

# Church & Village News

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

July 2017



**Plumstead Village**

David Ramsbotham

## Lamb Watch



Since turning the ewes and lambs out into Barningham Park we have had several treatment days. The lambs have had a course of wormers, as being on the same pasture year after year, there is always a high worm burden carried in the grass.

All the lambs have also been fly sprayed (done every six weeks) to protect them against blow flies laying eggs in their wool. This can be a big problem during the warm weather, and if not protected can be fatal.

The ewes were sheared in late May when the weather was warming up and the lambs were from six to eight weeks old.

Before this time, the wool helps protect the ewe's udder from the cold, and while milk production is in full flow it helps prevent the lambs from biting at the ewe's teats when hungry for more milk. A ewe's fleece weighs approximately 2kg. Presently we receive about £1 a kilo which actually pays the shearer and leaves a penny in the pocket which makes a change!

Louise Catling

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## Newsletter Team

**Editor** Michael McMahon  
[mjmc25@gmail.com](mailto:mjmc25@gmail.com)

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## Parish Council Chairs

Baconthorpe	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

## Parish Council Websites or Email Addresses

Baconthorpe	<a href="http://baconthorpeparishcouncil.norfolkparishes.gov.uk">http://baconthorpeparishcouncil.norfolkparishes.gov.uk</a>
Edgefield	<a href="http://edgefieldnorfolk.co.uk/theparishcouncil.shtml">http://edgefieldnorfolk.co.uk/theparishcouncil.shtml</a>
Hempstead	<a href="mailto:hempsteadpc@gmail.com">hempsteadpc@gmail.com</a>
Matlaske & Barningham	<a href="mailto:s.m.buxton@hotmail.co.uk">s.m.buxton@hotmail.co.uk</a>
Plumstead	<a href="http://plumsteadparishcouncil.norfolkparishes.gov.uk">http://plumsteadparishcouncil.norfolkparishes.gov.uk</a>
Saxthorpe & Corpusty	<a href="https://corpustyandsaxthorpeparishcouncil.wordpress.com">https://corpustyandsaxthorpeparishcouncil.wordpress.com</a>

**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.

## Village Correspondents

<b>Baconthorpe</b> <a href="mailto:corinne@avyoungs.com">corinne@avyoungs.com</a>	<b>Corinne Youngs</b> 577263
<b>Barningham Winter</b> <a href="mailto:s.m.buxton@hotmail.co.uk">s.m.buxton@hotmail.co.uk</a>	<b>Sara Buxton</b> 577207
<b>Edgefield</b> <a href="mailto:rhpeaver@btinternet.com">rhpeaver@btinternet.com</a>	<b>Richard Peaver</b> 587486
<b>Hempstead</b> <a href="mailto:shazyhannah@yahoo.co.uk">shazyhannah@yahoo.co.uk</a>	<b>Sharon Hannah</b> 711769
<b>Matlaske</b> <a href="mailto:jim.shepherd123@btinternet.com">jim.shepherd123@btinternet.com</a>	<b>Marion Shepherd</b> 577521
<b>Plumstead</b> <a href="mailto:mary.lintott57@btinternet.com">mary.lintott57@btinternet.com</a>	<b>Mary Lintott</b> 577718
<b>Saxthorpe &amp; Corpusty</b> <a href="mailto:mummybanks@hotmail.com">mummybanks@hotmail.com</a>	<b>Judith Banks</b> 587319

## District Councillors

Baconthorpe, Corpusty, Edgefield, Hempstead, Plumstead, Saxthorpe

Georgie Perry-Warnes 538344  
[georgie.perry-warnes@north-norfolk.gov.uk](mailto:georgie.perry-warnes@north-norfolk.gov.uk)

Matlaske & Barningham

Michael Knowles 825995  
[mike.knowles@north-norfolk.gov.uk](mailto:mike.knowles@north-norfolk.gov.uk)

