

Church & Village News

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

July 2019



The Rive Bure, Saxthorpe
Photograph by Carol Brown

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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	Nick Fulford	577433
Saxthorpe & Corpusty	Imogen Waterson	587610

Parish Council Websites or Email Addresses

Baconthorpe	http://baconthorpepc.wixsite.com/baconthorpepc
Edgefield	http://edgefieldnorfolk.co.uk/the-parish-council.shtml
Hempstead	hempsteadpc@gmail.com
Matlaske & Barningham	http://matlaskeparishcouncil.norfolkparishes.gov.uk
Plumstead	http://plumsteadparishcouncil.norfolkparishes.gov.uk
Saxthorpe & Corpusty	https://corpustyandsaxthorpeparishcouncil.wordpress.com

Local MP

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

County Councillor

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

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Plumstead mary.lintott57@btinternet.com	Mary Lintott 577718
Saxthorpe & Corpusty saxthorpecastle@gmail.com	Sophia Hodgson 587510

District Councillors

Corpusty, Edgefield, Saxthorpe
Andrew Brown 587250 / 07745 907774
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
Assistant Priest PTO Revd Brian Faulkner	577868
Lay Minister Gill Peat	734226
Lay Minister Judy Rosser	587584
Church Wardens	
Baconthorpe	Tessa McCosh 577611
	Harry Steel 07711 890360
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	Judith Banks 587319
	Cathy Stern 587014

What's On

JULY

Wed 10	10.00am	Matlaske Coffee Morning	Behind Blacksmiths Cottage
Wed 10	3.45pm	Hempstead Music	Village Hall
Thur 11	7.00pm	Baconsthorpe Quiz	Village Hall
Sun 14	12.00noon	Hempstead EACH Nook Appeal Lunch	Village Hall
Tues 16	7.30pm	Corpusty & Saxthorpe Parish Council Meeting	Village Hall
Wed 17	7.30pm	Matlaske Parish Council Meeting	Church
Thur 18	10.30am	Baconsthorpe Community Coffee	Village Hall
Thur 18	7.00pm	Baconsthorpe Village Hall AGM	Village Hall
Sun 21	5.00pm	Matlaske Evensong & BBQ	St Peter's Church & Matlaske Rectory
Sat 27	2.00pm	Matlaske Fête	Entrance to Barningham Hall
Mon 29	10.00am	Corpusty Adventure Cruise Holiday Club	Village Hall
For 5-11yrs until 12noon daily and running all week			

AUGUST

Thur 1	3.00pm	Hempstead Children's Flowers & Picnic	Church
Sun 4	2.00pm	Hempstead Fête	Village Hall
Fri 9	7.00pm	Baconsthorpe Jumble Sale	Village Hall
Sat 17	2.00pm	Baconsthorpe Fête	Manor House
Sat 31	10.00am	Hempstead Arts - continues Sun 1st September	Village Hall

Clash Diary

Sep 1	Hempstead Arts	Nov 11	Baconsthorpe PC meeting
Sep 2	Plumstead PC Meeting	Nov 20	Matlaske PC
Sep 2	Saxthorpe & Corpusty Hog Roast	Nov 30	Matlaske PC
Sep 12	Saxthorpe Norfolk Churches Trust	Dec 7	Hempstead Christmas Party
Sep 16	Baconsthorpe PC meeting	Dec 7	Edgefield Festive Event
Sep 18	Matlaske PC	Dec 8	Matlaske Christmas Party
Oct 4	Matlaske Quiz	Dec 9	Plumstead PC Meeting
Oct 5	Edgefield Bingo	Dec 15	Baconsthorpe Christmas Party
Oct 6	Hempstead Benefice Jerusalem Talk	Dec 21	Matlaske Sing-Along
Oct 12	Saxthorpe Sheringham Singers		
Oct 20	Saxthorpe Harvest Service		

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

Regular Village Hall Events

BACONSTHORPE

Tuesday during term time	10.00am - 12noon	Church Mice Play Group
Tuesday	7.30pm - 9.30pm	Carpet Bowls - 711320
Third Thursday	10.30am	Community Coffee - All welcome
Last Friday	6.00pm - 10.00pm	Pop-Up Pub

