services as well as the latest regulations for Norfolk and reference to many if not all of the government schemes.

All government schemes are at www.gov.uk/coronavirus and www.nhs.uk/coronavirus is a separate site if required but linked with the government site.

Support for families

A reminder that Norfolk County Council has developed a package of support to help families over the winter months. For information and advice go to www.norfolk.gov.uk/coronavirus or call 0344 800 8020. Please share this information and the following:

Free school meals

Check eligibility at <https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk..>

Extension of Norfolk Assistance Scheme

This site provides support for food, fuel, clothes and other essential household items. Visit www.norfolk.gov.uk/NAS or call 01603 223392 (option 5) (you can leave a message if the line is busy).

Power cuts

Call 105 free of charge to report power cuts and damage to the electricity network, or 0800 3163 105 (from a corded landline phone or mobile phone). Also visit the following sites: www.ukpowemetworks.co.uk for the latest updates (on a mobile phone), www.ukpowemetworks.co.uk/powercut type in your postcode to view the live power cut map and tweet [@ukpowemetworks](https://twitter.com/ukpowemetworks) to report power cuts or to receive updates.

Roadworks

Up-to-date information about roadworks in Norfolk is available on the County Council website at www.norfolk.gov.uk/roadworks.



Find us at:

2c/2d Shirehall Plain, Holt, NR25 6HT

Anyone wanting a private viewing opportunity can book an appointment on the days we are closed to the public by calling Mandy on 07876 254173.



Avian influenza

Measures regarding Avian Influenza were enhanced at least twice over the past weeks so however few birds you have please check the latest update: www.gov.uk/guidance/avian-influenza-bird-flu/latest-situation.

Christmas lights

For the first time ever I persuaded Michael (spouse) to retrieve our Christmas lights from the loft in time to switch on for 1 December. I know several villages planned to get their lights up early and we hope those passing our home were cheered by our lights, as we were by others on dull and wet nights. I am now working on retaining our lights as long as possible - watch this space.

Good works

Whilst I have copied above various forms of official assistance yet again I would like to congratulate the immense amount of valuable work being carried out by volunteers, neighbours and simply good people.

Warm wishes to you all.

Marie

...from Steffan Aquarone

Holt Hall

I'm pleased to report that Holt Hall has successfully obtained "asset of community value" status, which means the County Council's widely condemned plans to sell it on the open market have been put back by six months to allow the local community time to seek an alternative, which would include ongoing provision of outdoor learning facilities.

I have received more correspondence on this matter than anything else since I first got elected in 2017 and it is clear that thousands of people in Norfolk have strong memories of their experiences of outdoor education there - something young and older people alike need more of in this era of ecological consciousness.

Steffan

County Councillors' contact details:

Dr Marie Strong: County Councillor Wells Division (Glaven, Priory and Walsingham Parishes) marie.strong@norfolk.gov.uk or 07920 286 597

Steffan Aquarone: County Councillor Melton Constable Division (incl. Bale and Gunthorpe Parishes) steffanaquarone@gmail.com or 07879 451608

Marie's villages

Binham & Cockthorpe, Blakeney, Brinton & Sharrington, Barshams & Houghton St Giles, Field Dalling & Saxlingham, Letheringsett & Glandford, Great Snoring, Great & Little Walsingham, Hindringham, Holkham, Hunworth & Stody, Langham, Thornage & Little Thorngate, Morston, Sculthorpe, Stiffkey, Warham, Wells-next-the-Sea, Wighton, Wiveton.

District Councillors' Contact Details:

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

Karen Ward e:karen.ward@north-norfolk.gov.uk (Morston & Stiffkey)

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

FARMING UPDATE NOVEMBER AND DECEMBER 2020

Water, water everywhere...again

Britons are famed for their tendency to talk about the weather, so I think it is fair to say that for British farmers it is close to an art form. Even the most mundane conditions can spark lengthy discussions about when it was last like

this, what we think is coming in the next fortnight and, most importantly, how it will influence our decision making. Imagine, then, how much the weather features in farming conversation when it has been extreme enough to be mentioned in the national press. The rain of the past 12 months is roughly 20% over our long-term average - despite it scarcely raining in March, April and May - which means the last quarter has been insufferably gloomy, just like my constant griping about it.

The last two months have, therefore, been a slow affair with little opportunity to get on the land and plough ahead of spring crops or, more distressingly, to harvest sugar beet. Beet can be a tricky crop to lift at the best of times, simply because there is so much mass to move from the field to the factory but when it is wet it's made significantly harder with machinery getting stuck and fields and tracks being damaged. With so much rain it has been hard to find opportunities to harvest and those that do come along are undoubtedly sub-optimal. Waiting for better weather is the obvious strategy but the factories shut, and hence stop taking beet, anywhere between mid-February and early-April with the exact date only decided a few weeks in advance of the event; as a result we need to carry on under the assumption they'll be shutting sooner rather than later or we risk having crop left in the field.

During the wetter periods the team have been mainly cleaning out land drains and ditches in an effort to keep the water moving and reduce run-off and water-logging. It's tough work in the cold and wet but they're a robust lot! Even so, we all welcomed some time off over Christmas and the opportunity to sit in front of the fire. Here's to a better year ahead, for many reasons, and not just the weather!

Jonathan Darby, Albanwise Farm Manager

HEALTHWATCH NORFOLK

The Covid-19 vaccination programme is the largest in the history of the NHS and has been planned extensively by the NHS so it can be rolled out as quickly and safely as possible. Vaccinating all adults will be a marathon not a sprint. The first community vaccination sites will begin operating later this month and, over the coming months, people will be invited when it's their turn to be vaccinated. Please do not contact your GP Practice or hospital for an appointment as this will merely clog up the telephone system. Please adhere to the Public Health Message that whilst waiting to be vaccinated and after the vaccination has been provided that the best thing we can all do to protect ourselves, our families and our communities is to "wash hands, cover face, and make space".

As of the 30th December 2020, AstraZeneca's Covid-19



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vaccine has been approved for emergency supply in the UK, with the first doses being released so that vaccinations may begin early in the New Year.

The UK Medicines and Healthcare products Regulatory Agency (MHRA) has provided authorisation for emergency supply of Covid-19 Vaccine AstraZeneca, formerly AZD1222, for the active immunisation of individuals 18 years or older. The authorisation recommends two doses administered with an interval of between four and 12 weeks. This regimen was shown in clinical trials to be safe and effective at preventing symptomatic Covid-19, with no severe cases and no hospitalisations more than 14 days after the second dose.

AstraZeneca is working with Public Health England and National Health Service England to support the deployment and roll out of the vaccine in the UK, in line with the MHRA and the UK's Joint Committee on Vaccination and Immunisation dosing recommendation. The company aims to supply millions of doses in the first quarter as part of an agreement with the government to supply up to 100 million doses in total.

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that the first priorities for the Covid-19 vaccination programme should be the prevention of mortality and the maintenance of the health and social care systems. As the risk of mortality from Covid-19 increases with age, prioritisation is primarily based on age. The order of priority for each group in the population corresponds with data on the number of individuals who would need to be vaccinated to prevent one death, estimated from UK data obtained from March to June 2020 :

1. Residents in a care home for older adults and their carers
2. All those 80 years of age and over and frontline health and social care workers
3. All those 75 years of age and over
4. All those 70 years of age and over and clinically extremely vulnerable individuals
5. All those 65 years of age and over
6. All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over

It is estimated that taken together, these groups represent around 99% of preventable mortality from Covid-19.

If anyone has any concerns, please feel free to contact Healthwatch Norfolk by email – enquiries@healthwatchnorfolk.co.uk or by phone on 0808 168 9669. *AS*

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

DARK SKIES FESTIVAL 2021

Norfolk Coast AONB and Broads Dark Skies
Festival 2021

The Norfolk Coast Partnership are working with various organisations and businesses, including the Norfolk Broads National Park, to celebrate our night skies, and preserve them by reducing the impact of light pollution on our rural landscapes. We will be holding our 3rd Dark Skies Festival this year between **Saturday 25th September – Sunday 10th October 2021** and we hope you will enjoy taking part. Events will consist of a mix of online and face-to-face activities throughout the festival fortnight. Put the dates in your diary and find out more on our Norfolk Coast Dark Skies Facebook page [@norfolkcoastaonb](https://www.facebook.com/norfolkcoastaonb) or follow us via Twitter [@NorfolkAONB](https://twitter.com/NorfolkAONB).

Is your community interested in preserving the night skies where you live? We are interested to work with town and parish councils and local businesses in and close to the Norfolk Coast AONB. For further information contact Kate in the Norfolk Coast Partnership staff team on kate.dougan@norfolk.gov.uk.

NORFOLK COAST PARTNERSHIP SMALL GRANT FUND

Small changes can make a big difference and we would like to support your projects through our recently-launched small grant fund.

The cash, from sales of posters, greetings cards, cycle maps and a book of poetry and pictures from local people, is already being ploughed back into taking care of the area of outstanding natural beauty through the fund.

