

Church & Village News

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

December 2018 & January 2019



Saxthorpe Church at Christmas
Photograph by Roger Last

The wallflower & wallace

FLORAL DESIGN & ARTISAN STORE

We offer a full floristry service and our store is stocked with flowers, plants, gifts, cards, handmade home and lifestyle products, plus works by local artists. We also run a variety of creative workshops throughout the year.

Units 2 & 3 Church Farm Barns, Heydon, Norfolk, NR11 6RQ
e: thewallflowerandwallace@gmail.com | w: thewallflowerandwallace.com
t: 01263 639 008 or 07919 282 954

Independent carer companion

Providing you with peace of mind

Reliable and affordable care, tailored to suit your needs. All given with patience, reassurance and good humour. Particular experience in the care and support of older people, convalescents and those with dementia.

For further details please contact Rosie Crombie:
07799 525897 or **01362 680151**
email: rosie4care@gmail.com

Excellent references Non-smoker Own Car

Debra
The Chimney Sweep

FEMALE CHIMNEY SWEEP

01263 663214
07799715496

Or Use the Contact Form
Visit www.norfolkladychimneysweep.com
Qualified & Insured

Open Fires- Stoves
Woodburners-Agas

MJT
Sheds Summer houses & more

Unit 1
Cobbleacre Park
Brick Kiln Road
Hevingham
Norwich
NR10 5NL

Sheds, Summer Houses, Playhouses, Log Stores, And More.

Send All Email Enquiries To
MJTSheds@gmail.com

07776071297
01603 754221

Call For a Free Quotation

MPH
MATLASKE PRIVATE HIRE

WHATEVER THE REASON, LOCAL OR NATIONAL, WE PRIDE OURSELVES ON OUR FRIENDLY, EXCEPTIONAL SERVICE AT COMPETITIVE RATES.

AIRPORT
SEAPORT
RAIL
COACH/BUS
MEDICAL CENTRE
SPECIAL EVENT

WAIT & RETURN SERVICE AVAILABLE;
CONTACT US FOR DETAILS.

01263 66 66 00

PJ
PJElectrics:
High Quality Professional Service

Which?
Trusted trader

**Any type of electrical works...
big or small we can do it all!**

Free survey and quotation

Test & Certify to IEE17th Edition
ELECSA Part P Registered

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

Newsletter Team

Editor Michael McMahon
mjmcm25@gmail.com

Copy Date third Wednesday of the month
16 January / 20 February

Design Karen Hall 577547
Print Barnwell Print Ltd, Aylsham 732767
Advertising Paul Boast 577883
magic4@myself.com

Distribution Mary Lintott 577718
Treasurer Corinne Youngs 577263

Postal Subscriptions
£10 per year –please contact Corinne

Next editorial meeting Monday 18 Feb 11am

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

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://baconsthorpepc.wixsite.com/baconsthorpepc
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

Village Correspondents

Baconthorpe corinne@avyoungs.com	Corinne Youngs 577263
Barningham Winter s.m.buxton@hotmail.co.uk	Sara Buxton 577207
Edgefield rhpeaver@btinternet.com	Richard Peaver 587486
Hempstead shazyhannah@yahoo.co.uk	Sharon Hannah 711769
Matlaske jim.shepherd123@btinternet.com	Marion Shepherd 577521
Plumstead mary.lintott57@btinternet.com	Mary Lintott 577718
Saxthorpe & Corpusty saxthorpecastle@gmail.com	Sophia Hodgson 587510

District Councillors

Baconthorpe, Corpusty, Edgefield, Hempstead, Plumstead, Saxthorpe

Georgie Perry-Warnes 538344
georgie.perry-warnes@north-norfolk.gov.uk

Matlaske & Barningham

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

Church People

Revd Canon David Longe djhlange@gmail.com	761757 07881 950 294
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	Merlin Waterson	587610
	Heather Monks	587118

What's On



DECEMBER

Sun 2	9.30am	Aldbrough Christmas Farmer's Market	Community Centre
Sun 2	4.00pm	Matlaske Christmas Party	Baconsthorpe Village Hall
Sun 2	11.00am	North Barningham Advent Carol Service	St Peter's Church
Mon 3	6.30pm	Plumstead Parish Council Meeting	Oak Tree Cottage
Thur 6	10.00am	Barningham Wreath Making	Barningham Hall
Fri 7	7.00pm	Hempstead Christmas Party	Village Hall
Sat 8	11.00am	Matlaske Church Decorating	St Peter's Church
Sat 8	6.30pm	Edgefield Festive Evening	Village Hall
Sun 9	6.30pm	Matlaske Sing-Along	St Peter's Church
Fri 14	10.30am	Hempstead Coffee & Gossip	Village Hall
Sat 15	10.00am	Hempstead Church Decorating	Church
Sat 15	7.00pm	Baconsthorpe Sing-Along	Village Hall
Sun 16	11.00am	Hempstead Christingle Service	Church
Sun 16	3.00pm	Baconsthorpe Christmas Party	Village Hall
Sun 16	4.00pm	Edgefield Carol Service	Church
Fri 22	10.30am	Plumstead Church Decorating	Church
Sun 23	5.00pm	Plumstead Candlelit Carol Service	Church
Mon 24	10.00am	Hempstead Crib & Carols	Church
Mon 24	5.30pm	Saxthorpe Candlelit Service	St Andrew's Church
Mon 24	10.00pm	Edgefield Christmas Eve Service	Church