CORPUSTY

Second and fourth Monday	2.00pm - 4.00pm	Bure Valley Quilters & Stitchers
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 Rita Taylor 587507 k2togp1@btinternet.com
Friday during term time	9.30am - 11.30am	Toddler Group

EDGEFIELD

Third Monday	7.00pm	Parish Council Meeting
First Tuesday	2.30pm	Tuesday Club
Second Wednesday	2.00pm	Ladies Club
Last Thursday	10.30am	Coffee Morning

HEMPSTEAD

First Monday alternate months	7.30pm	Parish Council Meeting
Tuesday	10.00am	Charcoal Drawing £4 - Mike Thody 711282
First Wednesday - bi-monthly	7.30pm	Play Reading Group
Third Wednesday	7.30pm	Film Club
First Friday	10.30am	Coffee & Gossip

Mobile Library Van

4 July / 1 Aug / 29 Aug

Matlaske	11.40	NR11 7AQ	Old Post Office
Plumstead	12.25	NR11 7LG	Walnut Farm
Hempstead	3.40	NR25 6TL	Telephone kiosk
Baconsthorpe	4.05	NR25 6LE	Hare & Hounds
	4.20	NR25 6LG	Old Post Office
	4.40	NR25 6LJ	Council Bungalows

11 July / 8 Aug / 5 Sep

Saxthorpe	4.10	NR11 7BL	Old Post Office
Corpusty	2.45	NR11 6QP	School
	3.40	NR11 7BU	Great Farm Cott's
	4.30	NR11 6QJ	Adams Lane
	4.50	NR11 6QL	16 Council Houses
Edgefield	1.55	NR24 2AL	The Memorial
	2.15	NR24 2AX	The Street

Times and dates sourced from Norfolk County website:
<https://bit.ly/2AJdSGA>

Post Offices

Baconsthorpe Village Hall

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

Corpusty Stores

Monday-Saturday	9.00am - 12.00noon	587202
All services including Euros		

Holt Library

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

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

Letter from the Rector - Revd Canon David Longe

577252 / 07881 950294 / djhlonge@gmail.com

Dear All

The church is often criticised for putting its nose into politics; sometimes such an accusation is accurate and sometimes not. The church must never be silent in the face of injustice and it has inspired many to work at great personal cost to ensure there is justice, such as William Wilberforce in banning the slave trade, Martin Luther King and the Civil Rights Movement, or Archbishop Desmond Tutu's pivotal role to end the injustice of apartheid.

These individuals show Christianity at its best, by pointing to a way of life that models and embodies the Common Good, justice, fairness and leads individuals and communities to live in ways that allow all to reach their potential (which is always far more than we can imagine).

By the time this letter is read, a new Prime Minister may have been appointed, or will be so shortly, following an election by Conservative Party members. Over the last few weeks I have become intrigued by those who have put forward for the most difficult job in the country.

Rarely should the church say whom one should vote for, but I do think the church has a role to point to the qualities it believes a leader should exhibit. Indeed, the Bible has quite a lot to say on the subject.

St Paul, in his first letter to Timothy (cf.3.2-7), writes about Bishops noting that they should be "above reproach, monogamous, temperate, sensible, respectable, hospitable, an apt teacher, not a drunkard, nor violent but gentle not quarrelsome and not avaricious" and neither must they be conceited. His final comment is interesting: the Bishop "must be well thought of by outsiders".

Reflecting on the qualities of a king, the writer of Proverbs observes that "inspired decisions are on the lips of kings, whose mouth does not sin in judgment" (16.10).

Temperance, inspiration and wisdom are attributes difficult to find in one human being. Let alone finding a leader who can hold their own position with integrity, as well as appealing to those who hold different faiths, creeds and political opinions.