Grants of between £500 - £3,000 are now available for local, community projects which bring environmental, economic, social or educational benefits to the Norfolk Coast and its communities. Projects encouraging people of differing ethnicities, age groups and accessibility needs to experience and enjoy the area are particularly welcomed. The funding has already enabled installation of a boardwalk at Natural Surroundings in Bayfield, near Holt, which improves the site for visitors by re-instating all weather access to the River Glaven and the riverbank hide and making the path through the wet woodland a lot easier and safer to use.

Examples of suitable projects might be schools looking to enhance their outdoor learning area for wildlife, sensory needs or vegetable growing; care homes wishing to incorporate wildlife areas into their grounds for residents to enjoy; parish biodiversity projects or schemes facilitating non-motorised transport for visitors/locals.

We are grateful to all those who have purchased our products, and the shops and outlets that have stocked them. The profits are all being spent on restoring and protecting the coast we look after and now we've built up sufficient funds, we're keen to hear ideas for how the money can be spent. For further information or to discuss project ideas please contact the fund facilitator Helen Timson, helen.timson@norfolk.gov.uk or tel. 01328 850541.

Our merchandise range includes 'Walk with me', a book of community photographers and poems, a poster and card featuring a specially commissioned Robert Gillmor linocut and the Norfolk Coast Cycleway leaflet which offers a route close to the Norfolk coast exploring its beautiful villages and quieter lanes. These items are for sale in local shops around the area and from our online shop at www.norfolkcoastaonb.org.uk/shop/.

Catherine Leigh, Assistant Project Adviser

BALE

Contact: Maggie Thomas 01328 822481
maggie2403@icloud.com

BALE VILLAGE NEWS

Despite restrictions, the villagers of Bale once again pulled together to make Christmas and New Year as bright as possible. A magnificent Christmas tree was erected outside the village hall. Villagers added their own home-made decorations to it during December. Many of us brightened up our gardens, walls and windows with lights, trees and decorations.

The lack of our usual Old Year's Night celebrations was a huge loss but, with the promise of jabs for all in the near future, we dare to look forward to 2021 and to think about what events we might hold when given the 'thumbs-up'.

Having been confined to our homes and parted from family and friends for so long, what a joy it will be to get together once more. The monthly fish and chips evening, previously taken for granted, will be celebrated as a very special occasion. How wonderful it will be to sit with friends and, dare I say it, give them a hug!

Until then I recommend getting out and about with a dog: a sure way to meet people for a chat, albeit socially-distanced. For those among you without a dog, please feel free to walk my grumpy old chocolate lab. This will enable me to sit with my feet up in front of the log-burner, my second favourite pastime.

We welcome two more couples into our village: Zoe and Stephen Mitchell who moved into Rectory Farm earlier this year, and Dawn and Les Baker who have recently moved to South Barn. We look forward to getting to know them when we are once more able to hold events.

We might have felt that 2020 was the worst of times but the kindness and thoughtfulness of friends and neighbours, peppered with a good helping of humour, has bound the community together even more tightly.

So, bring it on, 2021. We're ready for you! *MT*

FOOD BANK COLLECTION Christmas 2020

It helps me to be reminded that sometimes good things come from this whole ghastly situation in which we are living. One such in Bale was the establishment of the village WhatsApp group from which much help, support and online banter have evolved, together with the sharing and developing of good ideas.

Among these was the suggestion that, as we were having a village Christmas tree, there could be a collection box below it for food bank donations.

The enthusiastic and generous response resulted in 64.8 kgs of food, including Christmas 'goodies' and luxury items alongside the pasta and beans, being taken to the mid-Norfolk food bank in Fakenham.

I had the privilege of delivering Christmas hampers to some families and found their delight very moving.

Thank you, Bale!

Anne Peppitt

WILD BALE

By the light of the silvery moon: Moths

The 2,500 or so moth species found in the UK are much overlooked by most of the population, partly because many of them are so small and partly because they fly in the dark. Moths are generally thought of as pests that eat clothes or garden plants but they are in fact more important to the ecology of our gardens than butterflies, even if this is due to the number of caterpillars they produce. In addition to being an important link in our ecology, moths have great names such as Lunar-spotted Pinion, Canary-shouldered Thorn and Marbled Coronet.

Whereas you might expect to record 20 species of butterfly in your garden during the year, the use of a moth trap can record 400-500 species of moths. On a single warm May night you might trap 250 individuals of 70 or more species.

A moth trap is a funnelled box equipped with a light which attracts moths into its interior. The moths can be viewed the following morning and are released that evening, generally unharmed. The experience is similar to a moth speed-dating event!

Moths are seen all year round with several species such as the Winter Moth and December Moth being attracted to porch lights during the winter months.

Many moths are migrant species with some, such as the Striped Hawkmoth (*right*), migrating from North Africa to Europe and occasionally to the UK. I caught a Striped Hawkmoth in my garden one June

when it was a very scarce catch but they are now more regular visitors due to climate change.

The Hawkmoth species is probably the best-known family due to the presence of the Hummingbird Hawkmoth (*left*) which is seen in Norfolk from June to October, often





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hovering in the early evening over heavily scented flowers. A migrant from Europe, in recent years it has been breeding in the south of England.

The caterpillars of many moth species are an important food source for birds and small mammals such as shrews. The adult moths are food on the wing for bats and bird species that include swifts and nightjars.

Certain trees and plants are home to different species of moths: sallow and poplar attracting the Buff-tip, the larvae providing food for newly-fledged birds in July and August. Small Quaker larvae are found on the oak and are an important food source in May.

The Elephant Hawkmoth caterpillar feeds on willowherb but is also often found on garden fuchsia. Privet Hawkmoths (*right*), as their name suggests, feed on privet but also on lilac and are one of the most common Hawkmoths to be found in gardens from May to July.



Twenty-five species of moth are day-flying and are often found in good numbers. I recall being on the Norfolk Fens in July 2003, walking through a field of flowering lucerne and estimating that more than 10,000 Silver Y moths were present in a single twenty-acre field. However, many moths, like much of our wildlife, are quickly disappearing. In the last 50 years, 65 species of moth have become extinct in the UK and two thirds are in decline with 170 species likely to be lost in the next decade.

Having observed moths for 20 years in Norfolk, I have seen them decline both in number and diversity. We can help to sustain them by using natural pesticides in our gardens and growing wildflowers and cultivated plants such as lavender and catmint as well as planting as many trees and shrubs as possible.

Paul Laurie

ALL SAINTS' CHURCH, BALE

Since the end of the first lockdown, Bale church has been open every day for prayer, quiet meditation or simply for the enjoyment of the peaceful atmosphere of this beautiful fourteenth-century building. As soon as it was allowed, Sunday services resumed and followed a pattern of Morning Prayer on the first Sunday of the month and Holy Communion on the second Sunday. Unfortunately, since the announcement of the latest restrictions, we are unable to continue with the service on the first Sunday. However, Rev Whittle has said that he will come to Bale as planned on the second Sundays (14th February and 14th March) at 9am prepared to celebrate Holy Communion for anyone who wishes to

attend. Masks will need to be worn (except for those who are exempt) and social distancing rules will apply.

Bale Church, although not used by so many for regular worship these days, is a wonderful 'centrepiece' to the village. The first Rector of Bale took up his post in 1303 and many features of the church are of great historic interest, particularly the stained-glass window. Visitors from far and wide have signed the Visitors' Book, some adding enthusiastic comments, and Bale has now been added to a 'Cultural Tours' itinerary.

All Saints' Church, Bale, belongs to all of us in the village and is available for everyone in times of celebration and need, including christenings, weddings and funerals. I would like to take this opportunity to appeal for help in keeping this lovely old building looking its best. We have lost a number of our volunteers in recent years and tasks such as church cleaning, flower arranging and churchyard maintenance are falling on an ever-decreasing workforce. If you could spare a couple of hours a month to join the rotas for any of these tasks, we would be very grateful. Please get in touch on 01328 822012 or pjmbale@icloud.com if you would like to know more about what is involved.

Another way of helping to look after this much-loved village landmark would be to support The Friends of All Saints Bale. This is a group which raises money to look after the fabric of the church and would welcome either one-off donations or regular subscriptions: repairs to a building such as this are very expensive as they tend to require skilled workmanship with specific materials. More information about The Friends of All Saints Bale can be obtained from the Secretary, Richard Broughton, on 01328 878646 or chranggan@baml1ee.plus.com. *Paula Moore*

HUNDRED CLUB DRAW RESULTS

We are continuing to hold the draw despite fish and chips not being possible at the moment.

November 2020		December 2020	
Rose Jewitt	£25	Angus Jones	£25
Anne Peppitt	£10	Adam Chapman	£10
Rebecca Cebrat	£5	Charlie Mitchell	£5
Maggie Thomas	£5	Win Huddle	£5

BALE BOOK GROUP

'The Women at Hitler's Table'

The Bale Book Group held its latest 'Houseparty' meeting on 21st November to discuss 'The Women at Hitler's Table' by Rosella Postorino. I had chosen it having read some positive reviews and finding the idea



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intriguing, if horrific.

In 2014 the author had read of Margot Wolk, the last surviving member of the group of women who had been obliged to work as Hitler's food tasters. Sadly, Margot died before Rosella could meet her, resulting in a work that is largely fiction, although the tasters most certainly existed.

