

Church & Village News

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

June 2020



Baconsthorpe Castle taken from St Mary's Church Tower
Photograph by Harry Steel

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To download previous editions visit:
www.churchandvillagenews.org.uk

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| Baconthorpe | Jonathan Cooper | 577527 |
| Edgefield | Mark Cook | 587735 |
| Hempstead | Paul Sanders | 713217 |
| Matlaske & Barningham | Sara Buxton | 577207 |
| Plumstead | Nick Fulford | 577433 |
| Saxthorpe & Corpusty | Imogen Waterson | 587610 |

Parish Council Websites or Email Addresses

| | |
|-----------------------|---|
| Baconthorpe | http://baconthorpepc.wixsite.com/baconthorpepc |
| Edgefield | https://edgefieldparishcouncil.norfolkparishes.gov.uk |
| Hempstead | hempsteadpc@gmail.com |
| Matlaske & Barningham | http://matlaskeparishcouncil.norfolkparishes.gov.uk |
| Plumstead | https://plumsteadpc.wixsite.com/plumsteadpc |
| Saxthorpe & Corpusty | https://corpustyandsaxthorpeparishcouncil.wordpress.com |

Local MP

Duncan Baker MP
Tudor House, Grammar School Lane
North Walsham, NR28 9JH
duncan@duncanbaker.org.uk
<https://www.duncanbaker.org.uk/>
Monday - Friday 9am – 5pm
01692 558458

County Councillor

Steffan Aquarone
steffan.aquarone.cllr@norfolk.gov.uk
01603 327827

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| | |
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| Saxthorpe & Corpusty saxthorpecastle@gmail.com | Sophia Hodgson 587510 |

District Councillors

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andrew.brown@north-norfolk.gov.uk
Baconthorpe, Hempstead, Matlaske & Barningham, Plumstead
Dr Pierre Bütikofer 838306
Pierre.Butikofer@north-norfolk.gov.uk

Church People

| | |
|---|--------------|
| Rector Revd Canon David Longe | 577252 |
| Lay Minister Gill Peat | 734226 |
| Lay Minister Judy Rosser | 587584 |
| Authorised Worship Assistant Dr Alain Wolf | 577292 |
| Church Wardens | |
| Baconthorpe Tessa McCosh | 577611 |
| Harry Steel | 07711 890360 |
| Barningham Winter Amelia Courtauld | 577250 |
| Edgefield Emma Cletheroe | 587049 |
| Angela Turner | 587292 |
| Hempstead Airlie Inglis (acting) | 577440 |
| Matlaske Thomas Courtauld | 577250 |
| Plumstead Eleanor Faulkner | 577868 |
| Saxthorpe Judith Banks | 587319 |
| Cathy Stern | 587014 |

What's On

THE MAJORITY OF EVENTS ARE CANCELLED OR POSTPONED
UNTIL COVID-19 IS UNDER CONTROL
THIS INCLUDES REGULAR EVENTS AND THE MOBILE LIBRARY VAN

Clash Diary 2020

| | | | |
|---------|-------------------------|--------|--------------------------|
| July 8 | Matlaske Coffee Morning | Sep 7 | Plumstead PC |
| July 11 | Edgefest 5 | Sep 16 | Matlaske PC |
| July 15 | Matlaske PC | Oct 9 | Matlaske Quiz |
| July 25 | Matlaske Fête | Oct 23 | Hempstead Quiz |
| Aug 2 | Hempstead Fête | Dec 6 | Matlaske Christmas Party |
| Aug 15 | Baconsthorpe Fête | Dec 7 | Plumstead PC |

If you are arranging an event please check with Corinne Youngs that there is not already an event being held that day
577263 / corinne@avyoungs.com

Click Here
to watch a video of the geese and goslings on Plumstead Pond



Filmed by Catherine McMahon

Useful Organisations

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The Samaritans: 116123 - whatever you are going through the Samaritans will listen.

Social Services in Norfolk: 0344 8008020

Childline: 0800 1111 www.childline.org.uk

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Local Blog Writers

Baconsthorpe Nature Diaries

Paul Nichols from Baconsthorpe has started a blog about his walks and nature observations during the lock-down: <https://baconsthorpenaturediaries.blogspot.com/>

Edtechs Info Blog

Mandy Honeyman is a teacher and specialist in home education who lives in Baconsthorpe. She writes a blog with resources for parents that might be helpful for those with children at home, including self-isolation education ideas: <https://bit.ly/359ojCT>

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712202

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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.



