

LOCAL LYNX

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

ISSUE 156
June - July
2024



Langham Airfield, June 2017 photo: John Allan



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VH = Village Hall

JUNE

1st Sat. **Bale** Bale Fete, Manor Farm 2pm
1st Sat. - Mon. 3rd **Morston** Sally Temple Art Exhibition VH
1st Sat. & 2nd Sun. **Binham** NN Open Studios: Rosamund Ulph, Buttlands, & Kat Wheeler, Blakeney Road, 10am-5pm
1st Sat. & 2nd Sun. **Field Dalling** Fuff Allen, NN Open Studios, Field Cottage, 10am – 5pm
1st Sat. & 2nd Sun. **Stiffkey** Sophia Williams Artist NN Open Studios, Wells Road, 10am – 5pm
7th Fri. **Sharrington** Craft Group, VH 10.30am-12.30pm
8th Sat. **Langham** Churchyard Tidy Up , 9.30am-12noon
9th Sun. **Stiffkey** Stiffkey Pirates Cricket Club versus Holkham, Playing field, 1pm
14th Fri. **Bale** Fish and Chips, VH 7pm
14th Fri. **Binham**, An Evening with Robert Smith MBE, BMH 7.30pm
14th Fri. **Field Dalling** Bingo, VH 7.30pm
15th Sat. **Morston** FMC-AGM, VH 6:30pm
16th Sun. **Stiffkey** Deep history coast talk David Waterhouse, Rescue Wooden Boats, 2pm
20th Thu. **Binham** & Hindringham Open Circle, talk by Juliet Webster, BMH 7.15pm
22nd Sat. **Binham** Viva Voce Singers, BPC 7pm
22nd Sat. **Morston** Meander, Open Gardens, 10:30am – 4pm
22nd Sat. **Sharrington** ‘The Samphires’ Concert. Church 7pm
28th Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
29th Sat. **Binham**, Norfolk Chamber Ensemble, BPC 6pm
30th Sun. **Stiffkey** History of rum & gin & Blackshuck tasting, Rescue Wooden Boats, 2pm

JULY

3rd Wed. **Sharrington** Gardeners visit to Blickling Lodge
5th Fri. **Morston** Mary's Crab Supper & Seal Trip, Morston Quay 6:45pm, VH Supper 8pm
5th Fri. **Sharrington** Craft Group, VH 10.30am-12.30pm
8th Mon. **Field Dalling** Parish Council, VH 7pm
12th Fri. **Bale** Fish and Chips, VH 7pm
12th Fri. **Field Dalling** Bingo, VH 7.30pm
13th - 15th Sun. **Binham**, Binham Art Group Exhibition, BMH 10am - 5pm
14th Sun. **Stiffkey** Maritime history of wine & tasting, Rescue Wooden Boats, 2pm
20th Sat. **Bale** Bale Book Group, VH 4pm
20th Sat. **Binham**, Norwich Baroque, BPC 6pm
21st Sun. **Langham** Dome Open Day
21st Sun. **Stiffkey** Stiffkey Pirates Cricket Club versus Norwich, playing field, 1pm
26th Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
28th Sun. **Binham**, Binham Yard Sale, 10am - 1pm
28th Sun. **Gunthorpe** Fete, Gunthorpe Hall gardens, 2-4pm
28th Sun. **Stiffkey** Stiffkey Pirates Cricket Club versus Marlingford playing field, 1pm
28th Sun. **Stiffkey** Fishermen's Gansey knitting demonstration, Rescue Wooden Boats, 2pm

REGULARS

Sundays **Stiffkey** Maritime Mingle Event, Maritime Heritage Centre, 1:30-2pm
Mondays **Bale** Painting Group, VH, 1-4pm
(8th April - 22nd July, excluding Bank Holidays)
Mondays **Sharrington**, Yoga class, VH 11.30am-12.30pm
(Not Bank Holidays)
Tuesdays **Binham** Art Group, BMH 9.30am - 12.30pm
Tuesdays **Field Dalling**, Judo VH (6pm under 10s, 7pm over 10s)

Wednesdays **Binham** Youth Group, BMH 6pm - 8pm
(during term time)

1st Wed. of the month **Field Dalling** Coffee Morning, VH
10.30am

3rd Wed. of month **Binham** Cosy Club, BMH, 2pm - 4pm

3rd Wed. of the month **Field Dalling** U3A Psychology, VH
10am

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

3rd Thu. of month **Binham** Binham & Hindringham Open
Circle, BMH 7.15pm

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. in the month **Langham** coffee mornings, VH drop in
10am - 12noon

POST OFFICE & LIBRARIES

Wednesdays **Field Dalling**, Post Office, VH, 9.15 to 9.45am
Langham, Post Office, VH 9.45 - 10.15am

Thursdays 20th June, 18th July, **Field Dalling**, Mobile Library,
Highfield, 4.45 to 5pm

Langham Mobile Library, St Marys Estate 20th June,
18th July 4.05 - 4.30pm

Fridays **Sharrington** Library Bus VH 3.25 pm (21st June & 19th July)

***Local Lynx* is a non-profit-making community newspaper for the ten villages of the benefice.**

We welcome **articles, drawings, photos, poetry and advertisements** for publication from all ages but the editor reserves the right to edit or omit submissions. A **maximum of 400** words is recommended. Please contact your local rep on their email or phone number listed under your own village heading.

All submissions must go through the village rep.

For general information: **lynxeditor@pobox.com.**

Deadlines for submissions to reps are: 6 January, 6 March, 6 May, 6 July, 6 September & 6 November

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.

August

3rd Sat. **Sharrington** Murder Mystery Evening VH 7pm

24th Sat. & 25th Sun. **Sharrington** Jigsaw Festival VH

10-4pm

24th Sat. **Langham** Street Fair - 10am till 10pm

Newsletter and Website Advertising

For enquiries about advertising in Local Lynx, contact
Sally Metcalfe: sallymetcalfe@btinternet.com

Rates for advertising (pre-paid) are:

One column x 62 mm (1/8 page): £72 for six issues.

Small Ads Panel on the back page:

Available for individuals and businesses providing local services. Cost: £36 for six issues.

Church Services for Bale and Stiffkey Benefice for June and July 2024

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

Parish	2 nd June	9 th June	16 th June	23 rd June	30 th June
Bale	9.30am HC		9.30am HC		10.30am HC Group Service
Field Dalling		11am CFS	At Saxlingham	11am MP BCP	At Bale
Saxlingham		At Field Dalling	11.00am MP	At Field Dalling	At Bale
Gunthorpe		11am MP BCP			At Bale
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am MP	At Bale
Binham	11am MP	11am MP	11am MP		At Bale
Morston	9.30am HC BCP		9.30am MP BCP		At Bale
Langham	At Stiffkey	9.30am MP BCP		9.30am MP BCP	At Bale
Stiffkey	9.30am MP BCP	At Langham		At Langham	At Bale

Parish	7 th July	14 th July	21 st July	28 th July
Bale	9.30am HC		9.30am HC	
Field Dalling		11am CFS	At Saxlingham	11.00am MP BCP
Saxlingham		At Field Dalling	11am MP	At Field Dalling
Gunthorpe		11.00am MP BCP		
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC
Binham		9.30am HC	11am MP	9.30am HC
Morston			9.30am MP BCP	
Langham			At Stiffkey	9.30am MP BCP
Stiffkey			9.30am HC BCP	At Langham

Additional Services

Zoom Evensong on 2nd June and 7th July at 5pm. For further details please contact Ian Newton.
on 07979 598020 or email iannewton46@gmail.com.

RECTOR'S LETTER

From the Benefice

For this edition of the Lynx, the Benefice has submitted a poem in place of our Rector's usual letter. It is 'The Bright Field', by R S Thomas.

R S Thomas was a priest who served in small remote parishes in Wales and is thought to be one of the most important poets of his time (he died in 2000). The Bright Field is one of his most famous poems and it brilliantly encapsulates one of those moments when we have a glimpse of the divine, but so often we just pass on without realising it.

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the pearl
of great price, the one field that had
treasure in it. I realise now
that I must give all I have
to possess it. Life is not hurrying
on to a receding future, nor hankering
after an imagined past. It is turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.