JANUARY

Fri 4	10.30am	Hempstead Coffee & Gossip	Village Hall
-------	---------	--------------------------------------	--------------

FEBRUARY

Mon 11	11.00am	Matlaske Fête Planning Meeting	Old Hall Barn
--------	---------	---------------------------------------	---------------

Clash Diary

April 30	Baconsthorpe Plant Sale
June 22	Edgefield Open Gardens
June 23	Edgefield Open Gardens

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

Regular Village Hall Events

BACONSTHORPE

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

CORPUSTY

Second and fourth Monday	2.00pm - 4.00pm	Bure Valley Quilters & Stitchers
Second Tuesday	12.30pm - 3.00pm	Citizens Advice Bureau Outreach
Tuesdays during term time	5.45pm - 7.15pm	Brownies
Second Tuesday	10.00am - 12noon	North Norfolk Knitters Rita Taylor 587507 k2topgl@btinternet.com
First and third Thursday	10.00am - 12noon	Art Group Rita Taylor 587507 k2topgl@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
Third Wednesday	7.30pm	Film Club

Mobile Library Van

20 Dec / 17 Jan / 14 Feb / 14 Mar

Matlaske	12.30	NR11 7AQ	Old Post Office
Plumstead	1.15	NR11 7LG	Walnut Farm
Baconsthorpe	2.45	NR25 6LJ	Council Bungalows
	3.20	NR25 6LE	Hare & Hounds
	4.10	NR25 6LG	Old Post Office
Hempstead	3.40	NR25 6TL	Telephone kiosk
6 Dec / 3 Jan			
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

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.

Small Beauties



A couple of years ago, a friend introduced me to 'Small Beauties', a simple concept that encourages you to look back at your day and find positives, even if your day has been a bad one. It's about gratitude. I try to practise this daily, and though some days do seem devoid of beauties, small or any other kind, if you just take two minutes to think back, to replay your day with a lighter mind, you will find beauty.

You might want to just allow these moments to exist in your head, to meditate on them, to acknowledge them. Or you may wish to jot them down as a list on your phone or note book. Or you could write a journal, which is what I do, of sorts, most often, although the list method is useful if you have a memory like mine! My friend takes photos of hers.

I have been rather busy recently, so it's easy, in the state of constant rushing, to miss things. But when I stop and dig deep, I can find so much to be grateful for, so many moments that are beautiful. For example, the simple task of putting Hercules and his chicken ladies, and Rincewind and his duck ladies to bed. Walking down the garden, I was joined by the bats, their wings silhouetted against the dusky sky, the moon only half-illuminated but bright over the trees. A muntjac peering from the fruit trees in the orchard. He spends a lot of time here, in fact, he has made friends with one of our cats! The gentle sounds of pigeons settling in for the night and the coolness of the air signaling that autumn is here.

Try to acknowledge the small beauties in your day. It is a really lovely and positive practice that takes minimal effort and time.

Claire Barker



Letter from the Rector, Revd Canon David Longe

Tel 761757 / mobile 07881 950294



Now an angel appeared to Joseph and said: "Take the young child and his mother and flee into Egypt and be thou there until I bring thee word." Matthew 2:13

Dear All

There is a haunting line in the poem *In Flanders Fields* that was read out throughout the Benefice on Remembrance Sunday:

If ye break faith with us who die
we shall not sleep,
though poppies grow in Flanders field.'

I have listened to that poem and followed the words for the last four years as it is recited at the Remembrance Day Service in the Commonwealth War Graves on Mount Scopus overlooking Jerusalem, but it was only here that the power of them struck: that we must not break the trust of those who gave their lives for our freedom.

And if we are honest with ourselves, we know we do break that trust. We break it when we are in conflict with anyone however small or large the dispute. We know too well that the world still groans as wars and conflicts sadly abound.

Remembrance Day is about both reminding ourselves of sacrifices that have been and committing ourselves to living new lives of peace.

While I write this letter in the month of remembering - All Saints, All Souls (All Hallows - hence Halloween) and Remembrance Sunday - it is written to be read in the months when we are called to anticipate (Advent), rejoice (Christmas) and celebrate new beginnings (New Year).

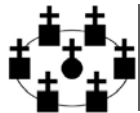
We do remember, but we also look forward excited by the opportunities ahead. For the Prince of Peace, the Baby in a Manger, came into this world so meekly, born in a stable (it really was more likely a cave on the side of a hill just outside Bethlehem) to bring us something beyond wonder, beyond our wildest understanding. He came to bring us the warmth and beauty of peace in our hearts and love in our lives.

Let us trust in the Christ-child who shows us beauty through his birth; let us trust in the adult Jesus who showed us the way to love; let us make amends when we have quarrelled; and let us strive always to live peaceably!

As we move from 100 to 101 years since the Armistice, this Christmas and New Year is an opportunity to allow us to commit ourselves to peace.

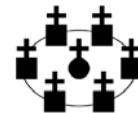
I wish you all a wonderful Christmas and a peaceful New Year.

David



The Benefice of Matlaske Church Services for December

2 nd Advent Sunday		
9.30	Eucharist	Saxthorpe
11.00	Advent Carol Service	North Barningham
9 th Advent 2		
9.30	Eucharist	Baconsthorpe
11.00	Eucharist	Edgefield
16 th Advent 3		
9.30	Eucharist	Plumstead
11.00	Christingle Family Service with collection for Children's Society	Hempstead
4.00	Benefice Carol Service	Edgefield
23 rd Advent 4		
9.30	Eucharist	Matlaske
11.00	Matins	Baconsthorpe
5.00	Family Carol Service	Plumstead
24 th Christmas Eve		
10.00	Crib & Carols	Hempstead
5.30	Candelight Carols	Saxthorpe
10.00	Midnight Mass	Edgefield
11.00	Midnight Mass	Barningham Winter
25 th Christmas Day		
11.00	Benefice Family Eucharist	Matlaske
30 th Christmas 1		
10.00	Benefice Eucharist	Saxthorpe



The Benefice of Matlaske Church Services for January

6 th Epiphany		
10.00	Benefice Eucharist Thanksgiving and blessing for the new roof followed by sparkles and snacks to thank everyone for their wonderful help in raising the funds	Baconsthorpe
13 th Epiphany 1		
9.30	Eucharist	Edgefield
11.00	Morning Prayer	Plumstead
20 th Epiphany 2		
9.30	Eucharist	Hempstead
11.00	Matins	Matlaske
27 th Epiphany 3		
9.30	Eucharist	Baconsthorpe
11.00	Morning Prayer	Saxthorpe
3 rd Feb Presentation of Christ		
9.30	Eucharist	Barningham Winter
11.00	Eucharist	Edgefield



Eucharist Services

Saxthorpe 9am Wednesdays
December 5th and 19th
January 2nd, 16th and 30th

Matlaske 10am every Thursday
except for
December 27th and January 3rd

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

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

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

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

Ivan Fisher

FUNERAL HOME

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

- * Pre-paid Plans Available *
- * Private Chapel of Rest *
- * Floral Tributes and Memorials *
- * Home Visits Made *

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



The Common
Itteringham
Norwich
Norfolk NR11 7AR

Tel: 01263 587258
Email: info@thewalpolearms.co.uk
Website: www.thewalpolearms.co.uk

A Traditional Country pub serving
modern British cuisine, using the
highest quality locally sourced
seasonal produce, some from our
own farm.

Chargrilled meat and fish a speciality

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

Four Seasons Garden & Property Maintenance



Ben Radley
07776 197288
01263 577569
b_radley@hotmail.co.uk



Legal Advice?

Make us your first call
01263 712835

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

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

Baconsthorpe

200 Club

£25 Sue Arnold, £10 David Youngs, £5 Pauline Fuller, Annie Brown

Pop-up Pub

Friday 28th December with a free buffet and Friday 25th January with chicken and ham pie.

Church News



November was particularly busy for the church. On Saturday 10th 50 people visited for a guided tour of the building and the chance to climb onto the roof, inspect the re-roofing work and view the surrounding countryside. Some very brave people even climbed the ladder to the top of the church tower for even better views!

Sunday 11th saw the village Remembrance Service. Our two churchwardens, Tessa and Harry took the

service for us and 28 villagers attended this very special event. After the service the Flanders Poppy Seeds, a gift from North Norfolk District Council, were scattered in the churchyard.

On Monday 12th 15 students from the College of West Anglia spent the day learning about lime mortaring and lead roofing in a traditional building skills workshop.

New Village Website

The village hall committee and PCC have jointly funded a website for the village. The PCC is able to support this website as a result of the Heritage Lottery Grant to repair the church roof which also included funding for community projects. The website address is

www.baconsthorpe.org

Please send your pictures, stories and ideas for inclusion to karen@karenhall.co.uk

Village Hall News

Although a busy time of year for most of us, it's actually fairly quiet at the hall. We are, of course, looking forward to our Christmas Weekend with the Sing-Along and the Christmas Party. See you there!

May we take this opportunity to say a special 'thank you' to all our loyal helpers and supporters and to wish you all a very Happy Christmas and Peaceful New Year. We really couldn't do it without you. Thank you.

SING-ALONG 15 Dec at 7pm-9pm Carols & Christmas songs, mulled wine and great company

CHRISTMAS PARTY 16 Dec at 3pm-6pm Games, food and maybe even a visit from you know who...



Corinne Youngs
577263



Susan Belbin

North Norfolk Tree Services



Over 30 years experience
Fully insured, based in Holt
Call for a free no obligation
quotation and advice

Jeremy Cox
01263 713389
07503 885499
nntrees@gmail.com

For all your tree surgery needs

GREG ROWE limited
AWARD-WINNING DESIGNERS AND MANUFACTURERS OF KITCHEN TAP APPLIANCES

- Boiling & Filtered Water Taps
- Replacement filter cartridges for all Franke taps
- Fix your dripping tap! Spare parts for over 15 leading kitchen tap brands, including Franke, Perrin & Rowe, Abode and Howden's

FreshWater TapSpares[®] FILTERFLOW

WWW.FRESHWATERFILTER.COM | WWW.TAPSPARESUK.COM | WWW.FRANKEFILTERFLOW.CO.UK

POP IN AND PICK UP THE PARTS YOU NEED. 01603 559259
OLD WINERY BUSINESS PARK, CHAPEL ST. CAWSTON, NR10 4FE | WWW.GREGROWE.COM

R Wells Memorials Register of Qualified **ROMF** MEMORIAL FIXERS

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

Brochures upon request
Workshop: 01603 755524
www.rwellsmemorials.co.uk
Unit 8 Sawmill Close, The Street, Felthorpe, Norwich NR10 4BH

STUART'S TAXI TRAVEL

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

stuartstaxitravel@btinternet.com
www.stuarts-taxi-and-travel.co.uk

FRIENDLY & RELIABLE
SHORT or LONG DISTANCE

CORBETT WOODWORK

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

Workshop 01263 587111
Gallery 01263 587268
The Street, Corpusty

FIREWOOD

Hard, Mixed or Soft Wood
2, 3 or 4 Loose m³ Loads

Tree Surgery & Felling
(5 Million Public Liability / NPTC Qualified)

James Barker
01263 577500 / 07799 784085

MANNINGTON GARDENS & COUNTRYSIDE

Walks Open Daily All Year
Greedy Goose Tearooms

Children's activities in holidays
Mannington Minnows Nature Club

01263 584175
www.manningtongardens.co.uk

Barningham Winter

It was lovely to see St Mary's Church full on Remembrance Sunday. The service was taken by Mrs Courtauld, our church warden, and with the hymns and readings it made what was a very special and memorable service.

Do come to the Advent Carol Service at St Peter's Church, North Barningham. The service will be taken by the Rev David Longe and is on the 2nd December at 11am. Refreshments will follow the service. Don't forget this redundant church isn't heated so dress warmly!!

You may have noticed that the sugar beet is getting harvested, so please be aware and beware of the lorries that are on the road collecting them, especially with the dark mornings and evenings.

A very happy and peaceful Christmas to you all.



Sara Buxton
577207

Edgefield

Church News

The repairs to the church chancel roof are slow to get under way, mostly due to people on holiday. Scaffolding, erected the day after the Craft Exhibition, now has to be extended as our architect needs to examine the left-hand corner above the East window where the plaster shows worrying stains. To the right is a large amount of nesting material, doubtless hiding a hole where birds have found access. There are no signs of serious leaks or dry rot. Relief!



Richard Peaver
587486

It was good to see the village hall with 55 people on Remembrance Sunday. Gremlins seemed determined to prevent us having any music for hymns or the Last Post. All our efforts were in vain. Many thanks to Alain Wolf for taking the service. Tolling the church bell one hundred times in the evening proved more difficult than expected. It was Lucy and Sarah Cletheroe who were faultless and did brilliantly! Well done, girls.

We look forward to seeing everyone at the Carol Service on 16th December at 4 pm and for mulled wine and mince pies afterwards. Our Christmas Service is at 10pm on Christmas Eve. Hope to see you then.

With very best wishes for a Happy Christmas and New Year from Angela and Emma.

Angela Turner

Edgefield Fuel Fund

The annual distribution of fuel money will be made in the village hall on Saturday 15th December 2018 between 11.00am and 12noon. No payments will be made outside these stated hours.

Eligible applicants will receive a payment of £25 per household. Those who qualify must:

- have reached the age of 60 years;
- have been permanently resident in the Parish of Edgefield for the past five years and remain a resident on the day of distribution;
- apply in person (the infirm or incapacitated may send a representative, but they must bring a written authority signed by the person who qualifies).

Fuel Fund Trustees

HEMPSTEAD VILLAGE HALL

Available for hire

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

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

Andrew Dixon

PAINTER & DECORATOR

*Interior and Exterior
Low Cost - High Standard*

Call Andrew
01263 860204
07770 447714

R D Goodge

General building
Flint work
Roofing

Tel: 01263 734014
Mob: 0779 515 8447
www.rdgoodgebuilder.co.uk

SEASONED HARDWOOD

1.5 cubic metre load £120

07795 077449



White House Garden Services

Lawn Care
Hedge Trimming
Weeding ETC

Prices From
£10 p/h

Please Contact Mark On

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



Norfolk Sewing Machine Services

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



01263 584113

YOGA

Alice Martineau

WIVETON
5.30 & 7pm
Tuesdays

ITTERINGHAM
9.30am, 5.30pm & 7pm
Wednesdays

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

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



Hempstead

200 Club

£50 D Lister, £25 P Loach, £10 J Morter, £5 T Collier, A Inglis, A Udale

Personal reflections on the Armistice Day Service of 2018

Hempstead Church welcomed a comfortable congregation for the Annual Remembrance Service. The Order of Service was carefully crafted to include the usual prayers, hymns and silence, but with a fresh feel. To my delight the old 'church parade' attitude has gone; we now consider three groups of people: the fallen, the survivors, and all their families. Apparently, I was the only one present who had donned uniform during the Second War: this made me feel very ancient. During the First War it was normal to suppress memories of horrors experienced; thus, my father would never tell me what he saw in Gallipoli (Turkey) in 1915. It made an unwelcome barrier between us which still worries me. The differences in the Second War were that casualties were spread over all ages and all peoples and the demons were talked about more freely. Nowadays, when everyone talks about everything, I ask if we have not over-reacted and now private thoughts are coming (like personal responsibility) to resemble endangered species.

David Durst

Congratulations

Many congratulations to Charles Inglis for winning this year's Norfolk Farming & Wildlife Conservation Award. There's a link to a fascinating film about his achievement on the news page of www.norfolkfwag.co.uk

Hempstead quiz night

Congratulations are in order to Andy and Pammie Wallis and all the volunteers who helped to make this year's quiz night a roaring success. A full house, with overspill, all enjoyed an evening of food, fun and hospitality! Mike Thody called the raffle with great enthusiasm and everyone had a good night out. Pammie's efforts in the kitchen deserve a special mention (all that washing up!) Thanks to all.

Children's Society

If anyone would be interested in collecting around 16 charity boxes spread over the village for the Children's Society please contact 711117. Diana Spalton has been collecting for the last 20 years and would appreciate someone taking over the responsibility.

Coffee & Gossip

On December 14th and January 4th from 10.30am to 12noon. As from this month, half the profit for six months will be given to a charity nominated by one of our 'regulars'. So, for the next six months the charity will be the NSPCC. The other half of the profit goes to the church.

Christmas Party

Village residents and guests are invited to the Christmas Party on Friday 7th Dec at 7pm. Please let Liz Buxton know if you are coming on 714082 and bring a wrapped raffle prize with you.

Church Decorating

Calling all children and the young at heart! Church decorating will take place at 10am on Dec 15th. We'd love you to come and help us make the church feel very special for our Christmas services. You did such a good job last year! At the same time, we will be making the Christingles and again need help with this. Many thanks.



Sharon Hannah
711769

Corpusty Stores & Post Office

Everything you need,
every time you need it.

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

Post Office open 9am-12pm Mon-Sat

01263 587202

Norwich Road, Corpusty

Jill Hill

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

01263 584155 or 01263 587268
or call at

The Old Workshop Gallery
Corpusty

www.corpustygallery.com



Christmas Services

Christingle Service on 16th December at 11am with
collection for the Children's Society

Christmas Eve Crib & Carols at 10am. We are hoping
for lots of help from the children singing well known
carols, reading the Christmas story and placing the
figures and animals in the crib just as we had last year.

Christmas refreshments after both services.

Have a fun-filled Christmas and a happy New Year!

Hempstead Christingle Service

16 Dec @ 11 am – A beautiful candlelit
service for the whole family. Our Christingle
celebrations will include singing, prayers, and
the lighting of Christingle candles. The
Christingle is an orange, tied with red
ribbon, with dried fruits and a lit
candle. These are then taken home
from the service.

There will be collection in aid of
The Children's Society.



'Sharp Lines'
'Quality Finish'



Kevin Nichols

Painter & Decorator
Interior & Exterior

01263 861547 07795 077090

CAST IRON COOKERS



Service & Repair

Jon Cooper

Dales House, The Street,
Baconsthorpe NR25 6AB

01263 577527 or 07767 494369

Matlaske

Welcome to David, Sara, Rex, Xar and Artie Longe who have now moved into
The Rectory.

We wish David and Pauline Wooff and David Linkhorn speedy recoveries after
their spells in hospital. We are glad to report that they are all now at home.



Marion Shepherd
577521

Decorate the Church

St Peter's at Matlaske is going to be decorated for Christmas on Saturday 8th
December at 11am. We do have some volunteers to help, but if anyone else can also spare some
time it will be very much appreciated. Sherry and homemade mince pies will be supplied.

Christmas Sing-Along

Everyone is welcome to come and have a sing-along in St Peter's Church, Matlaske on Sunday 9th
December at 6.30pm - the perfect opportunity to get into the Christmas spirit with some carols,
mulled wine and mince pies.

Christmas Party

Just to clarify that our Christmas Party is at Baconsthorpe Village Hall and not at The Old Stables
as stated in last month's newsletter.

Matlaske Fête 2019

The fete committee will be getting together on February 11th, 11am at Old Hall Barn, Matlaske to
start planning for next year's fête. We would be delighted to receive your ideas and suggestions to
help make it the best fête yet. Anyone is welcome to come along. Please contact Cherry on 577827
or cherrywestgate@hotmail.co.uk so we can discuss your ideas at the meeting.

Remembrance Service

What a fantastic service we had at St Peter's on 11th November to remember our fallen heroes.
Karen Neill kindly stepped in to play the keyboard, Jim Shepherd read the poem *In Flanders
Fields*, James Boyd read the lesson, Donny March assisted by Thomas Courtauld laid the wreath,
Chanelle Shepherd read *The Kohima Epitaph*. Oli Davis beautifully played *The Last Post* and
thanks also to Richenda Riches who served refreshments afterwards. Thank you, Canon David
Longe for conducting such a poignant and moving service.