Roses - The Flower for June

Dear All

If there's one thing more infectious than a virus it is hope

These are the words of Dr Francis Collins, the winner of the 2020 *Templeton Prize*, on Radio 4. Collins is leading the US effort to develop a potential vaccine for Coronavirus. He said he was staggered to be awarded the *Templeton Prize* which normally is awarded to religious figures – Lord Sachs, Archbishop Desmond Tutu, St Theresa (Mother Theresa), and the Dalai Lama are previous recipients.

Collins is not a Bishop or an Archbishop, he is a scientist. His story is I think fascinating. He grew up on a farm in the 40s, his father was a teacher and his mother founded a drama school and he was home schooled until the age of 11. After school he studied science and found himself drawn to biology as he felt this would open the view into understanding how life works. He then began to train as a doctor.

It was during his third year at medical school when he was sent onto the wards of a hospital that a religious faith was kindled. He was visiting an elderly patient dying of cancer. She told him about her family and about her faith and he was struck by how peaceful she seemed in the face of death. After she had spoken to him, she said words to the effect of "...well Doctor, now I have told you about me, what about you? What do you believe?"

This question rattled him, and he went home to think about it. He looked at various religions and their texts and was baffled by them. He then went down the road to see a

Methodist minister, who kindly lent him C S Lewis's book *Mere Christianity*.

Lewis's book is excellent – it is also an easy and accessible read which I would recommend. Lewis urges his reader to look for evidence and to consider their conscience as a source for the moral law. As Collins explored he realised he needed evidence of God; he was also concerned that if he did become a Christian he would be called to be a missionary and would lose his sense of humour.



Rose Window at Durham Cathedral

For me what was interesting was the evidence that convinced him, this he sets out in a lecture in 2006. First he felt there must be something instead of nothing. Second he believed that there must be something before the Big Bang. If the Big Bang kick started nature, he thought, what started the bang? Is there a supernatural force behind the bang that is not limited by space or time? If there is, can we call this God? Third, he wondered, citing Eugene Wigner (*Nobel Prize* winner for Physics) about the unreasonable effectiveness of mathematics to describe nature. Fourth, Collins wondered why there have to be such precise physical constants (such as the gravity constant and the speed of light) to enable humanity's existence. God, he mused, must be 'a darned good Mathematician' and 'an incredible physicist'.

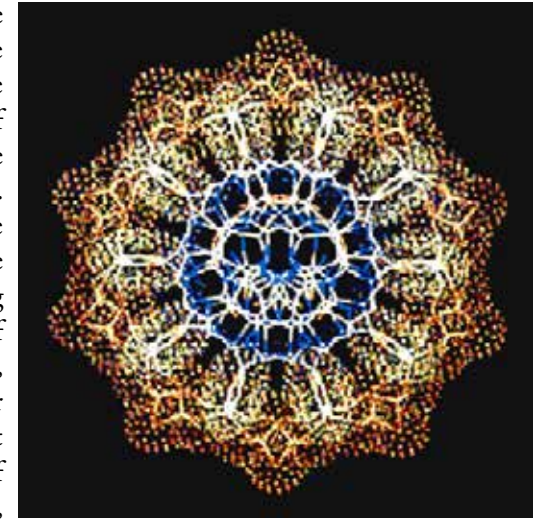
But it seemed to me that there were two reasons that pushed him into Christianity. First a moment hiking when he was stunned by the beauty of a frozen waterfall. And second, the effect of the moral law in our lives. We know what is right and what is wrong, and when we do something wrong we often look for an excuse. Yet we also do incredible altruistic acts and not just for our family but for complete strangers with no expectation of receiving a reward.

He finishes his 2006 lecture with the story of Wesley Autrey.

Wesley was on a New York subway platform en-route to work when the man next to him had an epileptic seizure and fell in front of a train. In an instance Wesley jumped down as the train approached and rolled them both between the tracks and the train passed over them. Collins quips that this was quite an unreasonable thing to do if your primary motive in life is to preserve your genes for the next generation.

Collins is focused, as so many are, at helping humanity during this pandemic. He confesses that "I grieve at the suffering and death I see all around, and at times [am] assailed by doubts about how a loving God would permit such tragedies. But then I remember that the God who hung on the cross is intimately familiar with suffering. I learn and re-learn that God never promised freedom from suffering – but rather to be 'our refuge and strength, a very present help in trouble' (Psalm 46)."

I pray that the God of wisdom, compassion and love, will continue to inspire all our scientists in their endeavours and provide us all with the hope that we need during these days.