The Coptic Pope is selected in an interesting way. After fasting and prayer, three names are selected, placed in a hat and a child is called forward and asked to pick the name of the next Pope from a hat. The reason for this is simple: Copts want to be guided by God and Jesus said that to enter the kingdom of heaven we must become like children. In truth, we often see the work of God more clearly in young children than in adults.

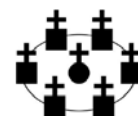
Whoever our new Prime Minister is (it is unlikely to be a Bishop!), I pray they may exhibit many if not all and more of these qualities; qualities that inspire, shape and create communities where divisions are overcome, the Common Good upheld and ways of living are pursued which are generous and life-giving to all.

With my prayers for all, and for the new Prime Minister, whoever that may be.

David



St Mark, founder of the Church in Alexandria



The Benefice of Matlaske Church Services for July

7 th	Trinity III	
9.30	Eucharist	Barningham Winter
11.00	Eucharist	Edgefield
14 th	Trinity IV	
9.30	Eucharist	Plumstead
11.00	Eucharist	Hempstead
21 st	Trinity V	
9.30	Eucharist	Baconsthorpe
5.00	Evensong with the Junior Choir Followed by BBQ at the Rectory	Matlaske
28 th	Trinity VI	
9.30	Eucharist	Saxthorpe
11.00	Matins	Barningham Winter
	Please note Hog Roast postponed until 2 nd September	
4 th August	Trinity VII	
9.30	Eucharist	Edgefield
11.00	Matins	Matlaske

Eucharist Services

Saxthorpe 9am Wednesday 17th / 28th July / 7th August

Matlaske 10.30am Thursday - 25th June

Followed by coffee, tea and cake at 11am - all welcome to either or both

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Baconsthorpe

200 Club

May: £25 Andy Hutchinson £10 J Cooper £5 Daisy Hall, Sam Pepper
June: £25 Lee Rix £10 Roger Hall £5 Rosemary Combes, Andrew Rudd

Pop-up Pub - Friday 26th July - with BBQ

Welcome

To Will and Jill Furnell who have moved into Pitt Farmhouse with Lucy, Emilia, Caitlin and Joshua. We hope you will all be very happy in your new home in Baconsthorpe.

Community Coffee

One of the suggestions made at the village get together in May was a monthly coffee morning. This is to happen on the third Thursday of every month – this month the 18th July – at 10.30am in the Village Hall. This event is free, no admission charge and no charge for the coffee/tea. So, come along, meet your neighbours and have a chat. This event is sponsored by the Pop-Up Pub and open to everyone.

Village Hall News

We are pleased to announce Pauline Fuller and Piers Warner have joined the Village Hall Committee. Welcome both. It is very busy behind the scenes at the hall, with several ideas now coming to fruition. Prize Bingo will alternate with Quiz Night on a monthly basis starting with Quiz Night on Thursday 11th July at 7pm - £6 per person, supper included, please bring your own drinks - table booking essential, contact Kevin on 07801 916769.

In addition we have a **Jumble Sale on Friday 9th August at 7pm** for which goods may be left at the hall during Post Office opening times. Enquiries are actively being made about Film Nights, also there is talk about a Fashion Show! And we haven't even touched on the **Summer Fête on Saturday 17th August at 2pm** which will be held this year at The Manor House, Baconsthorpe, NR25 6LT where there will be one or two surprises!

Finally please don't forget the **Village Hall AGM on Thursday 18th July at 7pm** - all welcome.

Susan Belbin

Mystery Sign

This lovely hand-made sign for the castle has recently appeared under the equally lovely old sign. We would love to know who created the new one! If it was you or someone you know please do get in touch as we'd love to talk to you about perhaps making some more for the village. Well done, whoever you are!

Village Website:
www.baconsthorpe.org



Corinne Youngs
577263



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Barningham Winter

The season of Duke of Edinburgh's Award Scheme visits is back, along with the seasonal month's rain in a day. There have been many disconsolate bands of drowned-rat teenagers trudging the lanes. St Peter's, North Barningham is a way mark for many, a stop for a snack and shelter from the rain. Many years of experience show a pattern. The majority of the Duke of Edinburgh Award visitors are thoughtful and treat the church with respect, but each season there is behaviour which should disqualify for an award: a litter of used tissues round the churchyard, half-eaten sandwiches in the pews, doors left open to let in the birds. They have, in the past, torn the handle off our yellow cleaning bucket to convert it into a dustbin (left prominently in the porch).