The main focus of the book group's discussion became 'Which of us disliked it the most?' None of us really cared for, or about, any of the characters. Indeed, in the early chapters they were felt to be two-dimensional and uninteresting. It says much for the stoicism and loyalty of book group members that they almost all read to the end despite agreeing that they would not have bothered had it not been a book club choice. Thank you, friends.

There was some interesting discussion on the unseen presence of Hitler throughout the novel and on the nature of some of the relationships but all agreed that we would neither read it again nor give it to our friends for Christmas so you were all spared. *Anne Peppitt*

FOOD FOR THOUGHT

A Classic Italian Tomato Sauce

Last year's lockdowns and restrictions forced the cancellation of a whole host of personal plans and social events. On a (very) small scale Bale Village Hall bore that too, our usual seasonal festivities biting the dust: none more so than our enduringly popular Old Year's Night party. We first dreamt that up in, I think, 2006. I remember being told that we'd have to kick off by 7pm at the latest or no one would turn up because it would be considered too late. How on earth we were then going to keep people there until midnight without locking them in was almost impossible to imagine. As it turned out, every last one stayed to see in the New Year and sing *Auld Lang Syne* and most had to be ejected at some point well past 1am!

Since then the event has evolved into a sit-down three-course supper interspersed with games and, in 2019, some actual creative talent in the form of two different young musicians showcasing their work. That was also the year I learned something really important about parmesan cheese.

To give those of you that have never been an idea of what to expect, the menu is normally built around our vegetarian villagers and their friends or family, with a main option for meat-eaters (like myself). It is what it is: one starter, two mains, one pudding. Anyway, for the 2019 Old Year's Night I decided to make *melanzane*

alla parmigiana as the vegetarian main and turned, as I do for all things Italian, to Marcella Hazan and my battered copy of her book *The Essentials of Classic Italian Cooking*, which I've managed to keep intact for almost 30 years. Having followed her recipe almost faithfully, I was suddenly struck with an horrific realisation, confirmed through frantic googling, that the cheese in question isn't actually suitable to feed to a vegetarian, whether you like them or not! Fortunately, my bacon was saved by some very forgiving villagers.

I'd recommend that recipe to you but the one I'd recommend even more, also from Marcella Hazan, is for the tomato sauce I substituted in that not-so-vegetarian main: tomato sauce with onion and butter. It's one of those rare dishes that is far more than the sum of its refreshingly few parts and completely alters your outlook on, well, tomato sauce.

All you need is: 1 tin of tomatoes (chopped is easiest); 1 onion, peeled and cut in half; 75g unsalted butter and half a teaspoon of salt. Put everything into a saucepan. Bring it to simmering point and leave to cook slowly, uncovered, for around 45 minutes, squashing the bits of tomato periodically with the back of a wooden spoon. Discard the onion. Taste and correct for salt. That's it. Transformational, I promise! *AM*

BALE PAINTING GROUP

Update

The Bale Painting Group remains suspended as Covid-19 continues to ravage the UK. There seems no end to the ways in which this widespread infection affects our lives.

The group had hoped to restart in March 2021 after half-term but it now looks as though we will all have had to be vaccinated before we can start up again.

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Current schedules for vaccination are a bit vague date-wise but there is now the possibility that the group might be able to start again in April/May 2021.

The painting group are sharing pictures of the art they are creating, albeit in smaller numbers than when the group met in person. The weekly meet is a great stimulus to actually put pen/pencil/brush to paper and create an image.

TV still provides inspiration in programmes such as 'Joy of Painting' with Bob Ross (BBC 4). Sky Arts on Freeserve channel 11 is always worth checking out, too. Some well-known materials suppliers, such as Jacksons, have on-line sessions and MoMA, New York, is screening online art history (moma.org).

If in doubt, keep painting!

Peter Jones

BALE VILLAGE HALL NEWS

Writing this at the beginning of 2021, it is time to reflect on the past year in the life of the village hall. And what a year it was! New Year 2020 was welcomed in in traditional Bale style with the Old Year's Night party, featuring Alastair's gourmet feast with fun and games, a fair few glasses of wine and a rousing chorus of Auld Lang Syne. We were then ready to embark on our usual social calendar.

In March, the monthly fish and chip night went ahead as usual on the second Friday.

The Annual General Meeting was held on the following Sunday when Maggie Thomas was unanimously elected to the Village Hall Committee. She had already been very involved in events but will now help the other trustees to steer the village hall in 2021.

Then disaster struck.

In May we were unable to repeat our very popular 'Tea at the Ritz', the classy festival of carbohydrates that raised so much money for charity in 2019.

In June there was no 'Midsummer Pizza' in the style of the hall's reopening party of the previous year.

In July the vintage tractors remained in their barns rather than coming to enjoy Bale hospitality at the Tractor Run.

On August Bank Holiday Saturday the barbecue remained unlit.

On the first Saturday in October we were unable to celebrate a fruitful year at the Harvest Supper.

In November our brains were given a rest as there was no Quiz Night.

Last but not least, the hall was eerily quiet on Old Year's Night when we should have been together wishing a less-than-fond farewell to 2020.

Very soon we will all have been vaccinated and these village get-togethers can resume. We are lucky to have some new neighbours this year and it will be lovely for us all to introduce them to the weird and wonderful goings-on in our beautifully refurbished village hall.

Paula Moore

BINHAM

Contact: Liz Brady 01328 830830

lizsdavenport@gmail.com

BINHAM PARISH COUNCIL

First of all, we wish you all a successful and calmer 2021. This wish will depend on controlling the virus from getting the upper hand within North Norfolk, and indeed elsewhere in the country.

The Covid-19 increased infection rate and variant has meant changes at short notice to the guidelines and restrictions such as those imposed in November, alterations to our Christmas activities, moving from Tier 2 to 4 restrictions and the third National Lockdown which commenced on 6th January. The dos and don'ts are clearly outlined on the government website (www.gov.uk/guidance/national-lockdown-stay-at-home). There is a notable difference in the tone from guidance to rules which will be enforced by law. Therefore, we would be advised to think carefully about what it is we must do and take responsibility to ensure that we can as individuals contribute to controlling the virus, to protect the NHS and save lives. The virus is only spread by human interaction hence a third lockdown to reduce unnecessary contacts between people. However, the decision-making process is compounded by the variant's escalating spread around the UK and here in North Norfolk. So, vigilance remains uppermost to curtail the virus spreading further. We must take responsibility and follow the rules by staying at home and not leave or be outside our homes except where necessary. The lockdown is likely to be in force until March.

The wonderful news is of course two vaccines have been approved for use in the UK. The vaccination programme is being offered in hospitals and local vaccination centres according to those most at risk from coronavirus. One very clear message is that we must wait to be contacted by the NHS to let us know when

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it's our turn to have the vaccine and importantly not to contact the NHS for a vaccination before then (www.nhs.uk/conditions/coronavirus-covid-19). Sarah Bütikofer, Leader, NNDC has confirmed that arrangements for vaccinations are in place and will have been rolled out as this Lynx edition is published.

Binham Parish Council has settled into an imposed way of working since the outbreak of Covid-19 last March; we now meet via Zoom on the second Monday of the month bi-monthly starting in January. The challenge for the chair is to keep the meetings focused and include all who attend the meetings. The meeting agenda and draft minutes can be found on <https://www.binhampc.norfolkparishes.gov.uk> and the village notice boards.

Since November we have been busy bringing various matters and projects to a close. Many thanks go to our Locum Parish Clerk Mrs Sarah Hayden who has guided us through some awkward PC bureaucracy, and I am very pleased to say she has agreed to take us on permanently.

Traffic passing through the village seems to have become even busier. The SAMS is out of action and will be back very soon fully serviced and systems updated. On a related note, many have commented on how the large tractors, fully laden lorries, delivery lorries and vans are encroaching on and undermining the integrity of the waterlogged verges. Because of this and especially where building is undertaken in the village, the PC routinely ask NNDC Planning that certain conditions regarding traffic management to allow free flowing traffic and prevent encroachment onto pathways and verges are applied as planning permission is granted.

NCC Highways have recently been busy in the village. Their work sheets have included replacement of rotting and unsafe road furniture, unblocking drains in Warham Road, Langham Road and Field Dalling Road. The later created road closures before Christmas after a deluge of complaints that the stretch of road was dangerous and worsening due to heavy rain and vehicles passing along the road. A series of drains were unblocked, six drain inlets repaired, and associated stretches of road resurfaced to everyone's satisfaction.

The 2020 annual asset safety check has been completed. A number of jobs were identified including the need to repair the Village sign. Warren Trett designer has agreed to refurbish it off site during the winter months. This work has been very generously supported by the Binham Local History Group for

which the PC is very grateful, thank you.

Careful negotiation with interested parties not least English Heritage and North Norfolk Archaeological Trust is nearing completion. Agreement has been reached that a Green Dog Poo bin will be purchased and positioned on the fence to the left of the entry to the Priory Ruins. I do hope this will persuade dog owners to please make sure their dogs are supervised, and their poo is collected in poo bags and disposed of in the bin and not left on the ground as a hazard to other visitors to the site.

The Parish Council will consider at its January meeting whether or not we should develop a Flood Plan. Weather patterns are shifting mainly associated with global warming as demonstrated in recent years by changing rain and wind patterns. The flooding we have seen in recent months on the surrounding roads for instance may well also be associated with poor management of the drains and run offs. We will consider this and agree a way forward for the parish. If anyone feels that they can contribute to this debate, please be good enough to contact either myself or the PC clerk.