RS Thomas (1913-2000)

On behalf of Ian Whittle, The Rectory Langham
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LOOKING AFTER LOCAL LYNX

Local Lynx is a not-for-profit community paper covering the villages of Bale, Binham, Cockthorpe, Field Dalling, Gunthorpe, Langham, Morston, Saxlingham, Sharrington and Stiffkey.

Published every other month, it contains community news as well as news and articles from each of the villages together with details of church services and news from the local school in Langham.

Currently distributed to over 1,100 households it has an estimated readership of over 2,000 as well as over 800 readers on-line at www.locallynx.co.uk.

The paper is produced entirely by volunteers with the editor supported by village reps who collate the stories, distributors who pop the paper through each letterbox, proof readers who try to catch the typos, a designer who can add style and of course those that write the interesting articles and news.

Financially the paper is supported by the parish councils and parochial church councils of the villages concerned and by the wonderful local businesses who place their adverts with us. We also have great support from our readers. If you like what you read and would like to make a contribution to the running costs of the paper then these can be made by contacting the editor at lynxeditor@pobox.com or by direct bank transfer to: Local Paper a/c 65004288 sort code 09-01-54.

Lynx Internet Banking and Standing Orders

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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 10** for details

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

Gunthorpe Village Institute contact: **01263 860051** toni_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 21** for details

COMMUNITY NEWS

DISTRICT COUNCILLOR'S REPORT

...from Victoria Holliday

NNDC News

Planning

The current phase of the new Local Plan examination is complete. There may be modifications to the plan coming out of these hearings which will go out to public consultation and possibly another round of hearings. The new Local Plan hopefully will be finalised by the autumn.

Benefits

The Household Support Fund has been extended to September 2024. This helps the most vulnerable households with the cost of essentials. NNDC operates an emergency support fund for help with grocery costs.

From 6th April it will be easier to obtain a Debt Relief Order which means more residents can access debt relief.

There will be 53 Mondays in the financial year 24/25 which means those on Universal Credit miss out on a week's Housing Costs.

Almost £100k has been allocated in Discretionary Housing Payments to support tenancies, homelessness prevention and to support people to stay within the community.

Housing

NNDC Cabinet has just approved a new Housing Strategy to provide a framework for the delivery of housing to meet the District's need.

A new Housing Allocations Policy will be going out for consultation shortly. This will make the allocation of social housing fairer and hopefully simpler, but you will be able to give us your views.

The Task and Finish Group on finding solutions to reduce homelessness in North Norfolk will be reporting its findings June. We've had stimulating discussions with various organisations from the Eastern Landlords Association to Emmaus.

Eligibility criteria for warm homes grants have been simplified. These are for homes with energy ratings of D-G. This is well worth applying for: get in touch with me if you're interested.

Environmental Services

The new waste rounds which started April 8th seem to have gone quite well so far. You can contact Serco on 03301099220 or norfolkwaste@serco.com, or get in touch with me with problems.

Other News

Blakeney Surgery

The decision to close Blakeney Surgery was made on 7th May. It is proposed the surgery works with the community to provide a solution to the cessation of the medicines collection service. Sadly, no attention has been paid to the cessation of the face to face appointments at Blakeney which is what really upsets residents. We have written to the Secretary of State for Health to ask for her intervention against the closure.

Digital switchover

This is an industry led switch to digital landlines with the old analogue lines switched off by 2025/26.

To be sure, vulnerable customers, ie those who are dependent on landlines, need to contact their provider about now they should be preparing for this change. I would

encourage you to reach out to those who you think are in this category.

I am meeting with BT to talk about mobile coverage in hard to get villages in the hope we can reduce mobile 'not spots'.

Broadband connectivity

I have been in touch with Openreach to ascertain what their plans are for full fibre roll out to the villages which are not connected. Mostly it seems the fibre is still to the cabinet (FTTC) rather than the premise (FTTP) so speeds are about 80mbs. Plans vary from exchange as to when they will be upgraded to FTTP. Get in touch for more information.

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)
michaeldalby@outlook.com

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

WHEN BLAKENEY SURGERY CLOSES HOW WILL YOU GET YOUR MEDICINES?

Patients using the Coast Hopper can collect medicines from David Jagger pharmacy in Wells which is 50m from the bus stop. Boots Pharmacy in Holt is more accessible than High Kelling by bus.

If you request your medicines using either the NHS app or Patient Access, your prescription is sent electronically to the pharmacy that you have specified in the free text box. You'll need the pharmacy code:

Holt's Boots pharmacy EPS code is: FMA27

David Jagger's pharmacy EPS code is: FX609

For those using the NHS app, the easiest option is ordering from an online pharmacy such as Pharmacy2U. Your medicines are then delivered to your house by Royal Mail. This takes place usually within 4-5 working days and is free.

Prescriptions can be ordered using the NHS app by carers and family members.

The Blakeney Surgery Campaign

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MOBILITY & DAILY-LIVING AIDS



PINPOINT INFO

Glaven Caring Centre, Blakeney

I have been talking to Liz, mobility nurse at Glaven Caring Centre, about their wonderful store of mobility aids.

They offer free loans of wheelchairs, bath seats, walking frames, swivels, comodes and more, with the request that users of the equipment make a small donation to the centre.

A few years ago, I was one of hundreds of local carers and patients who benefitted from the recycled equipment when it was stored at Blakeney Surgery and magnificently coordinated by freelance nurse Pooh Curtis. Thankfully, when the surgery closed, Glaven Caring were willing to take it on in a spare garage.

If you suddenly need support

If you find you suddenly need support for yourself or someone you care for, you can make an appointment and come in to view the equipment and talk through what you think you need. Liz says it is important to match the right aid with the right customer and know how to use it correctly.

Holt Mobility in Bodham will be servicing the Glaven Caring wheelchairs and they also hire out a wide range of equipment.

Contact details:

Glaven Caring Centre, Thistleton Court, Blakeney NR25 7PH 01263 740 762; info@glavencaring.co.uk; www.glavencaring.co.uk.

Holt Mobility Centre, Gipsies Lane Works, Weybourne Road, Bodham NR25 6QJ; 01263 588 777; info@holtmobility.co.uk; www.holtmobility.co.uk.

RH (ed.)

**MORSTON
MEANDER**

10.30am to 4pm

SATURDAY 22nd JUNE 2024

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Harbour Rooms, High Street, Blakeney
Thursday 6th June from 5pm

Join us for a commemoration of the allied landings on the Normandy beaches.

Bangers 'n' mash available from 5-8pm. £12.50 adults; £6.50 children. Pre-booking recommended.

Bar open all evening. 1940s style clothing encouraged. Outdoor and indoor games. Bring a lantern if you have one. For further details and to book for food, contact Helen Gimson (branch secretary) at **helen.gimson@btinternet.com** or **07966 494423**.

FAKENHAM CHORAL SOCIETY

Join Fakenham Choral Society for a celebration of the sea and ocean at its summer concert, Songs of the Sea, on Saturday, 22nd June at 7pm in Fakenham Parish Church. This is the choir's final concert marking its 50th anniversary season.

Mark Jones, musical director and head of Chapel Music at Gresham's School, will conduct the concert with Justin Harmer, Cantor at the Roman Catholic Shrine of Our Lady of Walsingham, as accompanist. The choir will be joined by three professional soloists and the programme will include The Seal Lullaby, O Waly Waly, a medley from South Pacific as well as The Pirates of Penzance.

"Norfolk's breathtaking coast is such an integral part of our lives in North Norfolk so it is fitting that our summer concert should showcase songs of the ocean and sea. Our programme includes well known and less known, amusing and inspiring, solemn and frivolous pieces, and should appeal to a wide audience of music lovers," comments Roger Burbidge, chair of Fakenham Choral Society.

Tickets are now on sale. Early birds will pay just £14 per ticket until the end of May. After this, tickets will be £16. There will be a cash only bar at the interval.

For more information and to buy tickets online visit the choir's website **www.fakenhamchoralsociety.org**.

Fiona Thompson



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BALE

Contact: David Bridge
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THOUGHTS FROM BALE

Something strange happened a couple of weeks ago. I received a cheque as a form of payment. Lovely you might think, but then the problem of trying to get it to your account. Yes you can photograph and do it on-line or via an app assuming you have a smart phone or pay it in at the post office, but I thought lets go old school and visit my local bank branch. That was my first mistake. No bank in Holt or Fakenham. Sheringham was the nearest branch however, that was hanging on by a thread after being threatened with closure earlier this year.