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## What's On

### JULY

Sat 1-30	10.00am	<b>Corpusty Meet the Artist Days</b>	The Old Workshop Gallery
Sat 1		<b>Aldbrough Fête</b>	Erpingham
Sun 2	9.30am	<b>Corpusty School Sponsored Bike Ride</b>	The Green
Sun 2	3.30pm	<b>Corpusty St Peter's Church Patronal Festival</b>	St Peter's Church
Wed 5	10.30am	<b>Matlaske Coffee Morning</b>	Blacksmiths Cottage
Thur 6	7.00pm	<b>Baconsthorpe Village Hall AGM</b>	Village Hall
Wed 12	7.30pm	<b>Matlaske Parish Council Meeting</b>	St Peter's Church
Thur 13	3.30pm	<b>Corpusty Families Together &amp; Holiday Club</b>	Village Hall
Mon 17	6.00pm	<b>Plumstead PC Meeting</b>	Oak Tree Cottage
Wed 19	6.30pm	<b>Corpusty LinC Summer Buffet</b>	Bure Cottage
Mon 24-28	10.00am	<b>Corpusty Children's Holiday Club</b>	Village Hall
Sat 29	3.30pm	<b>Matlaske Village Fête</b>	
Sat 29	7.00pm	<b>Edgefest 2</b>	Village Green

### AUGUST

Sat 5	10.00am	<b>Corpusty A Handful of Women</b>	The Old Workshop Gallery
Sun 6	2.00pm	<b>Hempstead Fête</b>	Village Green
Wed 16	2.00pm	<b>Corpusty LinC Museum of Artefacts</b>	Halcyon, Briston Rd

## Clash Diary

Sept 2-3	Hempstead Arts	Oct 6	Matlaske Quiz
8	Plumstead Quiz & Supper	13	Hempstead Quiz
9	Baconsthorpe 40s Night	14	Edgefield Village Life
15-17	North Barningham Concert	25	Baconsthorpe Quiz
16	Corpusty Fashion Show	Dec 3	Matlaske Christmas Party
18	Plumstead PC Meeting	4	Plumstead PC Meeting
20	Corpusty LinC	5	Barningham Wreath Making
22	Baconsthorpe Chandlers Green		
23	Saxthorpe Gift Day		
24	Saxthorpe Harvest Fest		

If you are arranging an event please e-mail Corinne Youngs: **577263 / corinne@avyoungs.com** to check that there is not already an event being held on the same day. This will help prevent any clashes.

**HOLT COMMUNITY CENTRE**  
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## Regular Village Hall Events

### BACONSTHORPE

Tuesday during term time	10.00am - 12noon	<b>Diocesan Play Van</b> - 07918 027092
Tuesday	7.30pm - 9.30pm	<b>Carpet Bowls</b> - 711320
First Thursday	12noon	<b>Soup &amp; Cake</b>
Last Friday - see What's On	6.00pm - 11.00pm	<b>Pop-Up Pub</b>

### CORPUSTY

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

### EDGEFIELD

Third Monday	7.00pm	<b>Parish Council Meeting</b>
First Tuesday	2.00pm	<b>Tuesday Club</b>
Second Wednesday	2.00pm	<b>Ladies Club</b>
Last Thursday	10.30am	<b>Coffee Morning</b> - Jeff Witts 587661

### HEMPSTEAD

Tuesday	10.00am	<b>Charcoal Drawing</b> £4 - Mike Thody 711282
Third Wednesday (not Dec)	7.30pm	<b>Film Club</b>

## Mobile Library Van

### 6 July / 3 August / 31 August / 28 September

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

### 20 July / 17 August / 14 September

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 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	

## Reflection - 'Thank You'

Each year St Edmund's, Swanton Novers holds a special service to thank those who have helped the church in various ways, perhaps with flowers, cleaning the church or cutting the hedges. Preparing for that service last year, I started to think about 'thank you's.

Boxing Day was the day when we had to write our Christmas thank you letters. Mother was never satisfied with less than two pages of A5, and it was difficult to know what to write to an elderly aunt who had sent yet more boring handkerchiefs. Today my grandchildren think that a quick text saying "Thx 4 the pressy" is sufficient!

In the side streets of Sheringham motorists are still good at giving a wave of thanks when you make way for them to pass a parked car, but that courtesy seems to disappear when I drive in London.

There does seem to be a tendency these days to take people and things for granted. A grateful heart costs nothing and yet is much appreciated.

Thank God...I wonder too if we all too easily forget to thank God for all the blessings He has given to us. We are fortunate to live in a very beautiful part of the country, in a land where there is still a welfare system to help those in need. Welfare payments may be delayed, which is where the Foodbank can step in, but the payment is eventually made, unlike parts of Africa, Asia and South America, where welfare schemes can be non-existent. We live in a country at peace, unlike the pictures we see on TV of life in Syria and Afghanistan. We are truly blessed and I believe we should thank God for all the good things He has given us. When I was in Sunday School, we used to sing a little song "Count your blessings, count them one by one, and it will surprise you what the Lord has done".

Rev Barry Tomlinson

Barry is one of the many retired priests who have taken services in our Benefice during the vacancy. The churchwardens thank them all for their contribution to our church life.

## From the Editor

When I read Barry Tomlinson's reflection (above), I realised it was about time I said some 'thank-you's, too – to the volunteers who help bring the Church & Village News to life every month: to Karen, our designer; to our village correspondents; to Emma, who writes 'Meet the Neighbours' and much more; to those who send in features and pictures; to Corinne, our treasurer; to Clive, who manages the advertisements (even though he now lives in Norwich!); to Mary and her team of distributors ... and to Barnwells, our excellent printers. All your efforts are greatly appreciated!

And now a request: I'd be really grateful for any old photographs of our corner of the world that we could publish. If you have any, do please scan them and email them to me. Marion Shepherd has already fished out some lovely sepia photos, and they will appear in due course. There must be others out there, too – so please do look, scan and send!

Michael McMahon

## Church Services for July

### 2<sup>nd</sup> Pentecost 4

9.15	Family Service	Edgefield
9.15	Holy Communion <i>CW TL</i>	Hempstead
11.00	Matins	Plumstead

### 9<sup>th</sup> Pentecost 5

9.15	Holy Communion <i>BCP</i>	Matlaske
11.00	Morning Praise	Saxthorpe

### 16<sup>th</sup> Pentecost 6

9.15	Holy Communion <i>CW</i>	Plumstead
11.00	Matins	Baconsthorpe
11.00	Holy Communion <i>CW TL</i>	Edgefield

### 23<sup>rd</sup> Pentecost 7

9.15	Holy Communion <i>BCP</i>	Barningham Winter
11.00	Matins	Hempstead
11.00	Holy Communion <i>CW</i>	Saxthorpe

### 30<sup>th</sup> Pentecost 8

10.00	Benefice Sunday	Matlaske
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*CW* = Common Worship    *BCP* = Book of Common Prayer    *TL* = Traditional Language

## Holy Communion Services Wednesdays 9am Saxthorpe 5<sup>th</sup> and 19<sup>th</sup> / Little Barningham 12<sup>th</sup> and 26<sup>th</sup>

### Church People

**Lay Minister** Gill Peat 734226  
**AWA** Judy Rosser (Lay Minister in Training)

#### 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

Whilst we have no incumbent, anyone with queries about baptisms, weddings and funerals should contact the Rural Dean:

Rev Jeremy Sykes 860280  
briston.vicarage@gmail.com

For other matters speak to your churchwardens in the first instance

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## Baconsthorpe

### 200 Club

£25 James Rudd, £10 John White, £5 Cynthia Jackson, Richard Pepper

### Pop-up Pub

The next Pop-Up Pub will be Friday 28<sup>th</sup> July when the food will be a barbeque.

### Village Hall News

**IMPORTANT ANNOUNCEMENT:** May we remind everyone that the Village Hall AGM is to be held on Thursday 6<sup>th</sup> July at 7pm. In accordance with the constitution the present committee stand down. This is an opportunity for new members to join. Should you wish to become part of the Village Hall Committee, please let any one of the present committee know before the AGM. Thank you.

AND THE GOOD NEWS IS ... Kevin Delany, our Treasurer, has secured a grant on behalf of the Village Hall enabling us to embark on the necessary alterations required by our Insurance Policy/Health and Safety regulations.

**BIG THANK YOU:** To the Pop-up-Pub for their very generous donations of SIX picnic tables for our garden and not forgetting the sign pointing to the Hall. Emma, Jonathan - thank you.

Diary dates: 40's EVENING, Saturday 9<sup>th</sup> September 7-10.30pm. Dinner and Singers and Songs, 40's style! Chandlers Green - Friday 22<sup>nd</sup> September

### Soup & Cake Lunch

This month's Soup and Cake lunch will be held on Thursday 6<sup>th</sup> July from 12noon to 2pm - £3 a head.  
 Susan Belbin



Corinne Youngs  
 577263

## Barningham Winter

The tower at St Mary's, Barningham Winter has been swathed in scaffolding the last few months, the work is going ahead well in this settled weather. The interior of the church has now been cleared so work can now start in there. Thank you to Mr and Mrs Courtauld for all the clearing they have done, especially in this hot weather. Hopefully the work should be finished late August or early September.

To celebrate the work being done we are hoping to hold a concert in there on Friday, 15<sup>th</sup> September. More details in next month's magazine but please keep that date free and come and join us. The next service at the church is on Sunday 23<sup>rd</sup> July at 9.15am.

North Barningham Church quite sparkles in readiness for the annual patronal festival. The grass has been cut and everywhere tidied up thanks to Mr and Mrs Maurice de Bunsen who look after the little church so beautifully.

There is a vacancy on Matlaske and Barningham parish council. If you feel that you would be able to join please contact the clerk Pat Chapman on 01263 733609 or me at: s.m.buxton@hotmail.co.uk



Sara Buxton  
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## Edgefield

### Church News

At the time of writing, we are busy preparing for our Open Gardens on Saturday and Sunday, 24<sup>th</sup> and 25<sup>th</sup> June, from 2.00 – 6.00pm each day, and praying for the good weather to continue for us. We owe enormous thanks to the people letting us see their lovely gardens, and to all who help with teas, making cakes, raffle, book and plant stalls, etc, etc. Also Katherine, who has helped so much with setting out the brochure with me. Thank you all much indeed.



Richard Peaver  
587486

Calling all hands! It is time for our annual session in the churchyard, strimming around the gravestones, church and wall, and raking up, and also removing ivy. We would welcome all help on Friday, 14<sup>th</sup> July at 6.00pm.

Angela Turner

### Village Hall News

A final reminder for Edgefest 2, starting at 6.00pm on Saturday 29<sup>th</sup> July on the Green in the village. Live music from Honky Tonk Rock, food and licensed bar, all for £10 (£7.50 for children). Tickets are selling fast but are available from Jim Frost on 587110 or Dawn Hulbert 587379 plus any other committee member (details on VH notice board).

Jim Frost

## Hempstead

### 200 Club

£25 R West, £10 N Tyabji, £5 S Hannah, R Hall, Viv Collier

Coffee and Gossip 7<sup>th</sup> July, 10.30 to 12noon in the Village Hall.

### Hempstead Charity Lunch

On Sunday 18<sup>th</sup> June we held our charity event, a special church service followed by lunch. It was, as usual, in aid of Venda, a small local charity that supports ten remote South African schools. This year we raised £1,134, all of which gets spent on the schools, with no overheads taken off. Over the last 5 years nearly £5000 has been contributed from this small community (and our friends) to Venda, something we should be very proud of, enabled of course by the generosity of all that attend and donate both money and food. Many thanks to you all.

Francis Feilden, Treasurer

The service was taken by Judy Rosser, our Lay Minister in training, and attended by Michele and Ceri from the charity, and wonderfully, a visitor (in traditional Venda dress) from the Venda region of South Africa. Afterwards the churchwardens received this email from Judy:

What a joyful event today. Thank you for all your efforts. I hope you are happy with the fruits of your labours. The choir, organist and having Angelinah, the retired headmistress from South Africa so stunningly attired all added to the event. What a holy woman she is. The excellent lunch which followed was lovingly prepared and served, catering for all needs and tastes. Thank you for letting me be a part of it.



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Thank you, too, Judy, for leading us in a lovely service. And thank you to all who helped with setting up in the hall, donating lovely food, and washing up afterwards.

Su and Ann, Churchwardens

## Hempstead Fête, Sunday 6<sup>th</sup> August

Yes really, not long now, it will be upon us before we can blink! We have a reputation as a good traditional fête, and as always, we don't want to disappoint. This year however, due to holidays and family commitments, we are VERY short of helpers. There are lots of jobs, some undeniably bigger than others, but little ones too. Each year we have a lot of fun together; there's a job to suit everyone! Can YOU help? Please do, and let us know by contacting Liz Buxton (714082), Yvette Gibson (712460) or Su Summers (710702). As always beforehand we need donations of tombola prizes (both for adults and children's tombola), books and good quality bric-a-brac. And on the day, lots of cakes for the cake stall and the teas. The fête raises money for the village hall and the Church, shared equally, both being important community assets in the village. The village hall will be open each morning starting on Tuesday 1<sup>st</sup> August to Friday 4<sup>th</sup> inclusive, for dropping off tombola prizes, books and bric-a-brac. Thank you; we're looking forward to hearing from you.

## May Feast

The Hempstead May Feast was very well attended this year. Succulent ham and lamb joints provided the main menu, with inventive vegetarian options to please all tastes. A jolly atmosphere prevailed throughout the evening, and the selection of home-made desserts were 'to die for'. Congratulations to all those brave volunteers who worked tirelessly to provide the ingredients to make a successful evening, especially the organisers, caterers, carvers and bakers. To the tent and table erectors and to the essential washer-uppers, thank you! All proceeds from the ticket sales and the raffle going towards village hall funds.

## Selbrigg Pond: FISHERMEN TAKE NOTE! We recently received this email:

I live in Hempstead and yesterday evening my partner told me she'd just stopped at Selbrigg to look at the cygnets and saw a moorhen hanging upside down in a tree and obviously in distress.

We went over and it was still there hanging by its legs about three feet above the water on the left side when viewed from the road, about 20 feet from the road bank and 15 feet from the left side of the pond. I waded out in the mud while holding onto branches and hooked the bird's branch in using a pole I'd brought.

I saw straight away that it was well attached to the branch by a copious quantity of fine fishing line. I carried it to the bank and we carefully unravelled the line and freed the bird, which had two broken toes.

## Hempstead Village Fête 2017

NR25 6AH

A Traditional Village Fête  
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I took it to the Holt vet and they will get it to the East Winch hospice, where I hope it will make a full recovery.

The reason I'm relating this is to provide yet another illustration of what broken fishing line can do. Watching the two swans puddling the mud to bring up food for the cygnets, makes me wonder how long it will be before one of them gets ensnared too.

My plea is that you will ban fishing on the pond and put the wildlife before fishermen.

Our Response: (if anyone can suggest a better alternative please let me know)

We have a dilemma regarding fishing at the pond, for six years no incidents occurred but in the last two years, several such distressing incidents have. Yet again it is a minority that spoil things for most responsible fishermen. At this moment, we don't propose stopping fishing but will impose a 'count to five' policy - should four more occurrences happen fishing will be banned for the rest of the season... this being count one.

Francis & Jenny Feilden selbriggpond@aol.com

## Matlaske

### 100 Club

£25 Jan Legge, £10 Richenda Riches, £5 Graeme Barker



Marion Shepherd  
577521

### Medal

Well done to Ruth March, who has been presented with the *Alan Nabarro Medal*, which is awarded to people with Type 1 diabetes who have lived with diabetes for 50 years. Alan Nabarro spent his whole life working to improve the lives of people with diabetes around the world. He himself was diagnosed in 1921 at the age of seven. At that time, there was no effective treatment and children were not expected to live longer than a year after diagnosis. Fortunately, at this time his father heard of revolutionary work being carried out in Canada, with hormone insulin but they were told that insulin was not yet ready for distribution. A diabetic specialist in Brussels put Alan on a near starvation diet until finally in 1923 he was able to get regular insulin supplies. When he was 21 Alan joined The British Diabetic Association until his death in 1977. In people with Type 1 diabetes the pancreas produces very little or no insulin. This means having to inject with insulin every day to get what is lacking. Insulin helps to regulate blood sugar levels and without this a person will suffer from Hyperglycaemia (high blood sugar) or Hypoglycaemia (low blood sugar) which can lead to all sorts of serious health complications. Ruth keeps well by keeping her diabetes under control, drawing on all of her experience of the condition.

### Joshua Cox

It is with sadness that we report the sudden death of Josh on 4<sup>th</sup> June. Aged 21, Josh was a familiar figure walking through Matlaske with his Mum or Nan stopping to have a chat with whoever was about. Our sincere condolences go to James, Chantel and Thomas.

### Matlaske Parish Council

Following the resignation of Donny March, we would like to thank him for his many years of service and the valuable knowledge that he has provided during this time



## Coffee Morning

Please come along for coffee, cake and a chat on July 5<sup>th</sup>, 10.30am at the rear of Blacksmith's Cottage. There will be homemade cakes for sale and a raffle. Everyone is welcome. Any donations of raffle prizes will be greatly appreciated.

## Matlaske Fête

By now you will have received your entry forms for the Produce Competition, if not they are available in our churches or from Claire Kokelaar (570155). This year our fête is starting at the later time of 3.30pm, and we have new attractions including Alpacas, Owls, wine and beer bar as well as our usual stalls and games. If anyone is able to donate a raffle prize or prizes for the tombola please contact Jim Shepherd on 577521 or Sara Buxton on 577207 respectively. Helpers are still needed to set up the stalls and bunting beforehand, if anyone is able to help with this please contact Thomas Courtauld on 577250. Please come along to our fun-filled afternoon!

## Plumstead

The swallows have fledged from our barn and the blackbirds in the nest right outside my kitchen window after 12 days are beginning to flap their wings in preparation for flight. It's the Summer Solstice today, and since the weather has been so glorious it feels important to take a moment to revel in the marvels of living in such a beautiful place. Do visit the pond and the wildflower meadow - even better, have a picnic in the shade by the water.



Mary Lintott  
577718

In the last Newsletter, Kirsty forewarned us that she would be doing a skydive to raise funds for Multiple Myeloma in memory of her Mum. She reports it was definitely worth it - proof from the smile on her face! She has raised in excess of £630, and she thanks all those who have given to the cause. This is her experience:



It was great fun and a bit surreal. It took place at Beccles Airfield where I met my tandem skydiver and mine was reassuringly OCD about all the straps. Then it's an 18-minute flight up to altitude, when they opened the plane's doors and I shuffled towards a very long drop. I couldn't help giving a bit of a gasp, but once I was free-falling my brain didn't really compute that I was plummeting towards earth at approximately 100mph, as at two miles up I couldn't actually see that the ground was rapidly getting closer. I was in free-fall for 45 seconds, and then a gentle float down for about five minutes.

We both landed on our bums to prevent any broken ankles, and I felt in good hands every step of the way. Only down side was being deaf for the rest of the day due to my ears not liking the rapid change in air pressure!

The Chairman of the Parish Council Alastair Brown reports the following:

Regrettably the Plumstead Pond Pie Party was cancelled due to lack of uptake from the village despite extensive promotion and encouragement. However, donations from a loyal following raised just over £200 which will go towards the upkeep of the village pond. Fundraising in the future will be required to keep this valuable village asset which will be discussed at the next Parish Council meeting. The village pond looks glorious at the moment and, in addition, a

path has been cut through the wildlife meadow which provides easy access to see a variety of wildflowers. If you get time, come and have a look.



I suspect many of you had glanced at the huge branch from the oak tree lining the side of the road going out of the village towards Baconsthorpe. I wonder if any of us gave a thought as to how it was cleared from the road. We have three unsung heroes in the village. On the Bank Holiday Monday, 29<sup>th</sup> May, in the early evening, despite a calm day, this vast

branch crashed to the road. Three members of our community came to the rescue. Armed with his chain saw Kristian cut through and Rachael and Marcha along with three local passers by helped move the enormous bulk to the side of the road so that people could pass. The authorities were informed, but the work was done quickly and efficiently. Currently I don't have any information about who took the bulk away from the side of the road. Thank you to those who worked to remove it!

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or Judith Banks 587319

The Parochial Church Council (PCC) wishes residents to know that the graveyard immediately around the church is full, and it proposes to start using the new churchyard extension, which will be mowed in the near future. Similarly, the PCC is very grateful to two parishioners who are making donations to enable the church to be floodlit. The lead thefts from churches all around this locality have been worrying for St Andrew's church. To deter thieves from even thinking about Saxthorpe church, we have put a gate at the bottom of the drive to stop vehicle access at night. This gate will be unlocked every morning and locked at night. Pedestrian access, as it is a public footpath, is permanently open to the side of the gate.



Judith Banks  
587319

LinC's visit to Heydon church and Village Tea Rooms was very successful, and it was really pleasing to see Liz Potter among the number. Unfortunately, Carol Humphrey had fallen in her garden, and came with a pretty blue plaster supporting her wrist. We wish her a speedy recovery. Happily, Carol introduced Vera Stolworthy to LinC and we hope she enjoys the outings and meetings. LinC, for their June meeting, are exploring Edgefield Open Gardens and partaking of the teas in Edgefield Village Hall.

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Our summer season seems unseasonable, as does the unease in a wider context. Prayers have been said in local churches for the souls of the dead, the injured, the mourners, and emergency services of the two recent massacres. This part of North Norfolk seems peaceful, thankfully, but that does not blind us to the horrors of Manchester and London.

A comment has been made that our local children are being given too many Christian values in after-school clubs. 'The activities that are provided, with permission of parents and others, combine fun, sharing, games and an ethos of looking after others as well as our selves, if that is wrong, then we are guilty'. There is no 'brain-washing' of these young minds.

Pam Daniels would like to remind anyone who has a Children's Society Box that it can be given to me and I will pass it on. Thank you. It is exciting to hear that The Station Café, run by Andrea Bell and Naomi Farrow, will be open this summer on both Saturdays and Sundays. We wish it to be as successful, if not more so, than last year. In order to ring the changes this year, St Andrew's Church, Saxthorpe is not holding a Christmas Tree Festival, but is holding a Gift Day on Saturday, September 23<sup>rd</sup>; with a Harvest Service followed by lunch in the church on Sunday, September 24<sup>th</sup>. Please mark the Gift Day and Harvest celebrations in your diaries, more details later.

### Village Hall Update

The hedge is growing nicely and we have had some great feedback about how much better the path area is now – the whole area is beginning to look cared for – all the work was well worth it. We had some valuable feedback at the Spring Fayre and we are working through the suggestions, so watch out for new activities at the hall in the coming year. The play area is being renovated – we've already laid down more wood chips (many thanks to Karen, Chris, Taylor, and Ben for their help with this) and the Cableway is being renewed so it should glide quickly and smoothly very soon. Work begins in the autumn to renovate the station platform – as always, any help would be most welcome – just call me on 07900 695 645 if you would like to help us with our work.

David Potter - Corpusty & Saxthorpe Village Hall committee

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## Police Report from the Ward Newsletter



### Crime Update

In our ward (which includes Bodham and Briston) there was one domestic burglary, one act of antisocial behaviour, two of criminal damage and four domestic incidents between 1<sup>st</sup> and 31<sup>st</sup> May.

Point of contact	Partner contacts
<p>Follow us on social media</p> <p>@NorthNorfolkPolice</p> <div style="display: flex; justify-content: space-around;">    </div> <p>www.crimestoppers.co.uk www.norfolk.police.co.uk SNT-Holt@norfolk.pnn.police.uk Non-emergency - 101</p>	<div style="text-align: center;">  <p><b>NHS - 111</b> <b>NCC - 0344 800 8020</b> <b>NNDC - 01263 513811</b></p> </div>



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## Recipe of the Month

### Tiramisu for Two

1 medium egg, separated

25g caster sugar

100g mascarpone

50ml double cream, lightly whipped

50ml strong black coffee

2 tbsp Tia Maria

8 sponge fingers broken in half

grated milk or dark chocolate to decorate

1. Put the egg yolk and half the sugar into a bowl and whisk with electric mixer until mousse-like.
2. Put the egg white in a separate bowl, using clean dry beaters, whisk until stiff. Add the rest of the sugar a little at a time, whisking until stiff after each addition.
3. Put the mascarpone and cream in another bowl, beat to mix and then gradually mix in the yolk mixture, then fold in the white.
4. In a small bowl mix the coffee with the Tia Maria. Dip in the sponge fingers until just soaked. Arrange in a single layer in two glass bowls.
5. Cover with a layer of mascarpone, then a layer of sponge fingers. Repeat, finishing with mascarpone. Cover with the grated chocolate and chill for at least one hour before serving.

Marion Shepherd

## Meet the Neighbours - Dr Lawrence Williams



Dr Lawrence Williams lives in Matlaske, and is a GP in Norwich. Lawrence became a GP because when he was studying medicine he realised that it was the broad spectrum of general practice that really appealed to him – looking after people of all ages with any type of health issues in a community setting, particularly, in rural parts of the country. During his training, Lawrence spent time in North and South Wales, working with patients and colleagues that were Welsh speakers. Lawrence became aware of the importance of communicating in the Welsh language to fully integrate into his environment and learned to speak Welsh, winning the NHS prize for *Welsh Learner of the Year*.

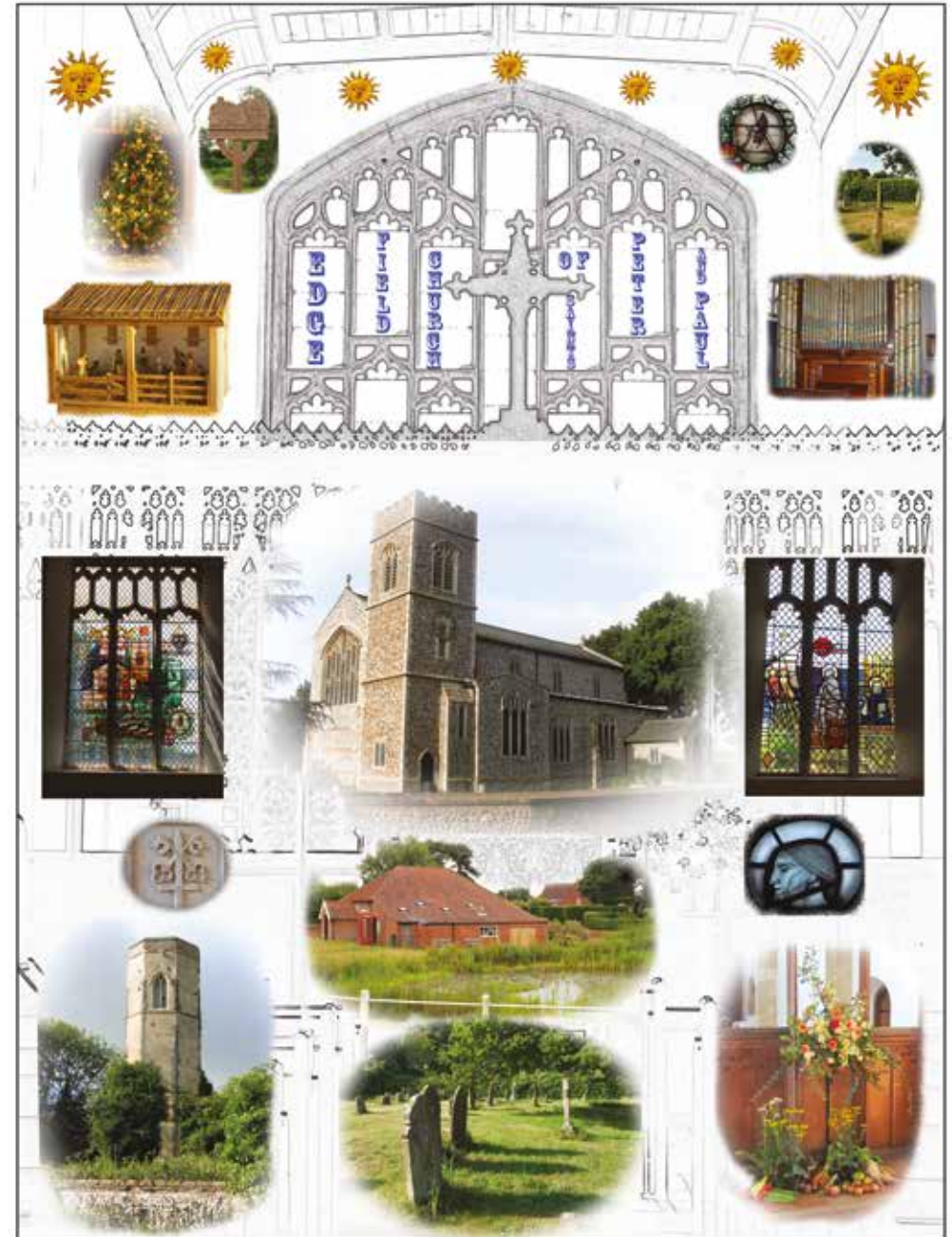
Lawrence also spent a year working in Stornoway on the Outer Hebrides, and explained that on remote islands doctors have to be much more resourceful, using all their skills, as sending patients to specialists is much harder than it is on the mainland. It was here that Lawrence had the best day of his medical career when in an emergency situation he literally saved a patient's life. Whilst Lawrence was in Stornoway he went to the island of St Kilda to volunteer with the National Trust for two weeks with a 'clean-up crew'.

We are all aware of the pressures put on GPs in the modern-day health service, so it was heartening to hear Lawrence say that his patients are very respectful and that he makes house calls every day. The most rewarding part of his job is curing his patients and when they say "Thank you". It will not be a surprise to hear that the downside of general practice is the workload that does not allow GPs to spend as much time with their patients as they would like.

Lawrence plays the fiddle and enjoys folk music and calling for folk dancing.

Emma Youngs

## Edgefield Church by Janet Keymer





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