

Church & Village News

Baconsthorpe • Barningham Winter • Edgefield • Hempstead
Matlaske • Plumstead • Saxthorpe with Corpusty

April 2018



Baconsthorpe Castle by Drone

Chris Taylor www.christaylorphoto.co.uk

Skipper's Corner

Snippets that Skipper approved by wagging his tail when they were read to him

Yesterday at our Women's Institute we had a lecture on Norfolk which caused much amusement. The speaker referred to one archaic custom he had been told by very old people had been practised in their youth – that of letting off guns at a wedding, which came from the ancient belief that noise scared evil spirits. Amid many chuckles, one member, only five years married, remarked it had been done at her wedding, which considerably astonished the lecturer.

Lilias Rider Haggard, *A Norfolk Notebook*, 1946



Skipper

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Baconsthorpe <http://baconsthorpepc.wixsite.com/baconsthorpepc>

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Hempstead hempsteadpc@gmail.com

Matlaske & Barningham <http://matlaskeparishcouncil.norfolkparishes.gov.uk>

Plumstead <http://plumsteadparishcouncil.norfolkparishes.gov.uk>

Saxthorpe & Corpusty <https://corpustyandsaxthorpeparishcouncil.wordpress.com>

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Rt Hon Norman Lamb MP

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Baconsthorpe, Corpusty, Edgefield, Hempstead, Plumstead, Saxthorpe

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Matlaske & Barningham
Michael Knowles 825995
mike.knowles@north-norfolk.gov.uk

Church People

Interim Priest in Charge

Father Michael Cartwright 577865

Lay Minister Gill Peat 734226

Lay Minister Judy Rosser 587584

Church Wardens

Baconsthorpe Tessa McCosh 577611

Barningham Winter Amelia Courtauld 577250

Edgefield Emma Cletheroe 587049

Angela Turner 587292

Hempstead Ann Udale 713656

Su Summers 710702

Matlaske Thomas Courtauld 577250

Plumstead Eleanor Faulkner 577868

Saxthorpe Merlin Waterson 587610

Heather Monks 587118

What's On

APRIL

Mon 2	10.00am	Hempstead Open Church and Easter Egg Hunt	Church
Thur 5	7.00pm	Hempstead Annual Parochial Church Meeting	Village Hall
Tue 10	3.00pm	Plumstead Annual Parish Meeting	Church
Wed 11	7.00pm	Hempstead Village Hall Committee AGM	Village Hall
Sat 20	2.00pm	Plumstead Church Spring Clean	Church
Mon 23	6.30pm	Matlaske Fête Helpers' Meeting	Church
Mon 23	7.30pm	Edgefield Church AVM and APCM	Village Hall
Tue 24	10.00am	Baconsthorpe Plant Sale	The Old Rectory

MAY

Fri 11	7.00pm	Matlaske Quiz	Old Stables, Barningham Hall
Mon 14	6.00pm	Plumstead Parish Council AGM	Church
Tue 15	10.00am	Plumstead Christian Aid Coffee Morning	Church
Wed 16	7.00pm	Baconsthorpe Prize Bingo	Village Hall
Wed 16	7.30pm	Matlaske PC AGM	Church
Thur 17	7.00pm	Saxthorpe Village Hall AGM	Village Hall
Sat 19	7.00pm	Hempstead May Feast	Village Hall
Mon 21	7.30pm	Baconsthorpe Parish Council	Village Hall

Choral Concert - 3pm Sat 7th April - St Joseph's Catholic Church, Sheringham

St Austin's Choir from Wakefield will perform a wide range of works from composers including Bruckner, Palestrina, Victoria, Mozart, Fauré, Rutter, Grainger and Handel. No charge, but there will be a retiring collection, all of which will support the Cromer & District Foodbank and the temporarily homeless.