All of this had me thinking how much of life today we do ourselves as free labour for big business and government. They seem to have shifted their admin and work to us, saved themselves fortunes and not passed that onto us in the form of a better or cheaper service. Basically we are doing it ourselves and not getting much back in return.

Don't get me wrong, online is great and can save you time and money but in general they save money, don't pass it to us and leave us frustrated with the problem. I mean have you tried ringing HMRC about your tax. Allow yourself three days to get through. If you do, it may not be a real person as they now tell us that a 'chatbot' will be available six months of the year. Good news for chatbots and the employer, as chatbots do not need a funded pension plan or a salary.

And then there is health, closing surgeries, not replacing experienced staff and of course dentistry. You have a better chance of winning the lottery than finding a NHS dentist and if you do, the queue to join is longer than for Taylor Swift tickets. As a consequence people are having to conduct their own dentistry, super glueing crowns, pulling out teeth with pliers or using comic book string and door handle extractions. Let's hope that in the future, this does not extend to cardiology.

Then there are the smart meters that assist them more than us, taking your own rubbish to the tip and then paying extra for it, printing out brochures and forms at your own expense and self service tills at the supermarket. It all adds to the DIY culture.

But it is the banks who are working the DIY scam to its

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limit. They don't want cheques or cash, too fiddly and expensive to handle for them. Convenient to us but not to them. Get all transactions on-line and no branches, that's the plan. Begs the question why we still have Bank Holidays? Is it to give the internet a day off? And what about bank robbers? They are now redundant and I feel for them, as there will be no branches for them to raid soon leading to queues of them at the Jobcentres. Ah well, I suppose they will have to work from home, as online banking scammers.

Breaking News - The pot hole in Field Dalling Road is back (see *Local Lynx* 155) much to the delight of the local wildfowl.

David Bridge

WILD BALE

Brown Hare

A common and welcome sight in our countryside is the Brown or European Hare. Norfolk is home to a large population of these large rufous mammals often seen around field edges as their preferred habitat in open country with plenty of wild grasses, clover and herbs on which to feed.

The hare is thought to have been introduced to Britain by the Romans 2000 years ago as there is no archaeological evidence of them being present before this. They are found across Europe and parts of Asia though are absent from Ireland where they have the Brown Hare's relative, the Mountain Hare. There are some 32 species of hare and jack rabbit across the world.

Twelve years is thought to be the average lifespan and the population and, although in decline since the 1960s, they are still abundant in open country. Their



main predator is the fox which they can out run at speeds of up to 70 km/h or 43 mp/h and they make use of hedges, spinneys and woodland edges to hide up during the day.


A buck Brown Hare weighs 4 – 5 kg and is 75 cm long with 16 cm hind legs and a 10 cm tail. They are generally a warm rufous colour with more of a yellow/brown back, have a white chin and belly. The large brown eyes give the hare excellent night vision and 10 cm ears that have characteristic black tips can detect sound from some distance.

Their teeth grow continuously as they are grinders of vegetation and as such they are a species which have benefited from farmland, set-aside and field headlands that are not cropped, with natural wild grasses and herbage. They eat winter wheat when other food is not available or in low supply due to snow.

Breeding begins in the early spring with males chasing females which are in season for only a few hours every six weeks or so. The "boxing" we see is normally a male and female and can be quite intense as this is a test of the male's endurance & determination, if he gives up easily, he won't get to mate. The females are also chased by the male and here she is testing his stamina.

The female will have two or three litters a year, each litter consisting of two or three young or leverets. Gestation is 42 days and the young are born in a nest above ground. Though well hidden, the young are fully furred and precocial, ready to leave the nest immediately. They scatter soon after birth and make forms, small scrapes in thick grass to remain hidden during the day. At night the female suckles them and licks up the young's urine to prevent predators finding them either by smell or by ultraviolet light; birds of prey

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Paul Lawrie

*Like as the waves make towards the pebbled shore,
So do our minutes hasten to their end;
Each changing place with that which goes before,
In sequent toil all forwards do contend.
Nativity, once in the main of light,
Crawls to maturity, wherewith being crown'd,
Crook'd eclipses 'gainst his glory fight,
And the time that gave doth now his gift confound.
Time doth transfix the flourish set on youth
And delves the parallels in beauty's brow,
Feeds on the rarities of nature's truth,
And nothing stands but for his scythe to mow;
And yet to times in hope my verse shall stand,
Praising thy worth, despite his cruel hand.*

William Shakespeare

BALE BOOK GROUP

The Colony by Audrey Magee

The Colony was long listed for the Booker Prize and short-listed for the Orwell Prize for political fiction in 2022. It is set on an island, or a rock, three miles long and half-a-mile wide off the west coast of Ireland during the summer of 1979. The place and time are central to the book, and they are expertly woven into the lives of the islanders and two outsiders who come to 'occupy' for the summer.

The outsiders, an Englishman Mr. Lloyd and a Frenchman Jean-Pierre Masson, JP, both come to the island for an authentic experience. Mr. Lloyd, a struggling painter escaping a 'half' marriage, is seeking to be changed by the place and light, giving him space to create. JP, a Parisian academic uncomfortable with his mixed French/Algerian heritage, has visited the island for consecutive summers to study and record the unique dialect spoken by the islanders. He is fiercely protective of their isolation and wishes to preserve their language and identity at all costs. The islanders watch on as the outsiders bicker and argue while staking claim to their land, culture and, ultimately, them.

Three islanders are drawn into the coloniser's preoccupations: Bean Uí Fhloinn, a great-grandmother,

widowed Mairead and her fifteen-year-old son, James. They have their own views on what should be recorded, what is being taken, and what ought to be given in return.

Meanwhile political violence rages on the mainland, a stark reminder of the long-term costs of imperialism.

From the description this book sounds like a bit of an intense read, but it is full of thick and evocative descriptions of light, colour and landscape alongside details of everyday survival in an isolated and inhospitable environment. You get a real sense of what remote means.

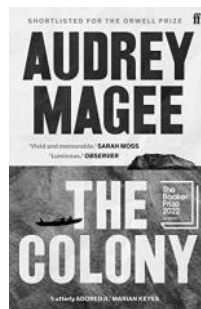
Bale book groupers were universal in their praise, one of us commenting that they didn't want the book to end. Many of us felt transported to a different time and place and given an insight into what to be colonised might feel like. We were shocked at the self-interest of the outsiders and the impact and legacy of their behaviour and were challenged to think about how we might cope in such an isolated place with limited expectations and opportunities. Insightful, thought provoking and a really good read.

Paul Turnbull

VILLAGE HALL NEWS

April at the village hall saw a second Sunday brunch, thanks to the Wall family & helpers. There were even more attendees than for the first session, word having spread that both the food and the friendly hospitable atmosphere were excellent. There is no date fixed for the next Sunday morning treat, but we are all hoping that John, Ann & the team will be persuaded. So look out for posters and notices on WhatsApp.

The weekly pilates (Wednesdays 10-11am) and monthly yoga classes (Saturdays, next session 22nd June 4-5pm) are



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now becoming established. If you would like to join either of these, please get in touch with Alastair via the village WhatsApp or **balevillagehall@gmail.com** to check if there is space.

Fish & chips nights are continuing to welcome a crowd from Bale and beyond. The deadline for ordering your fish & chips has been moved to 5pm on the day via Bale WhatsApp or email (see above). The upcoming dates are 14th June and 12th July, with the food arriving at around 7.15pm. Don't forget to bring your own liquid refreshment!

Bale Oak Bar had a "special" opening on 24th April when the Village Hall hosted the Gunthorpe & Bale Parish Council AGM, attended by our County Councillor, Steffan Aquarone, who spoke about concerns over the digital telephone switchover and also answered questions on a range of local concerns. Many thanks to Alastair for manning the bar to enable the residents who attended to enjoy a glass of wine or beer while the business of governing our little enclave was carried out.

The bar will, of course, be open for normal business on 28th June and 26th July, 6.30-9.30pm. Plans are afoot to provide some tapas treats during the July evening – details to be confirmed. *Paula Moore*

BALE 100 CLUB

Renewal of annual subscriptions to the 100 Club takes place in August so details of how to renew – or how to join – will be in the next edition of the Lynx.