A Cross-section of DNA

Baconsthorpe

200 Club

The 200 Club, run by the Village Hall, is suspended for the time being. No money is being collected and all advanced payments will be carried forward when things return to normal.

Isolation continues and we seem to be getting used to this strange way of life. At least we can now meet a friend in the great outdoors and some social interaction is possible.



Corinne Youngs
577263

Village Van

One weekly event when we are able to go out and meet with others (strictly 8ft apart!) is the visit by the mobile shop. This appears on Thursdays and is well worth supporting. To check when they will be in Baconsthorpe the link is: <https://www.neallskitchen.com/villagevan>

Church Services

On Sundays, thanks to the hard work of the production team, choir, readers etc, you can log into the YouTube service held in the Rectory Garden, <https://www.youtube.com/channel/UC3SRmYGfta8vpzhIIQqPR3A> The service lasts approximately 15 minutes and is an absolute delight.

Allotments in Baconsthorpe Available

There are still a few allotment sites available in Baconsthorpe. Sizes can be flexible and the ground has been ploughed and rotavated. Contact Michael Day for details: 07768 816331



Clap for the NHS

Thursday has turned into the 'event' day in the village as we all turn out at 8pm to clap for the wonderful NHS staff, the church bells are rung and Jonathon continues to provide us with a concert of requests.

Help in Baconsthorpe with Coronavirus

Just to remind you that this is working well. If you need shopping, prescriptions or help of any kind there is a team of willing helpers ready to do what is needed, we can't thank you all enough. If you do require help please phone me on 577263.

If anyone is struggling financially please remember the food bank which is there to help people in need at this difficult time. Contact Canon David Longe in confidence if you need help.

I do hope you all have a safe and happy June, enjoying our glorious Norfolk countryside – which makes coping with these difficult times so much easier.

Barningham Winter

I would be willing to collect tablets for anyone from Aldborough Surgery. Contact me on 577207



Sara Buxton
577207

Edgefield

Village Hall News

The VH 200 Club continues to be drawn on a monthly basis despite there being no coffee morning at present. The last two months' winners have been as follows:

March: 1st D Stolworthy (72), 2nd T Pepper (59), 3rd . Major (144)

April: A. Duffield (143), 2nd M Grand (97), 3rd J Shillabeer (45)



Richard Peaver
587486

Jim Frost

Hempstead

Village website: www.hempstead-norfolk.co.uk

What wonderful days we have had this last month! True, we could do with more rain, but the blue skies and the burgeoning beauty of our gardens give us a lot to be thankful for. I've been watching a pair of blue tits feeding their brood in our bird box, and I have to say, we could all learn a lot about selflessness from them!



Su Summers
710702

Help in Hempstead

There has been so much caring for each other in Hempstead during lock-down. Ian and I have been the recipients of many acts of kindness. Thank you to all those caring for friends and neighbours. Don't forget to ring Yvette (712460) or myself (710702) if there is something you need.

Excitement at Hole Farm!



Proving that even Covid 19 can't stop the big cycles of nature, Alfie the pure-bred Irish Draught horse foal was born in the early hours of the morning on the 1st May in the stables at Hole Farm. He was born very fast and was very large, and although Sylvie was rung to say it was imminent, by the time she had scrambled out of bed, dressed and crept out of the house (at 3am), he had already been born! Alfie has become a minor celebrity to walkers, cyclists and visitors passing by Hole Farm, being photographed and fawned over aplenty. Helped onto his giant-legs by his primary carer Emily, so he could feed and wouldn't get cold, Alfie was soon running around in the paddock with his mum Eileen. Irish Draught horses of an older type and colour are increasingly rare, and Alfie will go to help that population increase by one. Alfie has now been moved onto grass with his mum, and a new mum-in waiting (Grace) is in the roadside paddock waiting to give birth. More information about rare colour and type Irish Draughts is available at www.irishdraught.co.uk.

VE Day Celebrations

Hopefully you will have heard the church bell ring 75 times on VE Day, though it has to be said that with the church tucked away and with only the one bell, it is hard to hear it in some parts of the village! I'd like to thank the Inglis family for this, and it was lovely that the young of the family took the opportunity to climb to the top of the tower and enjoy the views!

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It was all happening at Hole Farm where
social distancing drinks took place between
the Inglis family and the Carvers. In her usual
inimitable way Rose made the special VE
biscuits and picked the red, white and blue
flowers from her garden.

