Church & Village News

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

March 2018



Fritillaries , Corpusty Mill Garden Roger Last

Skipper's Corner

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

> Ye Highlans and Ye Lawlans Oh whaur hae ye been? They hae slain the Earl o Murray, An laid him on the green.

When, as a child, Sylvia Wright was sung *The Bonnie* Earl of Murray, she thought there were two deaths to mourn, for she heard the last line as "And Lady Mondegreen". When she later realised her mistake, she coined the term 'mondegreen' for similar mis-hearings of lyrics, and the word is now in our dictionaries.





Skipper



Hand made sofas and chairs

- Traditional & contemporary Re-Upholstery
- Made to measure curtains and blinds
- · Vertical, Roller & blackout blinds
- Loose covers
- Curtain tracks & poles supplied and
- Repairs and alterations



At Williams all of our work is carried out at our West Runton premises as it has been for the last . 30 vears, no middlemen means

Whether it's a spring repair, new seat foams or a complete lounge suite with co-ordinating curtains you can be guaranteed of first class customer service and attention to

In our showroom we have pattern books from Parkertex, Linwood etc and we are proud to be Sandersons fabric and wallpaper specialists.

We now stock a range of home accessories including a large selection of Dora Designs doorstops and draught excluders



5 Station Road,

Newsletter Team

Editor Michael McMahon mjmcm25@gmail.com

Copy Date third Wednesday of the month 21 March / 18 April

Design Karen Hall Print Barnwell Print Ltd, Aylsham

magic4@myself.com

577547

732767

577883

Distribution Mary Lintott 577718 Treasurer Corinne Youngs 577263

Postal Subscriptions

Advertising Paul Boast

£10 per year –please contact Corinne

Next editorial meeting Monday 16 April 11am To download previous editions visit: www. churchandvillagenews.org.uk

Parish Council Chairs

Baconsthorpe	Jonathan Cooper	577527
Edgefield	John Seymour	587504
Hempstead	Paul Sanders	713217
Matlaske & Barningham	Sara Buxton	577207
Plumstead	Alastair Brown	577447
Saxthorpe & Corpusty	Imogen Waterson	587610

Village Correspondents

Baconsthorpe Corinne Youngs corinne@avyoungs.com 577263

Barningham Winter Sara Buxton 577207 s.m.buxton@hotmail.co.uk

Edgefield Richard Peaver rhpeaver@btinternet.com 587486

Hempstead Sharon Hannah shazyhannah@yahoo.co.uk 711769

Marion Shepherd Matlaske

jim.shepherd123@btinternet.com 577521

Plumstead Mary Lintott mary.lintott57@btinternet.com 577718

Saxthorpe & Corpusty Sophia Hodgson

saxthorpecastle@gmail.com 587510

District Councilors

Baconsthorpe, Corpusty, Edgefield, Hempstead, Plumstead, Saxthorpe

Georgie Perry-Warnes

538344

georgie.perry-warnes@north-norfolk.gov.uk

Matlaske & Barningham

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

Parish Council Websites or Email Addresses

Baconsthorpe http://baconsthorpepc.wixsite.com/baconsthorpepc Edgefield http://edgefieldnorfolk.co.uk/theparishcouncil.shtml

Hempstead hempsteadpc@gmail.com Matlaske & Barningham s.m.buxton@hotmail.co.uk

Plumstead http://plumsteadparishcouncil.norfolkparishes.gov.uk https://corpustyandsaxthorpeparishcouncil.wordpress.com Saxthorpe & Corpusty

Local MP

Rt Hon Norman Lamb MP Unit 4 The Garden Centre Nursery Drive Norwich Road North Walsham, NR28 0DR norman@normanlamb.org.uk http://www.normanlamb.org.uk/ Office hours are Monday - Friday 9am - 5pm 01692 403752 daily between 10am - 1.30pm

Church People

Interim Priest in Charge Father Michael Cartwright 577865 734226 Lay Minister Gill Peat 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

Eleanor Faulkner

Merlin Waterson

Heather Monks

577868

587610

587118

3

Plumstead

Saxthorpe

What's On

MARCH

Fri 2	10.30am	Hempstead Coffee & Gossip	Village Hall
Fri 2	7.00pm	Edgefield Quiz Night	Village Hall
Sat 3	9.45am	Plumstead Annual Spring Clean	Flagpole Garden
Mon 5	2.30pm	Baconsthorpe PCC AGM	Ash Tree Farm
Mon 5	7.30pm	HempsteadParish Council Meeting	Village Hall
Tue 6	1.30pm	Barningham PCC AGM	Manor Farm, Baconsthorpe
Thur 8	7.00pm	Baconsthorpe Quiz Night	Village Hall
Thur 15	7.00pm	Baconsthorpe Village Hall Commit	tee Meeting Village Hall
Mon 19	10.00am	Hempstead Church Spring Clean	Church
Tue 20	7.30pm	Corpusty Parish Council Meeting	Village Hall
Fri 23	1.15pm	Hempstead Bridge Drive	Village Hall
Mon 26	6.00pm	Plumstead Parish Council Meeting	Plumstead Church
Mon 26	7.00pm	Baconsthorpe Parish Council Meeti	ng Village Hall

APRIL

Mon 2	10.00am	Hempstead Open Church and Easter Egg Hu	int Church
Wed 11	7.00pm	Hempstead Village Hall Committee AGM	Village Hall
Mon 23	7.30pm	Edgefield Church AVM and APCM	Village Hall
Tue 24	10.00am	Baconsthorpe Plant Sale	The Old Rectory

Coffee Morning at Mannington Hall in aid of the Angela Houston Award

Friday 23^{th} March 10.30am - 12.30pm $\,/\,$ Tickets £5.00 including coffee and cake Display of the Award Winners' Textiles and Lace Exhibition with Lacemaking Demonstration Gardens Open

All proceeds to Annual Angela Houston Award for students at Norwich University of the Arts

Tickets are limited please call to reserve 584175

Clash Diary

		J	
May 11 May 14 May 16 May 21 June 16 June 17 June 23	Matlaske Quiz Plumstead Parish Council AGM Baconsthorpe Prize Bingo Baconsthorpe Parish Council Edgefield Gardens Open Edgefield Gardens Open Baconsthorpe Fête	Aug 17 Sept10 Sept 17 Sept21 Nov 5 Dec 2 Dec 3	Baconsthorpe Jumble Sale Plumstead Parish Council Baconsthorpe Parish Council Baconsthorpe Chandler Green Baconsthorpe Parish Council Matlaske Christmas Party Plumstead Parish Council
July 4 July 6 July 8 July 16 July 28	Matlaske Coffee Morning Baconsthorpe Auction Plumstead Fête & Open Gardens Plumstead Parish Council Matlaske Fête	check w not alre This wi	re arranging an event please with Corinne Youngs that there is eady an event being held that day. Il help prevent any clashes. 3 / 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

cil Meeting
ıb
ning

HEMPSTEAD

First Monday alternate months	s 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

15 Mar / 12	Apr / 1	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
1 Mar / 29 M	Iar / tl	ос	
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 House
Edgefield	3.15	NR24 2AX	The Street
_	3.40	NR24 2AL	The Memorial

Post Offices

Baconsthorpe Village Hall

Tuesdays	1.00 pm - 4.00 pm
Fridays	10.00 am - 1.00 pm

All services

Corpusty Stores 587202

Monday-Saturday 9.00am – 12.00noon

All services including Euros

Holt Library 712202 9 Church Street, Holt NR25 6BB

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

First of all, Jo and self would like to thank you for the warmth of your welcome - welcome back to five of the parishes and the making of new friends at Saxthorpe and Edgefield. The newly-formed Benefice of Matlaske has, I feel sure, an exciting future and all of us await the arrival of David Longe as Rector in October.

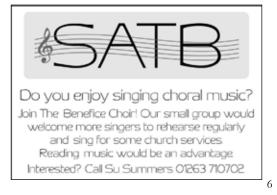
The whole of March falls within the Church Season of Lent. It is such a pity that Lent often has a rather bad press - many see it as a rather miserable few weeks. Not a bit of it! It is a time to take a constructive, good look at ourselves, and an opportunity to make time for a quiet space in our often hectic lives. I do hope that you will be able to come for short Wednesday evening services during Lent - a hymn, a visiting preacher and the ancient night service of Compline (details in Church Services). Holy Week, when we remember Christ's triumphal ride into Jerusalem, begins on Palm Sunday and there are services throughout the week. Everyone is most welcome to join us. Lent and Holy Week lead us on to the joy of Easter Day and the good news of the Resurrection. It will be wonderful to meet many of you in church at Hempstead on Easter Morning.

Meanwhile, one more invitation. Calling all families, there are two services to celebrate Mothering Sunday - do please come to one and bring the children. Posies will be blessed and given to Mums and Grannies. 9.30 Family Communion at Baconsthorpe (like we had at Christmas) and 11am Family Service at Saxthorpe.

Because Easter Day is 1st April and the April magazine may not reach you by then, I would like to wish everyone a Happy and Blessed Easter when it comes.

God bless you all

Father Michael Cartwright







The Benefice of Matlaske

	Church Service	s for March 2018
	Cital Cit SCI VICE	STOT PLATER 2010
Sun 4th	Lent 3	
9.30	Eucharist CW TL	Hempstead
11.00	Matins	Matlaske
Wed 7th		
19.00	Compline Address by Christina Reece CBE (se	Hempstead erved on General Synod)
Sun 11th	Mothering Sunday	
9.30	Family Communion	Baconsthorpe
11.00	Family Service	Saxthorpe
Wed 14th		
19.00	Compline Address by Canon Paul Thomas (Pa	Edgefield arish Priest, Erpingham)
10.1		
Sun 18th	Lent 5	Danish all and M
9.30	Eucharist BCP	Barningham W
11.00	Eucharist CW TL	Edgefield
Wed 21th		
19.00	Compline	Edgefield
	Address by Father Phil Blamire (Ru	ıral Dean)
Sun 25th	Palm Sunday	
9.30	Eucharist	Plumstead
11.00	Matins	Hempstead
Mon 26th		
19.00	Compline	Baconsthorpe
Гue 27th		
19.00	Compline	Saxthorpe
	comp.me	ound.orpe
Wed 28th	Committee	D
19.00	Compline	Barningham W
Гhu 29th	Maundy Thursday	
10.00	Eucharist	Matlaske
Fri 30th	Good Friday	
12.00	Readings & Hymns	Edgefield
14.00	Readings & Hymns	Plumstead
Sun 1st April	Easter Day	
10.00	Benefice Choral Eucharist CW TL	Hempstead
	Offertory to Bishop's Lent Appeal	•
	Hala Camana in Camina at Camb	arma Wadnaaday 7th and 21st 10 am
	Holy Communion Services at Saxth	orbe wednesday /th and 21st 10 am

Holy Communion Services at Matlaske Every Thursday 10 am

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

R G & M Wadlow & Son Ltd Your local joinery shop established 1985

For all your joinery needs: new windows, doors etc, hand-made kitchens, wardrobes and bookshelves. Full paintshop facilities.

Full fitting service available and small building projects undertaken eg roofing and extensions, drain clearance and relaying new drains etc

Telephone 01603 308928 Mobile 07768 086462 Email bobwadlow2@btconnect.com www.wadlowjoinery.co.uk



FUNERAL HOME

We are the only family owned funeral directors in Aylsham and offer the highest standards of personal care and attention.

* Pre-paid Plans Available *

* Private Chapel of Rest *

* Floral Tributes and Memorials *

* Home Visits Made *

Tel: 01263 735161 (24 hrs) 2-4, Norwich Road, Aylsham www.ivanfisherfunerals.co.uk



highest quality locally sourced

seasonal produce, some from our

Itteringham
Norwich
Norfolk NR11 7AR

A Traditional Country pub serving modern British cuisine, using the

Opening Hours

Monday to Friday

Monday to Friday 12:00pm - 3:00pm & 6:00pm - 11:00pm Saturday 12:00pm - 11:00pm Sunday 12:00pm - 5:00pm

Norfolk Sewing Machine Services

All makes repaired by highly skilled mechanics Over 30 years experience Fully guaranteed Free estimates Discount to senior citizens

01263 584113

Roger C Jones Purpose Made Joinery

Windows, doors, staircases bespoke kitchens, built in cupboards

All carpentry work undertaken

01263 587719 07535 890960 rcj100@icloud.com

Baconsthorpe Village Hall

Available for Hire

Fully equipped kitchen
Place settings for 100 people
Stage and plenty of parking

Hire cost £8 per hour To book please contact Evelyn: 01263 577315

A Safety Warning

Never pull over onto the side of the road for an unmarked police car with its lights flashing. Acknowledge that you have seen them by flicking on your hazard lights, and drive to a 'safe' place like a service station or somewhere busy. Call 112 from your mobile and let the call handler know what is happening. (112 is an emergency number from a mobile that goes straight to the Police, 999 does not work if you do not have a signal.) I pass this information on as it has been brought to my attention that a young lady driving on her own did just this, following these guidelines. The unmarked "police" car was being driven by someone posing as a police officer. The police were able to catch the imposter at the 'safe' place.

Marion Shepherd

Please see www.askthe.police.uk for more information

Sheep Watch



The rams were put in with the ewes during late October, while they were still grazing in Barningham Park. This means that they will lamb as from March 20th, when the weather is hopefully better and the new spring grass will be starting to grow.

Once the grass growth slowed up in November, the ewes had to be moved from the Park onto fodder radish, so this is the start of more work – electric fencing on a very regular basis! Fodder radish is a crop grown by arable farmers to put goodness back into the soil and create better soil structure. We benefit by having another winter crop for the sheep to eat.

We had a good scanning with the Suffolk ewes working out at 195%. There were three barren ewes, 45 singles, 154 twins and 38 triplets. Fewer triplets scanned this year, thankfully, as a

ewe cannot usually rear three lambs. One has to be fostered on, but that's not always possible, and the result can be several time-consuming orphan lambs to feed.

Once we reach six weeks prior to lambing, we will drench all the ewes with a mineral supplement, and inject with 'Heptavac P' to safeguard the unborn lamb against several diseases. The ewes will

come back to the yard around March 10th to enable them to settle down and adjust to their food and surroundings. This helps reduce their stress near to lambing on March 20th when everything becomes manic and our stress levels soar!

Louise Catling

HAY FOR SALE Call 577459

Letter to the Editor

Dear Editor

February's Nature Watch suggests that many kites are being killed by eating poisoned bait left out by farmers to kill foxes and other predators, but this claim is unfounded, and it certainly doesn't happen here. Poison baits are not used, and are totally illegal, with a prison sentence attached. I think the author has misunderstood the cause of secondary poisoning. According to the RSPB web site, "Scavenging birds such as the red kite are particularly at risk, as they may pick up poisoned rats (secondary poisoning)." There is no mention of poisoned bait as a cause for kite deaths. I might add that shooting estates do more for conservation through habitat management by year-round feeding of all birds, and vermin control than any other body. Without this our countryside would be void of many species.

Yours

David Radley

Gamekeeper, Barningham Estate

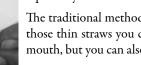
How to Blow Eggs for Decorating at Easter



Poke two holes in a raw, regular-sized egg. Pierce the smaller end first, then the other end (top and bottom). To pierce the initial hole use a pin. The holes then need to be made bigger, so you can get the egg contents out. You can do this with a pin or use round nails. Make the hole you are going to blow through a little larger using the nail or pin. Then make the end hole twice the size of the first hole, as this is where the egg contents will flow out. One way to help prevent cracking when drilling the holes in the egg is to place selotape at the piercing point.



Reach through the larger hole with a needle, wire, straightened paper clip or toothpick. Pierce the yolk and break up the membranes that keep it whole. Gently push the instrument in and out of the hole repeatedly.



The traditional method for removing the yolk uses a small straw (like those thin straws you can find in any coffee shop) and air from your mouth, but you can also use a syringe to push air into the hole.



Set up a clean wide bowl or jar to catch the insides of the egg. Hold the egg right above this bowl when you're blowing. If you use clean materials, you can save these partially beaten egg yolks and whites for other dishes in the future.

Hold up the thin straw to the small hole. Blow air through the straw and into the egg, letting the insides flow out from the larger hole. Or you can put your mouth to one of the holes and blow. Do this until the egg is empty.



Take a glass of water and pour it over the eggshell to rinse it out. Then take your straw or syringe to blow out the water and any remaining egg yolk/white. Shake gently and repeat until the egg is completely clean.

You'll want to do this over a bowl. If you're saving the eggs for later use, set up a separate wide bowl for catching the water, or just do it over the sink.

Dry the intact eggshells. Optionally, put all eggshells in the microwave on high for 15-30 seconds or bake them in 300°F/150°C oven for 10

minutes. This may help to make them stronger. Alternatively, you can let them drain (larger hole facing downwards) for 2-3 days.

Now they're ready to decorate!

Read the full article here: https://www.wikihow.com/Blow-Out-Eggs

How to Decorate Eggs with Shaving Cream and Food Dye

Neon food colouring or regular food colouring (less vibrant colours though) Eggs

Baking sheet Shaving cream/whipped cream Straw

Gloves (optional to not get messy!)



Start by squirting white shaving cream onto a baking sheet and spreading it evenly. Drip different colour food colouring onto the shaving cream. Take a straw and swirl the colours together to get a tie dye look.



Roll an egg on one side into the colors and flip it over. Let it sit for 10 minutes and rinse clean.

So easy! Enjoy and don't forget to send us photographs of your eggs!

10

Corpusty Stores & Post Office

Everything you need, every time you need it.

Store open 8am-8pm Mon-Sat, 9am-6pm Sun. Post Office open 9am-12pm Mon-Sat

01263 587202

Norwich Road, Corpusty

'Sharp Lines' 'Quality Finish'



Painter & Decorator Interior & Exterior

01263 861547 07795 077090

Lloyd Durham

Independent Family

Funeral Directors



01263 713113 (24 hours)

11a Avenue Rd, High Kelling, Holt NR25 6RD.

Email:lloyddurham1933@aol.com www.northnorfolkfuneralservices.co.uk

Funeral Director: Helen Wickes BSc, dipFD NAFD

Jill Hill

Designer and maker of special embroidered garments, accessories and art textiles. Mending and alterations also undertaken.

01263 584155 or 01263 587268 or call at The Old Workshop Gallery Corpusty

www.corpustygallery.com



SIGNS

TRADITIONAL and MODERN SIGNAGE

Vehicles, Shops, Boats, Houses, A Boards Windows, Magnetics, Restoration & Repairs

Tel: Paul 01263 768082 ROSE COTTAGE, THWAITE COMMON, ERPINGHAM

North Norfolk A Plumbing & Heating

01263 577800 / 07880 722707

Registered Installer • Service • Repairs • Bathrooms Natural Gas • LPG • Oil • Heat Pumps

www.northnorfolkplumbingandheating.co.uk

Church Barn, Sustead, Norfolk, NRII 8RU

HAYES+STORR Solicitors & Notaries

Legal Advice?

Make us your first call 01263 712835

law.holt@hayes-storr.com www.hayesandstorr.co.uk

FAKENHAM • HOLT • HUNSTANTON • SHERINGHAM • KING'S LYNN • WELLS

Baconsthorpe

200 Club

£25 Thomas Benton Worboys, £10 Pauline Fuller, £5 Isabelle Benton Worboys, Harry Delany

Pop-up Pub Friday 30th March from 6.30pm when chicken pie will be served.

Church News

A young man asked permission to spend the night, with his dog, in the church porch a week or so ago and left this note:

Corinne Youngs

Corinne Youngs 577263

My name is Stewart and I stayed at your lovely church at Baconsthorpe on my travels around England visiting churches. My journey started in Worcestershire and since then I have travelled through fourteen counties including Herefordshire, Essex, Suffolk and Norfolk among others. My aim is to cover at least 80% of churches in England, a journey that will take, I guess, three to four years. I do this with my best friend, a seven-year-old border collie, and have so far loved all of it. My favourite aspects are Norman arches and paintings and Saxon towers. Maybe one day I will write a book about my journey but at the moment it is just for me.

Stewart is travelling by bike, towing a cart for his dog to travel in.

Village Hall News

Not a great deal to report so far this year, although the Village Hall does have a new boiler. Unfortunately the resident one that was finally gave up the ghost.

Good news, Pauline is continuing with her recovery and is looking forward to returning to the fold in the not too distant future. In the meantime the Committee cannot thank Andy enough for stepping into the breach in Pauline's absence to care for the Hall. The next Committee Meeting will be on Thursday $15^{\rm th}$ March at $7\rm pm$.

DATES FOR YOUR DIARY

QUIZ NIGHT Thursday 8 March at 7pm £6 per person to include supper

Please bring your own drinks.

PRIZE BINGO Wednesday 16 May. Eyes down at 7.30pm refreshments available.

SUMMER FETE Saturday 23 June at 2pm JUMBLE SALE Friday 17 August at 7pm

CHANDLER GREEN Friday 21 September at 7.30pm

Susan Belbin

Barningham Winter

A quiet cold month in Barningham! But the church had a lovely Benefice Candlemas service on 4^{th} February. Lots of people enjoyed the choir singing, the service and the coffee that was served afterwards.

A reminder that the AGM of Barningham Winter's PCC will be held at 1.30pm on the 6^{th} March at Manor Farm, North Barningham.



Sara Buxton 577207

North Norfolk Tree Services



Over 30 years experience Fully insured, based in Holt Call for a free no obligation quotation and advice **Jeremy Cox** 01263 713389 07503 885499 nntrees@gmail.com

For all your tree surgery needs

HEMPSTEAD VILLAGE HALL

Available for hire

Facilities include tables & chairs, plates & cutlery for up to 80; stage; overhead projector suitable for films and computer presentations

Contact Su Summers 01263 710702 su@linaria.co.uk

R Wells Memorials



Your Independent Memorial Mason Memorials in marble, stone and various coloured granites

Brochures upon request

Workshop: 01603 755524

www.rwellsmemorials.co.uk

Unit 8 Sawmill Close, The Street, Felthorpe, Norwich NR10 4BH

International Concert Guitarist James Boyd

Treat yourself or a loved one to lessons with one of Britain's finest classical guitarists who has inspired hundreds of students

"The wizard guitarist held us enthralled"
The Times

james@jamesboyd.co.uk 079500 26332





NEW COURSES in Jan18 perfect for Christmas presents!

INTRODUCTION TO PILATES

The Studio, Kelling – **SATURDAY** 10.30-11.30 13 Jan for 4 weeks at £40. Learn all the Pilates basics. All abilities.

PILATES STRONG

The Studio, Kelling – SATURDAY 11.45-12.45 13 Jan for 4 weeks at £40. Focus on Classical mat work Pilates. Designed to improve technique and challenge. Not suitable for beginners or anyone with injuries.

PILATES FOR BONE HEALTH

Edgefield – WEDNESDAY 9.30-10.30 10 Jan for 4 weeks. Book before 31 Dec to receive a special rate! Designed for over 60's, suitable for those with Osteoporosis, however all ages are welcome!

For all other class details or to book one of the above courses,
Call or email Jayne: 07495 053 319 jayne@fullmotionpilates.co.uk or visit

www.fullmotionpilates.co.uk

XX OI VISIT

Edgefield

Church News

Two advance notices. The Annual Vestry Meeting and the Annual Parochial Church Meeting will take place on Monday 23 April at 7.30pm in the Village Hall. And secondly: John and Joyce Kinsley are opening their garden at Kinsfield, Barningham Road, Edgefield, on Saturday and Sunday, 16 and 17 June. There will be stalls and teas, and all proceeds will go to the Oncology Unit at the Norfolk & Norwich Hospital. Also, as mentioned last month, services during Passiontide and Holy Week are given in the details of Benefice services elsewhere in this issue.



Richard Peaver 587486

Hempstead

200 Club

£50 P Grieve £25 R Hart £10 J Roy £5 L Buxton J Sanders D Lister

Coffee & Gossip Friday 2 March 10.30am to 12noon in the village hall.

Village Hall Committee AGM Wednesday 11 April 7pm

B

Sharon Hannah 711769

Bridge Drive

Friday 23 March, 1.15pm for 1.45pm start. Village hall NR25 6TL (Off-street parking)£8 per person which includes afternoon tea, please contact Richard and Jill Roy 715851 or Su Summers 710702

Toad Patrol

If anyone coming into the village at night by car sees toads on the road by the pond, and there is no one on patrol, please could they ring Su 710702. This would be very helpful, thank you. More patrollers still welcome!

Church Spring Clean

It is that time of year again! We are planning our annual spring clean of All Saints Church for Monday 19 March at 10am. Many hands make light work, and if anyone can give us an hour's help we'd be very grateful. Coffee and biscuits supplied. Please give Ann a ring 713656 if you are able to help. Many thanks.

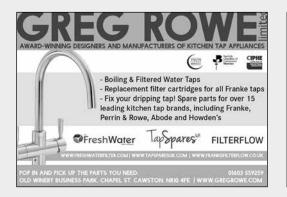
Easter Day 1st April

We are really pleased to have the Benefice Easter Day service here in Hempstead, and would be delighted to see as many as are able to come. The collection will be sent to the Bishop's Lent Appeal for the church at Simbai in Papua New Guinea. Easter refreshments after the service.

Easter Monday 2nd April Open Church & Easter Egg Hunt

The church will be open for tea, coffee and cake from 10am till 1pm. Everyone is welcome from any parish and this year the proceeds will go to the new Benefice Fund.

The Easter Egg Hunt will start at 10.30am, please log in with Marianne just beforehand, and hopefully (weather permitting) the hunt will take place in the churchyard, otherwise in the church. All Hempstead children are invited.



Andrew Dixon

PAINTER & DECORATOR

Interior and Exterior Low Cost - High Standard

> Call Andrew 01263 860204 07770 447714

R D Goodge

General building Flint work Roofing

Tel: 01263 734014 Mob: 0779 515 8447

www.rdgoodgebuilder.co.uk.

SEASONED HARDWOOD

1.5 cubic metre load £120

07795 077449



White House Garden Services

Lawn Care Hedge Trimming Weeding ETC

Prices From £10 p/h

Please Contact Mark On

Email: rulema2001@yahoo:com Tel: 01263 761531 Mob: 07971 777444



M. A. SULLIVAN

FENCING SERVICES

Free Quotations

01263 585016 or 07972 707053

Breke House, 3 Norwich Road, Corpusty

H.V. GRAVES

24 Gladstone Place, Briston 01263 860333

Family Butcher

Poulterer & Game Dealer Licensed to sell Wines & Spirits In-town Butchery at Larners of Holt

01263 710000

Fresh Bread & Cakes from our own bakery Weekly Deliveries in our refrigerated vans

YOGA

Alice Martineau

WIVETON 5.30 & 7pm Tuesdays ITTERINGHAM 9.30am, 5.30pm & 7pm Wednesdays

Soften, strengthen and align the body and mind. Everyone is welcome.

> mail@alicemartineau.co.uk www.alicemartineau.co.uk 07973 278 895



Matlaske

100 Club

£25 Marjorie Wiseman £10 Brian Gough £5 Felicity Rushmer

Parish Council

We are pleased to welcome Ian Fitzpatrick-Swallow who has joined the Council. He has taken the place of Florence Hunt.



Marion Shepherd 577521

Dates for Your Diary

Quiz Nights May 11 and October 4 (provisional dates, awaiting confirmation) Coffee Morning July 4 and Christmas Party December 3

Fly tipping

Fly tipping is defined as the 'illegal deposit of any waste onto land that does not have a licence to accept it'. Instances of garden waste 'fly tipping' are on the increase in North Norfolk. It has been brought to the attention of Matlaske Parish Council that this is the case in Chapel Loke. Although garden waste is bio-degradable, it is still classified as waste and it is still an offence to illegally deposit it under the Environmental Protection Act 1990 Section 33. There are a number of ways to dispose of garden waste legally - please see the poster in our Village Noticeboard.

Paranormal

Norfolk has a rich history in folklore, ghostly goings-on and all things paranormal, from spectral black dogs with flaming red eyes, Black Shuck, wailing women at Aylmerton, to Sir Thomas Boleyn's phantom coach crossing bridges throughout North Norfolk on May 19. These are just a few of many. At Paranormal for Norfolk, a local paranormal investigation and research group based here in Matlaske, Claire is researching the paranormal and its tales in Norfolk. Claire would love to hear from you if you would be happy to share your old stories as well as your more recent unexplained experiences, whether they are hauntings, sightings of bizarre creatures (cryptozoology) or UFOs. E-mail Claire at paranormalfornorfolk@mail.com.

Plumstead

Keep Britain Tidy - Heroes Assemble - March 3 10am - 11am

Are you able to help for a short while on Saturday 3 March? More hands make less work, and the last two years' graft has meant there is less rubbish to pick up, although Costa paper mugs seem to be a favourite!

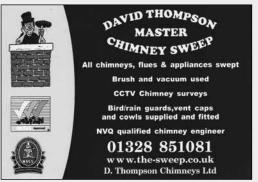
Volunteers are required to assist with our annual tidy-up around the village, one hour only, 10-11am. We will meet at the Flagpole Garden at 9.45am. Bring your own gloves - rubbish bags will be provided. The last two years of the Great British Spring Clean have seen a real improvement in and around our hedgerows and verges. Any queries call Alastair Brown 577447



Winter Warmer

On a bracing January evening, the good folk of Plumstead wended their eager way towards the twinkling glow of our Church. The old guard met the new and we much enjoyed getting to





STUART'S TAXI TRAVEL

Sheringham: 01263 824444 Holt: 01263 710088 Freefone: 0800 734 44 44

stuartstaxitravel@btinternet.com

www.stuarts-taxi-and-travel.co.uk

FRIENDLY & RELIABLE SHORT or LONG DISTANCE



- · General Repairs
- Welding
- **MOT Tests**
- Recovery
- Tyre Fitting Service
 Car Sales

Norwich Road, Edgefield NR24 2RL

Contact Ross 01263 587970

CAST IRON COOKERS



Service & Repair

Jon Cooper

Dales House, The Street, Baconsthorpe NR25 6AB

01263 577527 or 07767 494369



Furniture, joinery, lettering & relief carving, repairs Estimates and advice free

> Workshop 01263 587111 Gallery 01263 587268

The Street, Corpusty



Walks Open Daily All Year **Greedy Goose Tearooms**

Children's activities in holidays Mannington Minnows Nature Club

01263 584175 www.manningtongardens.co.uk



IYENGAR YOGA CLASSES

Stretch, Strengthen, Balance, Relax

Beginners and experienced students welcome.

Edgefield, Reepham, Norwich and Fakenham Daytime and evening classes

Block booking @£8 per class after your first class

Contact Liz Ward: 07740 105 339 e-mail: ilward@talktalk.net

know each other better. Nick dispensed his unbeatable mulled wine which, was accompanied by delicious mince pies and assorted savouries. We welcomed Michael back to the fold and he took the evening to another level with a spirited sing song!

John Lintott

In the coming weeks the Church will have its final building work completed. There was some subsidence around the north porch, so it was deemed necessary to replace the soak-away which was malfunctioning. Many of you in the village have given generously to support the building works for the church. The PCC is extremely grateful. Do find a moment to inspect them, which also includes, the total renovation of the chancel roof ridge, so you know that your money has been used wisely.

Saxthorpe with Corpusty

We welcome back to our Benefice Father Michael Cartwright who is with us until Sophia Hodgson our new rector the Reverend David Longe arrives. Father Cartwright is available 587510 for spiritual guidance at Dairy Farm Cottages, Barningham Winter or on 577865.

Our regular village correspondent Judith Banks is still away as her husband Michael is unwell. Our thoughts and prayers are with them.

A warm welcome to our stand-in head of Corpusty School, Dan Buddle, who is also head of Foulsham School.

Regarding the 100' mast, the current application PS/171969 has been withdrawn and is no longer available on the NNDC website. If a further application is made, notices will have to be posted near the site inviting public comment.

Unfortunately, the proposed sale of the pub has fallen through. The Parish Council is keen to establish whether there would be support for a community bid to be made. Please address any expressions of support to the clerk to the Parish Council, Kirsty Cotgrove, at c.sparishclerk@ gmail.com. If sufficient expressions of support are made, the Parish Council plans to hold a public meeting to progress this initiative.

Unfortunately, villagers are continuing to encounter dog mess in public places, especially the common. Please be vigilant and keep your dogs under control, especially where there are unfenced gardens, and always bag and bin any mess.

The next Parish Council meeting will be held on Tuesday 20 March at 7.30pm in the Village Hall.

RTB ROOFING and BUILDING LTD For all roofing needs and small building works 07979 696565 01603 754969 info@rtbroofing.co www.rtbroofing.co

Do you care for a relative or friend? Would you like some help or an opportunity to relax?



EXPERIENCED CARER COMPANION AVAILABLE

Reliable and affordable 1-2-1 care tailored to your needs; given with patience, warmth and good humour

For further information please contact Rosie Crombie 01362 680151 / 07799 525897 rosie4care@gmail.com

CRB Checked • Excellent References • Non-smoker

ITTERINGHAM VILLAGE SHOP

General Store, Post Office, Café and Off Licence Run by the Itteringham Community Association

Groceries, Deli Counter, Whole Foods, Wines, Beers, Delicious Cakes, Hand Made Pies, Pet Foods, Local Produce, Ices, Sweets, Books, Maps, Plants Shop open daily 9am-6pm Sundays 9am-4pm Post Office Monday and Thursday 9am-1pm

Home Deliveries Telephone 01263 587325





CLEAR CRYSTAL

Call Gary on 0787 9007440





Highlands, Southrepps Road, Antingham, North Walsham NR28 ONW hjjones 92@yahoo.co.uk 01263 833362 07799 484012



Pet Sitting Service

Pet care in your own home while you're away Experienced, trustworthy & caring CRB checked & insured References available critter5itter@outlook.com 01263 735727 More information on website:

http://spotandspike.wix.com/crittersitter

TREE SERVICES

NPTC Certified Tree Surgeons

tree removal • tree pruning • tree planting stump removal . stump grinding waste clearance

Domestic and commercial clients served £5 million public liability insurance

01263 710773 / 07795 980180 www.whartontreeservices.co.uk

PHIL BORLEY

Garden Construction :: Ponds & Patios Turf :: General Garden Maintenance Paving :: Fencing & Car Ports & Rotavating

For the Complete **Garden Service**



Tel: 01263 587262

DRIVEWAYS, PATIOS & DRAINS LAYED GROUNDWORKS & LANDSCAPING CONCRETING & GARDEN CLEARANCE

CEMENT MIXER, WACKER PLATE, VIBRATING ROLLER HIRE . MINI DIGGER & JCB HIRE

LIGHT HAULAGE FREE QUOTATIONS ON REQUEST

Recipe of the Month

Chocolate Mousse with Tia Maria

200g dark chocolate, plus extra for curls 4 eggs, separated 50g butter 4 tbsp caster sugar 2 tbsp Tia Maria

Melt chocolate in bowl over hot water then whisk in egg yolks, butter and Tia Maria, set aside.

In a separate bowl whisk egg whites until stiff, fold in the sugar and then fold into the melted chocolate.

Divide into six sundae dishes and place in fridge to set, preferably overnight.

Decorate with whipped cream and chocolate curls.

Marion Shepherd

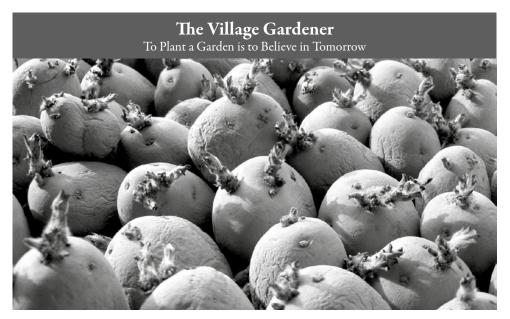
Sudoku

Enter a digit from 1 to 9 in each cell, so that each horizontal row contains each digit once, each vertical column contains each digit once, and each subgrid contains each digit once.

				Easy	,			
		2	6		4	9		
		5			8			7
3		4			9			6
	7			2			1	
	6			9			1	
	4	3		5			9	
9			3			5		1
8			9			4		
		7	1		5	2		

Hard								
6	4	3						
						2	1	8
			7	5	9			
5	7	8						
			4		7		5	
	1					6	7	9
			6	8	4			
1	2	9						
						5	3	7

Land



For all you keen gardeners out there who are tired of the lack of light in the evenings...keep the faith! The clocks will spring forward at the end of the month and that extra hour will come in handy as March is when it all kicks off!

Let's get the ball rolling in the veg garden. Early and main crop potatoes will need chitting this month for planting out (traditionally) on Good Friday, which this year is on 30th March. My favourite gardening guru Monty gave me the inspiration last year to grow all our potatoes in large galvanised containers. I was apprehensive at first (especially when we had a particularly dry patch - now that's a dim and distant memory! - but at harvest was totally sold on the idea as we had a really good volume of potatoes for quite a small amount of effort. Earthing up is obviously still essential, but was much easier in the containers. All in all, a success! And I will be repeating the project again this year. It is however important to keep the containers well watered. The other veg that need to get going this time of year are broad beans, beetroot and summer cabbages, which will need some form of protection now if you want to set them. But best of all is to use your gut when first setting veg seed: if the ground is still really chilly and the weather grim, hold fire for a couple of weeks. No one thrives in cold damp conditions!

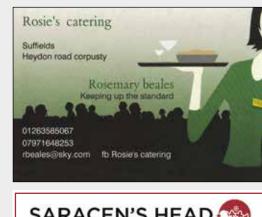
Now moving swiftly on to the flower garden, March is a good time for bare-root planting, so any roses you've had your eye on over the winter can go in. Also, any bare-root hedging can go in now the ground is not quite so frozen or (hopefully) waterlogged.

Now for this month's question: Wayne Carre has asked when is the best time to plant a native hedge? That time is now, Wayne! The soil is nice and damp, and our local garden centres hold a good stock of native hedge plants.

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

Mick McCarter





SARACEN'S HEAD

The Saracen's Head at Wolterton is open for lunches 6 days a week. Try our special 2 course lunch menu for £14 with a choice of starters, mains and desserts available Tuesday-Saturday. Ideal if you are out for a walk or just meeting up with friends. Sunday lunches are £18.50 for two courses including roast rump of Blickling Beef or loin of pork, with all the trimmings. Main menu also available for lunch and dinner.

For further information or to make a booking please call us on 01263 768909 or email info@saracenshead-norfolk.co.uk Visit www.saracenshead-norfolk.co.uk



or visit: www.iphomecare.co.uk

Any type of electrical works... big or small we can do it all! Free survey and quotation

Test & Certify to IEE17th Edition **Part P Registered**

01328 830492 07884 436112 paul@pjelectricsltd.co.uk www.pjelectricsltd.co.uk







There are two monthly events that started in Edgefield Village Hall more than 40 years ago that are still running today – the Tuesday Club and the Ladies Group.

The Ladies Group started life as The Matlaske & Edgefield Young Wives in 1968. Today it is a group of about a dozen 'older' wives who meet every month for tea and biscuits. The ladies contribute to a Christmas Club and have a raffle at their meetings to pay for the wine at their Christmas Party. The ladies would welcome anyone to this free event who would like to join them for tea and good company at 2pm on the second Wednesday of the month.

The Tuesday Club was started in 1977 and is held on the first Tuesday of the month. There is a talk from a local speaker followed by tea and cake, a raffle and an auction of produce. Once a year the Tuesday Club has an outing to visit a local site of interest and the December meeting is always Christmas Lunch at a local venue. In February Jim Frost talked about his working life in the Hertfordshire Police Force, CID and Fraud Squad.



On 6th March Rey Major – an award-winning wildlife photographer – will be giving a photographic tour of the Galapagos Islands.

On 3^{rd} April Jacky Lambert will be giving a talk 'Decorated Eggs – Inspired by Faberge'.

Catherine, Vera and Dawn are happy to welcome anyone to Tuesday Club. It starts at 2.30pm and you can either attend as a one-off or regularly attend these talks, membership is £5.00 a year.

Emma Youngs