100 Club Results

March	April
1 st Anouk Stanwell-Smith	1 st Anne Peppitt
2 nd Bella Prideaux	2 nd Wendy Doye
3 rd Mark Hollings	3 rd Julian Head
4 th Dan Marsen	4 th Becky Wall

BALE PAINTING GROUP

At the village hall the quest for art satisfaction continues, our currently small group of painters are working away to create pictures to please.

The group experiment using other artists' (renowned or not) methods to create the paintings seen on the walls. The result may not always be as expected but that is a way to learn and perfect a style of one's own. We share our tips and experiences to help each of us get the most out of the sessions.

There are many pictures on display in the village hall, which will change from time to time. While not

mandated it does make a difference to the ambience, we hope.

We have space for additional artists or would be artists so if you or someone you know would like to come along, everyone is welcome.

The sessions are every Monday from 1pm and 4pm, running currently through until the 22nd July, excluding bank holidays.

You can contact us using the email address: **TheBalePaintingGroup@outlook.com** or just pitch up at the village hall on a Monday pm. *Peter Jones*

ALL SAINTS' BALE

We are delighted to be hosting the group service at Bale on 30th June at 10.30am. In addition, we hope to have the usual services of Holy Communion on 1st and 3rd Sundays of June and July. Please check the church notice boards or village WhatsApp as there is a shortage of available clergy at present so it is possible that there may be cancellations. *Paula Moore*

BALE FETE 2024

Bale Fete is upon us. Saturday 1st June at 2pm is when the fun starts, in the garden of Manor Farm. Come along and enjoy the stalls, sideshows and refreshments all to the accompaniment of the excellent Cromer & Sheringham Band. Donations, especially for the cake and plants stalls, will be very welcome on the day. Please remember that cash is the preferred currency for your smaller purchases– we're old-fashioned like that. We look forward to seeing you on the day. *Paula Moore*

BINHAM MEMORIAL HALL

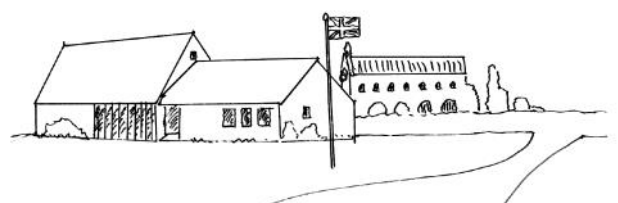
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FIRST CLASS POSTMAN CELEBRATES 40 YEARS

On 25th June, it will be 40 years since Hindringham - Binham postman David Neill joined Royal Mail. Over these years, David has become a vital and much loved member of the community, delivering mail in all weathers and circumstances.

David, who lives in Fakenham and has a wife Rachel, and a grown up daughter, Louise, originally delivered to Hindringham, Binham and Bale and sometimes Warham and Wighton on a three-week rota. There was a time when David delivered either first post or second post, but now there is only one. In 1996 Bale was taken off the round, as the other villages were growing and mail was getting heavier. Now delivering to Hindringham and Binham on a permanent basis, David takes great pride in delivering his post, and his customers enjoy his big smile, friendly banter and outgoing personality. David not only delivers the post, but also keeps an eye on the old, infirm and those living alone; his daily appearance brings reassurance and good cheer.

At first the 4.10am start was hard, but within weeks David found he liked hearing the bird call and the stillness of the mornings. In the first ten years or so of his round, David would call in every morning at Gaskins/Angus bakery in Hindringham for his daily sausage roll, Cornish pastie or cream cake. Then off to Hindringham post office to see Florrie Twiddy, where he might get his chocolate fix of a Kit Kat or a Dairy Milk. In those days the postman had to deliver the daily cash to the post offices (George Bird owned the Binham post office then) and there were no security procedures in place, making it a risky business; on one occasion David was followed.

Over these 40 years, David has seen many changes in the uniform. Until eight years ago ties were obligatory, as were shirts until recently, when t-shirts were finally allowed. David no longer has to wear the flat hard peaked cap and black Crombie coat - the look today is more sporty.

David has seen as many as seven managers at the Fakenham Sorting Office come and go and his round

has expanded with the villages. He's now delivering to the grandchildren of some of his original customers. Post, too, has changed, with people ordering a lot more online since the pandemic. Not only has David had to learn how to use the mini computer when delivering parcels, he has also had to become ever more resourceful in where he leaves them, from cat flaps to woodsheds.

In 2018 the Beast from the East arrived. Roads were blocked with drifted snow. Luckily a Hindringham farmer had snowploughed the main road which meant that David was able to deliver most of his round, and check on the elderly. Customers were so grateful to see his cheerful smile that one even wrote into The Telegraph to say how grateful he was that the postman had taken the trouble to get through to the village.

David worked through the Covid lockdowns, cheering people up with his smile and witty banter, even if a lot of the time it was through a window. Making sure all his customers were ok was an entirely new experience - for a lot of the elderly during the pandemic, David was the only person they saw all day. It was the only time David felt apprehensive about going into the sorting office, for fear of catching something that would put his customers at risk—staying at a safe distance was a priority, and he knew once he was out in the open, he was hopefully safe.

Giving people a smile has always made David happy and in 2021, to cheer the customers up, the Fakenham posties decided to dress up for the Little Lifts cancer charity, that provides thoughtfully handpicked gifts to support people with breast cancer. David thought Bob the Builder would be appropriate (he was a painter and decorator for three years before he became a postman). As a cancer survivor himself, cancer charities are close to David's heart.

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RALEIGH **HAIBIKE**

Over the years David has been chased and bitten by many a dog but now has a secret - he throws a broken cream cracker to distract a feisty dog. In Hindringham David was chased, and injured, by a pheasant. Luckily no lasting damage was done and he continued on his round undeterred.

Many congratulations to David on his 40 year anniversary. We celebrate a truly top postie and wish him many more years, both on and off his round.

Rachel Neill & Clem Cecil

BINHAM PRIORY CHURCH

The village show last September provided an opportunity to review what the Parish Council does and has responsibility for. This afforded me an opportunity to appraise those present at the recent Village and Parish Annual meeting. This was well received and an outline follows.

The PC is keen to communicate in such a way that benefits the whole parish. However, communication is a two-way process and if in doubt it is always best to make contact with the PC Clerk Mrs Sarah Hayden, the PC Chair or PC councillors (<https://binhampc.norfolkparishes.gov.uk/parish-councillors>), if an issue arises that requires the attention of the PC. It is however impossible to resolve to everyone's satisfaction without knowledge. The PC meets bimonthly and is open to the public. Notification is circulated online (<https://binhampc.norfolkparishes.gov.uk>), and items including the agenda and meeting minutes are posted on strategically placed PC notice boards in Binham and in Cockthorpe. Additional methods are used, not least the bimonthly report in the Lynx and round robin letters where necessary such as during the Covid pandemic.

The PC is responsible for several important village spaces, the greens, Parish Council Cemetery, and allotments and keeping the villages safe and free of unnecessary non-biodegradable and biodegradable waste. Apart from the recent changes in household waste collection, additional bins are sited on the lower green, in bus shelter, PC cemetery and Binham Priory ruins.

The PC believes in being consistent in its approach whilst making comment about NNDC planning applications, whether new builds, redevelopment of property or renovation. The PC is conscious that the villages are situated within a conservation area (<https://www.north-norfolk.gov.uk/media/9287/binham-conservation-area-august-2023.pdf>), including a number of Grade 1 and 2 buildings/houses and are mindful of Norfolk dark skies. Councillor Pennie Alford is responsible for collating Binham PC's responses as to

suitability and approval and thank her for her diligence. All planning decisions are for NNDC to make and not the PCs.

Issues faced by the PC during the past twelve months include damage to the greens because of driving across or parking on the greens unless residents have legal rights to access their properties. Since strategically placing notices last summer, this appears not to be an issue any longer. Secondly, the recent inclement weather caused havoc with pooling, water running off the fields, overflowing drains unable to cope with the volume, and ending in severe flooding by Carrols Bridge on the Stiffkey road. NNDC will, if similar circumstances arise in the future, place warning flood signs. Thirdly, a health and safety concern associated with the cemetery and churchyard maintenance, important for both Binham PC and Binham Parochial Church Council (PCC) arose. A recent incident whilst strimming caused a glass vessel placed by the headstone to fracture, fortunately not injuring the gardener, but it has acted as a reminder of inadvertent risk to the gardeners. A sensitive guideline as to what can be left at or on graves will be conjointly developed. Interestingly, the Church of England and Town/Parish Council guidelines are not dissimilar and will therefore make it easier to create a notice for the churchyard notice boards in due course.

The good news is that the Binham book exchange is fully functional and available to the community. Thank you to Clementine Cecil, Paul Bailey, Kevin Cook and Clive Brady for their endeavours, generosity, time and energy in providing books, removing foliage, cleaning, painting, making the box watertight and fitting shelves.

The PC is conscious that the bus shelter on Front Street requires substantial repairs or replacement. The latter will require fund raising as the PC does not have

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the funds to replace it. The PC would welcome comment as to the best way forward. As noted earlier, please be in touch as above.

Finally, I would like to thank Paul Bailey on behalf of the PC for his invaluable contributions to Binham PC in the past few years. Following Paul's resignation, there is now a space for co-option onto the PC to work for the benefit of the villages. If you feel inclined to join, please be in touch with the Parish Clerk sarah352hayden@btinternet.com.

Elizabeth S Brady, Chair Binham PC

BINHAM MEMORIAL HALL

New York, Paris, Milan and now Binham. The fashion show we held in April was a great success. A really fun and enjoyable evening for all those who joined us, with many leaving with new bargain designer outfits for their summer wardrobe. We hope to hold another event later in the year, so watch out for more information.

Looking forward, our social evenings continue on the last Thursday of each month. A chance for a game, chat and maybe a little tippie. All are welcome and your guests too.

Some dates for your diary:

Friday, 14th June - An Evening with Robert Smith, MBE

Robert is the port of Wells Harbourmaster and he will take us on an interesting and amusing journey into Wells harbour, past and present. Bar and refreshments. Tickets £5 on the door. Starts at 7:30pm

Sunday, 28th July - Binham Yard Sale

A chance to clear out any unwanted items, or bag a bargain. £10 entry per yard, with all proceeds going to maintaining the lovely flower boxes around our villages. Contact Jan for more details on 07739 013068.

Sunday, 18th August - Binham Village Fete

All the usual fun, games, music, stalls, dog show, food and drink and much more. Any donations for raffle prizes, bric-a-brac, books and pre-loved clothes would be greatly appreciated. Please bring along to social evenings, or contact one of the VH team. Calling gardeners of Binham and Cockthorpe, can you help by planting some seeds now for plant donations for our plant stall? Any offerings will be greatly appreciated. Further information from Anne Hooper on 07855 379719, or once again any member of the team.

Sunday, 15th September - Binham Village Show

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your exhibit. The list of the various competition classes can be found on our website, our notice board and on Facebook.

Enjoy the sunshine and we look forward to seeing you soon.
Kevin Howard

FRIENDS OF BINHAM PRIORY

We have had to cancel this year's Picnic to Jazz, but we are not sitting back doing nothing. We are busy working on events for September and November, more of which will be revealed in the next issue of the Lynx.

We are really sorry that our 2024 picnic has been put on hold. Unfortunately, moving it into the Priory Church in dreadful weather last year resulted in some logistical concerns. We are actively seeking a way to overcome them so we can reinstate this much loved fundraiser next year.

In March we held our AGM in the village hall. It featured a very entertaining talk by Archangel Gin who offered a variety of samples to taste as well as gin to buy. It was a fun evening and a great opportunity for us to catch up with our members. We are hoping next year's AGM will have equal sparkle. In the meantime, we look forward to seeing everyone again after the summer, and if anyone wishes to make any suggestions for future get togethers, please contact us. We always like a challenge.

As ever, we would like to thank everyone who rolls up their sleeves to help with the clearing up and washing up after our fundraisers. Your help is invaluable. A big thank you also to all members and supporters. You make our efforts worthwhile.
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BINHAM PRIORY CONCERTS

Saturday, 22nd June, 7pm

Viva Voce Singers - this Norwich based chamber choir of around 25 singers are previous winners of the BBC Radio Norfolk Choir of the Year Competition.

The programme features iconic choral works and music by some of today's most exciting choral composers including Tallis, Victoria, Duruflé, Rutter, McGlade.

Tickets are £13 in advance, or £15 on the door, available from the choir's website, www.vivavoce.org.uk.

Saturday, 29th June, 6pm

Norfolk Chamber Ensemble are proud to present Pergolesi's Stabat Mater, performed alongside orchestral and vocal works by Handel, Vivaldi and Bach. Performers include the soloists Zaira Palumbo and Jodie Wiggins, sopranos and Dave Ballard as orchestral leader.

Tickets £18, unallocated, available from Wells Maltings Box Office, 01328 710885 (10am - 4pm), wellsmaltings.org.uk.

Summer Concert Series

Please see website for full details, www.binhampriory.org. Tickets, £20 per concert, with allocated seating, from Wells Maltings Box Office, 01328 710885 (10am - 4pm), wellsmaltings.org.uk.

Saturday, 20th July, 6pm

Norwich Baroque with Sarahjane Stephen (soprano). A programme of music to celebrate Musical Flower Gardens of the 17th Century including works by Purcell, Kapsberger and Schenk.

Saturday, 24th August, 6pm

Xuefei Yang (classical guitar) - A programme entitled "From Opposite Sides of the World", including music by Yang, Barrios, Sakamoto, Houghton, Jobin, Piazzolla, Merlin.

Saturday, 31st August, 6pm

Lumas Winds - "The French Connection" features music by Ibert, Sivestrini, Taffanel, Villa-Lobos, Gerhard, Piazzolla. Lumas Winds is a prize winning, dynamic, young chamber ensemble based in London.

Saturday, 7th September, 7.30pm

Pavlo Beznosiuk (baroque violin), Paula Chateaneu (theorbo). A candlelit concert entitled "Viva il Virtuoso - the violin in Italy 1600 - 1750". Music by Marini, Pandolfi, Viviani, Lonati, Corelli, Vivaldi and Tartini.

Geoff Scott

BINHAM ART GROUP

Despite the awful weather we have been having, the Binham Art Group still usually has a good contingent of artists meeting together each week. We are really blessed by having such a good venue as Binham Memorial Hall to meet in each Tuesday morning, as it has very good light and it is a very comfortable hall.

This year our exhibition is being held at the hall on Saturday 13th and Sunday 14th July from 10am - 5pm. This is earlier than our previous exhibitions, so we are all very busy completing whatever we want to display this year.

We are still continuing with our 'Picture of the Month' competition. The winner for March was Lesley, for her striking painting of the Albatross boat. The winner for April was Liz, with her lino print of leaves.

We have already held one of our mini workshops, which was a demonstration on watercolours. John Kirby gave an interesting talk on tips and techniques that can help those of us that paint in watercolour. He also helped other artists using different mediums with the composition of their pictures.

The other mini workshop on gel painting unfortunately had to be cancelled because of ill health, but hopefully we will be able to provide this at a later date.

We continue to display our paintings at The Chequers, so please do pop along to their gallery and see if there is something there you could purchase for yourselves, or as a gift.

We look forward to seeing you all at our exhibition in July.
Sue Edwards

BINHAM YOUTH GROUP

Youth Group continues to be popular and now with the lighter evenings, the children can be outside for most of the evening (weather permitting).


The children do like being outside, playing football, using the climbing apparatus, swings etc.

Indoors the favourite games and activities at the moment are table tennis, dodge ball, karaoke, Spirograph, Rummikub, Dobble, Uno and Bananagrams.


At the beginning of March, The Chequers Pub Quiz helped to raise an amazing £348 for Youth Group. A big thank you to Sarah and her staff for their continued support.


We also recently received a donation from Binham & Hindringham Open Circle. They have been generous to us in their support for several years now and we are so grateful to them.


This week one of the parents, Lucy Fox, brought her lovely Tropic products to Youth Group and several of the older children had facials and hand treatments (with parental




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permission). They all really enjoyed this. Thank you once again Lucy.

We have welcomed some new members recently including a five year old who joins her older sister at Youth Group. She was brought by Dad, who was himself a member of Youth Group many years ago. With Youth Group now running for well over 20 years, we actually have quite a few second generation members. This is lovely to see.

Just a reminder that Youth Group is at Binham Village Hall on Wednesday evenings during term time from 6pm - 8pm. We welcome 5 -16 year olds. Entry is £1 and there is a tuck shop. We have a no mobile phones policy. All staff are volunteers and are First Aid and Safeguarding trained. Just come along, or for more information phone Andrew Marsh - 01328 830178, or Amanda Able - 01328 830828.

Amanda Able

BINHAM & HINDRINGHAM OPEN CIRCLE

Open Circle meetings continue to be held at Binham Memorial Hall, on the third Thursday of the month, at 7.15pm.

On Thursday 20th June, Juliet Webster will be talking about her book, *The Yellow Caravan*, based on a poem written by her great aunt Honor Elwes, which told the story of a holiday in Norfolk in a horse drawn yellow caravan over 100 years ago.

In her book, Juliet retraces the original journey of the Yellow Caravan from Castle Rising in the west, through the undulating scenery of the Norfolk Heights, along the North Norfolk coast of sand dunes, mud flats, salt marshes and shingle ridges to Cromer and Overstrand cliffs; then down through the reed beds and peat marshes of Broadland, thence through the secret stunning scenery of South Norfolk before heading home across the Brecks to West Norfolk's heathlands.

On Thursday 18th July, Ali Chapman, based in Wells-next-the-Sea, will be talking to us about her work as a celebrant, someone who officiates a funeral, wedding, naming, or other ceremony. A celebrant supports you to make the ceremony your own, using words, music and any other features that match the moment. Further information: collyershirstley@gmail.com.

Shirley Collyer

BINHAM YARD SALE

This year's yard sale will be held on Sunday, 28th July, between 10am and 1pm.

Anyone wanting to take part and have their yard shown on the map, should contact either Jan Hewitt on

07739 013068, or Liz Brown on 07435 788221. The cost is £10 per yard.

Look out for the squirrel signs on the day, to find out where the yards taking part are located.

All proceeds will go towards the maintenance of the numerous flower boxes scattered around Binham and Cockthorpe.

Jan Hewitt

BMH 100+ CLUB WINNERS

March

Julie Wright £25
Wendy Marsh £10
Mike Ulph £5
Wendy Keesom £5
Stanley Hewitt £5

April

Carolyn Pepper £25
Patricia Fuell £10
Jane Groom £5
Nora Lewis £5
Mary Hunt £5

Whilst I am extremely grateful to those who responded to my plea for new members in the previous issue, we have once again lost some more members in the intervening couple of months. The 100+ Club makes a vital contribution to the village hall's income stream, at a time when our overheads continue to rise. For those of you who are currently members, please do stay with us and for those wishing to join, please email paulbailey04@aol.com or call 07401 315714.

Paul Bailey

COCKTHORPE

Contact: Maurice Matthews 01328 830350
maurice.matthews@peppard.net

ANN MASSINGHAM

It is with great regret and shock to report the recent untimely death of our very well-known-long-term resident Ann Massingham. A family tribute is planned for next Lynx edition.



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BASED IN THE VILLAGE OF LANGHAM

FIELD DALLING

Contact: Julie Wiltshire
julie_wilson75@hotmail.com

ST ANDREW'S CHURCH

Wednesday, 29th May at 6.30pm
Farm Walk

Meet at St Andrew's church. James Duncan will kindly lead a farm walk to tell us more about farming life, warts and all – the truth from the shepherd's mouth.

Wear walking shoes/boots and suitable clothes. We will walk across to the Binham Road and then through the parish lands to James' farm. Those wanting to walk a little less could drive from the church to the Binham Road, but please come to the church first.

£5 per head; children free. Bring your friends and any on holiday. All welcome.

Church Services as Usual

Sunday, June 2nd @ 5pm Zoom service.

Contact iannewton46@gmail.com for details of how to join.

Sunday 16th June, 11am. Church Family Service.

Sunday 30th June, 11am. Morning Prayer.

VILLAGERS' HALL

Thriving communities need meeting places.

And I wonder if you have yet discovered one of the most useful resources that Field Dalling offers: our Villagers' Hall.

It is cheap to hire, and a glimpse through the glass doors shows you a beautifully decorated and yet homely

space.

There is a newly decorated small, carpeted meeting room, complete with comfy chairs and subdued lighting in a space that's conducive to quiet conversations as well as jolly laughter.

The main space is large enough for formal meetings, dancing, parties, presentations, bingo nights or lectures.

Both rooms have a well-equipped kitchen adjacent to them. WI-FI is also available throughout.

In fact, it's a most special resource, nestling in a pretty, green space in the village.

Do go to the website and have a look at the pictures and cost details: www.fdands.org.

Firsty Friday

There is a happy gathering of people to celebrate 'Firsty Friday' in the Field Dalling Villagers' Hall. The idea is an open house for whomever would like to come along to chat and drink (bring you own whether it be alcoholic or not). Children are welcome to enjoy the fun.

Why not give it try on either the Friday, 7th June or the 5th July at 6pm.

SUMMER FETE


Saturday 10th August 2-4pm

Our annual Field Dalling & Saxlingham summer fete will be held at the Villagers Hall, Holt Road, Field Dalling.

Final plans are in place and all the traditional stalls and games will be there, something for everyone!

Any final contributions for the stalls can be left on the Friday before or on Saturday morning at the villagers hall.

There will be live music provided by the Norfolk



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Please come and bring your families, friends and visitors with you. There's lots on offer: fun games, lovely stalls, raffle and tombola, or just sitting and enjoying the atmosphere, refreshments and live music.

Look forward to seeing you at our fete.

200 CLUB

April Winners:

£50 Henry Wiltshire, £25 Fenella Greenfield,

£15 Roy Nicholson

GUNTHORPE

Contact: Jane Carwardine 07989 534145

jacarwardine@googlemail.com

FOGPC

50/50 Club Draw Results

March

Paul Tacon £20
Alex Worrall £15
Dave Godin £5
John Lemberger £5
Barney Broom £5
Betty Lemberger £5
John Rush £5

April

David Paton £20
Noel Hinton £15
Helen Ford £5
Chris Metcalf £5
John Salmon £5
Peter King £5
Ellen Hill £5

The end of the last subscription year was on 31st May 2024 following the May super draw. If you have been on this year's winners' list, many congratulations – we hope you will join us again for the next 12 months. If you are not a member, why not join and see if you can make the 2024/25 list of winners. 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

Good news on four fronts.

We have an accomplished new honorary organist from the village who will play when other commitments permit. Asked at the 2nd April Sunday service who had composed the piece which she played at the end, she

admitted that she had. Evie (Marsden) is thirteen.

The doors of the old church noticeboard by the road had served their time, and finally flew to fragments in a hilltop easterly. We are grateful to Nick Boon of the old school house across the road from the church who has skilfully and generously made and erected excellent replacements. Another time Nick came to the rescue was when the hawser of the full bottle bank snapped in mid-air whilst being hoisted onto the collection lorry. With a mighty 6am roar the glass was disgorged and shattered over the car park entrance. The church is fortunate in its neighbours. We remind everyone that it gets a modest but much needed income from the bottles deposited in its bottle bank.

One of the 70 foot churchyard Scots pines, which stand imperiously on the skyline with St Mary's, had also reached the end of its life. Harry Lawrence, who delivers excellent wood to some of us, brought it down with consummate skill, with no damage whatsoever to the church, the gravestones or any of the other trees. He removed the logs and gave them for free distribution at a mid-Norfolk food bank.

On 21st April we and many from the village welcomed some 50 visitors under the aegis of Norfolk Churches Tours for excellent lectures on the history and architecture of Saint Mary's, followed by Evensong kindly led by Professor Roger Bland.

A reminder please for the preparation of plants to be sold in due course as part of the village fête to which we all look forward on Sunday 28th July.

FRIENDS OF GUNTHORPE PC

John Blakeley will have been approaching members to renew their Friends and 50/50 Club Subs for the year commencing June 2024, and your support is greatly appreciated to help maintain the fabric of our church.

For advice you can trust

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The Friends are a secular charity for that purpose and not involved in the religious aspects of the church. Our AGM will be held on Thursday 15th August, in the Village Institute at 6:30 pm so please do come along. New folks are welcome to see if you're interested. We have fish and chips after the meeting and it is a fun village evening.

The village will hold the fete this year in the Gunthorpe Hall gardens on Sunday 28th July from 2 to 4pm. This has not been held since before Covid and we are hoping many will offer their help before, during and after the fete as there is much to do. If you can help please contact Jane Carwardine on 07989534145 or jacarwardine@googlemail.com. The takings of the fete are split 50/50 between the Village Institute and the church, as has been the way for many years. We hope to see many of you there. It will be great fun and your support of the village will be most appreciated. We can never have too many helpers.

Happy Summer. *Marie Denholm, Friends chairman*

ITEMS FOR DONATION FOR GUNTHORPE FETE

Calling Gunthorpe villagers to start looking out items they would be happy to donate to the Gunthorpe Village Fete being held on Sunday, 28th July 2-4 pm in the grounds of Gunthorpe Hall.

We welcome nearly new clothes, and other good condition items to sell. Also, vintage articles, good condition toys, along with books, jigsaws, DVDs and CDs. We need exciting prizes for the bottle stall and tombola; also cakes to buy to take home or eat on the day. Posies, cut flowers, vegetable produce as well as plants would be very welcome for the plant stall.

Further information will follow by village email as to when and where to drop items off.

Thank you in anticipation. *Jane Carwardine*

WELCOME

A big welcome to the Kingsbury family - Lois, Josh, Margot (9) and Barnaby (7) who have moved into White Horse Farm on the Sharrington Road.

For the family, Gunthorpe is the final step in a relocation process from London to Norfolk that has included stints in Stibbard and Oxwick. They are very much looking forward to getting involved in village life.

We wish them a very happy time here in Gunthorpe.

Jane Carwardine

SUPPORT GUNTHORPE CHURCH 2024

We are encouraging village residents to show renewed enthusiasm for our monthly church services, 2nd Sunday each month, 11am.

Do come along and help to ring the bells, perform a reading or play a solo if you play an instrument or sing. We already have Jane Carwardine, violinist often performing and Evie Marsden, aged 13 years, is now playing the organ at the beginning and end of each service. It is a great opportunity to enjoy being part of the village... with refreshments served after what is usually a 30-40 minutes service.

We are also publicising ways to donate to the church if you enjoy visiting. Cash donations are always welcome in the church, but you can support via Bank Transfer using the following details.

Account Name: Gunthorpe Rector & Churchwardens

Sort Code: 30-99-50

Account Number: 75046468

Any donations to this account are to help ensure the continuation of regular church services at St Mary's.

Liz Marsden

GUNTHORPE CHARACTERS

The following article is taken from the "History of Gunthorpe" written by Ray Steffens and completed in the 1970s. This is Part 2 of the section on "Gunthorpe Characters and is about John Peck who was a contemporary of the subject of Part 1, William Fuller.



John Peck (1852-1945)

John Peck and William Fuller would have been together in the village for eighty years and, as it happened both died in the same year. Peck once lived in "Ashdale" and owned some of the houses on Post Office Row (pictured below with the corner of "Ashdale" in

around 1913).

What was once one of Peck's cattle sheds became the Reading Room and is now the Village Institute. He had only one eye, it being believed that one had been pecked out by a cockerel! Although he could neither read nor write he could add up well enough and had the reputation for being a bit mean.

Peck was a farmer and used to farm at "Blue Tile". At one time, he lived in a cottage there where Mr Quantrill later lived. He had the reputation of being a

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late harvester. People said that he did not finish his until Christmas, but his reply was that he had never lost a harvest. It was said that his stock was "so thin that it would blow away".



Towards the end of his life, having ceased farming in about 1930, he had several strokes when living at "Ashdale". Mrs Tuck from the Post Office nearby used to call in from time to time to look after him and his livestock. On one occasion he appeared to be at death's door, so Mrs Tuck and another lady decided that they had better feed his livestock and began measuring out the food. To their surprise Peck, who had apparently been watching what they were up to, fully opened his one good eye and said "half!" - thinking that they were measuring out too much.

Mrs Chapman who was still living in the village when this history was written had a special memory of Peck. After her son was born, Peck leaning over the gate said "aint he got his grandfather's countenance".

John Peck was succeeded as a farmer at "Blue Tile", first by James Everett then Mr Fisher. Peck was living at "Ashdale" when he died in 1945. On his gravestone is written. "In thy presence is the fulness of joy".

John Blakeley

DO YOU LIVE IN GUNTHORPE?

Would you like to hear about events taking place in the village?

Why not join the new Village WhatsApp Group?

WhatsApp is such a quick and easy way to share information with everyone in the village whether it's a reminder about the next Yoga Class, Church Service or Institute 50/50 Club - or maybe an alert about a major pothole, a flooded street or power cut.

The Gunthorpe village WhatsApp Group is for residents only, so why not join and help the village to stay connected.

To be added to the group please message: **07921 210482** or email: **liz@earlyexcellence.com**.



SHARRINGTON & DISTRICT GARDENING GROUP

A friendly and sociable local group for those with a keen interest in gardening. Those new to gardening who would like to learn more would be especially welcome.

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For further information and a copy of our 2024 programme, please visit our website: **www.sharringtongardening.org.uk** or contact

Barbara Wiles at **barbarara@hotmail.co.uk**

LANGHAM

Contact: Debi McIntosh 01328 830767
debimcintosh0@gmail.com

FROM THE REGISTERS

Holy Baptism Archie Forrest. Easter Day Sunday 31st March 2024

Funeral Mrs. Ann Massingham Tuesday 16th April 2024.

200 CLUB WINNERS

April 2024

1st £30 105 Jan Hope
2nd £20 118 Tim Fawcett
3rd £10 47 Paul Godfrey

May 2024

1st £30 102 John Bennett
2nd £20 132 Patrick Allen
3rd £10 83 Edwina Allen

LANGHAM VILLAGE HALL

After wine drinkers from Stiffkey, a polling station for the Police and Crime Commissioner's election and regular meetings, Langham village hall will host its next monthly coffee mornings on Saturday 1st June and Saturday 6th July, from 10am until noon. The village hall committee encourages all to come for a mardle. On 6th July, the coffee morning will be organized by the Langham Village Recreation Ground committee who are keen for information on the history of the Recreation Ground (or Playing Field). Was it used as a WWII site, for example? If you have photos, family stories or remember bits of the history please bring them along. If you have information but won't be at the Village Hall on 6th July, please drop the organisers an email at **langhamvrg@gmail.com**. On their behalf, thank you.

Richard Gozney, Chair

HIRING THE VILLAGE HALL

The hall may be hired for public or private events. The charge is £30 per 3 hour session for village residents and £45 per session for non residents.

If you wish to hire the village hall, please contact Frances Smith by email: **frances.mackay@btconnect.com**.

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NEWS FROM LANGHAM VILLAGE RECREATION GROUND (LVRG)

On 18th March we were joined by another group of children from Langham village school, this time from Jet class, to plant a willow tunnel. The willow was very kindly donated to the recreation ground by a villager, and the children had a great time planning and planting out their structure. If you haven't yet seen it, pop up and try to find it. The children will be returning in May to put tree guards round the willow and put more mulch around the 88 trees planted in February. Well done and thank you so much Langham Village School.

Looking at the questionnaire that many people so kindly filled in last year, there was a lot of interest in having a five aside football pitch. Now that we have one, would anyone be interested in organising an all comers kick about say once a month or week? It would be wonderful if we could revitalise Langham football. Please email us on langhamvrg@gmail.com, or send us a message on our Facebook page.



The next items which the LVRG fundraising group would like to purchase are some picnic benches like the ones left. Can we put out a plea to all villagers.... can you help us with any donations for the benches?

Are any local businesses willing to sponsor a bench for us? Would you like a bench in memorial to someone dear? Anyone who donates will have their name engraved on the benches as a "thank you". If you can help please contact us by email or Facebook. We would like to thank all the families who came out in force to support us for the Easter Egg hunt and fun afternoon. We were blown away by the amount of people who attended (and only just had enough prizes). The sheep supplied for the afternoon by James Case were a huge hit with the children and the sports races were a lot of fun, even the parents got involved. Thanks also to an anonymous donor who provided a large amount of Easter eggs. We made enough money to purchase a contactless card machine that works on wi-fi or 4G, which means that we can take card payments at all future events, this a massive benefit to our cause and will make life so much easier.

By the time you read this our new signs should have been installed, one by the car park and the other at the

pedestrian entrance. These replace the temporary signs which have been in situ for the last few months. Hopefully they will provide all the information you should require and are useful.

We are in the process of organising an information board which will go by the car park and show the history of the recreation ground. With this in mind the LVRG team will be running the village hall coffee morning on 6th July and we would love it if you could come along and share information, stories and any photos you may have of the history of the site. If you can't attend but still have information for us please drop us an email.