Thank you to Tim Scarff for raising the flag at
the Village Hall for VE Day.

Clap for Carers

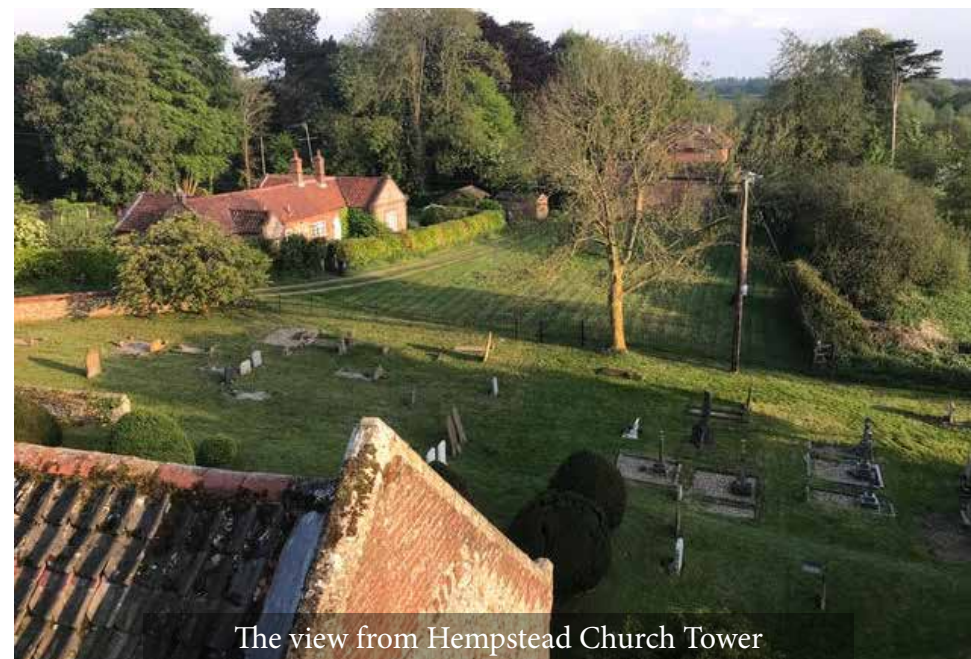
The church bell is also being rung every
Thursday evening at 8pm, to acknowledge
our heartfelt thanks for the NHS workers and
also for private carers who work in people's
homes and care homes. Please stand outside
your front door and make the clapping well
and truly heard.

Village Van

Don't forget the Village Van each Friday at 11.30. It has become quite a social distancing occasion!

Hempstead Website

Jonathan Neville reminds me that he is putting up-to-date useful information on the Hempstead
website he is hosting. You now can put small ads on. Look at www.hempstead-norfolk.co.uk to find
out how.



The view from Hempstead Church Tower

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Matlaske

100 Club

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All winnings not yet received will be delivered with the next printed newsletter.

Coffee Morning

Due to the continuing Corona Virus we will be unable to hold our coffee morning.

Get Well

To Vera Norman who is currently in hospital. We hope she gets better soon.



Marion Shepherd
577521

Plumstead

Here we are still in a lock down of sorts. A little more freedom but hardly 'getting back to normal'. Another month of the digital version - maybe we will all get used to this new form of accessing local news, or perhaps next month we shall be reverting to the paper version. Time will tell! Obviously there are no events to report on, nothing to advertise currently so news is a little sparse! I hope you are all well and continuing to survive these strange times.



Mary Lintott
577718

Although the church is sadly still locked, it has been good that the designated person has been allowed to go in and chime the church bell for Clap for Carers on Thursday evenings and to ring it 75 times on the evening of VE day. The jackdaws are busy building nests in the tower and, once the church is open again, there will be the unenviable task of clearing the upper floor of the tower of a large number of twigs and dust! For me, walking in the area has brought the great joy of hedgerow scents - lilac and hawthorn particularly, but lately our noses have been assailed by the smells of the farmyard, both cow and pig muck, which have been liberally sprinkled over many of the surrounding fields!

The pond and meadow at Plumstead Green are worth a visit. The goslings didn't hang around very long but look out for other babies. The wildflowers are just getting going. It is a great place for a picnic.

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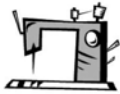
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Saxthorpe with Corpusty

Like others, we have benefited from the extraordinary spring weather, and our garden has benefited from unusual attention! It has been a joy to listen to birdsong and appreciate nature in these strange times.