May I say a huge thank you on behalf of the villagers to all those individuals and services who have contributed to keeping the villages safe, well, supplied with the necessities of life such as provisions, friendship, support and encouragement and especially the keyworkers who live and work amongst us.

I wish everyone a peaceful and prosperous 2021. Let's hope that as we receive our vaccinations in the coming months, the spread of the virus will be under control and we can return to some sort of normal by the summer.

Elizabeth S Brady, Chair Binham PC

BINHAM PCC

Binham Priory

In these difficult times, the PCC has sought to keep the Church open as much as possible within the restrictions of complying with the Covid precautions. The Church has been kept open on a daily basis for individual private pray but for only three hours. This has been to allow some ten volunteers, on a rota basis, to come in while still light to re-sanitise any surface that might have been a source of transmission. The PCC continue to be very grateful to this happy band and hope they will feel able to carry on until the precautions are lifted. As well as the daily opening we have usually managed to hold two Sunday services each month, the seating arrangements complying with social distancing.

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Just before Christmas the highlight was an uplifting service of carols and readings lead by the Icení Christmas Choir, when the 40 seats for the congregation were all filled. On Christmas Day a similar pattern was followed, again as congregational singing was not allowed, between readings recorded music was played from Kings College Cambridge, which echoed joyfully around the Priory.

14th March will be Mothering Sunday and we hope we shall be able to welcome everyone to a special service at 11 am.

Advance notice of services will be put up on the Parish website (www.bihnampriory.org) and posters. Let's all hope that sometime during 2021 a degree of normality will be allowed and the Priory will again become fully functional as the Parish Church and a centre of pilgrimage and tourism it has been for over 900 years.

David Frost

BINHAM VILLAGE MEMORIAL HALL

www.binhamvillagehall.co.uk

2021 started with the announcement of lockdown three so the hall stayed closed. By the time this issue is published, perhaps it will be open. Please keep an eye on the website and the Facebook page for all up to date information. The website also carries a dedicated coronavirus page which is regularly updated with government and parish council information.

Over the Christmas period the recycling banks in the car park were overwhelmed and once again, we have found bags of rubbish waiting hopefully to be collected. Not surprisingly, this extra rubbish was mainly empty bottles! We cannot stress enough that the collection companies will not collect bags left outside the recycling banks so one or other of the trustees must do it. The recycling centre at Wells is open from Friday to Monday and there are other bottle banks available at Field Dalling and in various supermarket car parks and the council will collect bottles if they are left at the top of your green bin. So, when the banks are full – and sometimes inevitably they are – please do not just abandon your rubbish for someone else to clear up.

In other news, the hall is on the hunt for another trustee. In normal times we meet for about an hour one evening a month (usually a Tuesday) and there are the annual events, which will return one day soon, where we all chip in with time and ideas and we are a fine and friendly group. If you have a bit of spare time and if you have any good fund raising ideas which we are going to need in the next few months, please contact Andy Marsh, the chairman, who will talk you through it. His telephone number is 01328 830178 or email marsh652@btinternet.com.

Mary Hunt

THE FRIENDS OF BINHAM PRIORY

We wished a very happy retirement to Tony Pepper who has just stepped down after five years of dedicated service to our committee. Tony is well known in Binham, having run the village Christmas Fair and worked as a volunteer guide at the Priory. His committee colleagues presented him with a mug, suitably inscribed with the



words "You're a Star".

FoBP has entered 2021 with positivity. Despite the difficulties faced by us all, we have not been idling. We continue to plan ahead, hoping this year will enable us to bring you the events we had to cancel last year.

We have also funded some very important jobs at the Priory Church. Two sets of emergency electrical work were required in late 2020, including repairs and renewals to the wonderful outdoor floodlight system. We were pleased to step in and assist the Parochial Church Council at a time when fund raising is difficult.

We also take this opportunity to publicly thank our members and friends for their continued support. Events on our website www.friendsofbinhampriory.weebly.com will be updated as soon as we can schedule our anniversary membership get-together and our talk by Peter Brookes, political cartoonist for The Times. In the meantime, the website features many village memories in photographs together with useful information to help you in these strange times.

Happy 2021 from The Friends of Binham Priory. We wish you a safe and healthy year ahead. *C Raymond*

BINHAM ART GROUP

The Group has not been able to meet during the recent tier four, or the present national lockdown. However, we have been keeping in touch through our group Facebook page. This enables members to post their recent pictures, and to enjoy comments and chats from other members.

We have also had the benefit of our virtual Christmas Exhibition which has highlighted the work we have been doing during the various lockdowns. The Exhibition has featured on the Group's website www.binhamartgroup.weebly.com so if you hurry you will still be able to catch sight of some lovely pictures before we have to take them down.

In the meantime, we will be dreaming of returning to our weekly meetings in the village hall. *John Hill*

FOOD FOR THOUGHT

How amazing that the sight of one single snowdrop can evoke such great feelings of joy. Keep a vase of flowers in a place where you can see them throughout the day. They'll give the room - and you - an instant 'lift'.



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HINDRINGHAM AND BINHAM OPEN CIRCLE

A Happy New Year to the members of Hindringham and Binham Open Circle! Thanks to the scientists we have hope for this year and maybe we can begin to plan some events later in the year. It will be lovely to meet up and see everyone again.

We owe a huge amount of gratitude to everyone who has continued to work, volunteer, be a good neighbour and friend this year; to those who support us and our communities and continues to do so in these difficult times.

Best wishes

Sue Elkins, Secretary

BINHAM MEMORIAL HALL 100+ Club winners

September winners: £25 Mrs G Griffiths, £10 G Savory, Wendy Marsh, £5 Richard Lewis, Karen Lawrence, Joanna King

October winners: £25 Liz Brown, £10 Andrew Marsh, Alan Brown, £5 Pennie and Neil Alford, Mrs G Griffith, K Jennings.

November winners: £25 Mrs P Newson, £10 Stanley Hewitt, Jane Groom, £5 Emma Salvadori, D Tilley, Alex Wales

December winners: £50 Mrs V Lane, Helena Marsh £25 Mr G Marsh, £10 Alex Wales, Mr Alex Smith, £5 Angela Townend, Martin Murphy, Bart Thompson

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

COCKTHORPE

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

RANDOM THOUGHTS

Covid has changed our lives I think forever. A lot of people are lonely, depressed, and afraid for the future. In Cockthorpe, a beautiful corner of Norfolk, we are very lucky to have wide open spaces and nature at its best. So I decided to lift my spirits by really embracing the nature that surrounds us; luckily for everyone I remained fully clothed!!!

My morning starts with the view of my garden from the bathroom window watching the squirrel and blackbird argue over a fallen apple. The blackbird holds his ground and round one to the blackbird. Day two, the squirrel grows braver and wins the apple so the balance of nature begins. Mole hills have appeared overnight. Never mind, grass cutting is nearly over. Now I go and say good morning to my Shetland ponies who always make me smile. On to my lambs and calf who welcome me because I have the magic bucket of food. A lovely start to the day so I can face the world.

I hope you all had a lovely Christmas and a happy new year. Life goes on with hope and a prayer we will have a much brighter future when we can all get together.

The decorations are going to stay in the church so you are very welcome to come and visit.

Juliet Case

YOUR VILLAGE HALL NEEDS YOU

Our Parish Village Hall in Binham will be back in business hopefully after lockdown 3. Since our Chairman Andrew Cuthbert retired last April, his place has been taken by existing member Andy Marsh, leaving us with a vacancy.

If you would like to do your bit for the community you will be most welcome, please contact Andy Marsh, the chairman, who will talk you through it. His telephone is 01328 830178 or email marsh652@btinternet.com. See the Binham entry for more details.

FIELD DALLING

Contact: Julie Wiltshire
julie_wilson75@hotmail.com

ST ANDREW'S CHURCH

A prayer which some of us read together daily, talks of finding wisdom and life in the unexpected.

2020 has seen plenty of that! Both loss and opportunity.


We have, of course, been very sad for those who have suffered loss or illness, and we have also been sorry to be away from church for so much of the year. However, we have unexpectedly been able to reach out across the local and wider community on Zoom - with over 100 joining us on Easter Day, regular numbers of between 40 and 50, and the ability to reach folk who could not otherwise join us at church.

Looking ahead we recognise that, although churches

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remain open, there are many who prefer to stay away for their own safety as the new version of the virus spreads. Ian Whittle will be present in St Andrew's on the fourth Sunday of each month as usual to say Morning Prayer but, in consultation with him, we've decided to offer a Zoom service each week to give as many as possible the chance to worship with us.

Family Services on the second Sunday will be at the usual time of 11am, but in the other weeks we will offer Zoom Evensong at 5pm to avoid clashing with any services in church. All are welcome and if you would like to join us please contact Ian Newton, on iannewton46@gmail.com, or on 01328 830947. These arrangements started in January but may well continue until Easter as the vaccination programme is rolled out.

The past year has seen the cancellation of all of our community and fundraising events, but we would like to thank all those who have made donations in lieu of collections, which has enabled us to continue to pay our parish share in full towards the costs of having a Rector. We are also very grateful to all those who have participated in our Zoom services, in particular young William who has sung in almost every service and played the cello in many.

Ian Newton

BEREAVEMENT GROUP

We have ever so sadly decided that at the moment, the risk to health is too great for us to meet.

As soon as possible, the Group will be back. If in need, please don't hesitate to phone Fiona on 01328 830 947.

VILLAGERS' HALL

Just to confirm that at present, none of the regular events such as the coffee mornings or bingo are scheduled to take place. The hall is potentially available for hire but very dependent on the circumstances on which it is required; we are also taking bookings for summer onwards in the hope they will go ahead.

FRUIT AND VEGETABLE STALL

Thank you to everyone who has supported the stall; people from Field Dalling and also from surrounding villages. It has proved to be very popular and we hope it may continue. Thank you, and we wish everyone a Happy New Year – Ian and Debbie.





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GLYNIS WILLIAMSON, PC CLERK

The news that our Parish Council Clerk, Glynis, has passed away caused by a serious viral infection and then Covid-19 was a shock to us all.

She was our clerk for the PC for over nine years and did a sterling job with numerous tasks which were often complex in nature.

She will be missed by not only Field Dalling and Saxlingham, but also by the other four Parish Councils she looked after.

Steve Collins

GUNTHORPE

Contact: John Blakeley 01263 861008

jbconsult@btinternet.com

www.gunthorpefriends.co.uk

FOGPC

50/50 Club Draw Results

November

Lin Dufour	£20.00
Nieve Shelkin	£15.00
Tony Dufour	£5.00
David Paton	£5.00
Will Beeson	£5.00
Keith Webster	£5.00
Peter Howard	£5.00

December

Harriett Worsley	£25.00
David Cass	£20.00
Seana Broom	£15.00
Angela Ryde	£10.00
Gertraud Shaw	£10.00
Alfred L Wagiston	£5.00
Michelle Worrall	£5.00
Finn White	£5.00
Lisa Rush	£5.00

The continuing Covid restrictions prevent any chance of holding monthly coffee mornings as we start 2021. However the monthly draws have, and will, continue, with an independent person making the draw, and the results for the November and the enhanced December Christmas draw are shown above.

As a reminder it costs just £1.00 per month (payable in advance for the year to May 2021) to join and you can get your subscriptions, and more, back if you are lucky enough to win a prize. Importantly the 50:50 Club contributes as much as £1,100 to the "Friends" annually. Thus with events such as the Friends July BBQ having to be cancelled in 2020 this is an important part of maintaining the Friends income.

Payments can also include your "Friends" membership of a minimum of £5.00 per annum (or part of a year). BACS payments can be made as detailed below, but please inform John Blakeley (e-mail: jbconsult@btinternet.com) if you

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pay by BACS (date and amount) so that records can be kept up to date and you do not miss the chance to participate in your first qualifying draw. The Friends membership and any other donation, but not the 50:50 Club subscriptions, can be Gift Aided and if you have not already completed a form we would, be most grateful if you could consider doing this – provided you are and remain a taxpayer of course.

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To again quote the motto of a somewhat larger lottery can we remind you that “you have to be in it to win it!”
Myfi Everett & John Blakeley

ST MARY'S CHURCH NEWS

The church managed a Christmas service understandably, but sadly, without the usual coming together of very many from the village. We were 15 altogether, exercising the widest distancing and all other precautions. Terrific work had been done to clean and decorate the church, with holly (cut and preserved with bright berries from Clare Cottage in early November), magnificent big displays by the altar and on the alcoves (by the usual indefatigable benefactress who likes to remain unsung), and by the crib. All the candles were lit - so many that it took half an hour for our candle-lighter to get round.

Keeping the church going will be a struggle since the recent and much lamented departure - to live by the sea, not far away - of Penny and David Brough. They have done so much, managing almost everything for the church over the last dozen or more years. However, with much needed support from the village to keep it going, and above all from The Friends of Gunthorpe Church, we believe we will manage. The plan now is to have just one full service a month, on the second Sunday at 11am. We are lucky to have as our backbone for this our constantly cheerful Rector Ian and our hugely talented organist Martin. Regardless of anyone coming to say private prayers, which they are very welcome to do at any time, we hope that this service once a month can be a happy way of making sure lots of us see each other - strict though we all must continue to be about distancing, masks, hand-sanitising, etc.

Work has been done to clear what was the overgrown far side of the graveyard. Only overgrown we should add since the sad departing of Fred Morley who looked after it all for forty years. The main part where the graves are is now wonderfully well mown by Stephen from the village. The snowdrops beyond should be magnificent in the next weeks. It is a peaceful place, not least to contemplate past village life. Please walk in and enjoy it.

FRIENDS OF GUNTHORPE PARISH CHURCH

Well – here we go again with lockdown and hopes for a brighter future to come as vaccinations start! The Friends will carry on as best we can – as allowed by government guidelines etc...with the Churchyard clear-up hopefully to come in April – update to come in the next Lynx issue. If you can, please do come along to help – outside work, easy to distance and all levels of gardening ability are most welcome!

Stay safe and well, and many thanks for your continued support of The Friends. *Marie Denholm, Friends chairman*

A CATERPILLAR FOR CHRISTMAS



Image from the IWM - downloaded for non-commercial use

There are very few veterans from Bomber Command in WW2 left, but one, John Arthurson a Gunthorpe resident, has cause to remember the week before Christmas as on 16 December 1943 he had to bail out of a Lancaster over Bourne in Lincolnshire - he was very grateful to the silkworms for their work and qualified for the “coveted” Caterpillar badge from the Irving Air Chute Company - coveted because if you received it you had survived the experience!

Wikipedia notes that the club was founded by Leslie Irvin of the Irvin Airchute Company of Canada in 1922. Though Leslie Irvin is credited with inventing the first free-fall parachute in 1919, parachutes stored in canisters had saved the lives of observers in balloons and several German and Austro-Hungarian pilots of disabled military aircraft in the First World War. The name “Caterpillar Club” refers to the silk threads that made the original parachutes thus recognizing the debt owed to the silk worm. Other people have taken the metaphor further by comparing the act of bailing out with that of the caterpillar letting itself down to earth by a silken thread. Another metaphor is that caterpillars have to climb out of their cocoons to escape. “Life depends on a silken thread” is the club's motto.

An early brochure of the Irvin Parachute Company credits William O'Connor on 24 August 1920 as the first person to be saved by an Irvin parachute, but this feat was unrecognised. On 20 October 1922, Lieutenant Harold R. Harris, jumped from a disabled Loening PW-2A monoplane fighter. Shortly after, two reporters from the *Dayton Herald*, realizing that there would be more jumps in future, suggested that a club should be formed. Harris became the first member and from that time forward any person who jumped from a disabled aircraft with a parachute became a member of the Caterpillar Club. Other famous members include General James Doolittle, Charles Lindbergh, aviation pioneer Augustus Post, Larry “Scrappy” Blumer and (retired) astronaut John Glenn.

In 1922 Leslie Irvin agreed to give a gold pin to every person whose life was saved by one of his parachutes. At the end of the Second World War the number of members with the Irvin pins had grown to over 34,000 though the total number of people saved by Irvin parachutes is estimated to be 100,000.

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provides pins to people who have made a jump. In addition to the Irvin Air Chute Company, other parachute manufacturers also issue caterpillar pins for successful jumps.

At the time of his parachute jump John was a member of 97 Squadron and the night of 16/17 December is recalled in the Squadron records as Black Thursday - the night of highest losses suffered by the squadron during the war and most of those after returning from the raid. Whilst other squadrons suffered losses that night 97 Squadron's losses were the most severe; 9 Lancasters lost, 28 crew died, 7 crew injured. In December 1943 the squadron was based at RAF Bourne and was a 3 flight squadron totaling 21 Lancasters, that night's raid was a "Maximum Effort" meaning all aircraft were participating in the raid on Berlin and was part of the Battle of Berlin between November 1943 and March 1944. This was the summary of John's sortie from squadron records:

Aircraft JB531Y Crew: P/O F.Smith, Sgt F.E.Durn, P/O J.W.Arthurson, F/Sgt J.A.Wilson, Sgts G.H.Townend, N.Stewart, C.A.Bradshaw. Up 1700 Down not shown. 5 x 2000lb. Bombs released on Berlin from 20,000'. No results of bombing seen. On return to base fog and low cloud made landing dangerous so crew bailed out from 7,000'. All landed safely.

ADRIAN GEORGE HOWE CLARE

We were sad to learn that one of Gunthorpe's longest serving home owners George Clare died on 9 December at his house in Effingham. He was 83 years old.



George and Helen bought 30-31 Sharrington Road (now Clare Cottage) in 1972. It was two derelict cottages with, as his daughters remember; chickens roaming; nettles over their heads; old fireplaces to be dug out; a cauldron in the 'kitchen' and a garden

full of old bottles. The work done, for the first 20 years, the family enjoyed a very full life of holiday fun here, fully involved with church and fete and where ever they could help villagers. For the next 10, with their children now adults, cycling with friends also came to the forefront.