As this is the last newsletter of the year, all that is left is for me to say is have a lovely Christmas and
a happy New Year to you all.

Lloyd Durham

Independent Family

Funeral Directors



01263 713113 (24 hours)

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

Email: lloydurham1933@aol.com

www.northnorfolkfuneralservices.co.uk

Funeral Director:

Helen Wickes BSc, dipFD NAFD



**North Norfolk
Plumbing & Heating**



01263 577800 / 07880 722707

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

www.northnorfolkplumbingandheating.co.uk

Church Barn, Sustead, Norfolk, NR11 8RU



**IYENGAR YOGA
CLASSES**

*Stretch, Strengthen,
Balance, Relax*

Beginners and experienced students welcome.

Edgefield, Reepham, Norwich and Fakenham

Daytime and evening classes

Block booking @£8 per class after your first class

Contact Liz Ward: 07740 105 339

e-mail: jlward@talktalk.net

ITTINGHAM VILLAGE SHOP

Established 1637

General Store, Post Office, Café and Off Licence
Run by the Itteringham Community Association
Groceries, Deli Counter, Whole Foods, Wines, Beers,
Delicious Cakes, Hand Made Pies, Pet Foods,
Local Produce, Ices, Sweets, Books, Maps, Plants
Shop open daily 9am-6pm Sundays 9am-4pm
Post Office Monday and Thursday 9am-1pm
Home Deliveries Telephone 01263 587325

D THOMPSON CHIMNEYS LTD

Master Chimney Sweep

NVQ qualified chimney engineer

- All chimneys, flues and appliances swept
- Brush and vacuum used
- CCTV chimney surveys
- Bird/rain guards/Anti down-draft cowls supplied and fitted
- Wood/multifuel stove servicing/resprays

CALL DAVID OR LUCY ON

(01328) 851081

www.the-sweep.co.uk

Pet Sitting



- Insured
- References
- Experienced
- DBS checked

in your home while you're away

01263 735727

Critter5itter@outlook.com

Website -

<http://spotandspike.wix.com/crittersitter>

PHIL BORLEY

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

For the Complete
Garden Service

Tel: 01263 587262



CLEAR CRYSTAL WINDOW CLEANING

Water-Fed Pole System
DOMESTIC AND BUSINESS
CONSERVATORY ROOFS ALSO
CLEANED
Fully Insured, Friendly and Reliable
Call Gary on 0787 9007440



Bure Valley Community Centre Itteringham

For all your function needs:
Wedding Receptions, Dances, Dinners,
Indoor Sports/Recreation etc.
For bookings etc call 01263 587659



RTB ROOFING and BUILDING LTD

For all roofing needs
and small building works

07979 696565

01603 754969

info@rtbroofing.co
www.rtbroofing.co

Gary Chapman
07887906620

SAND, SHINGLE & AGGREGATES
FIREWOOD & BARK MULCH
SUPPLIED & DELIVERED
DRIVEWAYS, PATIOS & DRAINS LAYED
GROUNDWORKS & LANDSCAPING
CONCRETING & GARDEN CLEARANCE
CEMENT MIXER, WACKER PLATE,
VIBRATING ROLLER HIRE,
MINI DIGGER & JCB HIRE
LIGHT HAULAGE
FREE QUOTATIONS ON REQUEST

Plumstead

World War I Commemoration

It cannot have escaped anyone's notice that last Sunday 11th November at 11am was the 100-year commemoration of the end of the Great War. It was a time for the nation to remember the enormous sacrifice that the men, many of them not much more than 18 years old, lost their lives in the most horrific circumstances in the trenches. At home, the women and those men not able to sign-up, found themselves thrust into living their lives alongside a backdrop of tremendous grief,



Mary Lintott
577718



working to keep the machine of war running and finding their lives turned inside out by the menfolk returning from the Front, badly scarred by the horrors of war.

Nick Fulford, the Chairman of our Parish Council, along with Brian Faulkner, initiated the Commemoration that took place in our church. The idea was then taken up by each church in our Benefice encouraged by David Longe. It felt a fitting tribute to a time when community was the backbone of our nation and the knowledge that each of

our local churches was marking this important occasion. So, a big thank you to Nick, Brian and the Parish Council for organising it. We are so grateful to Nick and Julie Cometa who gave of their time to research Plumstead and its villagers and provide a picture of what life was like 100 years ago. School leaving age was just 12 years old!

The commemoration itself was a great success. It was attended by 27 of us including members of the Fitt and Hazelwood families who had lost a family member during the War. There was a mixture of music, readings, hymns, prayers and a moving account of the three from our village who died. Thank you to those who took part and especially to Nick who managed to set-up an apparently slightly moody sound system so that we could all sing with great gusto. Refreshments were eagerly partaken of afterwards - thank you to the PC for those.

Finally, at 7.05pm the church bell was rung 100 times by Jonathan Pilbrow to mark the final end to the day. It was indeed a fitting end to remembering an extraordinary time in the life of our country.

Church News

Decorating the Christmas Tree - Friday 22nd December at 10.30am. Come and help decorate the church and the tree. Children especially welcome. Drinks and biscuits provided.

Candlelit Carol Service - Sunday 23rd December at 5pm followed by mulled wine and mince pies (or seasonal refreshments). Do bring family and friends to celebrate the Christmas season.

An Evening with Keith Skipper

A very entertaining and convivial evening where Keith Skipper related a number of highly amusing stories from his early career as a journalist, as well as giving us a light-hearted look at some of the quirks and confusions of Norfolk life and language. Well over £400 was raised for Plumstead Church and Matlaske Benefice; sincere thanks go to all who ventured out on a dark November night to support the event; those who generously provided delicious food and their time to make it such a success, and of course to Keith Skipper for keeping a proper bit of Norfolk alive.

THE DUKES HEAD Corpusty

Full menu now available
Lunch Club 12-2.30pm Wednesdays
Weekly special for the over 50s
Live music every month

01263 587362



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

Norwich Road, Edgefield NR24 2RL

Contact Ross **01263 587970**



CHRISTIAN MADSEN
- PROFESSIONAL GARDENING SERVICES -
20 YEARS EXPERIENCE
QUALIFIED AND INSURED

- HEDGE TRIMMING - TREE SURGERY - TREE FELLING - PRUNING -
TOPIARY - LAWN CARE - GARDEN CLEARANCE - PLANTING AND DESIGN
- GARDEN MAINTENANCE -

01263 577304

EMAIL - cm@christianmadsen.co.uk
VISIT OUR WEBSITE - www.christianmadsen.co.uk

Exam Stress?

I build confidence and
resilience in young people

Save your child years of unnecessary
tension by discovering a better and
more efficient way to learn

Clients include:

Gresham's, Beeston Hall, Framlingham College

james@jamesboyd.co.uk
079500 26332

Roger C Jones Purpose Made Joinery

Windows, doors, staircases
bespoke kitchens, built in cupboards

All carpentry work undertaken

01263 587719
07535 890960
rcj100@icloud.com



**FULLMOTION
PILATES**

Daytime and evening classes in
Edgefield, Kelling and Blakeney

Improve your posture, alignment, strength,
flexibility and balance

jayne@fullmotionpilates.co.uk
07495 053319

www.fullmotionpilates.co.uk

Saxthorpe with Corpusty

Remembrance Day



The Remembrance Day service was well attended by over fifty people. The bell ringers did a superb job with their muffled bells and Ellie Martin played the organ. The service was followed by the unveiling of the plaque representing the Saxthorpe airbase and then a walk to the village green plough for the children to plant daffodils to commemorate those who had died and then a return to the church for a soup lunch.



Sophia Hodgson
587510

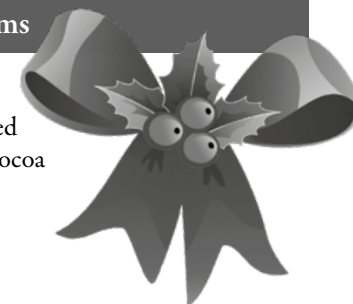
Christmas Eve

The traditional candle-light service will be held on Christmas Eve at St Andrew's Church at 5.30pm. Arrive early to ensure a seat.

Recipe of the Month Individual Christmas Ice Creams

150g sultanas
100g dried cranberries
150g glace cherries quartered
150g ready to eat apricots chopped
6tbsp Cointreau

100g pistachio nuts chopped
150g dark chocolate 74% cocoa
3 large eggs separated
75g icing sugar
300ml double cream



Put the sultanas, cranberries, glace cherries, apricots and Cointreau in a bowl, cover with cling film and let soak for 2-3 days.

Line 10 ramekins with a double layer of cling film.

Break the chocolate into small pieces and melt in a bowl over a pan of simmering water.

Whisk the egg whites until stiff then gradually whisk in the sugar.

In another bowl, whip the cream until it holds its shape. Beat the egg yolks in a bowl with a fork to break them up.

Using a large metal spoon, fold the fruit with liquid, nuts and egg yolks into the cream then gently fold in the egg whites.

Spoon into the ramekins, cover and freeze for at least 4 hours.

To serve turnout onto a small plate and decorate with a piece of holly.

Marion Shepherd

It Pays to Advertise

Free distribution
to 900 houses

For details contact

Paul Boast
magic4@myself.com
01263 577883

The Village Gardener

To Plant a Garden is to Believe in Tomorrow



December can be a challenging time in the garden! There isn't much light, and any free time is spent on festive prep. But if you can spare half an hour when it's not too gruesome outside it's worth having a good wander round your garden with a mug of tea. This time of year means it's so much easier to see if any structural differences need to be made to your space. Only a few weeks ago I got to go and look round George Carter's garden courtesy of the NGS and it gave me a fresh perspective on my own garden and has inspired a few crucial and exciting changes. It's not about lifting the whole of someone else's garden and recreating it in your own. It's about the little flashes of brilliance that can be interpreted in your own style and in your own space.

Enough day dreaming! Now for a few important chores. A useful job to get done is to wash out properly all your flower pots and seed trays perhaps with some Jeyes fluid (other products are available!) then pack them away nicely for the New Year. You will have a virtuous glow about you after that task and you really will thank yourself when you start setting seeds in the New Year. Next stop is the lawnmower. It's very important to remove all the old grass that has adhered itself to the underside of the deck. If left in place this encourages rot and there is no common sense in shortening the life of your mower. Handy tip: a paint scraper in my experience is just the job to remove the debris. Finally, run an oily rag over your mower that will create a barrier against moisture. The last chore I have for you isn't a chore, it's possibly what this all about, planning and planting and dreaming for tomorrow, so order those seed catalogues, put that really good garden book that took your fancy on your Christmas wish list and enjoy thinking about what you're going to plan to do in your garden in 2019.

Before I answer this month's question, I would like to take the opportunity to wish you all a Merry Christmas and a Peaceful New Year.

Stanley Wells asks if it's OK to remove hydrangea flower heads at this time of year? Whilst it's tempting to want to tidy up as much as possible, it's far better to leave the heads on so that they protect the emerging buds from frost.

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

Mick McCarter

Independent People
Homecare Services

Caring for you at home

If you're looking for an alternative to nursing homes - then please consider Live in care. A professionally trained Carer will provide high quality care in the comfort of your own home 24 hours per day, 7 days per week.

To find out more, please call our care team on
FREEPHONE: 0808 274 2190
or visit: www.iphomecare.co.uk

Registered to

Upholstery, Curtains and Blinds

- Hand made sofas and chairs
- Traditional & contemporary Re-Upholstery
- Made to measure curtains and blinds
- Vertical, Roller & blackout blinds
- Loose covers
- Curtain track & poles supplied and fitted
- Repairs and alterations

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

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

- Ralph Lauren
- Designers Guild
- Zinc
- Romo
- Christian Lacroix
- GP & J Baker
- Clarke & Clarke
- Linwood fabrics & wall coverings
- William Morris fabrics & wall coverings
- Sandersons fabrics, wall coverings & paint

Williams INTERIORS

5 Station Road,
West Runton, Norfolk
Tel: 01263 837611
www.williamsfwestrunton.co.uk

SARACEN'S HEAD
WOLVERTON | NORFOLK

Open again after a full refurbishment

Come and enjoy our 2 course lunch menu (Monday-Saturday) for £15, with a choice of starters, mains and desserts. Sunday lunch is always a popular choice, roast Rump of Blickling reared beef or Loin of Norfolk pork, served with all the trimmings. 2 courses for £19.50.
Our main menu is available for lunch and dinner each day.

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

Doctor Wheelgood
bicycle shop

CYCLE SALES · SERVICE · REPAIR

tel: 01692-405033 email: info@doctorwheelgood.co.uk
11 Mundesley Road, North Walsham
Norfolk. NR28 0DA
www.doctorwheelgood.co.uk

IVAN'S PEST CONTROL
LANTRA + BASIS REGISTERED
FULLY INSURED

01263 821304 / 07534 455301
ivanallenpestcontrol@gmail.com

Rosie's catering

Suffields
Heydon road corpusty

Rosemary beales
Keeping up the standard

01263585067
07971648253
rbeales@sky.com fb Rosie's catering

Meet the Neighbours

In this centenary year we remember Arthur William Richard Cletheroe



Private Arthur William Richard Cletheroe, known as Richard, was born at Church Farm, Bodham on 10th March 1896. He fought in the First World War in the 5th Battalion of the Norfolk Regiment and was killed in action at the Second Battle of Gaza in Palestine on 19th April 1917 aged 21 years. He is buried at Gaza Military Cemetery.

The Second Battle of Gaza lasted three days from 17th April 1917; the Allies were defeated. The attacking infantry were decimated by Ottoman artillery, machine-gun and rifle fire and the Allies sustained 6,444 casualties. Gaza was eventually taken by the Allies in the Third Battle of Gaza on 1st Nov 1917.

As a boy, Richard lived at Baconsthorpe Hall (castle) in the Outer Gatehouse and went to Baconsthorpe School. He lived with his mother Alice, father Arthur, brother George and sister Dulcie. His mother played the organ and taught Sunday School at St Mary's Church.

The family were living in the Outer Gatehouse when it was struck by lightning in 1921. The damage to the Outer Gatehouse was so extensive that it was no longer inhabitable. Arthur and Alice moved to Chestnut Farm, Baconsthorpe where descendants of Dulcie, Richard and Margaret Gee, live today. Richard's parents also bought Manor Farm in Edgefield which is also still lived in by the descendants of George, Mary, Roger and Emma Cletheroe.

The pictures are of Richard and his Memorial Plaque (also known as a Dead Man's Penny). Memorial Plaques were issued after the First World War to the next-of-kin of all British and Empire service personnel who were killed as the result of the war. 1,355,000 plaques were issued.



The plaque is 12cm wide and shows Britannia standing with a lion. She holds an olive wreath in her left hand and has two dolphins swimming around her symbolizing Britain's sea power. At the bottom there is a second lion tearing apart the German eagle.

Emma Youngs

Nursery from aged 2



Morning and all day sessions available

Small class sizes

Specialist teachers in languages, music, dance, drama and sport

Outdoor Wild Learning School

greshams.com 01263 714614

A 2-7 co-educational independent Nursery and Pre-Prep School in Holt