VE Day

As the planned VE day celebrations were frustrated, various more local events occurred. An example was in Post Office Lane where the 75th Anniversary of VE Day was celebrated by a number of neighbours keeping their social distances. The Queen's Speech was relayed to one of the gardens, which had been adorned by a Union Flag. This was followed by the gathered group singing Vera Lynn songs. There was a real atmosphere of Thanks to those of our and other families who had given their lives to enable us to benefit from our present-day freedom. St Andrew's Church bells were tolled 75 times. We did not forget them and we will not forget them. Subsequently many of those who attended said it was a very worthwhile and moving celebration, added to by many participants sporting red, white and blue colours.

St Andrew's Church News

St Andrew's church bells were tolled on Thursday 7th May, for NHS and front-line workers.

Thank you to our Rector, David, for his Sunday services streamed via You Tube. These services have brought much comfort to those who have been unable to physically attend church. The technology behind these streamed services takes much time and effort, both of which need to be recognised and applauded.

Corpusty Stores

Effusive thanks are due to Peter, Val and their staff, who have selflessly provided a continuous supply of food and other essentials, the post office facility, plus a delivery service, in this time of lock down. Many customers have shown their appreciation by giving flowers, chocolates or messages of appreciation to Peter and Val, as they know that the shop has been a life-line to many from these two villages, and also to customers from further afield.

Parish Council

The March meeting had to be cancelled in line with government guidance. The May meeting took place as scheduled. It was held virtually, over Zoom, and business was conducted normally.

The meeting was due to elect officials for the forthcoming year but, again following national guidance, this has been deferred for a year by which time it is hoped that an open meeting can be held.

Post Office Lane & Great Yard

The traffic survey identified that occupants of these addresses are concerned about the danger of driving onto The Street, due to lack of visibility. A solution could be the siting of mirrors on the opposite side of the road. The Parish Council would be prepared to explore this possibility on a shared cost basis with residents, if there is interest in pursuing this initiative. Please express interest to Kirsty Cotgrove: c.parishclerk@gmail.com.



Sophia Hodgson
587510

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Staying active is an important way to keep healthy and resilient to the coronavirus and is so important that the government has identified it as one of the four reasons that people can leave their homes. However, there are many vulnerable people who are isolating at home and who are also living without access to internet, and therefore unable to access the wealth of on line fitness resources and advice. Active Norfolk is now offering free physical activity packs to support vulnerable adults who are isolating during the COVID-19 pandemic to be active at home. Please contact the Saxthorpe with Corpusty Parish Clerk on 01263 587755 or c.sparishclerk@gmail.com if you would like one of these packs.

Nature Watch



Red Admirals (Vanessa atalanta) Return to Little Orchard

These lovely insects with their distinctive colouring have visited this location each year since the writer's grandfather planted fruit trees over eighty years ago. We usually see them in the orchard here in late August or early September and they make a delightful sight, either feeding on buddleia or fallen plums, sunning themselves on window sills, or zooming around at high speed.

It is perhaps fanciful to believe that the current arrivals are descendants of those visiting here all those years ago, but who knows? Many of these butterflies start their journey in North Africa or Central Europe. On arrival the females lay their eggs on stinging nettles, and so it is a new crop of newly emerged insects that we see here in late summer.

Butterflies have suffered a terrible decline over the last thirty odd years. Some species are now extinct altogether, others very rare. To redress the balance somewhat our gardens can provide them with some much needed protection. If you have an odd patch of nettles please leave it, and if you have fruit trees avoid using insecticide. Our standing joke here is if you give plums or apples to anyone they are told, "If you find any bugs on these at least those bugs will be alive!"