Clash Diary

Jun 16-17	Edgefield Kinsley's Gardens Open	Sept 10	Plumstead Parish Council
Jun 23	Baconsthorpe Fête	Sept 17	Baconsthorpe Parish Council
July 4	Matlaske Coffee Morning	Sept 21	Baconsthorpe Chandler Green
July 6	Baconsthorpe Auction	Oct 5	Matlaske Quiz
July 8	Plumstead Fête & Open Gardens	Oct 11	Induction of Benefice Priest
July 16	Plumstead Parish Council	Oct 13-14	Edgefield Craft Exhibition
July 28	Matlaske Fête	Nov 5	Baconsthorpe Parish Council
Aug 5	Hempstead Fête	Dec 2	Matlaske Christmas Party
Aug 17	Baconsthorpe Jumble Sale	Dec 3	Plumstead Parish Council
Sept 1-2	Hempstead Arts Weekend	Dec 15	Baconsthorpe Xmas Singalong
		Dec 16	Baconsthorpe Xmas Party

If you are arranging an event please check with Corinne Youngs that there is not already an event being held that day. This will help prevent any clashes.

577263 / corinne@avyoungs.com

Regular Village Hall Events

BACONSTHORPE

Tuesday during term time	10.00am - 12noon	Diocesan Play Van - 07918 027092
Tuesday	7.30pm - 9.30pm	Carpet Bowls - 711320
Last Friday	6.00pm - 11.00pm	Pop-Up Pub

CORPUSTY

Second and fourth Monday	2.00pm - 4.00pm	Bure Valley Quilters & Stitchers
Second Tuesday	12.30pm - 3.00pm	Citizens Advice Bureau Outreach
Tuesdays during term time	5.45pm - 7.15pm	Brownies
Second Tuesday	10.00am - 12noon	North Norfolk Knitters Rita Taylor 587507 K2togp1@btinternet.com
First and third Thursday	10.00am - 12noon	Art Group Non-members £10 a session Professional artist in attendance every 3rd week
Friday during term time	9.30am - 11.30am	Toddler Group

EDGEFIELD

Third Monday	7.00pm	Parish Council Meeting
First Tuesday	2.00pm	Tuesday Club
Second Wednesday	2.00pm	Ladies Club
Last Thursday	10.30am	Coffee Morning

HEMPSTEAD

First Monday alternate months	7.30pm	Parish Council Meeting (next is 5 March)
Tuesday	10.00am	Charcoal Drawing £4 - Mike Thody 711282
Third Wednesday	7.30pm	Film Club

Mobile Library Van

12 Apr / 10 May / 7 Jun / 5 Jul

Matlaske	12.30	NR11 7AQ	Old Post Office
Plumstead	1.15	NR11 7LG	Walnut Farm
Baconsthorpe	2.45	NR25 6LJ	Council Bungalows
	4.10	NR25 6LG	Old Post Office
Hempstead	3.20	NR25 6LE	Hare & Hounds
	3.40	NR25 6TL	Telephone kiosk

26 Apr / 24 May / 21 Jun / 19 Jul

Saxthorpe	11.50	NR11 7BL	Old Post Office
Corpusty	12.10	NR11 6QP	School
	12.40	NR11 7BU	Great Farm Cott's
	2.00	NR11 6QJ	Adams Lane
	2.15	NR11 6QL	3 Council Houses
	2.30	NR11 6QL	16 Council Houses
Edgefield	3.15	NR24 2AX	The Street
	3.40	NR24 2AL	The Memorial

Post Offices

Baconsthorpe Village Hall

Tuesdays	1.00pm – 4.00pm
Fridays	10.00am – 1.00pm
All services	

Corpusty Stores

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All services including Euros		

Holt Library

9 Church Street, Holt NR25 6BB	712202
Mon Wed Sat 9.30am-1.00pm	
Fri 9.30am-6.00pm	

Disclaimer: The views expressed in this publication are not necessarily the views of the Church & Village News. Apologies if contributed material is not published due to space constraints. All facts are believed to be correct at the time of going to press.

Letter from Father Michael
Interim Priest in Charge
Tel 577865

My Dear Friends

New Life

Of necessity, this letter is written before Easter - be that as it may, the signs of new life are already here for all to see. Buds are forming, spring bulbs and flowers are all around us. Little creatures emerge from hibernation, a multitude of birds are busy preparing for new arrivals. New life in glorious abundance.

New life is at the very heart of the Christian message - the Easter message, 'Christ is risen', is for every single one of us. Easter joy - but what does this really mean to individual men and women?

New life. A fresh start. A new affirmation of what we believe and what we CAN achieve:

A New Creed

I believe in a world meant for everyone to live together happily in. I believe in living a life of love, sharing and making new friends. I believe this is the way of the Risen Lord Jesus who makes me see my faults and sins, forgives me and helps me to let Him make me pure. I believe He died for me, and the whole world, and He calls me to join the people who follow Him now. I believe He can use even me to carry on His work in the world. So I give myself to Him.

See you in Church. God bless you all this Eastertide.

Father Michael Cartwright

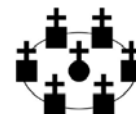
Taizé Service



On Sunday 25th February Plumstead Church hosted a Taizé Service. This was well attended by those who enjoy this form of worship and those for whom it was a first. We arrived into a candlelit Church where there was a short practice of the Chants before the service began. It is hoped that there will be more services of this type in the future.

"Plumstead experienced, almost certainly for the first time in its very long history, a Taizé Service which involves contemplative worship and singing with some readings. We were led by our delightful Benefice Choir and four gifted musicians all guided by Su Summers. For the uninitiated the hymns became chants, lots of repetition which was most helpful in our advancing years, so we could get the hang of it! It was very different to our usual diet and in a growing diverse world, engaging with a different form of service was uplifting and enlightening."

A Parishioner's Experience



The Benefice of Matlaske

Church Services for April

1 st	Easter Day	
10.00	Benefice Choral Eucharist <i>CW TL</i> Offertory to Bishop's Lent Appeal	Hempstead
8 th	Easter 2	
9.30	Eucharist <i>BCP</i>	Matlaske
11.00	Matins <i>BCP</i>	Baconsthorpe
15 th	Easter 3	
9.30	Eucharist <i>CW</i>	Saxthorpe
11.00	Matins <i>BCP</i>	Barningham Winter
22 nd	Easter 4	
9.30	Eucharist <i>CW TL</i>	Edgefield
11.00	Morning Prayer <i>CW</i>	Plumstead
29 th	Easter 5	
9.30	Eucharist <i>CW TL</i>	Hempstead
11.00	Matins <i>BCP</i>	Matlaske
6 th May	Easter 6	
9.30	Eucharist <i>BCP</i>	Baconsthorpe
11.00	Morning Prayer <i>CW</i>	Saxthorpe

CW = Common Worship *BCP* = Book of Common Prayer *TL* = Traditional Language

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Scam / Fraud

No doubt many of you will have received fraudulent emails in your inbox that invite you to click on a link or phone calls that try to get you to divulge bank details. During March, the following actually happened to a resident of Matlaske. After requesting my help to deal with the situation the person kindly agreed for me to share the experience with readers of the newsletter as a warning, should any of you be approached in a similar way.

A phone call (international) was received, offering help with a "better" broadband service, allegedly from BT. The resident was asked to go online so that BT could download a contract. Computer details were given and a BT Contract appeared on the computer.

The caller then asked for bank account details from a current bank card including the number, security code on the reverse, start and expiry date and the full name and address, date of birth and mother's maiden name.

The resident did all that was asked and then suddenly realised that this was a scam. The computer plug was pulled and there was a knock at my door. The first thing to do was to call the customer service number on the back of the card, reporting the card as fraudulently compromised. After very thorough series of questions, the card was blocked and the most recent transactions checked and verified to be genuine. The resident was also given the number to report the fraud to the police.

I checked the computer seeing that not only had a BT Contract been downloaded but also three applications called Team Viewer. These each gave full third party viewing access to the computer which meant that anything on the computer could be remotely viewed by the scammers! This would of course include online banking but by contacting the customer services, the online banking had been temporarily suspended which was a relief.

Next step was to delete all of the Team Viewer applications and the bogus BT Contract. Once in the recycling bin these could be permanently deleted but to ensure that they didn't reappear, the broadband hub had to be switched off and left for a minute before turning on again.

Then a full system security scan was used on the computer to mop-up any other threats. Our Matlaske resident then decided to take the computer into a specialist shop the next day for good measure. Luckily the scammers were thwarted and no funds were taken.

The main learns from the experience? When you have responded to an INCOMING CALL never give out your personal details over the phone. If you are asked to give details make sure you offer TO RING BACK but you must independently verify the number from a verifiable source. Never use the number that they give you. A genuine caller will respect and understand your being unable to give out personal details in response to an incoming call.

These people are brazen and unscrupulous! They target the vulnerable and must be given no encouragement. In this case they even rang back again after preventative measures were taken. I was still at the resident's house and able to respond with my stock reply "Please hold the line, just transferring you to my police fraud department". It's amazing how quickly they put down the phone. If you have any experiences with fraud in any of its guises, please do share these with your village correspondent. It may save money and time.

Jim Shepherd

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Baconsthorpe

200 Club

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Corinne Youngs
577263

Pop-up Pub

Last year the Pop-up Pub bought wood chips for the playground, provided six garden tables with benches and dimmer switches with dimmable bulbs to the Village Hall. It held a free buffet at the Christmas Pub night and this year has given £250.00 to the Church for the first prize for their raffle for *Raising the Roof*. This is a total of £1,103.24 given to the village. These donations can only be made because of all the support we have so "Thank You Very Much".

The next Pop-up Pub is on Friday 27th April from 6.30pm when supper will be macaroni cheese and salad.

Annual Plant Sale and Coffee Morning at the Rectory

This takes place on Tuesday 24th April. Please come and support this event, buy unusual and interesting plants, enjoy coffee and homemade biscuits and most of all support our roofless church!

Church News

The PCC AGM was held on 5th March. Harry Steel was elected as churchwarden so at last Tessa will not have to stand alone – thank you so much Harry!

The PCC would like to thank Will Peck for winding the clock every week, Rita Gallon for cleaning the church and battling with the bats and Andrew Rudd for cutting the churchyard hedge, we do so appreciate your efforts.

Plans are well under way for our *Raising the Roof* auction on 6th July. Thank you to those of you who have offered "promises". We are also running a raffle which will be drawn on the night of the auction. Tickets are £2 each and the 1st prize is £250, 2nd £100 and 3rd £50 – all the prizes have been donated so the church will receive all the proceeds. Do call Emma Youngs if you can sell any tickets or would like to buy some 570252.

Village Hall News

Not a great deal to report this month, indeed the weather has played havoc with some of our regular bookings. On the positive side, the Quiz Night was a triumph, giving us a nice profit to put in the kitty. Many thanks to all the volunteers who made the evening possible - with special thanks to Emma for setting the quiz and to Brian and Joy for providing such a delicious fare. THANK YOU!

Unfortunately, there are no events this April - the next event will be Prize Bingo on Wednesday 16th May at 7pm. (Please note, NOT 7.30pm as previously stated). Refreshments will be on hand, however do please bring your own drinks.

We are very happy to report that both Pauline and Karen are well and truly on the mend. Both are driving again, and Pauline has returned to look after the Village Hall. Thank you to Andy who stood in for Pauline in her absence, and who will be standing in for Pauline again when she takes to the skies for a well-earned break.

There will be a Quiz Night in October, Prize Bingo in November and this year's Singalong will be on 15th December followed by the Christmas Party on 16th December. Details to follow.

The Summer Fête will be upon us before we know it - Saturday 23rd June at 2pm - and to that end, if anyone has any items they would like to donate as prizes for the Tombola Stall - 100 in total are required - we would be very grateful. They may be left at the Village Hall during Post Office opening times. Thank you.

Susan Belbin



Congratulations

To Heather and Karl Rix who got married at Baconsthorpe Church on Saturday 17th February. Heather and Karl looked wonderful and Poppy was a little star.

"We wish you a long and happy life together – Mum and Dad Rudd xxx"

Poppy Day Collection

Tessa has finally heard that Baconsthorpe gave £196.48 to last year's Poppy Appeal – thank you everyone for your generous support, and Tessa for her tireless efforts.

Barningham Winter

At the scrabble evening which was held at Barningham Hall on 21st February, £330 was raised in aid of St Mary's Church, Barningham Winter.

Thank you to all those that came along to this most enjoyable evening, where Richard Baynes was the champion scrabble player, and a close second was Katie Porter.

Huge thanks to Mr and Mrs Thomas Courtauld who hosted the evening and to all those who contributed.



Sara Buxton
577207

Edgefield

Church News

It was very sad to hear the news of the death of Gwyn Sands, whose funeral took place in Edgefield Church on 21st February. She had lived in the village all her married life at Green Farm, and her husband, Charles, was Chairman of the Parish Council and a Churchwarden for many years. Gwyn supported him in so many ways. At one stage she had a "cart" by the entrance to the farm, where a lot of money was raised for the church with home produce, especially jams and marmalades. One man, in an expensive car, used to come and fill up his boot, and return to London with the goods!

We are also all very sad to hear that Molly Freegard died recently. She was such a loyal member of our church congregation, and that of Hempstead before she moved to Edgefield. Her cake making was legendary well into her nineties! Molly always wanted to help. I missed having her as my next-door neighbour.



Richard Peaver
587486

There will be an exhibition on 13th and 14th October in the Church of different crafts made in the village. The last time we had one, it was extraordinary the diversity of work that was produced, and we had a most successful weekend. Do you have anything to offer? We already have promises of paintings, photographs, patchwork, dressmaking, origami, toys, cards etc, etc. Please do not be bashful! It does not have to be for sale, but if you do wish to sell some items, we will ask for them not to be removed from the exhibition until Sunday evening. Please email me at ajturner@btinternet.com or ring 587292, avoiding the answerphone if possible.

As we have no service here in Edgefield for Easter, I am not doing the usual Easter lilies this year. I hope things will be back to normal next year. Meanwhile, it would be good to see lots of our congregation at the Hempstead service on Easter Day at 10am. Happy Easter!

Church APCM

The Vestry Meeting (also known as the Annual Meeting of Parishioners) and the Annual Parochial Church Meeting (APCM) will take place on Monday 23rd April, starting at 7.30pm in the Village Hall. Anyone resident in the parish whose name appears on the Local Government (civil) electoral register, of whatever religion, or none, is entitled to attend, and vote at, the Vestry Meeting, at which churchwardens are elected. This is usually a very short procedure, and is followed by the APCM (the equivalent to an AGM for a C of E parish), attendance at which is restricted to those whose names are on the church electoral roll.

Angela Turner

Molly Freegard

Molly Freegard died, aged 95, on 12th March after a short spell in hospital. All are welcome to a Thanksgiving Service at Edgefield Church on Friday April 20th at 2.30pm (time to be confirmed), following a family cremation service in the morning at Cromer.

Hempstead

200 Club

£50 I Hicks £25 J Sanders £10 A Matthews £5 J Smith N Sanders S Parker

Coffee & Gossip

Friday 6 April 10.30am to 12noon in the village hall. Everyone welcome for coffee and cake

Easter Monday

A reminder that the church is open for coffee/tea and cake from 10am till 1pm, and the children's Easter Egg Hunt starts at 10.30am. Children should book in for the Egg Hunt with Marianne from 10am. Proceeds from the refreshments will be given to the new Benefice Fund, but children's refreshments will be free (as is the Egg Hunt).

Thank you

Thank you to the Church Spring Clean team who did a splendid job making the church sparkle for Easter.

The Annual Parochial Church Meeting will take place in the Village Hall on Thursday 5th April, 7 for 7.30pm.



Sharon Hannah
711769

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RIP Molly

Molly Freegard died aged 95 on 12th March. Before she moved to Edgefield she lived in Hempstead and was a very much-loved member of the community, supporting both the church and other village events. Years before Ian and I moved here, we stumbled upon Hempstead on an Easter Monday walk with our dogs, and found the church open for refreshments and Molly's hot cross buns. In the end, Molly and her friends were one of the reasons for our moving here, and on our arrival, Molly immediately took us under her wing. She was such a good, kind lady and she will always have a place in my heart. I shall miss her.

Su Summers

Play reading Group

The next Play reading is on April 4th. As usual the hall is open for refreshments from 7pm (for chat and looking at your part!) with the reading starting promptly please at 7.30pm. New members always welcome (ring Su 710702).

May Feast

Keep the date! The May Feast will take place on 19th May at 7pm for 7.30pm. £10 for adults, £5 for under 13s. Please tell Ian Summers 710702 if you are coming. Many thanks.

Matlaske

100 Club

£25 Richard Amis £10 Wendy Riches £5 Chanelle Shepherd

Evie May Radley has been declared as last month's winner of £10. Brian has asked me to pass any winnings he has this year to his great grand-daughter instead of him. At 14 months old, Evie is the youngest recipient of a 100 Club prize!



Marion Shepherd
577521

Congratulations

To Derek and Freda England on the birth of their first great grandchild, Freya, born 18th February.

Matlaske Fête

The Fête Committee would love to hear from anyone who can offer help at our fête this year. If you could spare even a one-hour shift on a stall or game, it would be really appreciated. We are holding a fête helpers meeting on 23rd April in Matlaske Church at 6.30pm, please come along. If you are unable to attend but would still like to offer your help please contact Thomas on 577250 or e-mail him at thomas@barninghamestate.co.uk with details of what you can offer.

Quiz Night

The dates have been confirmed and the first quiz will be 11th May, 7pm at The Old Stables, Barningham Hall. Please do come along and support this event. If you don't fancy taking part, we do need some helpers this time (contact Marion on 577521 or Cherry on 577827).

Any donations for the raffle would be greatly appreciated.

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Plumstead



Do we dare to think that the Arctic temperatures have left us yet? There is one member of our community who was not too fussed about the recent snow and freezing temperatures. Lulu, one of the Hebridean cross sheep that are grazing our Wildlife Meadow, gave birth to a beautiful black she lamb during the worst of the Siberian blast. Her owners Roy and



Mary Lintott
577718

Mary were on holiday in warmer climes and were not expecting the new arrival. Quite a surprise! However, both are doing extremely well. I paid a visit to the pond the other day and both ran over thinking there was food on offer which apparently is Mum's reason for living! She is teaching her daughter well!

Parish Council News

Despite early morning rain, villagers managed to collect together the rubbish from our verges and lanes. There were tyres, hub cabs, a flask, bags of clothes and many unmentionables. Particular thanks to Jonathan Pilbrow, David Ramsbotham, John and Mary Lintott, Nick and Linda Fulford and Alastair and Julie Brown. Thanks also to all those who originally volunteered but were unable to attend due to other commitments. Alastair hopes that the work carried out will mean less to do prior to the Open Garden and Summer Fair event in July.

A note from our Parish Clerk - Carolyn Price A reminder to look at the website on a regular basis as this includes local information on road closures, known power cuts, revised bin collections and other information that affects Plumstead.

<http://plumsteadparishcouncil.norfolkparishes.gov.uk/>

Church News & Diary Dates

On 25 February Plumstead Church hosted a Taizé Service, please see page 6 for more information.

Tue 10 April 3pm - Annual Parish Meeting - Plumstead Church

Fri 20 April 2pm - Church Spring Clean - please bring dusters, polish, brushes and gardening gloves

.Tue 15 May 10am - Christian Aid Coffee Morning & Bring & Buy Sale - Plumstead Church

The final works in the Church have now been completed. The soakaway was dug to a depth of 12 feet where two concrete rings were dropped in and filled with shingle. This was quite an operation. Andy Chestney who was brought up in the village has done a wonderful job returning the Churchyard to its original state. Thank you, Andy, for taking so much care.

Open Gardens & Summer Fair

The Prize Draw has some excellent prizes including a first prize Dinner, Bed & Breakfast for two at Morston Hall. There has been a tremendous uptake with over 500 tickets out already. Further tickets available from Alastair 577447.

Alastair Brown

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Saxthorpe with Corpusty

I hope that you all have a very joyous Easter. Having survived what we hope is the worst of the winter, it is a joy now to see the Spring flowers popping up and hearing birds chirruping their happy songs.

Sophia Hodgson
587510

The Village Hall Committee AGM will be held on Thursday 17th May at 7.00pm. Members of the public are welcome to attend.

Spring Watch



With such a blast of winter air from the north-east recently, we have seen snowdrops and daffodils hang their heads due to the weight of snow and many animals and birds take cover. Nature always amazes me by how much it has to put up with during the cold seasons and yet despite all this cold everything survives, from the tiniest seed to the biggest tree. Most of nature lies dormant under the blanket of thick snow and frost and seems to sleep until the first rays of the warm sun awaken the first shoots of spring. As the sap rises thoughts of sunny days ahead bring happy thoughts of enjoying our gardens and watching the plants and seeds that were

sown in the past year grow once again as the great circle of life turns.

I think Spring is the favourite season for many of us because it always reminds us of growing, sowing the seeds of life to make something new. The tiniest seed that lies in the soil, containing all the memory of what it is to be, starts to germinate and form new shoots pushing upward towards the sun and in time grows to its completion. 'Spring time' says it all: the energy it creates gives nature that spring into action. A great time of doing as opposed to winter time when most of nature is still. The rhythm of nature inspires us all into doing something with the energy it creates in us, from gardening to walking and all the other creative pursuits that give a good feeling of being connected with something greater than ourselves.

In relation to this time of growth it's also a great time for us to have our own spring clean and de-clutter from the past year and to make new plans. This is a good time for newness and growth, new home, new project, new hobby, new friends and many other new things we would like to start – well, nature gives us that spring, so we had better use it.

Paul Boast

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Recipe of the Month

Spring Vegetable Stir Fry



1tbsp toasted sesame oil
1 aubergine, diced
200g (approx) pack spring greens
4 spring onions sliced
1 tbsp light soy sauce
1 tbsp clear honey
Pack fresh egg noodles or dried equivalent

Heat oil in a wok or large frying pan, add aubergine, spring greens and spring onions.
Cover and cook for 5-6 mins on medium heat.

Whilst these are simmering cook noodles according to packet instructions, when cooked
add to the wok/frying pan with soy sauce & honey and cook for a further 2 mins.

Marion Shepherd

Briston Care Centre

Briston Care Centre offers companionship, lunch and entertainment for the elderly on
Mondays and Thursdays, and offers transport to and from the Centre within a six-mile radius.

To find out more and book a free taster session, please contact

Dorothy Morgan or Carol Parsons

01263 861120

Mondays and Thursdays

The Village Gardener

To Plant a Garden is to Believe in Tomorrow



As I sit and write this we are just out of the grip of the second Beast from the East! The change in the direction of wind is most welcome as is the glorious sunshine. Hopefully Spring is finally on its way! I would like to take the opportunity to thank Richard Amis, who did sterling work on the Aldborough to Matlaske road during the first instalment of the Beast from the East, tirelessly clearing the road over several days during the worst of, it and in sub-zero temperatures. It was very much appreciated.

A good tip from Monty on the welcome return of *Gardeners World* last week was to cover any prospective seed beds in your veg garden with fleece to help them start to warm up. When the soil is warm enough, you can then set beetroot, early carrots, swiss chard, summer cauliflowers, lettuce, leeks, radishes, turnips, peas and perpetual spinach. In warmth inside you can now set courgettes, pumpkins, squash, sweet peppers, tomatoes, cucumber, celery and artichokes.

If you're lucky enough to have a glorious lemon tree, then it's a good idea to give it a feed (a high nitrogen summer feed for hungry plants). Another good tip for happy lemon trees is to water them with rain water. Give them a good soak, then let them dry out, then soak them again. April is also your last chance to lay turf in the garden with a good outcome before summer, as the ground is still wet.

Although there doesn't seem to be much evidence of fruit trees blossoming just yet, when they do, try and have some spare fleece hanging round that you can throw over any accessible trees to protect the blossom from frost, thus hopefully saving a future harvest.

This month's question is from Richard Felt, who asks what is the best way of eradicating moss from his lawn. Good question, Richard! My advice is lawn sand. Invest in a fertilizer spreader, and spread as directed. If no rain falls within a couple of days of application, water in, and when the lawn sand goes black, rake out thoroughly and dispose.

Do keep the questions coming in! Email me at redmaple@btinternet, and the most interesting question will be published next month.

Mick McCarter


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Charcoal & Pastel Drawing Classes, Hempstead Village Hall



Mike Thody runs the Charcoal & Pastel Drawing Classes every Tuesday during term-time at Hempstead Village Hall. The class has been running for nine years and is aimed at beginners and those who have not drawn for a long time; taking inspiration from the famous illustrator Quentin Blake, who says that “drawing is all”.

The class draw still life and abstract pictures. Each week there will be a subject to take inspiration from, on my visit there was a huge vase of lilies and greenery. During a previous class they took inspiration from the idea of “chance” and tore up pieces of

coloured paper and let them drop onto the table and drew what they saw. During the summer the class goes outside to draw.

The walls of Hempstead Village Hall are adorned with the classes’ pictures. At the end of every class they hang their pictures and discuss them to see what they like and how they might make improvements in the future.

This is a very friendly class, that has great camaraderie, who would welcome new budding artists. The class starts at 10am and lasts two hours. Paper is provided, and the drawers bring their own charcoal, pastels, rubber and fixing spray. They stop for very good coffee and biscuits at 11am.

If you would like to attend, please contact Mike Thody on 711 282. The classes cost £7.00 a week and you can start at the beginning or part way through the term.

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