With the cottage extended and health deteriorating for both George and Helen the cottage was handed to daughters, Roz, Ali and Be, albeit both parents still managed short visits. Roz, Ali and Be have enjoyed, and continue to enjoy, the cottage with their families, but in more recent years they have been very pulled with growing kids/exams/parental care and their own parishes in Surrey

and visits have been less frequent although whenever possible one has been here to support the Fete. With their children now all adults, and the cottage in great shape they are looking forward to the next 50 years and being able to contribute back to the village again, following in their father's footsteps.

George's funeral service was held at St Lawrence Church Effingham on 22 December, followed by a cremation on 29 December in Leatherhead. We send our deepest condolences to Helen, Roz, Ali and Be and their families, and look forward to Clare Cottage continuing to be their much loved second home in our village.

WELCOME

We offer a very warm welcome to Nick and Debbie Boon who have bought The School House. They are doing a lot of renovation and hope to be living in the House by the spring. Both are from artistic backgrounds, having met at Art College in the mid 70's.

Nick now runs his own business and does Restoration Carpentry and Decoration, and he will be using his skills in the renovation of The School House. Debbie is a Wildlife painter and her studio will be at the house. They have three adult children, Henry, George and Cecily all with partners and two of whom also live in Norfolk.

We hope that they will all be very happy in their new home in our eclectic and very sociable village.

LANGHAM

Contact: Christina Cooper 01328 830207
christinacooper27@googlemail.com

FROM THE REGISTERS

Holy Matrimony

Jonathan Cubitt and Lucy Anderson
Saturday 12th December 2020

Burial of Ashes

Mrs. Sheila Ann Bishop
Tuesday 5th January 2021

ALLOTMENT AVAILABLE

An allotment has recently become available in Langham. So if you have always fancied trying your hand at a very rewarding pastime of growing your own, now is your chance! If interested, please call Cavin on 01328 830444 for more information.

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REMEMBRANCE DAY

Sunday 8th November 2020

Due to the advice of the Government we were unable to hold the service inside the church. So a short outdoor service was held on the crossroads at the War Memorial.

I was very pleased to see, and now report, that we had a congregation of 40 people.

The names of the fallen were read, a poem recited, prayers said and the 2 minutes silence observed.

The passing traffic was very considerate, including the huge tractor and trailer full of potatoes waiting for 10 minutes – thank you Ben.

Thankfully the weather was mild(ish) and dry, unlike some previous times.

We were pleased to donate £25 to the R.B.L Poppy Appeal.

THE GOLDEN TICKET

Just as the Christmas issue of the Lynx was being distributed to all the residents, we hid a Golden Ticket inside one of the copies, and the lucky recipient would win a fabulous Christmas themed prize!

Typically, the ticket bounced back in one of the spare copies and was never delivered (best laid plans and all that!). So a street name and then a house number was drawn at random and the winners were in The Cornfield!

Congratulations and we hope the prize put a smile on the recipient's face, with this little hint of Christmas spirit: popcorn, gold coins, cheese crackers, homemade chutney, home grown walnuts, more gold coins, homemade Christmas cake, more gold coins, clementines, peanut butter chocolate (hopefully no one had allergies, yikes!), mince pies, chocolate Santa, mulled wine, amaretti biscuits, and yet more gold coins!! Wow amazing!!

Many thanks to Sarah Bowen for organising, Susie Kemp and Jan Hope for their help and contributions, and to Janet Allen for making the amazing 'Golden' themed Christmas cake.

LIGHT UP LANGHAM

Thank You!

What a lovely sight it was to see so many houses lit up in December with both big and small displays, coloured and white lights, across houses and hedgerows, in trees and bushes, in porches and windows too.

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Thank you to all those who took part as it was a great lift to our spirits in these darker times. This is something I feel we should do every year now, as it has been a delight for all and something we can do easily as a community whatever the circumstances.

As we are currently in lockdown three, I hope you are all keeping safe and well and thankfully now the vaccine is being rolled out I'm sure we will all be out and about again soon and can enjoy some of the events in 2021 we missed so much in our villages in the last year.

CC, Lynx rep



LANGHAM ILLUMINATIONS

Before Christmas and up to Epiphany, Langham was illuminated by the decorated tree opposite the Blue Bell. We must thank the Friends of Langham for the lights and to Chris and Paige Allen for dressing the tree and donating the power supply.

The church floodlights shone for the 12 days of Christmas thanks to a generous donation from an anonymous parishioner. A big thank you to these supporters, on behalf of the village, for their kindness.

An innovative idea by the churchwarden, Edward Allen, produced a wonderfully lit church porch which, together with a decorated Christmas tree and lights made a warm welcome to our church which remains open.



HAPPY NEW YEAR

Langham PCC would like to thank all those who help to keep Langham Church a going concern; all who preach, attend and help with church services, clean, arrange flowers, put up flags, play the organ, wash the altar linen, work in the churchyard, maintain our churchyard equipment, look after the clock, supply church leaflets and cards, carry out administration and also to all who support us financially. You are all very valuable to us and we appreciate your participation most sincerely. We wish you all a very happy, safe and healthy New Year.

Langham PCC

CAROL SERVICE

24th December 2020

What a strange situation we find ourselves in, but we did our utmost to lighten the gloom with a socially distanced mini carol service.

We were delighted to welcome 30 parishioners to celebrate and enjoy a 25 minute service with shortened

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hymns which we hummed to and short readings from the Rector. Thank you Rector for leading this.

We all went home with a spring in our step for the next day – a very different celebration of Christmas.

MORSTON

Contact: Jock Wingfield* 01263 740431
jocelynwingfield@gmail.com

*For Lynx 137, deadline 6 March, please send all articles to
sallymetcalfe@btinternet.com.

ANATOLE LAWRENCE NILS ATHILL CHRISTENING

All Saints Church, Morston

On Saturday, 26th September, Anatole Lawrence Nils Athill, the son of Frederick and Caroline Athill, was christened by the Reverend Ian Whittle in Morston Church.

Anatole, who was seven months old, looked calm and resplendent in his lace christening robe, made for his uncle Augustus and his mother by the couturier, Hardy Amies, who was a friend and neighbour of their parents, Maggie and Stefan Lersten, when they all lived in London.

Anatole's grandmother, Maggie, sang a beautiful Cossack lullaby in Russian, in memory of her Russian father, Anatole, and Mr Ray Todd, the bugler, who was isolated with Mary Athill in the chancel, played a trumpet voluntary and the hymn, 'Will Your Anchor Hold In The Storms Of Life'.

Freddie and Caroline read a lovely prayer – first in Swedish and then in English:

'God, we thank you for our child. Thank you for the gift you have bestowed upon us and the trust you have placed in us. Grant us tenderness, consistency and calm. Help us to pass your love on to the child we have been granted responsibility for; in Jesus' name, Amen.'



Frederick, Anatole & Caroline Athill
with great-grandmother Mary Athill



SHARRINGTON & DISTRICT GARDENING GROUP

A friendly local group with a programme of events throughout the year.

Whilst our gardens have remained a source of work & pleasure during the Covid pandemic our programme of events was decimated in 2020.

With fingers firmly crossed, we will shortly announce our 2021 events programme.

To join our group or for more information contact Robin on
01263 861939 or email robin@daubeneyhallfarm.com

SHARRINGTON VILLAGE HALL NR24 2AB

FESTIVE SONG SALES SOAR

The lack of carol singers in Morston this year was more than made up for with the release of the village's very own Christmas album. Masterminded by Morston resident Richard Longley under the group name Les Bicyclettes de Belsize, the album 'A Morston Tale' features 14 festive songs, including the title track specially written by Richard and partner Sandra Morris. It pictures the scene around Morston on a frosty winter night, with snow blanketing the marshes, wildlife in abundance and candles flickering in the church.

Sales of the album have so far raised £329 for Friends Of Morston Church and it is still available at the download site Bandcamp: <https://lesbicyclettesde.belsize.bandcamp.com/>

Meanwhile, Richard is already planning a festive release/update for Christmas 2021. With luck we will have carol singers back in action by then too. RM

NATIONAL TRUST UPDATE

...as of 7th January 2021

Following the Government's announcement of a third national lockdown, we've reviewed what this means for our work. National Trust are keeping our coast and countryside properties open in line with all Government safety guidance. Specifically for Morston, this means we are keeping the toilets and car park open and offering a very limited take-away food and beverage offer (coffee/tea and cake, open Friday – Sunday only), appropriate to the use of the site by local visitors.

We will not be promoting visits to Morston but instead will be reinforcing the Government's message to stay local through our social media and website.

All of the above is subject to review. We will be monitoring the car park on a daily basis.

Chris Bielby, NT Countryside Manager

FRIENDS OF MORSTON CHURCH

Unfortunately, due to the ongoing Covid-19 restrictions, the Friends of Morston Church have had to cancel the annual quiz, which is usually held at the beginning of February.

All being well, the AGM will be held at the village hall at 6:30pm on Saturday 19th June. If restrictions are still in place the meeting will be held on-line using Zoom, as it was in 2020.

The Shovell Dinner will be held (hopefully) at The Anchor on Saturday 16th October and we are delighted to confirm that Charlie Ward has agreed to give his postponed talk from last year entitled "East Coast Sailing Barges and the building of "Juno". PT



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SHINE A LIGHT FOR MORSTON



Morston residents staged festive light displays throughout the village this Christmas, not least in the church and churchyard. The church remained open for quiet reflection, displaying a beautifully decorated tree.

MORSTON GENERAL QUIZ

by RH (answers on page 23)

1. In what franchise would you find the character Katniss Everdeen?
2. At the time of writing (January 2021), who is fifth in line to the British throne?
3. What year did Margaret Thatcher die?
4. What is a baby rabbit called?
5. What fruit takes the scientific name *Mangifera indica*?
6. What does LGBTQ stand for?
7. Which city had the first ever fashion week?
8. If all the states of America were placed in alphabetical order, what would be first and last?
9. What is the Papaver rhoeas flower better known as?
10. Who is manager of the England football team as of 2020?

SAXLINGHAM

Contact: John Pridham 01328 831851
jcwpridham@gmail.com

ST MARGARET'S CHURCH

It was good to enjoy carols suitably distanced in the churchyard with about 25 souls braving the cold on 20th December.

With the merry organ playing inside we were able to sing along to the carols outside and listen to the readings.

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CONTRIBUTIONS WELCOME

Any articles or other contributions of local interest are of course most welcome here. So any village news or stories of life in these restricted times will be gratefully received. Please let me know whatever you feel you can pass on by the 4th of March, May, July, September and November so that I can meet the reps deadline for copy on the 6th.

FIELD DALLING & SAXLINGHAM WHATSAPP GROUP

In case any in our village are not aware, this is a vibrant group with local info, news and moral support.

To join please contact Amanda Maundrell by email at amaundrell@live.co.uk or text 07741 932242.

SHARRINGTON

Contact: Claire Dubbins 01263 862261

cdubbins@btinternet.com

www.sharrington.org.uk

LOOKING AHEAD

A friend's daughter, Anna, was sad at having to 'take down Christmas' and has decided to celebrate important dates on the calendar. However, depending on your calendar, there are all sorts of things she could be celebrating this year with the obvious first one being Candlemas on the 2nd February. This is also the celebrated Groundhog Day in the USA.

Down with the rosemary and so
Down with the bays and mistletoe;
Down with holly, ivy and all,
Wherewith ye dress'd the Christmas Hall

*Robert Herrick (1591-1634) "Ceremony upon
Candlemas Eve"*

As this poem records, the eve of Candlemas was the day on which Christmas decorations of greenery were removed from people's homes. So Anna could legitimately decorate the house with greenery until Candlemas. In France they celebrate the day with crepes and in Mexico tamales.

St Valentine's Day occurs on 14th February, a day of romantic celebration. Marked by romantic meals and the sending of cards and flowers to loved ones, red roses, hearts and doves all symbolise this feast day.



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Pancakes are required on 'Pancake Day' or Shrove Tuesday 16th February. As Lent was about to start, the tradition arose as people tried to use up eggs, butter and sugar. However, savoury pancakes are pretty good too. On the same day in the USA it's the end of Mardi Gras, also known as 'Fat Tuesday'. This carnival begins on 6th January or Twelfth Night, that marks the end of the twelve days of Christmas. King cake and jambalaya are just two of the dishes eaten at this time alongside, of course, pancakes. And, as there have been no decorations in the house since Candlemas, Anna could decorate for Mardi Gras which traditionally uses green, purple and gold. In the USA wreaths appear on doors, along with masks, streamers, balloons and colourful outdoor lighting.

Purim is celebrated, among Jews, on 26th February. On this day food and gifts are exchanged and a donation is made to charity, known as *mattanot la-evyonim*. Traditionally, triangular shaped food is eaten. Indian samosas come to mind and maybe the Ottoman dessert, *baklava*.

I'm not sure Anna's going to be able to cope with all these celebrations. I have mentioned five already and we are not even into March. March will bring St David's day on the 1st, Mothering Sunday on the 14th, St Piran's day on the 15th, St Patrick's day on the 17th and Good Friday followed by Easter Sunday, on the 2nd and 4th April. I'd better warn her mother! *Anne Abrams*

CHURCH NOTES

In these days of restrictive rules and regulations for church services I feel that Sharrington All Saints has managed to arrive at a happy medium, without singing, safely spaced and no lingering for chats afterwards.

So for Remembrance Sunday we had a special service outside in the churchyard with music from our sound system and luckily it was not raining, but was somewhat chilly. We paid due respect to those from Sharrington who had lost their lives in both world wars, the names of whom were read out. Inside the church it was beautifully decorated with floral tributes and the hand knitted fall of poppies from the previous year.

Our next special service was the carol concert on the 19th December, again in line with current rules, so those who wished to join the lantern parade met at the village hall by the Christmas tree to sing one carol. Meanwhile in church the fires were on, lights and candles glowing, a beautifully decorated tree and the crib already filled with the figures. When the group from the hall arrived they sang another carol outside before entering the church and taking their seats at suitably spaced intervals. The service led by our rector proceeded with readings and recorded music. At the end there was no congregating and sadly no drinks and nibbles but we hope for some normality in 2021.

Finally on Christmas Day Ian led us in Holy Communion, again no singing but lovely choral music from our sound system. Because of visiting being curtailed the congregation was quite small but we departed with good wishes to our various kitchens.

Walking round my garden the other day after a very heavy frost I was so delighted to see my pink camellia full of buds. Last year was a disaster but it looks good for this one. Also little daffodils poking up in their pots and several perennials are showing themselves. The

churchyard will soon be full of snowdrops and in due course the blackthorn will be in flower, so a lot to look forward to with spring around the corner, lighter days, mass vaccinations underway and the pandemic on the run I hope.

A happy, safe and healthy 2021.

APG

VILLAGE HALL

Like so many other venues, in order to thwart the rather nimble footed virus, the village hall has had to sneak back into its shell and, on day one of lockdown Three when I am writing this short piece, the prospects of hosting anything much before the arrival of the chocolate eggs does not look overly hopeful.

Encouraged by the article in the Lynx and to add to the festive decorations around the village, the hall sponsored a rather fine Christmas tree outside, and lights for the tree behind the village sign. Unfortunately, it did not prove possible to arrange a formal 'turning on of the lights' as, by then, the not so jolly green virus was actively vying for nomination as the 2020 Beast from the East.

It has been a mighty disappointing year for the committee as its plans to build on the successes of 2019 came to a spluttering halt. However, as a result of generous governmental support, there has been no adverse financial impact and this has meant that a number of minor projects could be completed.

The dawn of the New Year may have rather a grey tinge but our community chum stands ready to reopen its arms to its friends and neighbours as confidence returns.

Roger Dubbins



FOOD BANK

Following the appeal to the village in November, we were able to deliver a staggering 79 kilos (14 bulging carrier bags) of Christmas treats to the Fakenham collection point for the Mid-Norfolk Food Bank. The response was amazing and very much appreciated, particularly in a year that has seen foodbanks needed as never before. The following message was then received from the Food Bank.

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"Thanks so much for your donation. We're really pleased to be able to give out something a little special at this time of year, and we know from comments we've received in previous years that people needing to use the

foodbank find it a particular blessing that people have gone that extra mile to help provide them with something to make Christmas just a little bit better."

Now in the cold winter months we are concentrating on delivering easily reheated items to the foodbank and in January collected many tins of soup which were displayed around the font before delivery at the end of the month.

The box for donations is at the back of the church and through February and March we will be continuing to focus on these types of non-perishable items. Easter is at the beginning of April this year so in March we will also be looking for Easter eggs and any other treats for children in the holidays. But as ever all donations are very welcome.

You can be assured that in these difficult times your donations go to the most needy in society so a big thank you for your continuing generosity.

Anne Sloman

A SPRING IN OUR FOOTSTEPS?

Spring is on the horizon and very welcome it will be after a year of lockdowns and restrictions.

Looking back at the Christmas season it is thanks to the Lynx editor's bright idea back in the late autumn that our village was lit up so splendidly through December and into early January.

All the villages in the benefice joined in the campaign to bring light and joy to one and all and none more so than Sharrington.

The village hall committee generously gave us a splendid Christmas tree lit and decorated to admire as we passed by the hall and I am sure we are all very grateful to those who erected it and decorated it so beautifully.

Nearby, Chapman's Yard was aglow with trees in the garden and lights all around while across the way neighbours lit up their hedges and gardens. Jubilee Corner sported lights in the central tree and lights were twinkling outside houses along the way and towards

Thornage.

More lights were sponsored by the village hall in the tree behind the village sign and Lower Hall Lane was ablaze with illuminations in trees and gardens with Old Barn perhaps winning the prize for a spectacular garden display!

The church was decorated inside with seasonal floral arrangements and a large tree near the altar while the holly tree near the gate was lit by solar powered lights.

Along Bale road the lights shone from The Place to the end of the bungalows and through the village Christmas tree lights and indoor decorations could be glimpsed giving great pleasure not only to those who live here but to all those passing through the village.

A huge effort was made by everyone and the editor should be congratulated on her timely brainwave.

Now we can look forward to the spring and all it brings. The snowdrops are out and it won't be long before the spring bulbs will be making a welcome appearance to brighten our gardens and our days. CD

STIFFKEY

Contact: Dr.Sally Vanson 01328 830560
dr.sallyvanson@gmail.com

GENERAL NEWS

A very happy, healthy and successful New Year to everyone. I am sure we are ready to move on with our lives and get out to enjoy our wonderful countryside and the coast and away from the challenges of 2020.

The village were delighted to hear of a new baby – Mimosa, the latest team member at Stiffkey Stores. Congratulations to Alice and Andy on the birth of their third child. I'm sure it won't be long before she appears behind the counter. The shop is currently open in the mornings from 9.00am – 13.00.

It was great news to hear that our village pub was opening again on 17 December after the Covid shutdown and that they would stay open over Christmas (with the exception of Christmas Day) and are also planning a wine tasting evening on 21st February if regulations permit. In the meantime due to Tier 4 restrictions they have had to close once more.

Speaking of Tier 4, it seems that the dreaded virus has now reached Stiffkey with a small number of cases

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being reported. Please take very good care of yourselves and your neighbours.

Thank you so much to all who contributed to our last issue. As usual, feel free to suggest or contribute anything else of interest including poems, and recipes. Compared to some other villages we are light on community news and events. It would be lovely to have more updates on various projects – the Village Hall, the Tennis Court, the Cricket Club and the Parish Council. Anyone is free to contribute. I have also been asked if we could have a column about the Stiffkey countryside and wildlife – is anyone interested in writing that on a bi-monthly basis?

I need your offerings by 5th of the month on alternate months (from March) although I am happy to receive them whenever it's easier for you. I have been taking news from the Facebook pages for the village and for local societies. If you do not want your news shared in The Local Lynx please let me know. Contact me at dr.sallyvanson@gmail.com. In the meantime stay safe and healthy.

Recipe For A Cold Winter's Day Onion Panade – a real stomach filler!

4 large onions, thinly sliced (about 1 ½ pounds or 6 cups)
Salt
150g butter
400g dried bread, thinly sliced (about ⅓ inch)
300g freshly grated Parmesan and Gruyere cheese
Lightly salted boiling water (about 40 fl oz)

Cook the onions, lightly salted, in one-fourth cup butter over a very low heat, stirring occasionally, for about 1 hour, keeping them covered for the first 40 minutes. If the heat is low enough and the saucepan of a heavy material, there will be no problem of coloration -- they should begin to caramelize lightly toward the end of an hour's time, at which point the flame may be turned up slightly and they should be stirred regularly until the entire mass is of a uniformly rich caramel colour. Should there be signs of coloration too soon, the flame should be lowered even more, or the heat may be dispersed by separating the pan from the flame with an asbestos pad.

Spread slices of bread thickly with the onions, arrange a layer in the bottom of the casserole, sprinkle over a thick layer of cheese, and repeat the process, packing each layer gently and arranging the bread slices as well as possible to avoid empty spaces. The last layer should be sprinkled only with cheese, and the casserole should not be more than two-thirds full at this point.

Bring the salted water to a boil in the same pan in which the onions were cooked. When it comes to a boil, pour it slowly and very carefully, at one single point against the side of the casserole, permitting the bread to swell and the mass to rise about 1 inch, or until obviously just floating, but no more (if you fear an unsteady hand, carefully ease the tip of a funnel down the side of the casserole to the bottom and pour the boiling water into the funnel).

Cook on top of the stove, uncovered, over a very low heat, the surface maintaining a light, slow bubble for one-half hour. Add, as before, just enough boiling water to be certain that the body of the bread is submerged, sprinkle a bit more cheese over the surface (sprinkle over a teaspoon of Cognac now, if you like), shave about 1 tablespoon butter in paper-thin sheets from a firm cold block of butter, distributing them over the surface and transfer the casserole to a medium oven (325 to 350 degrees) for 1 hour, raising or lowering the temperature, if necessary, after about 40

minutes' time, depending on how the gratin is developing. The soup should be covered with a richly coloured crust of gratin and should be served out with a large spoon onto preheated plates.

From "Simple French Food" by Richard Olney. You'll need an additional tablespoon of butter to top the dish, plus a teaspoon of Cognac and a little more cheese, if desired. For the bread, use a round loaf and remove the crusts. A 9-inch cast-iron Dutch oven works well for this recipe.

STIFFKEY VILLAGE FACEBOOK

Our 'virtual village green' now has 231 members, is followed daily and can be found at <https://www.facebook.com/groups/790563987749800/>.

It's great to see it being used for community debates and for items for sale and wanted. We've covered football fun camps, where to buy Christmas trees, photos of the village, updates from the Rivers Trust and on Coronavirus, Library opening times and more.

The page was particularly useful when we had a lost cat and a lost puppy just before Christmas. Villagers were able to join in the hunt for both (albeit at separate times) and luckily both were found and are recovering at home.

Our page is increasingly becoming a mine of useful information and of course the latest copy of Local Lynx can be found there as well. We have also discovered a second village page – Stiffkey, Norfolk - with a completely different set of people on it. It's great to have so much coverage so ensure you look at both to keep up with all the news. SV

CHURCH NEWS

First of all, may we wish you a good New Year and hope for a healthy and more settled 2021.

Stiffkey was lucky to hold its Carol and Christingle Service on the 20th December, led by Pippa Long, plus we had a superb organist for the afternoon. Despite not being able to sing out the carols and have the normal gathering afterwards for mulled wine and mince pies the service by candlelight was enjoyed by all those who came to celebrate Christmas. A big thank you also to those who helped with the decoration and the cleaning of the church.

We are still in Tier 4, but despite this, Communal Worship albeit with hand sanitiser, self-distancing, face masks etc. can continue and so our services when arranged by Reverend Whittle can proceed and the church, as before, will always be open for private prayer. Antibacterial spray and hand sanitiser will continue to be provided.

As yet we do not know what the position will be at Easter, but posters and notices will be placed around the



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village nearer the time to keep everyone informed, meanwhile we hope you stay safe and continue to help keep others free from the virus.

Stiffkey PCC

STIFFKEY CRICKET CLUB

We've had a tough year but in 2021 we aim to have a squad who love the game and are prepared to put the effort in to give us a wicket that people want to play on.

We are a socially aware club that want to play competitive games. The season starts again in May. We welcome all ages and standards so please contact us if you want to be part of something that matters.



RESCUE WOODEN BOATS

In November Rescue Wooden Boats and the RNLI remembered World War 2, and all those brave souls who gave their lives to save others. Despite being dedicated to saving lives, seven lifeboats and 40 crew members were tragically lost during the war and photos were posted so they were not forgotten.

In December there was a change around of the boats with Mitzpah looking particularly well. Volunteers remembered her being much smaller and noted that she had been built up, with one volunteer reminiscing about a trip in her 60 years ago. The iconic Chunk Harvey was also seen outside during the move.



After a very different season in 2020, the museum is now shut. Thank you to everyone who visited and supported us. You can of course still see the amazing poster on the

museum wall anytime you want and trips on Lucy Lavers are currently still running with Wells Harbour Tours weather permitting. Call 07747 401222 to discover more.

NEW TENNIS COURT

You may have heard or received a letter about the planned tennis court at Stiffkey playing field. With the aim of creating a recreational space for the whole community, the tennis court will be for the use of the village and act as a fundraiser for further development (by charging fees to the many visitors to Stiffkey). The

aim is to raise £25,000 and £6,555 has already been donated including money from a visitor to the village who says "saw your collection bucket and fund-raising appeal on a recent birdwatching trip (but had no cash). So, a belated online donation".

So, whether you have lived in the village all your life, are a recent resident, a second home-owner or a generous visitor please give generously to our crowdfunding page: <https://www.justgiving.com/crowdfunding/stiffkeyplayingfield>.

STIFFKEY PARISH COUNCIL

You can find out more about the Parish Council at www.stiffkeyvillage.org and members of the public are able to attend the 'open' part of any PC meeting. If you wish to contact the Parish Council for any reason you can do so via the Clerk - clerk@stiffkeyvillage.org.

Sadly, our recent Parish Clerk – Glynis Williamson passed away in late November. She was cremated on 7th December at Cromer crematorium where due to Covid regulations her funeral was unfortunately by invite only. Glynis was a lovely lady who gave years of devoted service to many committees in Holt, including the Holt Playing Field Association and Holt Sports Centre as well as being a Parish Clerk. We all in Stiffkey send our sincere condolences to her family.



No news from Langham Village School this time.

MORSTON QUIZ ANSWERS

(questions on page 19)

1. The Hunger Games.
2. Prince Louis of Cambridge.
3. 2013 (8 April).
4. A kit.
5. A mango.
6. Lesbian, gay, bisexual, transgender and questioning (queer).
7. New York, 1943.
8. Alabama first, Wyoming last.
9. A poppy.
10. Gareth Southgate.

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D

DANGER ENSURE THE SCENE IS SAFE
FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE

R

RESPONSE CHECK THE CASUALTY NEEDS HELP
CHECK RESPONSE BY TALK AND TOUCH.
SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!

S

SHOUT SHOUT FOR HELP
IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.
DO NOT LEAVE THEM AT THIS STAGE. DIAL 999 NOW!

A

AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR
OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH. YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.

B

BREATHING LOOK, LISTEN & FEEL FOR NORMAL BREATHING
KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, CALL 999!

C

COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS!
PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND

D

DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR
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