Arthur Pentney

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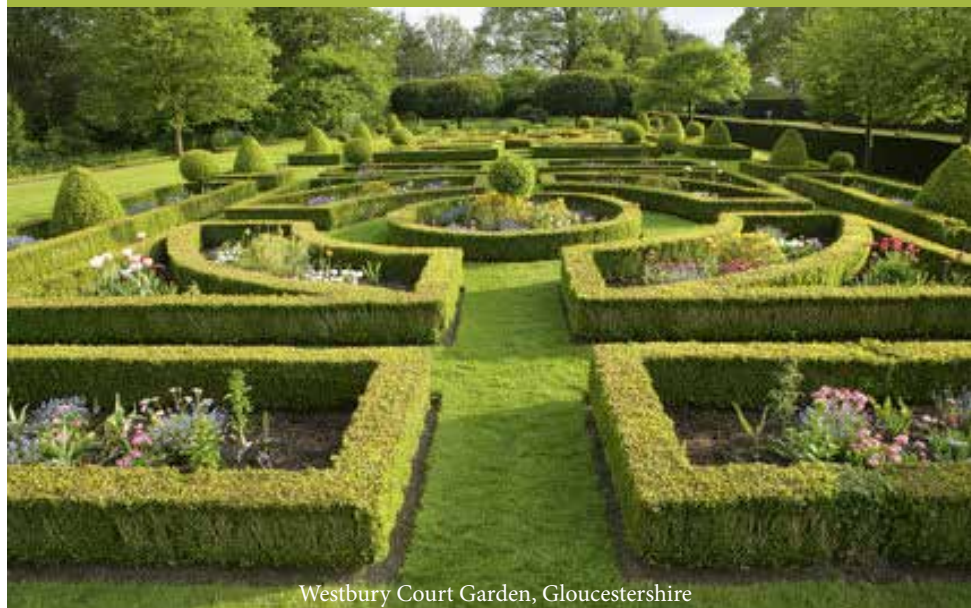
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The Village Gardener

To Plant a Garden is to Believe in Tomorrow



Westbury Court Garden, Gloucestershire

Thank goodness for June! One of the prettiest months of the year! As I write this we have just had the hottest few days of the year so far, but we have also just got through a really tricky patch of sharp frosts... I do hope your gardens got through unscathed, as ours did (just about) but not without several stressful evenings covering up our tender plants. They all pulled through but with a rather trammelled, shocked look to them now. As ever, it's a reminder (to myself especially!) to go with the seasons and not fight them. I also had not used our wonderful Mulberry tree that will not break into leaf until the last of the frosts are over, again another note to self!

Now into the veg patch! This year we are experimenting with a carrot fence. Aesthetically it does nothing for our walled garden, but we had such a sorry collection of carrots last year due to a merciless attack of carrot fly, so here goes... but I will admit having a slightly wistful moment when I saw that Monty had just sowed his carrots very thinly without a horrid fence, the theory being that it is the thinning out that attracts the carrot fly. We shall see! Other jobs in the veg patch are to make sure your courgettes, squashes and pumpkins are well watered once they get going. I do appreciate watering might well be a challenge this year. As I write this, we have had no significant rain for days and none forecast for the next week or so, do try and ensure you have adequate water butts (just in case) and remember the golden rule: Mulch! Mulch! Mulch! (always after a good soak) – it can make a huge difference.

Now into the flower garden. Try and keep on top of tying in climbers like honeysuckle, clematis and climbing roses. It doesn't take much of a growth spurt for them to get out of hand. All tender plants that have been waiting in the wings can now come out on display. Do use hazel supports in the flower border to support lush growth, best to pre-empt this rather than wait for the plants to crash, the damage will already be done! If you're attempting hedge work this month, then do

choose an overcast day if possible to avoid scorching the cut leaves, and make sure your shears are sharp! Saves a huge amount of effort and prevents bruising the leaves as you cut, finally if it is a hot day, dampen the hedge first – again this helps prevent unnecessary damage. Finally, do keep your grass height up during the hot weather. This helps maintain a healthy vigour in your lawn.

I hope over the next month you are able to step away from all the difficult stresses we are all under and enjoy your garden for what it is... a small place of heaven in a tricky world.

This month's question is from Hilary Watts who asks "When is the right time to cut my box plants?" Thanks Hilary. I was always told the day for cutting box plants was Derby day and I see no reason to stray from that advice! Just follow my tips for hedge cutting above and all should be well!

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





Coronavirus (COVID-19) Guidance for Churches

From the Church of England web site <https://bit.ly/2TLm0Bz>

Some studies suggest that Coronavirus COVID-19 can live on paper and cardboard surfaces for up to 24 hours, and so any paper delivery represents a transmission risk.

Local hand-deliveries also mean a volunteer will touch gates and postboxes and may come into close proximity with those who may be shielding. For these reasons, parishes are encouraged to look to digital communication, and telephone calls to keep in touch.

The Government has designated postal workers and delivery professionals as key-workers, so any vital printed communication should be sent through the post.



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Local Initiatives for Support

Fakenham Food Service is offering free home deliveries in a 15 mile radius. Their details can be found on their Facebook page: www.facebook.com/fakenhamfoodserviceltd/

The **Love Holt** initiative is preparing a page on their website of useful information. By the time this goes to print it should be live: www.loveholt.com

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www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus