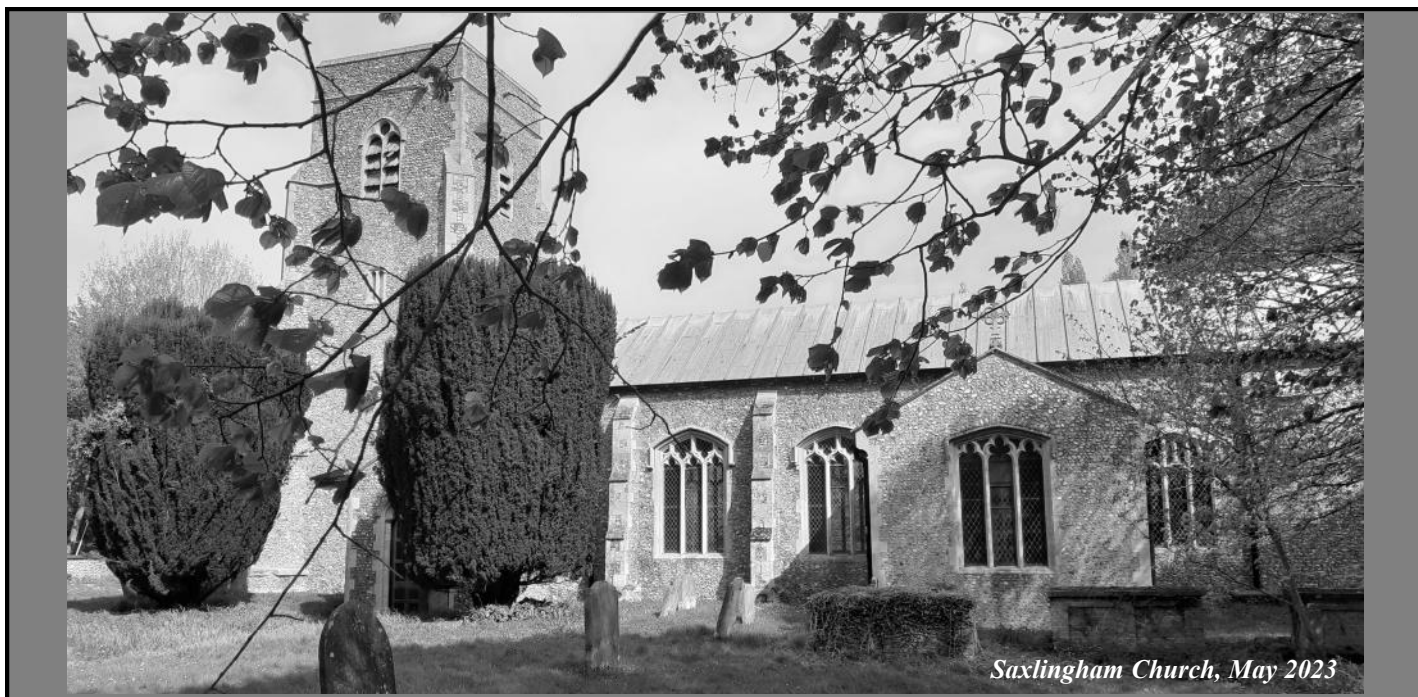


LOCAL LYNX

BALE - BINHAM - COCKTHORPE - FIELD DALLING
GUNTHORPE - LANGHAM - MORSTON
SAXLINGHAM - SHARRINGTON - STIFFKEY

ISSUE 161
April - May
2025



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WHAT'S ON

VH = village hall

APRIL

- 2nd Wed. **Sharrington** Gardeners Talk on Pruning, Field Dalling VH 6.30pm
3rd Thu. **Sharrington** Craft Group, VH 1-3pm
5th Sat. **Morston** Churchyard Tidying. 10am-12noon, All Saints Church
10th Thu **Binham** & Hindringham Open Circle, Talk by Dr Penelope Watkins - Hooter Holders: An Uplifting History, BMH 7.15pm
11th Fri. **Bale** Fish and Chips, VH 7pm
11th Fri. **Field Dalling** Bingo, VH doors open 6.15pm; eyes down 7.30pm
12th Sat. **Stiffkey** Swap Shop, VH, 10:30-11:30am
13th Sun. **Stiffkey** Maritime Heritage Centre, Preview Open Day, 11am-4pm
16th Wed. **Langham** talk by Nick Henderson, VH 7pm
19th Sat. **Langham** Recreation Ground Easter Trail 2-3pm
20th Sun. **Stiffkey** St Johns Church, Easter Egg Hunt 3pm
22nd Tue. **Binham** VH AGM, BMH 7pm,
23rd Wed. **Binham** Spring Fashion Evening, BMH 7pm
25th Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
26th Sat. **Gunthorpe** 50:50 Club, VI 10.30am
26th Sat. **Langham** Churchyard 'tidy up' 9.30am - 12noon
26th Sat. **Sharrington** Concert by Vagaband, VH 7pm

MAY

- 1st Thu. **Sharrington** Craft Group, VH 1-3pm
2nd Fri. **Binham** FOBP Talk by Nick Acheson - The Meaning of Geese, BMH 7.30pm
3rd Thu. **Morston** SWAMP Overview, VH 6:30-8pm
4th Sun. **Binham** VE Day 80th Anniversary Tea Party, BMH 2pm - 4pm
7th Wed. **Sharrington** Gardeners Visit to Copys Green, 6pm
8th Thu. **Binham** & Hindringham Open Circle, Talk by Susie Self - The Life of a Composer, BMH 7.15pm
9th Fri. **Bale** Fish and Chips, VH 7pm
9th Fri. **Field Dalling** Bingo, VH Doors open 6.15pm; eyes down 7.30pm
10th Sat. **Stiffkey** Swap Shop, VH 10:30-11:30am
14th Wed. **Langham** VH AGM, VH 7pm
16th Thu. **Morston** Gresham's Choral Night, All Saints Church, 6.45pm onwards
18th Sun. **Stiffkey** Maritime Heritage Centre, Gansey Project Knitting Event, 11-4pm
20th Tue. **Langham** Parish council meeting, VH 7pm
23rd Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
25th Sun. **Stiffkey** Warborough House, National Open Gardens 1-5pm
26th Mon. **Langham** Bring & Buy coffee morning, venue TBC 10am-12noon
31st Sat. **Gunthorpe** 50:50 Club, Coffee Morning, VI 10.30am

REGULARS

- Sundays (plus Bank Holiday Monday) **Stiffkey** Maritime Heritage Centre, 11am-4pm
Mondays **Bale** Painting Group, VH 1-4pm
Mondays **Bale** Pickleball, BMH 3-5pm
Mondays **Sharrington**, Yoga class, VH 11am-12noon (not Bank Holidays)
Tuesdays **Binham** Art Group, BMH 9.30am -12noon
Tuesdays **Field Dalling** Judo, VH (6pm under 10s, 7pm over 10s)
Wednesdays **Bale** Pickleball, BMH 3-5pm
Wednesdays **Binham** Youth Group, BMH 6-8pm in term time
1st Wed. of month **Field Dalling** Coffee Morning, VH 10.30am
3rd Wed. of month **Binham** Cosy Club, BMH 2-4pm
3rd Wed of month **Field Dalling** U3A Psychology, VH 10am

4th Wed of the month **Field Dalling** U3A Military History, VH 10am

2nd Thu. of month **Binham** & Hindringham Open Circle, BMH 7.15pm

4th Thu. of the month **Field Dalling** U3A Architecture, VH 10.30am

Last Thu. of month **Binham** Social Night, BMH 7pm

1st Fri. of the month **Field Dalling** Firsty Friday, VH 6pm

4th Fri of the month **Field Dalling** U23A Family History, VH 10am

1st Sat. of month **Langham** coffee mornings drop in, VH 10am-12noon

MOBILE POST OFFICES & LIBRARIES

Wednesday, **Field Dalling**, Post Office, VH 9.15-9.40am

Wednesday, **Langham**, Post Office, VH 9.45-10.15am

Thursday, **Field Dalling**, Mobile Library, Highfield, 24th April and 22nd May 4.45-5pm

Thursday, **Langham** Mobile Library, St Marys Estate 24th April and 22nd May 4.20- 4.35pm

Friday, **Sharrington** Mobile Library VH 25th April and 23rd May 3.25pm.

CLASH DIARY

If you are arranging a big event, contact your village rep to add it to our clash diary, then check the diary to see what else is going on.

July

26th Sat. **Morston** Music+Words Festival in the Garden, Church Farm House 4-10pm

August

9th Sat. **Field Dalling** Summer Fete 9am-4pm

23rd Sat. & 24th Sun. **Sharrington** Norfolk Jigsaw Festival, VH 10am-4pm

.....
And please don't forget....

.....
Lynx 161 and all back issues are permanently available on our website at www.locallynx.co.uk. The website now has an **Ads Directory**, an **'In More Detail'** page and a **'Local Charities'** page to cover relevant articles in greater depth. Paper copies of website articles are always available from Roberta on 01263 740188.
.....

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North Norfolk LibDem Office: 01692 404100

email: steff.aquarone.mp@parliament.uk

www.steffanaquarone.com

JEROME MAYHEW M.P.

Broadland Conservative Assoc: 01603 865763

www.broadlandconservatives.org.uk

Church Services for Bale and Stiffkey Benefice for April and May 2025

HC=Holy Communion. CFS=Church Family Service. MP=Morning Prayer. BCP=Book of Common Prayer CW- Common Worship

Parish	6 th April	13 th April Palm Sunday	20 th April Easter Day	27 th April
Bale	9.30am HC		9.30am Easter HC	
Field Dalling	5pm Zoom Evensong	11am CFS	11am Easter Communion	11am MP BCP
Saxlingham		At Field Dalling	At Field Dalling	At Field Dalling
Gunthorpe			11am Easter Celebration	
Sharrington	9.30am MP BCP	9.30am HC	9.30am Easter HC	9.30am HC
Binham	11am HC	11am MP	11am Easter HC	9.30am HC
Morston	9.30am HC BCP		9.30am HC BCP	
Langham	At Stiffkey	9.30am MP BCP	11am Easter HC BCP	9.30am MP BCP
Stiffkey	9.30am MP BCP	At Langham	9.30am Easter HC BCP	At Langham

Parish	4 th May	11 th May	18 th May	25 th May
Bale	9.30am HC			
Field Dalling	5pm Zoom Evensong	11am CFS	At Saxlingham	11am MP BCP
Saxlingham		At Field Dalling	11am HC	At Field Dalling
Gunthorpe		11am MP BCP		
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC
Binham	11am HC	11am MP	11am MP	9.30am HC
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham

Additional Services

Holy Week, Monday 14th – Thursday 17th April: Field Dalling, Holy Week Reflections 6.30pm daily.

Maundy Thursday, 17th April: Stiffkey, Maundy Thursday HC Service, 12 noon.

Good Friday, 18th April: Field Dalling, Service of Reflection. 10.30am.

Good Friday, 18th April: Morston, Stations of the Cross, 10.30am.

Good Friday, 18th April: Langham, Lift High the Cross, 12 noon.

Ascension Day, Thursday 29th May: Langham, Ascension Day Service 12 noon.

Zoom services 6th April and 4th May at 5pm. For details please contact Ian Newton on 07979 598020 or iannewton46@gmail.com



RECTOR'S LETTER

Dear Friends and Parishioners,

I nearly always find that I meet with God much more out of doors than within. But I always learn more about God inside: at church, at home, through a book. But I once met with God outside, but through writing which was inscribed upon a very permanent home – the tomb of a man, or a woman whose name I do not know, which faced St. Giles Street in Oxford. Written, carved I suppose, so that every passer-by could see the words from Colossians chapter 3, “Christ is all”. It is a momentous statement; and its meaning will keep us amazed through years of endless bliss. But its working out has been the purpose of Paul’s letter to the Christians at Colossae and is also our purpose as we live our lives.

‘We have gazed’, as a 19th century commentator put it, ‘upon the majesty of his person, on the mysterious glory of his headship – alike over nature and over the church, on his redeeming blood, on his life-giving life, on his enthroned rest above, on his promised return.’

I could not put this better myself, so I will give you the rest of this prose hymn of praise. ‘We have seen in him the

inmost “Secret of God”, disclosed for us. We have had a glimpse of the pure eternal gold of the “treasures of wisdom and knowledge” heaped and stored in him.

We have seen him as the basis of the Christian’s standing; he has blotted out the handwriting that was against us, nailing it to his cross; he has embodied us into himself. He is at once both the power and the law of the Christian life; he is the peace of the Christian heart; he is the lamp and hearth of the Christian home. It is he who binds souls together, or rather as it were fuses them into one, till people as distant as possible in race and associations know and love each other as more than brothers. He is all things and in all.’ That was Handley Moule of Durham.

He was always very kind to the young and encouraged the clergy by persistent hospitality and warmth. His old house, Auckland Castle, has been thrown open and revived by the splendid Jonathan Ruffer. A must stop in the North East.

This Easter let us celebrate Christ Risen, and Revival and Openness. May we make every day special!

Yours truly,

Ian Whittle, Langham Rectory 01328 830246

In Canterbury Cathedral

On a day sweet with April showers
the safe tyres of our tour bus
had sung us south from London,
Sightseer pilgrims, cameras slung,
no need or time on patient plodding
horses for long diverting tales.

We stood at last at Beckett's shrine
lost in architecture and dates,
confused by Norman and Gothic.
Our ancient tiny guide seemed shrunk
into his suit, dwarfed by his clothes
as we were all dwarfed by time.

His small precise English voice went on:
pronounced 'Our Lord,' and the words
fell on us like a benediction.

'Our' – incredible assumption of union
offered in passing to American strangers,
mortar for diverse motley stones.

Time and blood and history redeemed
from meaninglessness: two words
turned sightseers into pilgrims.

E.W. Oldenburg 20th century

HIRE YOUR LOCAL VILLAGE HALL

If you are planning a public event or private party, our benefice's village halls cater for all shapes and sizes at very reasonable rates. Think "community" and get in touch to find out more.

Binham Memorial Hall (max 150) contact: see page 23 for details

Field Dalling & Saxlingham Villagers' Hall (max. 100) contact: booking@fdands.org

Gunthorpe Village Institute
contact: 01263 860051 tony_lin@btinternet.com

Langham Village Hall (max. 100) contact: frances.mackay@btconnect.com

Morston Village Hall (max. 70) contact: 01263 740038

Sharrington Village Hall (max. 90) contact: see page 24 for details

COMMUNITY NEWS

DISTRICT COUNCILLOR'S REPORT

...from Dr. Victoria Holliday

Housing

There were 2,256 households on the housing list end of January. The greatest need is for one-bedroom properties but the greatest shortage of properties is in the larger properties.

As of 31st January 2025, there were 207 open homelessness cases. The most common triggers of homelessness are still end of private tenancy, families or friends no longer able to accommodate, and domestic abuse. There were 65 households in temporary accommodation, of which NNDC owns 25 units.

More than 550 new affordable homes should be delivered over the next few years.

Yeartodate we have spent over £1m on housing adaptations including installation of stair lifts and level access showers.

Do get in touch if you have any questions regarding any housing issues.

Finance

Savings of £1.8m have been identified for the 25/26 budget.

NNDC's share of the second home Council Tax premium from April will be spent on providing more housing. We appreciate that this premium is not welcomed by all, but the funds will be put to very good use helping ease our homelessness crisis.

Sustainable Growth

An additional £400k of UK Shared Prosperity funding will be available for 25/26. This will support businesses and communities in North Norfolk.

Holt is one of three possible options for a new M&S store in Norfolk.

Net Zero

NNDC has partnered with MakeMyHouseGreen to provide residents with a discount of £500 on solar panel installation. MakeMyHouseGreen uses vetted local installers, but it's still recommended you get three quotes before making a decision. There's more information on <https://www.north-norfolk.gov.uk/news/2025/february/the-council-has-partnered-with-makemyhousegreen-to-provide-residents-with-discounts-on-solar-panels/>.

Devolution and Local Government Reform

Norfolk has been accepted as one of the fast-track counties for devolution and local government reform. Devolution involves the creation of a new mayoral authority, with some powers handed down by central government, and local government reform the creation of combined county and district councils called unitary authorities. There will be some efficiencies of scale, but we have to make absolutely sure the local voice is not lost. There's a consultation on the Mayoral Authority open until April 13th, check out <https://www.gov.uk/government/consultations/norfolk-and-suffolk-devolution/norfolk-and-suffolk-devolution-consultation#:~:text=It%20is%20proposed%20that%20a, and%20Suffolk%20Combined%20County%20Authority>.

Blakeney Surgery

It's expected the new medicines dispensing machine at Blakeney Village Hall will be operational by the end of April/May. There will be a secure postbox to leave scripts for repeat prescriptions.

New Flood Risk Maps from Environment Agency

The Environment Agency has updated its National Flood Risk Assessment which shows current and future risks from sea, river and surface flooding at the postcode level: <https://www.gov.uk/check-long-term-flood-risk>. There are also updated erosion predictions <https://www.gov.uk/check-coastal-erosion-management-in-your-area>.

Holt Library Health Information Drop In for Older Persons

Holt library have started a new drop in, on the second Tuesday of each month, 10.30am-12noon. This is an opportunity to speak with the Alzheimer's Society, HealthWatch Norfolk, Norfolk Community Law Service and Age Concern North Norfolk. (see page 6 for more Holt

Library events.)

District Councillors' Contact Details:

Sarah Butikofer e:sarah.butikofer@north-norfolk.gov.uk
(Binham/Cockthorpe, Field Dalling/Saxlingham, Gunthorpe/
Bale, Langham)

Andrew Brown e:andrew.brown@north-norfolk.gov.uk
(Sharrington) 07970 298695

Victoria Holliday: (Morston & Stiffkey)
victoria.holliday@north-norfolk.gov.uk

County Councillors' contact details:

Michael Dalby: County Councillor Wells Division - Glaven,
Priory and Walsingham Parishes (incl. Binham &
Cockthorpe, Brinton & Sharrington, Field Dalling &
Saxlingham, Langham, Morston, Stiffkey)
michaeljdblues@outlook.com

Steffan Aquarone: County Councillor Melton Constable
Division (incl. Bale and Gunthorpe Parishes)
steffanaquarone@gmail.com or 07879 451608

GLAVEN CARING, BLAKENEY

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Regular Events

Happy Mondays lunch: two delicious hot courses for
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Coffee, Cake and Chat: every Tuesday at 10am – a great
way to start the day.

Our popular Carers Coffee Morning: 10am-12 noon
on the first Friday of the month - a welcoming space for
carers to share experience and get support. Come and meet
our caring professionals.

And if you have friends or family who might like to visit
the Centre for a free half day, do drop in to find out more
about our services or call our managers Steph and Michaela
on 01263 740762.



HEAR FOR NORFOLK

We are a charity dedicated to improving the
emotional wellbeing, communication, and
overall quality of life for people with hearing
loss and related conditions.

Our services (listed below) are available from our
community-based clinics, mobile clinics and domiciliary/
care home visits for housebound people.

Please find out more at [www.hearfornorfolk](http://www.hearfornorfolk.org.uk)
or call 01603 404440, or email
nda@hearfornorfolk.org.uk

Hearing Support:

offers routine maintenance of NHS issued hearing aids.
We also run an Ear Otoscopy Clinic which screens
individuals for ear wax.

Aural Care:

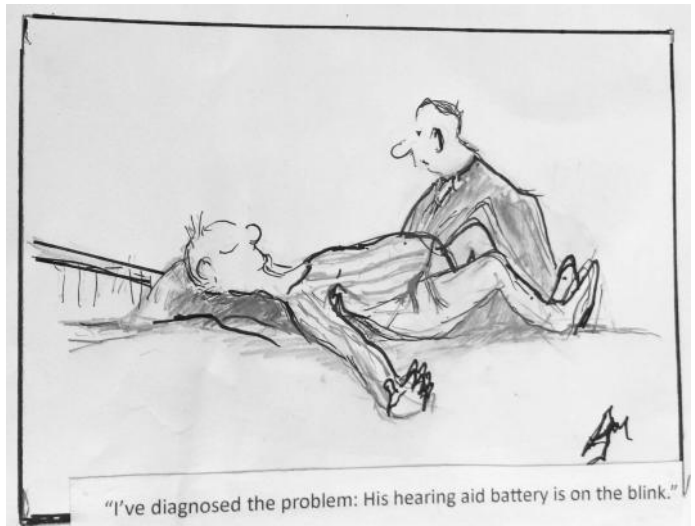
offers microsuction (the safest and most effective ear
wax removal technique) performed by fully trained,
registered and experienced nurses.

Adult Audiology:

offers NHS funded hearing testing and aid fitting for
those 50+ with age-related hearing loss. This accessible
service is provided by registered and experienced
audiologists.

Cuppa Care:

offers emotional, wellbeing and practical support and
advice to people of all ages who might experience
loneliness or isolation.



© Andrew Moncur

Hearing Loss Awareness Training:

available to individuals and organisations, aiming to
increase understanding of the challenges faced by people
with all degrees of hearing loss in the workplace, education
and social settings.

We exist to meet the needs identified by our service
users; we are here for Norfolk.

HEALTHWATCH NORFOLK UPDATE

Some major changes are being proposed for medical
care in Norfolk. The number of bases where GP out-of-
hours care is provided face-to-face, particularly overnight
and at weekends could be cut. Alongside this there are also
proposals to reduce the hours at the Norwich walk-in centre
or close it completely.

Healthwatch Norfolk has been asked to analyse the
results of an NHS survey and write a report on what people
across Norfolk think about the plans. They are quite detailed
but Healthwatch has put together more information which
you can find online at:

[https://healthwatchnorfolk.co.uk/get-involved/share-
your-views-on-changes-to-norwich-walk-in-centre-and-
the-gp-out-of-hours-service/](https://healthwatchnorfolk.co.uk/get-involved/share-your-views-on-changes-to-norwich-walk-in-centre-and-the-gp-out-of-hours-service/)

If you do not have internet access, you can call NHS
Norfolk and Waveney for a paper copy of the survey on
01603 595857. We would certainly urge everyone to make
their views known.

Meanwhile we continue to gather your health and social
care concerns. You can leave them 24/7 online via
www.healthwatchnorfolk.co.uk or give us a call on 0808
168 9669. Lines are open 10am-4pm Monday to Friday.

Alex Stewart



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MAJOR CHANGES AHEAD FOR OUR LOCAL GOVERNMENT

Both North Norfolk District Council (NNDC) and Norfolk County Council are set to disappear in a major shake-up of local government.

A new two-tier system will see Norfolk and Suffolk County Councils replaced by a single mayoral authority, and the district and town councils across the region combined into fewer, larger unitary councils.

The new boundaries are yet to be determined, but one option, seemingly favoured by the current district councils, is to divide the county into three, with a 'greater' Norwich council and one each for east and west Norfolk.

All the parishes in our benefice would fall under a new West Norfolk council under this plan with the boundary between east and west heading south from Salthouse.

Local MP Steffan Aquarone told the Lynx that he prefers a four-way split across the county, including a new larger North Norfolk council, "I am calling for a total of four unitaries in Norfolk, precisely to ensure accountability is kept close to our communities. Given that decisions on health and social care are currently taken in Norwich, a unitary of North Norfolk, parts of Broadland, and parts of Breckland could actually bring some decisions closer."

Timings for the reorganisation are yet to be agreed, but final proposals have to be made to the Government by 26th September, with the likelihood that the new system will be in place by April 2028.

One consequence of the changes is the postponement of this May's local elections. Commented Aquarone: "This raises significant concerns about our ability to hold current leadership to account. Such a delay will in reality extend the current council's term by six years, effectively prolonging decisions that may not align with the evolving needs of our communities."

Comments on the initial plans are invited until 13th April here: <https://consult.communities.gov.uk/lggc/norfolk-and-suffolk-devolution-consultation/>

EVENTS AT HOLT LIBRARY

Grief Café - Fridays 11am-12 noon

Loss and grief are a natural part of life. So, why is it so many people find it hard to talk about these topics? Finding a way to navigate your way through grief can be challenging. Everyone grieves differently, but you do not need to be alone with your grief. Talking to others who have experienced a loss may help you to find ways of learning to live with your loss, while honouring the memory of the person you have lost.

Here in Holt Library, one of our volunteers, Carol, runs a weekly grief café on a Friday morning between 11am and 12noon. You will find a warm, welcoming space where you can spend time with others who have experienced a loss, share your experiences (if you wish) and find out about information/resources and the different types of support that it is available. There's no need to book, just come along and we'll provide the tea, coffee and a warm welcome.

Talks

First Thursday in month at 11am

Tickets £3 (cash only) includes refreshments

To book call the library on 01263 712202 or pop in.

3rd April - Hunters of Holt Chocolate Shop

1st May - Bon Bakery, vegan and special diet goods

5th June - An introduction to the Coroner's Court

3rd July - The fall of the Berlin Wall

PLUS

Free Under 5s Story Time and Play every Tuesday in April, 11am-1.30pm. Just pop in.

Age 4+ Easter Crafts - Tuesday 8th & 15th April at 2pm (younger siblings welcome). Booking essential on 01263 712202.

Plant Sale - Saturday 24th May, 10am-2pm. Bring your own bags; cash only.

FAKENHAM CHORAL SOCIETY

Fakenham Choral Society's 2025 Summer Concert, will feature contemporary British composer Will Todd's vibrant and upbeat, Mass in Blue.

Chairman Rosemary Dear explained: "Last year, when Fakenham Choral Society celebrated its 50th anniversary, choir members were asked which pieces of music they would most like to perform again and Mass in Blue came high on the list of favourites, second only to the Verdi Requiem, which we performed in April 2024."

Well known composer Will Todd, is a lover of jazz music, as well as traditional church choral music and this is reflected brilliantly in his setting of the traditional Latin mass in a wonderful blend of jazz music. A jazz trio, together with piano, a solo soprano voice and a strong choral line, weave together, to give an energetic and uplifting musical experience. In complete contrast, the choir will also be performing sacred music from earlier eras, with choruses from different composers spanning several centuries. The concert will be in Fakenham Parish Church at 7pm on Saturday, 21st June. Tickets are £18, or £15 if purchased before Saturday, 7th June and will be available on the FCS website at www.fakenhamchoral.society.org/about_us.
Shirley Collyer

SHARRINGTON & DISTRICT GARDENING GROUP

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A full programme of events, visits, and talks throughout the year.

To join us visit our website or contact barbarara@hotmail.co.uk

www.sharringtongardening.org.uk/whats-on



PILATES

Binham Memorial Hall

Thursdays
Advanced Pilates 8:30 - 9:30
Intermediate Pilates 9:45 - 10:45
Beginners Pilates 11:00 - 12:00

Contact Susi on 07515 834729 or thereflexologystudio@hotmail.co.uk

BLAKENEY VILLAGE HALL CAR PARKING

Charges Consultation

Blakeney Parish Council is considering the introduction of parking charges at Blakeney Village Hall and has launched a public consultation to seek views from Blakeney residents and businesses about possible exemptions for certain categories of car park users, although the consultation questionnaire does not include the question of whether residents agree with the principle of introducing car parking charges.

Blakeney Village Hall Trust is opposed to the principle of mandatory car parking charges, but has tabled an alternative proposal for a voluntary charging scheme similar to the one in operation at Cley Village Hall. It is felt important to maintain free access to the car park for those who need it, particularly in view of the imminent installation of the PharmaBox medications dispenser which will be mounted on the front wall of the village hall.

Blakeney serves as a hub for surrounding villages, many of whose residents use its shops and village hall and will soon use the medications dispenser. Interested parties may express their views in writing by email or letter to the Clerk at Blakeney Parish Council: clerk@blakeneyparishcouncil.gov.uk.

BALE

Contact: David Bridge
david@bridgeifa.co.uk

BALE VILLAGE HALL NEWS

The annual general meeting of the village hall took place on 24th January, at the regular Bale Oak Bar evening. The meeting was relatively brief, cutting into official “drinking time” by only seven minutes, but all necessary issues were covered. One important item was the need for all events at the hall to cover the cost of utilities and equipment used and this will be a topic of discussion at future committee meetings. Dan Marsden and Chris Ryan were voted onto the village hall committee and their skills will be a very useful addition to the team.

The inaugural “Pot Luck” lunch was held on 2nd February and, as confidently predicted by the organisers Chris & Jude Ryan, there was a grand spread of main courses, side dishes and desserts. It was a delicious feast enjoyed by all and will almost certainly be repeated in the future. Thanks to Chris, Jude and all their helpers for the idea and the hard work involved in setting up and clearing

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Email: bls88gardens@gmail.com

Established since 2008

away.

Another new venture for the new year has been Dawn & Les Baker’s booking of the hall on behalf of U3A for a monthly trip down memory lane listening to, and talking about, sixties music. The sessions are in the afternoon of the third Tuesday of each month and are open to U3A members.

18th January saw the first of “Mr Ragu’s Pasta” evenings, with local chef Gino bringing a taste of the Mediterranean. The food was excellent and it was remarked how the hall can be transformed with a change of table layout and some candles, giving a very different atmosphere from other culinary evenings. The experience was repeated on 22nd February, serving a larger number. The next date is 5th April, so book immediately, if you haven’t already.

More good news on the food front: John & Ann Wall have been persuaded to organise another Sunday brunch, which will be on 4th May. They will be in touch nearer the time about booking your place.

Weekly yoga and pilates classes continue to be popular and the Bale Oak Bar opens its doors on the fourth Friday of each month, 6.30-9.30pm. Fiona Andrews would be happy to hear from more volunteers to help staff the bar.

Fish & Chip night (which should probably be renamed “Fish Night”) is the second Friday of the month at 7pm. Fish & Chip orders need to be made via the village WhatsApp by 5pm on the day but for those preferring fish pie & peas, please order by Wednesday of that week.

Bale 100 Club Draw - February

£25 John Wall, £10 Sue Berry, £5 Jen Moore, £5 Margaret Dent.
Paula Moore

WILD BALE

The Hobby

Spring truly begins when warmer days return our Swallows and House Martins to Norfolk in readiness to breed; they are closely followed by the Hobby, a slim, fast and exciting to watch falcon that winters in Africa and spends the summer in Europe.

Similar in size to a Kestrel, though slimmer, longer winged and faster the Hobby hunts dragonflies, its main prey, in flight over woods, marshes and river valleys.

The Hobby has a grey-blue plumage on the upperparts, is heavily and darkly streaked on its underwing, breast and flanks with a distinctive rufous patch covering the leg feathers and undertail coverts. A black hood covers the



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head, and this extends into a moustache creating a distinctive white window on the sides of the head. The legs and toes are yellow, the eyes dark with thin yellow eye-rings.

When observed high in the sky the flight and shape is reminiscent of an oversized swift. They will also hunt from a perch over water waiting for the warmth of the day when flying insects become active. In periods of poor weather Hobbies will take Swallows and House Martins and are fast enough to catch an unwary Swift. Swallows and House Martins have a distinctive alarm call that warns of an approaching Hobby due to them being such a threat. A remarkable 99 mph is the highest recorded speed of a stooping Hobby, an unfair advantage over a House Martin flying at 40 mph.

The nest is normally an old crow nest and both parents brood the 2- 4 eggs for a total of 28 days. The young are reared by both parents and when they fledge the parents stay close and teach their young the hunting skills they will need to survive.

Found through-out England and eastern Wales approximately 3,000 pairs return to the UK each summer. Hobbies are seen over Bale through-out the summer months as they breed locally. They can sometimes be seen on a late summer evening when they are known to hunt bats.

Paul Laurie

*Falcon take flight
For I cannot
Skim the clouds atop the wind
Carrying dreams on pointed wings
Fly for me falcon
Fly.*

Mary Rotman

BALE BOOK GROUP

The Coldness of Objects by Panayotis Cacoyannis



We spoke first about Martin Moore who had led our group for a substantial length of time and who had died very recently. He has left a gap in our village. We spoke of his gentleness, his kindness, his generosity and his thoughtfulness. He will be much missed. Our book for this month's meeting was *The Coldness of Objects* by Panayotis Cacoyannis. The author was unknown to most of the group. It takes the reader back and forth in London from the 1980s with its freedoms and gaiety and a new disease that was largely unacknowledged and was wrongly mistaken as the 'gay man's disease' and, into 2030. A deadly virus in 2020 had caused permanent damage not only to people's health but to governing bodies

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around the world.

The book opens with an elderly man Mr Anthony Ruben receiving an intriguing invitation to become an 'exhibit' at the National Museum. While he contemplates this 'opportunity' he reflects on his life and about love and loss. His memories provide the reader with a gripping and compelling narrative exploring the shadowy confines of his former self's love life while struggling to understand his present circumstances.

On the surface, *The Coldness of Objects* could be understood as a work of dystopian sci-fi but it is so much more than that. There is no such word as 'genre' for Cacoyannis, he reminds us of what is really important in life. This is a chilling portrayal of how our future might look and feel, if we allow it, yet, at its heart, there is hope and, most of all, a reminder that it is love and connection to others that give life its joy and meaning. As a group we found ourselves reflecting on this change in people and government, early seeing that this could, in fact, become our future if there is continuous hatred for others who are different from ourselves. Indeed, we could all see how much of this was already happening now. It provoked a sense of anxiety in most of us. His writing is chilling.

We also learn of Mr Rubens deep love for both his grandparents, his sister and of course his friend of many years, Malcolm, who only right at the end of Malcolm's short life became his lover.

Cacoyannis writes beautifully and elegantly. He draws you in. I described his writing as a work of art. We all enjoyed the book and were glad that we had read it. It was a very good discussion with just some small differences of opinion.

Sandy Chapman



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The Bale painting group, now in its tenth year, is looking for new members. Restarting on 28th April at Bale village hall on Mondays from 1-4pm. Originally led by Duncan Thomas who using his own painting expertise guided the other members to create their own pictures, the group is continuing to run after sadly Duncan passed away a few years ago. We are offering a space for creative artists and those looking for a few hours in a relaxing and focused space to enjoy some drawing, painting etc. which they may not get at home as studio space and time to focus may not be so easy to find.

We offer use of paint to attendees and free refreshments are also available. We have a limited library of reference material too, including books and magazines.

If you would like to join us as a regular or occasional painter the door will be open on Monday afternoons.

If you run a holiday let, some of your guests may be interested in joining us as a one off perhaps. Just let them know about the group and they would be welcome too. If you need to check dates look at our poster on the village hall notice board or drop us an email. Any inquiries by email to Thebalepaintinggroup@outlook.com. *Peter Jones*

BINHAM

Contact: Paul Bailey 07401 315714
paulbailey04@aol.com

BINHAM WITH COCKTHORPE PC

March is fast approaching and before we know where we are, April will be here, bringing with it the Easter holidays and hopefully some warmer weather.

The PC has again made progress with various projects. By the time this edition is distributed, a hedge will have been planted on the eastern side of the allotments. This will act as a wind barrier boundary, whilst at the same time creating permeable habitable pathways for wildlife and will be a small contribution to maintaining and increasing biodiversity within the parish. A mix of 120 saplings, including species such as hawthorn, blackthorn, hazel, crab apple and dog rose, have been sourced from the Woodland Trust and these will be planted by volunteers. Obviously, the PC will be responsible for the hedgerows' ongoing maintenance.

Several important local and national consultations are currently being undertaken and you might like to explore these further using the references below.

Firstly, North Norfolk District Council (NNDC) is

extending the consultation of its Local Plan (May 2023). Further hearings will take place in early April and will mainly be associated with additional housing sites and small growth villages. This plan inevitably affects all parishes one way or another. If one wishes to observe the proceedings, the public can attend these planned hearing sessions at NNDC offices. Additionally, one can access the examination library documents at www.north-norfolk.gov.uk/localplanexamination, or acquire them by email at planning.policy@north-norfolk.gov.uk. To arrange a time to access the documents, or to simply view the latest news go to www.north-norfolk.gov.uk/localplanexamination.

Secondly, Norfolk and Suffolk have been included in the Devolution Priority Programme published on 16th December 2024. Hence Norfolk County Council (NCC) have embarked on a sharing exercise to disseminate information county wide, so that we are kept abreast as to what is known and how councils wish to engage with the process in the coming weeks and months. To summarise, a unitary form of local government will be established, replacing the current county and district councils. Inevitably, there will be many questions raised as to what this means for our communities, therefore democratic engagement across our diverse county is ongoing. What it might mean is anyone's guess at present, other than considerable reform and reorganisation will be undertaken, that might result in parish councils taking on additional responsibilities. The timescale is tight to establish a Mayoral Combined Authority across Norfolk and Suffolk, in that an initial proposal, according to published criteria, must be submitted towards the end of March, with details by September. A mayoral election is expected in 2027 as reported at a meeting at the end of February, at which the chair, parish clerk and our planning councillor attended. The PC will be briefed at the next PC meeting in March. For

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further information please access at <https://consult.communities.gov.uk/lggc/norfolk-and-suffolk-devolution-consultation/> as we are encouraged to make comment sooner rather than later.

Thirdly, alongside the above, NNDC are offering town and parish councils some further planning training over the coming months. As a PC, we are keen to keep abreast of changes and associated requirements and remain current in our comments, which are routinely requested of the PC, by the planning officers, whether it be about a new build, an expansion, or the refurbishment of a property in the parish. Parish councillors will take advantage of this scheme. Our experience of recent such training, has been both useful and beneficial for the PC.

It is an opportune time to say a big thank you to Mick Jeffery and his team for delivering the Lynx through our letter boxes every two months. Especially when much change is planned in keeping the villages informed about and alerted to, local, district or county councils' associated plans, as well as making diary entries for upcoming events within the villages. *Elizabeth S Brady, Chair Binham PC*

PAROCHIAL CHURCH COUNCIL

Fabric Officer Vacancy

The priory church of St Mary and the Holy Cross in Binham, is a most precious and magnificent place. Constructed on the site of a Benedictine monastery founded in 1091, the church's history dates back to the 13th Century, as evidenced by the artefacts and texts on display inside.

A site such as this is an important landmark in the district, not least because of its historical and religious significance. It is therefore paramount that we continue to look after and conserve the whole Binham Priory site, not only for the benefit of the current generation, but also for the generations to come.

The church itself is the responsibility of Binham

Parochial Church Council (PCC), whereas the surrounding ruins are owned by Norfolk Archaeological Trust (NAT), under the guardianship of English Heritage (EH). A very close liaison exists between the three bodies and they meet regularly to discuss priorities for the upkeep and maintenance of both the church's internal and external fabric, as well as the ruins.

The management has previously been undertaken by a fabric officer, appointed on a voluntary basis and sourced from the wider parish. This important PCC position has recently become vacant, due to Geoffrey Scott stepping down after many years at the helm. His generosity of time and dedication to this role, has always been greatly appreciated and we thank him for his past service. On reflection, the responsibilities of the role have grown out of all proportion over the years and we believe it is no longer feasible for it to be undertaken by a single individual. It now requires a small team, led by a team leader/fabric officer.

The PCC is therefore now looking to appoint someone, whose role it will be to closely monitor and maintain the church's fabric, ensuring that the space can continue to be used for many more years to come. It is not necessary for the incoming person to be a member of the congregation, merely that they are passionate and dedicated, and have experience of working in the conservation of buildings such as this. A full insight into what is required of the role, can be found in the following outline at www.dioceseofnorwich.org/page-roles/?tag=fabric%20officer.

If you are interested in undertaking this vital role and working alongside Binham PCC, please contact the PCC Hon Secretary, Dr Roger Bland on roger.bland@btinternet.com. We would also welcome offers of help from anyone who would be willing to assist the fabric officer in this role.

Binham PCC looks forward to welcoming you again soon.
Binham Parochial Church Council



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BINHAM MEMORIAL HALL

Jan Hewitt

It is with great sadness that I have to open this issue's article, with the very sad news of the passing of our great friend and colleague Jan Hewitt. Jan was such an enthusiastic and innovative member of the village hall's team and was always full of ideas for new additions to our annual events. Indeed, the hall's success over the last few years has been very much due to Jan and her husband Stan's commitment to both the hall and the village. I visited her shortly before her passing and she was still talking about the hall and our forthcoming events. She will be sadly missed, not only by the village hall team, but by everyone in our community. Our sincere condolences go to Stan and the family.

Now that the days are lengthening and the spring flowers are bringing much needed colour, we can start to get out and about again. Why not come along to our forthcoming events below:

Tuesday April 22nd 7pm - Village Hall AGM

Everyone is welcome to attend to hear about our successes over the past year and our plans for the forthcoming year. New ideas and suggestions are always welcomed.

Wednesday 23rd April 7pm - Spring Fashion Evening

Grab a bargain for your spring and summer wardrobe. Many designer and high street brands available at discounted prices. Tickets are £5 on the door. Bar and refreshments available.

Sunday 4th May from 2pm to 4pm - VE Day 80th Anniversary Tea Party

We will be commemorating this special occasion with an afternoon tea party. Bring your own picnics and lay out your blankets on the grass together. Cakes and refreshments available.

Don't forget our regular events of course:

Pickleball - every Monday and Wednesday from 3-5pm. It's great fun, good exercise and a really relaxed social afternoon. All welcome - £3 per session. Refreshments available.

Social evening - last Thursday of every month, 7-9pm. Board games, pool, table tennis, or just a chat. Give the oven gloves the night off and enjoy a delicious jacket potato. Bar and snacks available.

Cosy Club - 3rd Wednesday of every month from 2pm - 4pm. Enjoy a catch up, with a cuppa and some cake.

Keep an eye out for more news on our website, Facebook page and signage.

And finally, a very Happy Easter to you all. *K.Howard*

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BINHAM PRIORY CONCERTS

Dates for your Diaries

Saturday 10th May 6pm - Voces del Camino

Featuring sacred and secular choral music from the Spanish and English Renaissance.

A ticketless event, with retiring collection (proceeds to Binham Priory).

Saturday 14th June 6pm - Serendipity

From baroque to South Pacific - this Norfolk based woodwind trio, will be playing music by Mozart, Richard Rogers, Marcello Madsen, Jenni Brandon, Maurice Faillenot and Ferenc Farkas. Tickets £10 - children free.

Saturday, 13th September, 6pm - North Sea Voices and Ely Collegium

Inspiring Sacred Music - featuring Stabat Mater, Susannah Self and Vivaldi's Gloria. Tickets £15.

Summer Concert Series

Tickets are £20 per concert, with allocated seating.

Saturday 19th July 6pm - Norwich Baroque with Rachel Stroud, (violin)

Maestra: violin girl from the time of Vivaldi. A programme that combines favourites by Antonio Vivaldi and other composers connected to Venice's musical orphanages.

Saturday 9th August 6pm - Xuefei Yang classical guitar

Crossing Cultures - a musical journey across the globe, with music from Europe, Asia and the Americas, featuring a variety of styles including classical, Latin, jazz and Asian.

Saturday 30th August 6pm - Guildhall Strings

Airs and Dances, Ancient and Modern - The Guildhall Strings return to their roots here in North Norfolk, having toured worldwide. Their programme features music by Handel, Pachelbel, Telemann, Walton, Holst and Barber.

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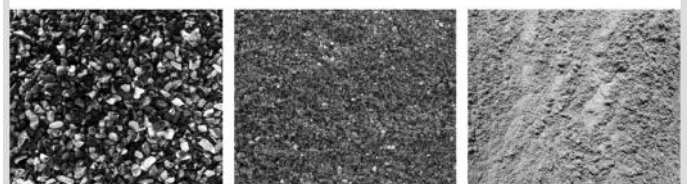
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Saturday 6th September 6pm - Bone-a-fide Trombone Quartet

Bona-fide Trombone Quartet - an award-winning international chamber ensemble, made up of some of Europe's leading young trombonists. They strive to showcase the versatility of the trombone, performing works from all genres and periods.

Tickets for all of the above ticketed concerts, can be obtained from 1st May onwards, from Wells Maltings Box Office, 01328 710885 (10am-4pm) - wellsmaltings.org.uk.

Geoff Scott

THE FRIENDS OF BINHAM PRIORY

The Meaning of Geese - A Talk by Nick Acheson

Friday 2nd May at 7.30pm



Nick Acheson is a native of North Norfolk, a well known naturalist and conservationist, and has appeared on BBC, ITV, Channel 4 and many times on Radio 4. His book, The Meaning of Geese, was voted East Anglian Book of the Year in 2023.

During the lockdowns of 2021 and 2022, Nick cycled 1,200 miles around North Norfolk, following the great flocks of wild geese which visit the county each year. This is an excellent opportunity to hear a fine speaker review the state of wildlife in North Norfolk.

Members of The Friends of Binham Priory will receive personal invitations offering them early access to tickets. Tickets are £10, inclusive of a glass of wine or a soft drink, and will go on sale to the general public from Friday, 11th April. Tickets can be obtained from Wells Maltings, so either drop in, go on line at wellsmaltings.org.uk, or telephone 01328 710885. Doors open at Binham Memorial Hall at 7pm. Also see our website www.friendsofbinhampriory.weebly.com

Roy Lawrence

BINHAM ART GROUP

Binham Art Group continues to be well supported and most members attend regularly to share ideas and encourage one another.

We recently enjoyed a demonstration of portrait painting by local artist Peter Kavanagh. One of our members, Susie, volunteered to be his model and we watched Peter reflect her likeness in watercolour, in a very relaxed way. One or two of our artists regularly paint portraits and hopefully this will encourage them to continue, and others to give it a try.

The artwork on display in The Gallery at The Chequers

has been recently updated and we encourage you to pop in to see if there is something that catches your eye. It is the time of year when people want to ring in the changes in their homes and changing the paintings on the wall is an excellent way of doing this.

The latest picture of the month competition, was won by John Hill, with his clever and dramatic painting of a puffin in flight.

We are still hoping to arrange further demonstrations or workshops, so if there is a local artist who would like to visit our group, please do get in touch at susanaedwards09@gmail.com.

Sue Edwards

BINHAM YOUTH GROUP

We are now into our second half term of the new year, the evenings are getting a little lighter, but we are still indoors for now. Our lively members number 30 - 40 each week.

A big thank you to Liz Hall, who responded to our ongoing plea for helpers. She has now been along to two sessions of Youth Group and we hope she will continue to help out whenever she can.

We made Valentine's Day cards in early February and just this week had a talent competition initiated and organised by the children. Brave entrants showed off their talents, including singing, gymnastics, dance, karaoke and harmonica. Well done to all those who took part.

We've been trying out some new activities inspired by internet videos, including speed catching of rolling balls with cups, object memory games and team target ball rolling, with a giant cardboard box. The large parachute has also been very popular and encourages cooperation and teamwork. We are looking forward to spring and Easter themed craft activities.

The Chequers will be hosting its March quiz evening in





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aid of Binham Youth Group. We are hoping for a fun evening and want to thank Sarah and her team for this wonderful opportunity to raise funds.

Youth Group runs every Wednesday evening 6-8 pm, term time, at Binham Memorial Hall. Children aged 5-16 welcome. All helpers are safeguarding and first aid trained and police checked. Entry £1. Tuck shop available. Just come along, or for more information, phone Andrew Marsh 01328 830178, or Amanda Able 01328 830828. *A.Able*

BINHAM & HINDRINGHAM OPEN CIRCLE

At the Open Circle's AGM on 13th February, we agreed we would continue to meet at Binham Memorial Hall and that due to diary clashes at the hall, we would meet on the second Thursday of each month. We also agreed that we would continue to donate to the food bank in Fakenham, and we agreed donations to five local charities.

On 10th April, we will hear a talk from Dr Penelope Watkins on Hooter Holders: An Uplifting History. The talk will highlight the development of changing fashion styles in shaping the breasts, with many vintage examples triggering happy memories. Dr Watkins is a technical fashion design consultant, with many years' experience in garment design, pattern cutting and garment fit. Her great interest is in all things related to the history of fashion, production and technology and what has been worn by women from all walks of life. But her overriding passion, is helping women enjoy their shape, have a better understanding of garment fit and thereby making more informed clothes choices that enhance comfort and self-esteem.

On 8th May, local composer Susie Self will give a talk on The Life of a Composer, from singing at Covent Garden to conducting in Vienna. Susie Self, who lives in Hindringham, studied at the Royal College of Music and Cambridge University. She won scholarships from the Royal Society of Arts, The Banff Centre in Canada, and most recently a STEAM scholarship from Birmingham City University, to read for a PhD in composition. Susie became a full-time composer seven years ago, following a successful solo operatic career as a mezzo soprano for 25 years.

Open Circle is an informal group of women, who get together to make friends, learn new things and raise money for local charities. We meet on the second Thursday of each month at 7.15pm. Annual subscription is £20 and visitors are welcome to attend for £3 per meeting. For further information, or to book a place at a talk, please contact Shirley Collyer on collyersh Shirley@gmail.com. *S.Collyer*

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BINHAM MEMORIAL HALL 100+ Club Winners

January

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Sydney Taylor £10
Rory Bartram £5
Clare Colley £5
Anthony Hunt £5

February

Joan Yen £25
Anne Hooper £10
Jackie Frost £5
Clive Brady £5

New members always welcome - only £1 per month.
Contact Paul Bailey on paulbailey04@aol.com. *Paul Bailey*

COCKTHORPE

Contact: Juliet Case
julietcase@live.com

No news from Cockthorpe this time.

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ST ANDREW'S CHURCH New Loo

Lots of fun around the responses to the new composting loo in the churchyard of St Andrew's church in Field Dalling. A variety of names were suggested at the village coffee morning but the serious point is that we join the churches who can offer that necessary, if occasional facility.

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Easter Services

All are welcome at our Palm Sunday service on April 13th and our Easter Holy Communion service on Easter Day, both at 11am.

Do join us to prepare for Easter at quiet reflective services at 6.30pm on Monday 14th to Thursday 17th April, and on Good Friday at 10.30am.

Lent groups

We will be holding Lent discussions in our kitchen at 67 Langham Road on Mondays March 24th to April 14th, and on Zoom from Monday March 11th to which all are very welcome. We will be discussing *What were you arguing along the way?*. Zoom details from Ian.

Annual Church Meeting

This meeting to hear about church activities last year and elect members of the church council will take place at 12 noon on Palm Sunday. All welcome.

Ian Newton iannewton46@gmail.com

VILLAGE EVENTS

Easter Bingo 11th April and Bingo 9th May

Doors open 6.15pm Eyes down 7.30pm

Easter Bingo is likely to be busy so please book with Ian at ian.ladley2@yahoo.com.

Judo

Tuesdays: age 5+ at 6pm; age 10+ at 7pm.

U3A

See What's On page 2 for listings and times

GUNTHORPE

Contact: Jane Carwadine 07989 534145
jacarwardine@googlemail.com

FOGPC

50/50 Club Draw Results

January		February	
Noel Hinton	£20	Paul Tacon	£20
Libby Norton	£15	Lisa McGeown	£15
Jeremy Denholm	£5	Tom Dye	£5
Virginia Worsley	£5	Lindsay Harriet	£5
Diane Blakeley	£5	Michele Healy	£5
Peter Howard	£5	Marcus Aitman	£5
Alice Lemberger	£5	Seana Broom	£5

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paulhennessy1963@btinternet.com

Our subscription year ends on Saturday 31st May 2025 and the May 50/50 Club Draw will be held on the same day with the year-end prize fund almost doubled to £110.

Subscriptions for the year 2025/26 (£24 per person for 12 draws) can be paid at any time from now onwards and payment can be combined with Friends membership (£5 per person minimum). Payment can be made by BACS (Acct: "Friends of Gunthorpe Parish Church", Sort Code: 53-50-73, Acct No: 2572 7532), by cheque, payable to "Friends of Gunthorpe Parish Church" or by cash. If paying by BACS please notify the amount and date by email to jbconsult@btinternet.com to ensure that records are updated as soon as possible and you do not miss a draw.

If you would like more information on the Friends and 50:50 Club, please contact either Myfi Everett on 01263 860035 or John Blakeley on 01263 861008. *John Blakeley*

ST MARY'S CHURCH NEWS

It is gratifying that the pattern of morning prayer, followed by coffee and cakes, at 11am on the second Sunday of each month is now well established and well attended from the village, and by those from further afield who appreciate the services and preaching of the Reverend Ian Whittle. We are fortunate usually to have him each month despite the demands on him from all the other parishes in his Benefice. The music and singing are always a bonus, especially when we enjoy the professional Jane Carwardine playing her violin, and Rosemary Kimmins as organist to whom we are exceedingly grateful.

The formal part of the graveyard became mountainous from impressive molehills but it is once again a flatter more traditional Norfolk landscape thanks to the assiduous attention of Stephen Fisher.

At the time of writing in early March the snowdrops are magnificent, a free if modest alternative display to



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Walsingham Abbey. By summer the snowdrops are overgrown with nettles and goose grass etc, but as long as all that is cut down by December, they emerge more numerous and stronger than ever.

We have had bonfires and clearing and tidying of the rougher parts beyond the graves, with much work done by Dan Marsden and Dave Godin. The churchyard is appreciated by many visitors and families with relatives buried there. The next job is to tackle the ivy which has got an unjustifiable stranglehold particularly on the Scots Pines which complement the tower on the skyline.

FRIENDS OF GUNTHORPE PC

Following their very successful and fun Michaelmas and Christmas musical events in the church, Jane, Liz and Evie have very kindly planned a pre-Easter open house at Hall Farm (the Marsden's home) on the afternoon of 17th of April. This will be an informal village social with musical interludes, also celebrating the arrival of the Marsden's grand piano which has been in storage since they moved to Gunthorpe nearly four years ago.

Please give Liz notice if you would like to come, by message/phone/email on 07921 210482 or **Liz_marsden@outlook.com**, so that she can make sure enough space will be available.

You are welcome to come at any time between 3-6pm. There will be music played by Liz, Jane, Evie and anyone else who would like to join in and also tea and cake.

The gathering will be a fund-raiser as well, so donations will be gratefully received and split between the Friends and the Village Institute.

It is so very kind of Liz, Jane and Evie to organise another village event, and I can't thank them enough. Hopefully it will inspire others to come forward with events they might organise and run for the Village. We won't be having a fete this summer as no one has come forward to organize and coordinate it. Jane did a splendid job last year, but it is a big event and requires much planning and work. It would be wonderful if others came forward with ideas they may run for the village and we can pool our efforts to try to make them happen – so don't be shy.

The sun is shining, Spring is in the air, and I hope to see many of you on 17th April. *M.Denholm, Friends chair*

THE SCHOOL

The following article is taken from the "History of Gunthorpe" written by Ray Steffens and completed in the 1970s, with names of residents living in the village at that time. This is Part 2 of the section on the village school. (Part 1 was in edition 160.) Other parts will follow in later

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editions of the Local Lynx.



The school in 1922 – Headmaster H K C Foote

Although the school has closed, and it has now become a private house it is fortunate that some of its early records do survive and are available locally. During its lifetime, the school building remained virtually unaltered although some improvements in capacity were achieved. In 1891, a curtain was put up to divide the infant's class from the others. In 1915, cloakrooms were built. In 1922, a partition was put up to divide the large and lofty schoolroom. At a later stage, the school meals service started, and a permanent separation was made across the end of the room. Mains water was provided to the village in 1959, and the school had proper sanitation in 1962. Electricity followed in October 1963 and the telephone was installed in 1965. All a little late in its life.

A study of the school logbook shows the great difficulties under which both staff and pupils laboured, at least in the early years. At one time there was only one large and lofty room, which must have been very cold and draughty in winter. The exposed position of the school, on a rise, did not help matters. One stove served the whole school, and one headmistress reported that the temperature did not reach 50° F all winter. Temperatures of 40°F were

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not uncommon. Once it was reported to have been so cold that the children could not write properly and on one occasion the ink froze. This despite an annual fuel consumption of between five and seven tons of coal.

If the wind was in the wrong quarter, the room filled with smoke. The smoke problem is a pathetic story in the log and lasted on and off for over 40 years despite special cowls being fitted. Quite often it was so smoky that lessons became impossible. Ventilation problems existed both in winter and summer. It was suggested in 1893 that the windows should be made to open at the top, but no action was taken even by 1907. In 1899, the logbook records that "the Mistress has not had the use of a clock in this school for 16 months". There was often a shortage of desks and blackboards. One headmaster was asked why he was not teaching geography and replied that the school had no maps or geography books.

Prior to 1883, pupils would do their writing on slates, which had to be provided by their parents. If the slate got broken and the parent could not afford a new one, then the child had to manage with the broken pieces. In 1882 it was reported that one third of the pupils were without slates. Paper, pencils, and copy books came into use a few years later, but many children found difficulty in adjusting to the new techniques. For example, when mistakes were made, the children would try to rub them out with their fingers, as they had done using slates. The result was a very grubby mess and progress was slowed down.

In about 1890, needlework classes were started for the girls. Patchwork and make-and-mend were popular. Cloth was sought for patching, and one inspector thought this should have had holes cut in it, so the girls could do their patching better. The beginnings of improved education seemed to date from the arrival of Mr Pierpoint and his wife. In his time a start was made in teaching geography, drawing, and natural history (including nature walks). Perhaps in advance of the teaching in other villages, decimals and the metric system were dealt with by the two top classes in 1892 - it should be remembered that the normal leaving age at that time was 13.

From about this time, and particularly after 1900, other facilities were improved. New desks were obtained in 1899 and a harmonium in about 1900. In 1903 dumbbells and "wands" for exercises were ordered, and in 1907 a cricket set and a basketball set were obtained. In the same year, a school library was started, the pupils having to make a small payment so new books could be purchased. A small museum was also started in 1908.

Much absence from school was due, simply, to illness.

Diseases and infections which can now be cured in a short time would, in the period 1880-1920, result in lengthy absence. In most years, there would be an epidemic either of chickenpox, measles, whooping cough, mumps, and influenza. It was likely that one or more children would die each year from one of these causes. The flu epidemics which swept the country in the period 1888-1893 do not, however, seem to have taken their toll here. In addition, there would be recurring bouts of diphtheria and scarlet fever and these caused the school to be shut down for about ten weeks in 1894-1895 and again in 1913.

Skin diseases, eczema, impetigo and the "itch" were common. They were readily passed on from child to child because of the numbers congregated together, and the poor hygiene. Toilet facilities were primitive (usually open buckets), and there would be no piped water and probably no hot water either. One girl was away for nine months with appendicitis, another with an unspecified sickness for eight months. One boy became ill when about eight and remained absent for about four and a half years. He had been back to school for only ten weeks when he had to leave because he had reached the age of 13.

John Blakeley

LANGHAM

Contact: Debi McIntosh 01328 830767
debimcintosh0@gmail.com

WELCOME

We would like to offer a very warm welcome to Carol and Ian Connon. We hope you will enjoy living in Langham.

There were three other homes I called at but was unable to speak to the occupants. A card and information sheet were left, so please feel welcomed to the village and use the telephone number provided if you so wish. *Ann Sherriff*

BANK HOLIDAY MONDAY 26TH MAY

Bring and Buy Coffee Morning

From 10am - 12 noon. Please do come and join us at this annual event.

Depending on the weather, this will take place either outside or in the church or maybe in the village hall, more details will be given on posters nearer the date. We would be very happy to receive:

Small Bric-a-Brac items (no furniture please)

The Arts Society Glaven Valley Cley Village Hall

Meets on the third Tuesday of the month at 2.15pm for lectures on arts related subjects. Membership £55 a year. New members are welcomed.

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NCT BIKE RIDE 2024

Thank you to all those who took part in this event to support Langham Church. We have received a cheque for £110.20 from the Norfolk Churches Trust which consisted of half share sponsorship monies £93.57 and half share Gift Aid £16.63.

There were 20 participants who visited our church with only one representing our village, so well done that cyclist who raised all the money we received.

Please consider taking part next year when this event will take place on Saturday 13th September 2025. Details of prize giving can be found on the NCT website: norfolkchurchestrust.org.uk

Many thanks to all those who manned the 'welcome desk'. We were one of the few local churches that had a full rota of people to welcome participants, so well done everyone and huge thanks from the P.C.C.

"HOW TO READ THE ENGLISH COUNTRY CHURCH"

A Spring Talk
Wednesday 16th April 7pm

The Friends of Langham Dome invite you to join them in Langham village hall to explore the hidden meanings to be found within our churches.

His illustrated talk given by The Rev'd Dr. Nicholas Henderson M.A. (Cantab), PhD., is a fascinating journey through English history unravelled before your eyes; a look at the architecture, outside and inside, the church furniture, those mysterious nooks and crannies high and low. How and why did it all come to look this way?

A graduate of Selwyn College, Cambridge, Nicholas trained for the Anglican ministry at Rippon Hall, Oxford. Inspired by a period working on the staff of Coventry Cathedral he has gained a wide experience of international matters (formerly Bishop-elect for the diocese of Lake Malawi in Central Africa). He undertook his doctoral studies in Uganda, Japan, Brazil, the USA and the UK. He has lectured widely on international, architectural and historical issues and has a particular interest in the period of the English Reformation.

Tickets on the door - £5 for members of the Friends of Langham Dome or £7 for non-members.

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NEWS FROM LVRG (LANGHAM VILLAGE RECREATION GROUND) FUNDRAISING GROUP

Live Music Night 15th February

Unfortunately nobody attended our live music night which was such a disappointment, especially for the band. However they still stayed and played their slot from 8-10pm and were brilliant.

Easter Trail

We will once again do another Easter Trail around the village, starting and finishing on the recreation ground. Saturday 19th April, commencing at 2pm. Please arrive between 2pm-3pm if you wish to do the Easter trail. £3.50 per child, prize at the end. Refreshments and cakes will be on sale between 2-4.30pm.

Fundraising Update

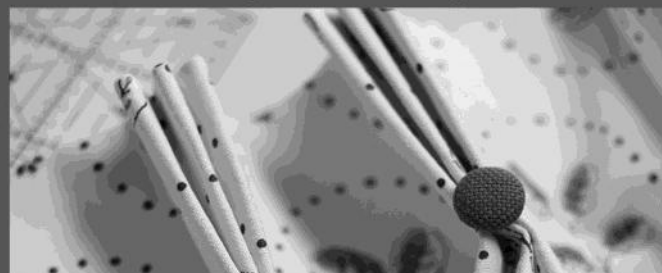
Thanks to all for your support so far; we will use the capital raised to apply for the Hornsea 3 Community Fund. This will hopefully allow us to buy some new equipment for the recreation ground. We will also apply to the National Lottery to fund the walking/running/cycle/scooter track around the recreation ground. More updates in due course.

Picnic Benches

Grove Farm have kindly donated a picnic bench, which will hopefully be in situ by the time you read this (or shortly thereafter). However we would like to purchase two more. They are made of recycled plastic and have a 25 year guarantee. They cost £695 each, so we are putting out a plea to all villagers, please can you help us to buy these benches. Anything you can donate would be greatly appreciated. Contact us on langhamvrg@gmail.com for our bank details to donate.

Long may this wonderful weather continue and we hope to see you all out using the recreation ground and enjoying it.
LVRG team

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LANGHAM DOME

Re-opening details Summer 2025

“Here we are again. Happy as can be. All good friends and jolly good company...”

Langham Dome museum will be open once again from Friday 28th March 2025, 10am-4pm.

The winter seems to disappear so quickly, and before we know it we're dusting off the Spitfire, polishing up the Dome and getting ready to greet our visitors for the new season.

One of our longest serving volunteers and coordinators, Ian Jarvis, has spent hours digging, weeding and planting in the front of the museum. It's going to look super smart this summer. He started planting flowers in the front of the carpark for our big anniversary event last year, and now he can't stop. It looked so lovely and he wants to continue the theme.

We couldn't allow VE - VJ Day's 80th Anniversary to pass without marking such an important year in the history of WW2. We thought there would be an abundance of meetings on in May, so we made the decision to hold our event towards the end of the summer, on Sunday 7th September. It will be along the lines of our amazing anniversary day last July, when over 1,000 visitors flocked to The Dome.

Lined up is 40's style live entertainment, plus music all day supplied again by 3 Bits of Rhythm. There will be vintage stalls, delicious food outlets, military displays, featuring Cogger's Commandos and Allied Star. We shall have classic cars, re-enactors which will include Mr Churchill and spoon-player-extraordinaire, Elizabeth Beck, plus many more.

We shall also be running our £950 total cash prize raffle, which will be drawn on the day. Tickets can be purchased at the Dome. If you have a high street shop outlet and could

help selling tickets we would be very grateful.

Keep checking our social media sites for updates.

Our manager Scott is always looking for new volunteers to join the ranks. You can give as many sessions to us as you wish. They are usually worked in am or pm shifts, but some do a whole day. As a thank you, if you give a minimum of ten sessions per season you will be entitled to our rewards scheme, which consists of:

Free FoLD family membership for the volunteer per season (value-£30)

15% discount on all items in the Langham Dome shop.

All Lavazza hot drinks at a discounted 50p.

If you'd like to join our happy crew then contact Scott at manager@langhamdome.org.

LANGHAM VILLAGE HALL

After two well attended coffee mornings in February and March, Langham village hall will open again for coffee from 10am until noon on 5th April and 3rd May. In between, the Rev'd Dr Nicholas Henderson will give what should be an interesting talk on How to 'Read' the English Country Church, on the evening of 16th April, in aid of Langham Dome.

Langham villagers are also welcome at the village hall committee's AGM on 14th May and the meeting of the Parish Council on 20th May.

CHURCHYARD 'TIDY UP'

Saturday 26th April

Following on from last years very successful "churchyard clear-up", please note into your diary Saturday 26th April 9.30am- 12noon, for this year's tidy up.

Please bring stout gloves, secateurs, rakes and strimmers if you have one (but we have two church ones available). Coffee and cake will be provided to keep your energy levels up.
Edward Allen Churchwarden



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MORSTON

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ALL SAINTS CHURCH

Churchyard tidy

On Saturday 5th April, from 10am to 12 noon, the PCC is having a churchyard tidying session to weed some of the graves, edge the gravel path and cut back some of the larger

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bushes. Everyone is welcome. Bring your own tools if you have them. Seats will be provided for those that just want to watch the buzz of activity and enjoy the lovely surroundings. And of course, coffee and cakes will be provided.

Mary's Crab Supper – Save the Date

Mary Athill's annual crab supper and seal trip has been confirmed for Tuesday 24th June. Ferries depart Morston Quay very promptly at 6.30pm followed by a delicious crab supper in the village hall. Tickets available from Anne Rolfe on 01263 740063/741125.

Gresham's School Soloists Return

After a wonderfully successful musical concert in May 2023, Gresham's School is returning to All Saint's church, Morston. Do come and join us on Thursday 22nd May for a delightful evening of 'Light Music and Songs' sung by wonderfully talented young choral singers from Gresham's school. Drinks from 6.45pm. Performance starts 7.30pm. Tickets available on the door - £15 including a glass of wine and nibbles.

MERSTONA QUIZ

(answers on page 27)

- "Beware the ides of March" is a quote from which play?
(a) Waiting for Godot, (b) Julius Caesar, (c) Death of a Salesman, (d) We Will Rock You
- 'March of the Mods' was a hit single in 1964 for which artist?
(a) The Who, (b) The Small Faces, (c) Joe Loss and his Orchestra, (d) The Kinks
- 'March of the Toy Soldiers' is a piece of music from which piece of music?
(a) 'Nutcracker Suite' by Tchaikovsky, (b) 'Children's Corner Suite' by Debussy, (c) 'Music for the Royal Fireworks' by Handel, (d) 'Orchestral Suites' by J. S. Bach

4. Every year on 31st March, children and adults celebrate what day?

- (a) National Cheese Straw Day, (b) National Balloon Day, (c) National Trifle Day, (d) National Crayon Day

5. Which beloved game of family game night was invented on March 7th, 1933?

- (a) Cluedo, (b) Ludo, (c) Monopoly, (d) Trivial Pursuit

6. 'April, Come She Will' is a song released in 1966 by which music duo?

- (a) Simon and Garfunkel, (b) Peter and Gordon, (c) Sonny and Cher, (d) Sam and Dave

7. 'Little April Shower' is a song featured in which Disney animation?

- (a) Sleeping Beauty, (b) Dumbo, (c) Fantasia, (d) Bambi

8. What musical form is celebrated every April by the Smithsonian National Museum of American History?

- (a) Folk Appreciation Month, (b) Jazz Appreciation Month, (c) Punk Rock Appreciation Month, (d) Blues Appreciation Month

9. In which Shakespeare play does the Bard describe April as when "wheat is green, when hawthorn buds appear"?

- (a) Hamlet, (b) Macbeth, (c) A Midsummer Night's Dream, (d) As You Like It

10. What culinary delight is celebrated every year on April 12th?

- (a) National Grilled Cheese Sandwich Day, (b) National Cucumber Sandwich Day, (c) National Banana Bread Day, (d) National Shredded Wheat Day

MORSTON QUIZ NIGHT

'Missing the Point' Claim Victory by ½ Point

The annual *Friends of Morston Church* quiz in Morston village hall had its 21st birthday on Saturday 8th February. The same eight teams as last year vied for the coveted



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trophy and answered nine rounds of eight questions each, with topics ranging from 'Countryside' and 'Geography' to 'Puzzles'.

As usual, there was intense rivalry with several teams in contention for victory as the quiz entered the last round of questions. This year we witnessed a new team name on the trophy with "Missing the Point", expertly captained by Jane Temple, the ultimate winners. Many congratulations to Jane and her team, who also won a bottle of wine each. On what was a hugely enjoyable and competitive evening, all participants were treated to a delicious dinner of cottage pie with salad followed by a wonderful assortment of puddings.

Thank you so much to all the volunteers who produced the meal and particularly to Jill Tibbetts for organising the catering and washing-up along with Sally Metcalfe and Karen Stephenson. Thank you also to Rob Metcalfe and Sue Smith for scoring, David Beale, who did a superb job as manager of the bar and to all those who contributed a great range of raffle prizes. We are pleased to announce that the event raised a record amount of just under £1,740, so thank you to all the attendees, for their generosity, and particularly to the team captains for assembling their teams.



Missing The Point team

SWAMP UPDATE



The first March S.W.A.M.P. community volunteer session at Morston Pond was met with (thankfully) warm weather to encourage our clearing up and general maintenance. Much has

been achieved in the wet winter months. However, Spring is just around the corner and the pond is already alive with activity. We're delighted to be introduced to a new species of bio-diversity - the Blue Mint Beetle - as well as mating toads (look away kids) and some toad spawn. How do you tell the difference? Well, let's ask Mr Google!



- Frog spawn: Jelly-like clumps of eggs that are usually found in shallow water
- Toad spawn: Long, gelatinous ribbons of eggs that are usually found in deeper water and wrapped around vegetation

Voluntary work continues each week at the pond and we welcome everyone to come and join us in preserving and enhancing this wonderful local amenity feature.

Should you want to learn more about what we do, why don't you come and join the SWAMP team on Thursday 3rd April, 6:30 - 8pm: in Morston village hall where we'll be delighted to provide you with an overview of our work on the pond and its surrounds. If you can't make that then try Saturday 21st June 9-11am where Summer solstice bacon butties will be on offer at the pond.

For regular updates on what's happening down at the pond, please check www.morstonpondswamp.org and do please contact us at morstonpondproject@gmail.com. You can also follow us for regular updates on: **X:@MorstonPond** and **Instagram:@morstonpondproject**.

FRIENDS OF MORSTON CHURCH AGM

Having studied this year's tide table, it has been agreed by the committee that the date for the 2025 AGM of the Friends of Morston Church will be held on Saturday 14th June at Morston village hall starting at 6:30pm. We look forward to seeing you there.

Music + Words

Saturday 26th July 4pm-10pm – Save the date. Music + Words in the Garden; great line up of acts in the delightful gardens of Church Farm House. Food and drink available. Ticket information to follow in next issue of the Lynx.

FIRST AID TRAINING

On Wednesday, 19th February at Morston village hall, Nigel Wildman, Community Education Coordinator of the British Red Cross, provided local residents with a hugely



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informative session on the basics of first aid training. From understanding how to identify and assess necessary first aid medical treatment to the actions an individual can take to assist in supporting an injured person whilst waiting for emergency support, Nigel provided a comprehensive overview.



It was pitched perfectly for his audience of ten, all of whom left feeling very much more informed, empowered and confident of being helpful and knowing what to do in an emergency. For those who attended and wish to donate to thank Nigel for his time, the link is as follows donate.redcross.org.uk/appeal/community-education.

Thank you to all involved.

SAXLINGHAM

Contact: John Pridham 01263 687809
jcwpridham@gmail.com

WELCOME

At The Croft we welcome Pete Stapleton and Christine Argill who have recently moved into the village from Melton Constable together with a number of their chickens.

We hope that they will be very happy living here.



DOWN BY THE FARM

It is the end of February, and they are now looking to lift the last of the sugar beet.

A start is being made to drill the spring barley, and this is also a time of hedge planting, clearing ponds, ditches and drainage work.

The yards are being tidied up and general estate improvement including on any unused property is undertaken.

So the farm work goes on according to the seasons and of course the weather, too.

SHARRINGTON

Contact: Claire Dubbins 01263 862261
cdubbins@btinternet.com
www.sharrington.org.uk

A TRIBUTE TO THE LATE PAUL MORGAN

Sharrington residents will remember Paul and his wife Eunice who lived for many years at Church Farm House, which the family still own. They were kind and generous people and major donors to village activities. When they became older they moved nearer to their family.

Paul was a most successful business man whose early appreciation of the potential of technology led him to transform a family press cuttings business into a major player in financial communications. He was a wealthy but modest man who always wore his fortune lightly. His success allowed him to become a major benefactor of music and, on 29th January a celebration of his life was held in the



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form of a special concert in London.

It was appropriate that the event was held at the Wigmore Hall in Marylebone and the musical pieces performed by members of the National Youth Orchestra. Both the venue and the orchestra were major recipients of Paul's generosity and the chief executives of these organisations gave tributes to his thoughtfully planned initiatives to sustain their work. Paul and Eunice's daughter, Sarah George started proceedings with a moving account of her parents' commitment to music; the concert then opened with a Debussy flute solo played from the seats that the couple so often occupied at the Wigmore Hall. All the works chosen reflected Paul's devotion to chamber music, particularly pieces for the cello.

Eunice, though increasingly frail, was able to attend in a wheelchair and we were able to send our best wishes from the village. It was indeed a fitting tribute to a fine man.

Martyn Sloman

FOODBANK NEWS

We have just received a thank you letter from the Mid Norfolk Foodbank thanking us for our "incredible efforts throughout 2024. You donated 148kilos of food which provided 18 three day emergency food parcels for people in financial crisis." Suzanne Busby, their operations manager writes "One in seven people in the UK still faces hunger every day. So we continue to work together to ensure no one needs a food bank to survive. But until that happens, and with your help, we will provide emergency food and practical support to people in their hardest moments." The impressive amount is a great tribute to the generosity of the village and it is clear that this is appreciated. The collection point at the back of the church is there for those who wish to give and it is always open in daylight hours. Unfortunately however, we are not equipped to process bulk donations from outside the benefice and the foodbank at the Salvation Army in Fakenham can only accept non perishable food and toiletries and nothing past its sell by date. The Salvation Army and other charity shops will of course always welcome toys and clothing.

Looking ahead it is worth noting that Easter is late this year and the schools go back straight after Easter Monday, so the latest day to take in all those special treats for Easter, will be Sunday 13th April. *AS*

IT'S GOOD TO TALK

One of the reasons Norfolk has retained so much reminiscent of this country's better times is the general understanding of conservation matters. Our district council



Derek Harris
photo: The Guardian

and its conservation team are dedicated to this duty of care for everything of quality and value, such as the very rare K6 functional telephone kiosk, standing on the three way road junction at Sharrington, which is once again under threat from BT who conceded an extended deadline for receiving objections, which was clearly warranted. The support from Parliament, district council, local and national press, our local government representatives and villagers has been overwhelming.

An icon in its own right, it sits amidst an array of high value heritage assets. In the field south of it is the very spring of one of the few remaining chalk streams in England. It is a next door neighbour to the site of the former village school at The Place, and also in Bale Road is the old coaching inn, the locally listed "elegant" Chequers, both now private houses. Opposite Chequers is Pilgrims' Rest, near the listed Wayside Cross, a marker for pilgrimage to the Walsingham Shrine with All Saints church close by and historic Daubeney Hall Farmhouse round the corner.

The Sharrington K6 sits most comfortably amongst these with its own wonderful history. Telephony began in the last quarter of the 19th century, but by the early 20th century its importance was widely recognised. In 1912, the GPO set about a programme of standardising all its estate. This was paused during the Great War, but rapidly resumed afterwards. The early kiosks were made of concrete and painted green or cream. However, it was decided to follow the example of post boxes and London buses and go for red to make them noticeable. Glass panels provided light and

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visibility at night. By the 1930's, the GPO grasped that a nationwide roll out meant an attractive and cost effective design was called for. Sir Giles Gilbert Scott, knighted for his design work on Liverpool Cathedral, led the field, although there were hiccups on the way. He was asked to incorporate a postage stamp machine on the K4. The noise irritated telephone users, and weather conditions caused an excess of stickiness. Then, Areas of Outstanding Natural Beauty Organisation objected to the colour, only to repent, meekly repainting them in the traditional "currant" red, which explains why the K6 keeps its place in England's top ten favourite heritage treasures.

For the Silver Jubilee of George V in 1935, a special design was called for; hence it being styled the "Jubilee Kiosk". Made of cast iron, it had three glass panelled sides, above which was a crown. In the early models, this was the Tudor Crown. Not only do these adorn the working K6 at Sharrington, but they are gilded so this is a genuine 90 year old design.

When few but the rector and major farmers had a phone, the installation of a kiosk had a symbolic presence in the community. It evaporated any sense of isolation or anxiety. For the first time, any villager could make instant contact with family, retailers or the doctor and transformed village life. It literally instilled the breath of life. Today, knowing that it is a working model maintains that authentic thread of history. Granted few calls are made, but each is vital in nature. Not that long ago, a trapped car driver's life was saved by this K6.

It is extremely rare for a functional bona fide K6 to have the inestimable virtue of standing alongside a fibre-connected green box which Open Reach have been visiting weekly. Since field mice keep gnawing through their relished PVC covered copper wires and the FTTP (Fibre to the property) has already been deferred in villages, maintenance and updating this K6 would satisfy any well

intentioned cost effectiveness appraisal. An Ofcom criterion for retaining functionality is an "accident hotspot". The village sits astride the most dangerous stretch of the A148, known as the Sharrington Straight whose collision rate is well documented.

By sheer coincidence the year of its design was the year of my birth. The day Sir Giles Gilbert Scott was knighted happens to be my birthday, too.

The kiosk is a much cherished part of two Conservation Areas. There are compelling reasons why this locally listed heritage asset should be listed nationally and its functionality retained, rather than let its life be snuffed out. Our MP has given his full support. The national and local press have recognised this is a matter of great public interest. We hope that BT will allow a reprieve, as they did in 2016, for this vital, animate jewel in the village crown.

Derek Harris

BT extended their consultation period to 19th March, a process which they have to do if they wish to remove a phone box. This prompted a response from Sharrington kiosk supporters who met at the telephone box on 14 March at 11.30am to use the call box and talk to their MP, district councillors, and representatives from the EDP and BBC. The final outcome was unknown at the time of Local Lynx going to press.

DID YOU MAKE A NEW YEAR'S RESOLUTION?

I gave up making New Year resolutions when I discovered it was April and I had forgotten what I thought I might do in the New Year.

However, our village hall can help if staying fit was one of the resolutions you remember making.

Monday mornings, at 11am we have gentle yoga

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ready to set you up for the week ahead. Or maybe to help you to unwind after a weekend of visitors.

On Thursday mornings we offer two types of fitness classes at the earlier time of 9.30am for work on a mat or 10.30am for adult ballet.

If none of those appeal, on Friday mornings at 9am we have another exercise class so there's no excuse for not staying fit.

Further details of all the above can be accessed on our website www.sharrington.org.uk.

And lastly, you may have resolved to help our planet. We do not have a recycling point at our village hall but do our best to use less plastic and encourage our patrons, on bar nights, to have tap water rather than bottled water. A new initiative being run by Boots pharmacy is recycling pill blister packs and in exchange you earn loyalty points. Unfortunately, you do need a mobile phone and a dreaded app, but it is a step in the right direction for those who try and stay fit but unfortunately require drugs to keep us functioning too.

A. Abrams

80TH ANNIVERSARY OF VE DAY

8th May 2025 is the 80th anniversary of VE Day commemorating the end of World War II in Europe in 1945. To mark this anniversary the church gates at All Saints will be decorated and tea, coffee and cake will be offered after the service on Sunday 11th May, including the Women's Institute official VE Day 2025 orange and ginger cake. All are welcome.

CD

VAGABAND CONCERT AT SHARRINGTON VILLAGE HALL

On Saturday 26th April at 7pm, we have a visit from Vagaband, the fabulous six piece band from Norwich, led by the one and only José McGill, playing Americana at its best. Since 2006, The Vagaband have taken their brand of roots rock across the UK and Europe. As regulars on the festival scene they have performed at Glastonbury, Secret Garden Party, Holt Festival, Wilderness, Bestival, Red Rooster and Maverick. Based across the East of England the band incorporate elements of American, folk, prog, psych and 70's country funk. They have released four studio albums, have collaborated with US cult band Ween on a remix, recorded award winning film and TV soundtracks and picked up a music award in 2018. In 2024 they were nominated for 'Best Country Song' in the British Country Music awards. Further info and tickets from www.sharrington.org.

Gary Bishop

STIFFKEY

Contact: Sophia Williams 07800 590262
stiffkeylynx@gmail.com

GENERAL NEWS

Spring has finally arrived in Stiffkey. With the warming weather brings a flurry of events in the village. Stiffkey swap shop kicks things off on Saturday 12th April in the village hall at 10:30am for an hour of chat, cake and swapping. The charity, Rescue Wooden Boats, open their Maritime Heritage Centre for the season with their preview day on Sunday 13th April from 11am until 4pm. In May, we've got the Gansey Project knitting event there on Sunday 15th. Warborough House are opening their garden on Sunday 25th from 1pm taking part once again with the National Garden Scheme charity day raising money for Stiffkey's St John's Church with their teas and cakes.

There have been a few new members on our community speed watch team over the past month. Thanks to all the volunteers who go out in all weathers. If you're interested in joining them, please drop me a line.

Reflecting on the past few months mine have been dominated by health. I would like to offer my heartfelt thanks, with no pun intended, to those who donated to our village defibrillator and its upkeep. It is reassuring to know its there at the bottom of Hollow Lane on Wells Road in the old phone box.

This Month's Seasonal Recipe

Cheats Chowder, serves two to three:

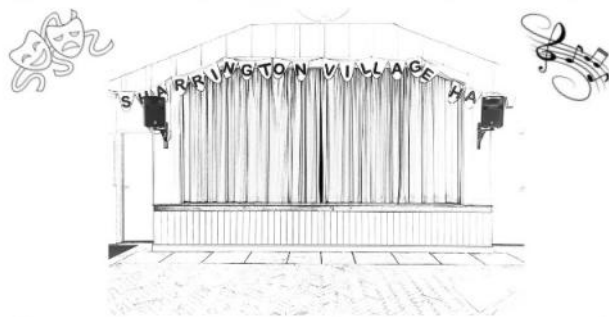
Three leeks, chopped, three garlic cloves, crushed,

Two tbsp of olive oil, 500ml milk of choice

500ml of vegetable stock, 3-4 medium potatoes, cubed

Can of sweetcorn, drained, Packet of cooked prawns or

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Packet of smoked tofu cubed, Tsp of dried dill
Two or three chives to snip over.

Sauté chopped leeks and crushed garlic, in a pan with olive oil. When the leeks start to brown, add stock and milk, plus the potato, then simmer until the potato is soft. Add canned sweetcorn and cooked prawns, or tofu; heat through, then nip over a few chives and stir in the dill.

Sophia's sommelier recommendation would be a delicious glass of Alberino or Sauvignon Blanc. If bubbles are your thing, a glass of aged Cava or a sparkling Portuguese wine would also be a perfect match. *S. Williams*

TALES FROM THE RIVERBANK

January brought a cold snap which froze the meadows between the river and Damson Lane. This made life difficult for all the birds which feed on there. As I've mentioned before that land is rich with invertebrates and vegetation, neither of which offer themselves up easily during a hard frost.

The birds are adaptable, however, so many soon shifted their attention to the river for food. The army of wigeons sent many patrols to investigate and as vegetarians they seem to benefit from all the plants which line the banks.

The river is low compared to previous years. Last year at this time the whole meadow was flooded whilst now standing water on the meadows is scarce and the river level nowhere near its high spot. This exposes areas of reed bed and lower lying plants along the banks which offer rich pickings for the egrets which like to hunt in those areas.

I'm sure this activity drew our exotic visitor the glossy ibis to investigate and one morning we had the interesting spectacle of the ibis perching in the ash tree which overhangs one of these beds. They spent considerable time in the tree picking the right spot before swooping down and using their very long beak to probe amongst the dead reeds. It was rewarded with a bullhead fish for breakfast, a significant meal in the depths of winter.

The bullheads are easy to recognise due to their distinctive shape and they must be present in good numbers because I've seen many caught by various birds. That said the next catch I sighted was of a stickleback, this time by a little grebe who is a frequent and busy visitor. The grebe is an expert diver and extremely fast underwater but despite these skills it is astonishing they can catch a swimming fish in the murky waters of January.

It is very encouraging the river can offer up so many fish as food at this time of year, and it bodes well for new arrivals as the breeding seasons start. In such opaque water you would think they were safe, alas not from our expert fishing birds.
Martin Williams

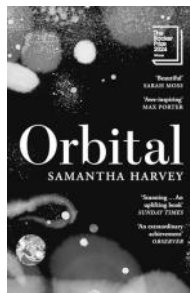
NORTH NORFOLK BOOK WORMS

Our first reads of 2025 have been *Orbital* by Samantha Harvey, 2023 and *if nobody speaks of remarkable things*, by Jon McGregor 2002.

Orbital is a short novel at just over two hundred pages and won the 2024 Booker Prize. The story premise is simple; six astronauts on the International Space Station which orbits our planet 16 times in a twenty-four-hour period. The novel is set over those 16 orbits as the astronauts conduct scientific experiments, collect meteorological data but primarily observe the planet. They are forced to look on as a typhoon causes havoc, receive news that someone has suffered a bereavement and face the fragility of human existence.

Several of the group did not finish the novel for a variety of reasons. Everyone acknowledged the poetic nature of the writing with beautiful descriptive passages of our planet. Harvey had clearly undertaken a huge amount of research, and we felt it was an important literary work at this time of climate change coupled with human impact on our planet. Yet those same descriptive passages became more repetitive, and the writing seemed almost claustrophobic. Perhaps this was a deliberate style to mimic life on the International Space Station. We felt the astronauts were not well developed as characters, perhaps so they almost become one character with these shared experiences that so few in existence can appreciate or have lived. This was not a successful audible book for those who chose that option. They found the narrator irritating and difficult to understand. Once again as a group we have been largely disappointed by reading a Booker Prize winner. Book worm score 3/5.

if nobody speaks of remarkable things, is an intricately observed novel of the lives of the residents of a quiet street over the course of a single day. The book is set on a late summer's day in 1997. McGregor succeeds in exploring the hopes, fears, and unspoken troubles of a group of late-night revellers, a single father with scarred hands and a quiet, strange young man who collects and photographs junk. A terrible event unites them by the end of the day. A second timeline focusses on one of the street residents several years later as a major event in her life causes her to search back over her memories of that day.



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The author writes in short sentences and apart from the two characters in the later timeline, none of the street residents are named. We felt that this was an interesting literary choice and required more from us as readers to follow and explore the residents of the street. This meant there was no narrator judgement in the descriptive passages. One downside was that for those who listened to the novel, the lack of names meant passages could be confusing and several of us had different interpretations on the story. There was also little dialogue particularly in the 1997 timeline which we found unusual. The novel is not plot driven. We appreciated the beautiful poetic prose which created a series of polaroid-like snap shots of that fateful day. The pieces came together like a jigsaw. Those remarkable things, the group felt they were both the ordinary, small interactions that we do not recognise or acknowledge, that are left unsaid, or we hold inside like loneliness or illness. Book worm score 4/5.

Jane Hiscocks

CHURCH NEWS

St. John the Baptist and St. Mary's, our church in Stiffkey, has had a quiet few months other than our regular services and a modest footfall of visitors most of whom contribute to our visitors' book or donate.

As Easter and summer approaches, we'll need a hand in addition to the usual cleaning team to spring clean the church in early April. Could we have volunteers please, to help on Saturday 5th April at 10am and a second group on Saturday 12th April at 2pm. Please let me know on the email below.

Please note the following dates for the diary, Maundy Thursday service and Holy Communion on 17th April at 12pm. Easter Sunday's service and Holy Communion on 20th April at 9:30am with our Easter egg hunt in the churchyard at 3pm the same day.

As spring and summer inevitably lead to rapid growth, the churchyard team would welcome more volunteers. Please let me know or if you have any other enquiries. You can get in touch and contact me on the PCC Secretary's email, stjstiffkey.sec@outlook.com.

Alan Duff

RESCUE WOODEN BOATS

Our Maritime Heritage Centre is opening on Sunday April 13th from 11am until 4pm for our preview day. We are looking forward to welcoming you. Its where we showcase our local maritime history through displays, artefacts, films, stories of lifeboat Lucy Lavers and local wooden fishing boats and their communities, activities for children and guided visits to the working boatyard next door. We are on The Greenway, our centre is just past the campsite reception

on the left, do follow the signs.

We are open every Sunday and Bank Holiday Monday from 13 April to the end of October from 11am until 4pm.

There will be a series of events on Sundays in the event room at our Maritime Heritage Centre. Please check our website www.rescuewoodenboats.com for details and how to book.

On Sunday 18th May we're hosting the Gansey Project in collaboration with Sheringham Museum where we are inviting local knitters to meet the Sheringham Textile Team to knit and discuss forming or joining a gansey knitting group.

Our flagship restored Dunkirk little ship and locally serving lifeboat Lucy Lavers lives in Wells Harbour. We are very grateful to Liam Pink who has successfully operated her for three years and has now moved on to a full-time managerial job at Tidal Transit. See our website for details of new arrangements for Lucy Lavers afloat.

We welcome new volunteers. If you are interested in local history or wooden boats and have a few hours to spare from time to time do consider joining our friendly team, no experience needed. We love invitations to give talks to groups and societies. We have a speaker team who are ready and willing to talk about our local Maritime Heritage and the work we do. We relish opportunities to develop partnerships with local organisations who might like to support our work. Do get in touch to discuss any of these, info@rescuewoodenboats.com or 07796 951414.

Wendy Pritchard

WARBOROUGH HOUSE

On Sunday 25th May from 1-5pm we are hosting our open gardens for the National Garden Scheme event. Tickets can be booked in advance via their website or pay on the day cash and card payments accepted. Adults will be

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The National Garden Scheme is the largest donor to nursing charities in the United Kingdom and in 2024 donated more than £3m to its chosen charities. Macmillan, Marie Curie and Horatio's Garden are among those they support. All monies from ticket and plant sales are donated to the charity. Home-made teas in aid of St John's church in Stiffkey will be available.

Please follow the signs at the garden gate on the main road to the parking area which is within the garden. Do not park on the main road as this causes congestion. The Coasthopper bus service stops outside the garden ask for the Stiffkey Stores and Post Office stop. *Arabella Morgan*



LANGHAM VILLAGE SCHOOL NEWS

Spring Term Adventures in Learning

As we step into the Spring term, excitement is in the air! Our children have already enjoyed football, netball, and hockey tournaments with other local schools, and there's plenty more to look forward to in the coming weeks.

Jet Class – Discovering Ancient China

Jet Class is embarking on a fascinating journey into ancient Chinese history. They will explore what life was like during the Bronze Age, consulting ancient history books and archaeological finds to compare evidence and draw conclusions. In science, they will be diving into the incredible world of classification—recapping their knowledge of broad groups of organisms and learning about the Linnaeus system to see how different species are related and identified.

Quartz Class – Unwrapping the Secrets of Ancient Egypt

Quartz Class is exploring the wonders of Ancient Egypt, from the mysteries of mummification to the significance of the River Nile. To bring history to life, the class recently took a thrilling trip to the theatre in Norwich to watch *Horrible Histories Live!* The highlight was a mind-blowing 3D experience branded 'Bogglevision' that had cobras leaping off the stage and right into the audience. The children shrieked with delight as they watched history come alive with gory mummies, ancient artefacts, and larger-than-life effects!

Amber Class – Toys Through Time

Amber Class is taking a nostalgic look at toys, comparing their own favourites to those from the past. This week, they'll step back in time with a visit to Gressenhall to experience life in 1950s Britain. The children will immerse themselves in history, pretending it's 1953 and helping to prepare for the Queen's Coronation party. From buying ingredients at the village shop to cooking and tidying in Cherry Tree Cottage, they'll get a hands-on experience of everyday life in the past. Plus, they'll play with 1950s toys and explore how childhood has changed over the years.

Eco Council – Making a Difference

Our Eco Council has been hard at work making our school greener. They've been busy with litter picks and are creating a beautiful wildflower meadow in part of the school field. They're also leading the charge on recycling, ensuring everyone is sorting their waste correctly by labelling and colour-coding the bins.

World Book Day – A Storybook Spectacle!

World Book Day was a huge success, with students and staff dressing up as their favourite book characters. Among the creative costumes, we spotted Harry Potter, Gangster Granny, Super Worm, Mary Poppins, Willy Wonka, and even a scary pirate. A special assembly gave everyone the chance to showcase their outfits and share their favourite books. The day ended with a heart-warming buddy reading session, where children paired up to enjoy stories together—proving once again that books have the power to bring people together.

With so much happening this term, we can't wait to see what the next few weeks bring.

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Polly Kossowicz - Head teacher

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MERSTONA QUIZ ANSWERS

(Questions on page 19)

1. (b) Julius Caesar 2. (c) Joe Loss and his Orchestra
3. (a) Nutcracker Suite by Tchaikovsky
4. (d) National Crayon Day 5. (c) Monopoly
6. (a) Simon and Garfunkel 7. (d) Bambi
8. (b) Jazz Appreciation Month
9. (c) A Midsummer Night's Dream
10. (a) National Grilled Cheese Sandwich Day

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The Community HeartBeat Trust

D DANGER ENSURE THE SCENE IS SAFE
FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE

R RESPONSE CHECK THE CASUALTY NEEDS HELP
CHECK RESPONSE BY TALK AND TOUCH. SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!

S SHOUT SHOUT FOR HELP
IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP. DO NOT LEAVE THEM AT THIS STAGE. DIAL 999 NOW!

A AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR
OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.

B BREATHING LOOK, LISTEN & FEEL FOR NORMAL BREATHING
KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, CALL 999!

C COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS!
PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND

D DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR
IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE. IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

0845 86 27739

www.communityheartbeat.org.uk

Registered Charity No. 1132824

SEE HOW EASY IT IS TO USE AN AED

WEB NOS

NATIONAL DATABASE