This season brought a new variant. The crucifix and two ceramic candlesticks on the altar table had been inverted and stood on their heads. Outside, a large stone cross marking a grave had been inverted in the same way. This would have needed considerable strength to lift and stand on its head as it had been lying flat on the ground since escaped sheep pushed it over last year. Our yellow bucket, once more the subject of their attention, had been kicked – or thrown – into the top of a high blackthorn hedge and it was a struggle to retrieve it.

Of course, this may not have been a Duke of Edinburgh Award party. There was no signature in the Visitors' Book. It would be interesting to know whether other churches in this Benefice received similar visitors.



Sara Buxton
577207

Edgefield

Church News

Writing this before the gardens are open, can I say a huge thank you to the kind people who are opening their beautiful gardens? It involves a huge amount of work and their efforts are enormously appreciated by us all. Thanks to their high standard, Edgefield has a brilliant reputation! Heartfelt thanks to all who help beforehand or on the day, from the preparatory work, especially Alison Mawson, brochure, Cheryl Youhart, poster, and Maureen Morhuis, raffle prizes,



Richard Peaver
587486

those manning the stalls and entry and the great gang who are coping with the refreshments with Emma. You are all brilliant.

Roger Allsop has been working hard on the clock and has now succeeded in getting it to chime again at the right times! Thank you to Ross for essential fuses at a critical moment, and many thanks to Roger.

Enjoy the summer, and our invasion of Painted Lady butterflies.

Angela Turner



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Hempstead

200 Club

£50 A Loach, £25 Aileen McFadyen, £10 P Wallis, £5 J Roy, R Hart, J Cooper

Coffee & Gossip - Friday 5th July - 10.30am - Village Hall

Please join us for good coffee, cake and chat. Next month, August, we have our annual outing to Ash Tree Farm in Baconsthorpe which is always a lovely occasion.



Sharon Hannah
711769

Music in Hempstead - Wednesday 10th July 3.45-4.30pm - Village Hall

Wind Quartets for Flute, Oboe, Clarinet & Bassoon by Jean Françaix and Sir Richard Rodney Bennett. Refreshments at 3.45pm with music starting at 4pm. There is no charge for this event.

Charity Lunch - Sunday 14th July - 12noon in aid of EACH Nook Appeal

For catering purposes please phone or email Su (710702 / su@linaria.co.uk) to tell her if you are coming. If you forget, or decide at the last minute, do please still come! A representative from EACH will be present to tell us about the Nook Appeal. You are also very welcome to the church service beforehand.

Children's 'Flowers & Picnic'

All children are warmly invited to the church on Thursday 1st August at 3pm, to decorate the church with flowers ready for the fête, followed by a picnic on the field. It's great fun! Flowers will be provided but if you could bring some greenery that would really help.

Hempstead Fête - Sunday 4th August

GOOD NEWS! Hempstead Fête WILL take place as planned. All your favourite attractions are now being prepared including cake stall, book stall, tombola, raffle, dog show, plant and produce stall, tea tent, games and bric-a-brac. All contributions will be very much appreciated, in particular if you can make a cake for the cake stall or teas please contact Mo Williams 712947, donate plants or produce Jill Roy 715851 and Richard Roy 715851 would be very pleased to receive tombola prizes as soon as possible while children's tombola prizes should go to Sharon Hannah 711769. The village hall will be open each morning Tuesday to Friday in the week before the fête to receive good quality books and bric-a-brac. Raffle prizes are also needed. A few more volunteers for setting up on Friday 2 August at 2 pm and to help on the day including dismantling after the fête would be welcome. Please contact Yvette Gibson on 712460. We raise much needed funds for the church and village hall and give lots of people (and ourselves) a lot of pleasure. See you there!

Hempstead Village Fête 2019

A Traditional Village Fête NR25 6AH



Be there!
2-5 pm

- * Fun Dog Show *
- * Plants & Produce *
- * Bric-a-Brac *
- * Tombola *
- * Side-Shows *
- * Children's Stalls at the Church *
- * Teas *
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Matlaske

100 Club

£25 Pam Rounce, £10 Pat Chapman, £5 John Pakenham

Coffee Morning - Wednesday 10th July at 10am

Don't forget our annual Coffee Morning at the rear of Blacksmith's Cottage. Do come along for coffee, tea and home-made cake and a catch-up with others. There will be a raffle (donations for which would be greatly appreciated), homemade cakes for sale and a bring-and-buy.



Marion Shepherd
577521

Annual Fête - Saturday 27th July at 2pm

Do check our Facebook Page, Matlaske Annual Summer Fete, for details and like and share with your friends. Any donations to the stalls will be greatly appreciated.

Fête Competitions

All exhibits to be the work of the exhibitor, and to be staged on the show field by 2pm, ideally before. Late entries, received before judging commences will be accepted. The Mary Hook Prize will be awarded to the adult entrant with highest overall points. Children's prizes will also be awarded.

Produce

Bread - this is an open class
Cakes a) Victoria sponge cake and b) classic fruit cake
Jar of homemade jam or marmalade
Three hen's eggs

Garden Produce

A bunch of garden flowers
Three courgettes
Three carrots
Five matching beans- any variety
Best tasting tomato

Children's Classes (age 11+ and under 11)

Six decorated biscuits
Miniature garden on a lid
Celebrity Mr Potato



Wedding

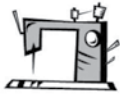
Saturday 15th June saw St Peter's Church filled to capacity with family and friends, witnessing the marriage of Richenda Riches and Steve Farmer. Summer garden flowers adorned the church, which was filled with the joyous sounds of music and singing. After the service they all walked to Hall Farm Cottage for afternoon tea in the rose filled garden. A very romantic country wedding and the threatened rain never materialised – perfect!

Recycling

Our recycling bins for glass and paper are situated on Wickmere Road at the entrance to the old airfield. Please do use these instead of the green bins as Matlaske Parish Council claim money when these are emptied and this will be spent on your village.

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Plumstead

Last year we were in the grip of a drought, with endless sunshine and high temperatures. This June could not have been more different - we have had a great deal of rain (much needed) and the nights have been distinctly chilly, necessitating fires to be lit! However, as I write this, we have nearly reached the longest day and we all hope for a little of last year's warmth!



Mary Lintott
577718

Parish Council

Now is a great time to visit our pond and the wildflowers in the meadow. Why not take a picnic? Three of your councillors have been working there and we are very grateful for all their hard work - thank you. Jonathan has cut a winding path that seems to go on for ever and allows you to easily see the large number of different wildflowers that are growing. An orchid was found recently so do go and see if you can find one and let the PC know. Brian and Nick have sprayed the thistles effectively so they won't invade the wild flowers. Also, thank to Steve for installing signs for the pond and wildlife meadow.

Church News

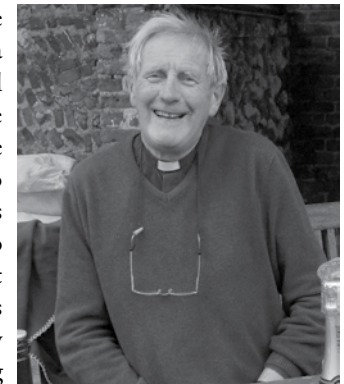
May has been a month of getting things done! The organ has been tuned - thank you to Catherine McMahon who plays it for our services. There is a new notice board put up inside the church, a faulty lock has been investigated and the list of Rectors has been up dated with the addition of Michael and David. The first entry on that board is dated 1320 when Thomas de Colyngnam was presented to the parish by the Prior of Merton (this was an Augustinian Priory founded in the 11th Century). The Rector was given a Manse and six acres of land.

Plumstead Late Fête - the first in the Benefice this summer.

The weather man promised Friday 14th June would be dry. We would endure rain in biblical quantities almost every day for a week beforehand, but Friday would be dry - so they said. We did not cancel. The day arrived and we were let down. At 10am there was a shower, another around midday and for good measure we had another one in the early afternoon. It was far too late to pull the plug if indeed we could find it. Those loyal supporters for so many years had their confidence in the forecast shot to



pieces and decided that there were better ways of spending a Friday evening than standing about in yet more rain. As it turned out the sun did shine but our numbers were well down on previous years. Those faithful who did come were very generous and rewarded for their tenacity with superb raffle prizes that were on offer and the unbeatable teas and cakes that Plumstead always produces. Also, the plant stall was exceptional this year and you could hardly come away from the tombola empty handed. Astonishingly we made £602, which was



hugely appreciated. After it all, many of the village's stalwart workers sat in Church Farmhouse kitchen and had a good chin-wag alongside the odd bottle of wine which was a great climax to a challenging but in the end rewarding day. Thank you to those stoics who supported us and to the stallholders who worked so hard to make it happen.

Saxthorpe with Corpusty

Parish Council

The Corpusty & Saxthorpe Parish Council meeting will take place at 7.30pm on Tuesday 16th July at the Corpusty Village Hall.

Saxthorpe Airfield Memorial

The Saxthorpe Airfield Memorial has now been imaginatively mounted, to a design by Roger Last and is situated by the entrance to the church car park.



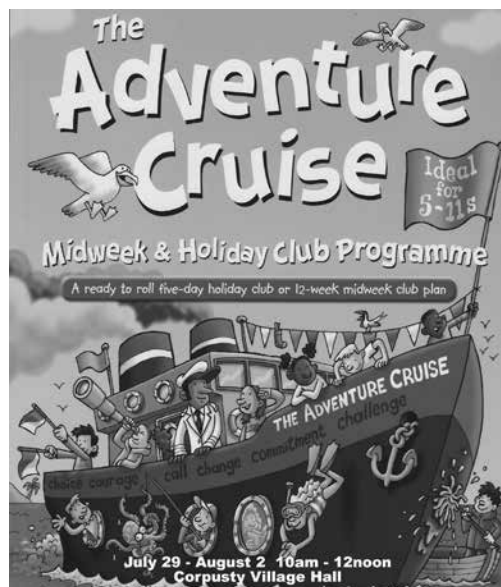
Sophia Hodgson
587510

Past, Present & Future

The Corpusty & Saxthorpe Past, Present & Future event held at the Village Hall on March 23rd of this year was a rousing success. Aside from raising funds for the village hall and Saxthorpe church (via a raffle) this event showed off the pride we have in our community by the large, enthusiastic turnout (estimated at 150 or more). Thanks to all who participated including, but not limited to, Brian Hedge (for his fantastic presentation of the history of the villages), the metal detectorists group, the railway enthusiasts organisation, Ann Humphrey and Cathy Stern for the raffle, Norman Wilson, Jane Brewster and Rob Smith for the many historical photos arranged by Bob Stern, those who ran a stall, and all the members of the Village Hall Committee, ably led by Paul Peachment, who has been an outstanding President. Thanks to everyone for your support.

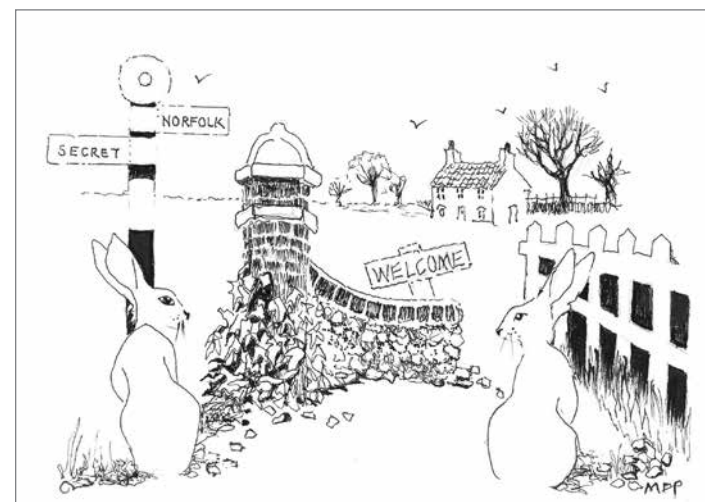
Children's Holiday Club

Adventure Cruise will run from 29th July until 2nd August in Corpusty Village Hall from 10am to 12noon each morning. In addition, there will be an outing, with a picnic, during the week to which children, parents or guardians will be invited. Children aged 5 to 11 years will be very welcome to join for one morning or all mornings. A programme of Bible story; drama; music; games; fun and refreshments, promises to engage any children free that first week of the school holidays. The week will be opened on Sunday 28th by a short Open-air-Service on Corpusty Green at 4pm with a Hog Roast (vegan and vegetarian food too) at 4.30pm. All welcome - please RSVP Judith Banks (587319) by 16th July. Holiday Club children free, family members will be asked to make a donation to cover costs.



Art Competition Winners

The Rector is delighted to announce that Harriet Perry-Warnes has won the children's art prize and Mo Pakenham the adult's. Both will receive £25 and their drawings will be reproduced as cards in glorious techni-colour. They are shown here in black and white due to our printing restraints and are absolutely lovely in colour! The judges thank all for their excellent contributions.



Recipe of the Month



Prawn Skewers

- 150g fresh basil leaves
- 1 clove garlic chopped
- 40g grated Parmigiano Reggiano
- 3 tbsp olive oil
- 30 raw jumbo prawns
- salt and pepper to season
- 6 wooden skewers

Combine basil, garlic, cheese, salt and pepper in food processor until smooth

Slowly add olive oil whilst pulsating

Place in shallow bowl, add prawns, mix well and marinate for at least 5 hours

Soak skewers in water for 20mins

Thread five prawns onto each skewer

Place on BBQ and cook until prawns turn pink, approx 3-4 mins each side

Marion Shepherd

Rural Music Schools Association

Souvenir Programme



**Rural Music Schools Association
21ST BIRTHDAY FESTIVAL,
The Royal Albert Hall, Sat., Nov., 18TH 1950**



With which is incorporated "Making Music" No 14 (Autumn 1950)

The above Association was most popular in our area in the late 40s and early 50s. Does anyone now remember it?

Consisting here mainly of female vocalists from Baconsthorpe and Plumstead, the association was in fact countrywide, having grown substantially since its founding in 1929. The director for Norfolk was Sidney Twemlow who was based at the Artillery Drill Hall, All Saints Green, Norwich.

As befits its name, many of the songs reflected its country nature. Some still remembered today are *The Cuckoo*, *The Turtle Dove*, *Spring Comes Laughing* and Ralph Vaughan Williams's *Linden Lea*, evoking memories of an English countryside, now alas lost forever. Sacred music was also included in the repertoire; *Handel's Messiah* and J S Bach's chorale *Jesu, Joy*

of Mans Desiring, the latter a difficult piece to accompany, I should imagine, where the vocals have to come in at precisely the correct time.

Concerts were occasionally given to members of the public; one took place at Norwich Castle Museum, another was at the Royal Albert Hall in 1950, attended by Her Majesty Queen Elizabeth (later Queen Mother) to celebrate the Association's 21st birthday. The programme for this event showed Norfolk to be well represented with participants from Attleborough, Beaconsthorpe (sic), Cromer, Diss, Garbaldisham, Holt, North Lopham, Plumstead, Sprowston, Swaffham and Walsingham.

Her Majesty, in a letter from her private secretary to the chairman of the Association, said how much she enjoyed the concert, that it was a wonderful tribute to the work of the Association, and she asked for her congratulations to be conveyed to all those who took part.

Perhaps some others out there still have their memories of this Association which certainly gave enjoyment to many, the writer's mother included.

Arthur Pentney

The Village Gardener

To Plant a Garden is to Believe in Tomorrow



Beautiful July, when hopefully we can take time out to view and savour the fruition of all our hard work - if the weather will allow us to! What a contrast to last year when we had the never-ending drought. All our water butts here have regularly overflowed in June, when last year they were empty from the middle June onwards. Extraordinary weather - and more than a little unnerving.

We may have reached the height of the gardening season but there are still plenty of tasks to keep up with. First off is a cautionary tale! I have been training a series of small-leaf lime trees into a pollarded border, but sadly I had neglected to check my tree supports in the very unseasonal strong winds we had at the start of June and because they had a full canopy of leaves, they incurred much more wind damage than would have been expected. Absolutely gutting. It's worth taking a turn round the garden to check all your climbers and young trees have enough support to keep happy in these unusual weather conditions.

Now to the border: keep on top of your dead-heading roses, and use it as a nice excuse to have a moment in the garden. Our roses have been superb this year and I am reminded of my mother-in-law's words (a most knowledgeable gardener) who believes that roses do particularly well the following year after a very hot summer. Do feel free to contradict me on that one!

Now off to the veg patch to keep on top of the weeds: do remember the hoe is your best friend at this time of year. Keep an eye on peas and beans so you can pick them nice and young rather than depressingly large and past their prime. Make sure you keep your tomatoes, chillis and peppers well-watered and well fed. This year we appear to be battling a huge amount of slugs and I have been given a really revolting sounding garlic recipe to spray in the greenhouse to ward them off... I will report back! Do you have any tried and tested methods? I would be most interested to hear!

Great question this month from Keith Cotgrove, who says, "The leaves on my swede are being eaten. They are next to my turnips that have no damage. My question is, will the root still grow well or do I need to get rid of whatever is decimating the leaves?" Well, Keith, that's an interesting one! Firstly, you do need to get rid of whatever is eating them if it's either flea beetle or cabbage root fly, as both can affect the roots. If your crop is too far gone, I would reset and cover with a fine mesh to ensure it doesn't happen again...it's curious why they haven't gone for the turnips...keep me posted on that one!

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



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Meet the Neighbours

Andrew Chevallier from Edgefield



Andrew is an internationally recognised medical herbalist who lives in Edgefield. As a medical herbalist he was trained in medical sciences and diagnostic skills and sees patients in roughly the same way as a GP. Using a holistic approach to treatment, herbalists typically prescribe a range of plant medicines and make recommendations on diet, exercise, rest and a positive mental attitude to help patients on the path back to good health. Herbs can be used to treat acute and chronic problems – helping bones and tissues to knit back together after trauma, restoring the health of the gut, supporting the heart and circulation and reducing joint pain to mention only a very few.

Andrew worked for a housing association and taught creative writing to fund his herbalist training. Once he had obtained his qualification he worked in an NHS-funded complementary health clinic in North London. Andrew then went on to become a Senior Lecturer at Middlesex University where he was involved in creating the first BSc (Hons) Herbal Medicine course in Europe. He has also been president of the National Institute of Medical Herbalists.

Andrew's work has taken him abroad. Whilst at the Middlesex University he went on a trip to China and saw how traditional medicine (including herbal treatments and acupuncture) sit side by side with modern medicine, with pharmacies dispensing herbs and medicines. He led a conference in Zimbabwe in 2006. At the time Zimbabwe had no functioning health care system, the people could not afford medicines and were growing all of the vegetables and herbs that they ate. The conference produced a booklet to educate people on which herbs and plants could be used as remedies.

With more than thirty years of experience in practice, Andrew has written nine books (some of which have been translated into other languages) including the Doreen Kindersley *Encyclopaedia of Herbal Medicine* now in its third edition.

At his home in Edgefield (where he has lived for twelve years) Andrew has an organic herb garden and a dispensary. Now working part-time, he treats patients in the Holt Holistic Centre and the Complementary Health Care Centre in Norwich. The picture shows Andrew surrounded by the tinctures in his dispensary.