Lastly by the time you read this we will have hosted our first 'tuck shop and after school play session'. These will be held on various Friday's between 3.15 to 4.30pm. Please keep an eye out for posters and Facebook notifications of future sessions.

Hopefully we will see lots of you out enjoying the sun on the 'Rec' this summer. *The LVRG Team*

WELCOME

We would like to extend a warm welcome to Deborah and Thomas, hoping they will be very happy living in Langham. *Langham PCC*

CHURCH YARD TIDY UP

The churchyard clear up on 27th April was a great success; thanks to those who turned out, a trailer load of cuttings was removed and disposed of. Coffee was provided from the Rectory, thank you to Ian and Julia for providing.

So to strike whilst the iron's hot, the next one is Saturday 8th June from 9.30am to 12.00noon. We hope you can lend a hand *Edward Allen, Churchwarden*

BIG LAUNCH FOR LANGHAM DOME'S LATEST BOOK

"Attack and Defence"

New for 2024, *Attack and Defence*, by Mark Glaister and Mick Barham, is now on sale.

At the first book launch at Holt Bookshop on 5th April, we were lucky to get Lord Dannatt GCB CBE MC, who was Chief of General Staff between 2006 and 2009 to open proceedings. Lord Dannatt kindly wrote the foreward. We were both



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there and gave a short talk each, then were inundated with book signings and chatting with very enthusiastic customers. The bookshop had already had a number of pre-orders and we heard from Scott, our manager, that a few of those at the launch

visited the Dome the very next day. I think we can safely say it was a success. It was a great feeling eventually to get the physical product in our hands after all that hard work and you'd think it was time to put our feet up. But we're not resting on our laurels. We're busy getting local bookshops to take copies and we had a special event on 6th May, at The Dome.

There's more information about the book on our crowdfunding page where you can make a donation and bag yourself a signed copy.

Mark & Mick

Visit the crowdfunding page here:

<https://www.crowdfunder.co.uk/p/attack-defence-langham-domes-latest-release>

Langham Dome

MORSTON

Contact: Martin Cardoe 07973 885665
mcardoe@msn.com

MORSTON PARISH COUNCIL

The PC has been continuing to update and maintain the village hall and other assets.

The kitchen now boasts a new fridge and cooker along with some new dessert bowls, side plates and more water glasses and mugs. So, we are now well stocked for all occasions.

The new fencing down Quay Lane is finished and the contractor will return shortly to provide the hedge annual maintenance. In addition, the area alongside the main entrance has been levelled and improved.

If you have any questions regarding PC matters please contact the parish clerk, Peter Bullimore. You can find his details along with other useful information including a calendar of village hall bookings on the PC web site at www.morstonparishcouncil.co.uk.

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ART EXHIBITION

Local artist Sally Temple will be exhibiting her wonderful oil paintings at Morston village hall between Sunday 26th May to Monday 3rd June. Her art will showcase a collection of sea and landscapes of our beautiful North Norfolk coastline and will be on display daily from 10am-5pm. You can also find limited edition prints and greeting cards for sale too. Sally is a North Norfolk based artist and her oil paintings capture both the emotion of the day as well as the incredible powerful skies of Norfolk, the county of her birth. She will be returning to Morston again with another exhibition at the village hall from 3rd to 8th August.

MORSTON MEANDER

Saturday 22nd June 10:30am to 4pm

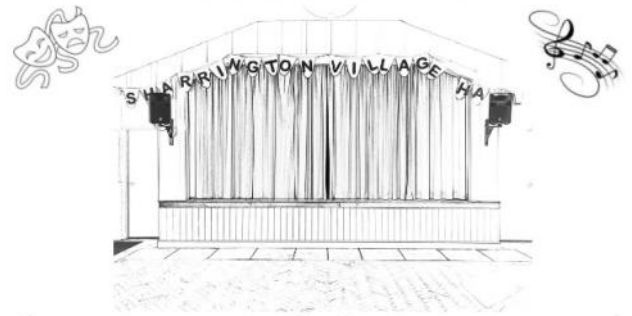
Morston will open its gardens and welcome visitors to the village for its 'Morston Meander' on Saturday 22nd June.

Over ten gardens will be open on the day, including the garden of Morston Hall. The gardens are varied from courtyard, cottage, gravelled and walled including some unique marsh views from one of the gardens. Interspersed between the gardens, visitors can meander through the village and discover the historic buildings, coastguard house, coastguard cottages, old pond, forge, manor house and old barns of Morston (also known as 'Marshstown').

An exhibition of old photographs of the village together with maps and recollections of villagers will be displayed in the village hall where refreshments, including homemade cakes, will be available all day.

The event is being kindly sponsored by Jackson-Stops; Burnham Market, and tickets at £5 can be purchased on the day at the church or the village hall. In

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addition, several local businesses, including Finisterre (of Holt), Morston Hall and The Morston Anchor pub have generously donated vouchers for the 'Prize Draw'. Again, tickets for the draw can be purchased on the day. All proceeds will go to All Saints church, Morston.

MARY'S CRAB SUPPER & SEAL TRIP

The hugely popular annual Crab supper and seal trip to Blakeney Point, now named in memory of Mary Athill, will take place on Friday 5th July. Participants will meet at Morston Quay at 6:45pm for departure at 7pm. Supper will be at 8pm.

There is a limit of 70 places for this always well attended event. Tickets are £33 per person for which you get a return trip to Blakeney Point to see the seals and a sumptuous post trip supper of local Willie Weston crab, a selection of salads and delicious puddings in the village hall. Wine, beer, and soft drinks will also be available to purchase. Anyone who wishes to book a ticket should email or ring Anne Rolfe on annerolfe45@gmail.com or 01263 741125. All proceeds to All Saints church.

FMC UPDATES

Annual General Meeting

A reminder that the 2024 AGM of the Friends of Morston Church, a charity dedicated to raising funds for the maintenance and repair of All Saints Church, Morston, will be held on Saturday 15th June at Morston village hall starting at 6:30pm. The Chairman and Trustees will report on activities held during the previous year and plans for 2024-25. The committee looks forward to seeing you there.

Art Sale Raises £6,500

The FMC Affordable Art sale, held across the first May bank holiday weekend, raised over £6,500 for the charity. This remarkable figure was achieved by selling donated art with almost 300 pictures bought by attendees during the sale.

The event began with a ticketed preview with drinks and canapes served to over 80 guests held on a very wet and windy Friday evening. By Saturday morning and the opening of the sale proper, the sun was shining, and visitors arrived in numbers to view and purchase art and buy delicious cakes with their teas and coffees.

The sale included a prize draw with the chance to win a splendid lino cut by the noted artist Max Angus,

with the winning ticket drawn at the end of the sale.

Great thanks are due to everyone who donated pictures, those who then bought them and all the helpers who assisted, set up, and staffed the sale. Your immense efforts were truly appreciated.



FMC in Top 20% of Easyfundraising Causes

As of April, Friends of Morston Church had raised £2,650 through Easyfundraising, the online service that collects charity donations from retailers, every time a supporter shops. This puts FMC in the top 20% of all the good causes registered with the platform, which is extraordinary for a small village charity. Of course, there is still an opportunity to raise more, and all Lynx readers are encouraged to register with Easyfundraising and support FMC when shopping online.

MATTHEW & GEORGINA WEDDING

On a brilliant, sunny 4th May, Georgina Bolton-Carter was married to Matthew Chandler in All Saints Church, Morston with Canon Mair McFadyen officiating.

The church was overflowing with family and friends amidst a glorious array of flowers and trees. The bride, who entered the church to Johann Pachelbel's Canon in D Major, was supported by her sisters Poppy and Lotte, while Matthew had two best men, his brother James and friend Oscar Royds. The organ was played by his cousin Sam, and another cousin, Henry, played Méditation by Massenet on the violin, a most inspiring performance.

It was an extremely joyful family occasion, and we all wish the new Mr and Mrs Chandler every happiness in their life ahead.



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PAROCHIAL CHURCH COUNCIL

All Saints Church

At the Annual Meeting of Parishioners and Annual Parochial Church meeting of All Saints, Morston held on 15th April 2024, Mrs Gillian Kay and Mr Philip Athill were re-elected as Churchwardens. Sir Robert ffolkes stood down as our Lay Member of the Deanery Synod and was thanked for his services. Mr Alex Scott was proposed as his successor and duly nominated for the role.

SWAMP UPDATE

SWAMP started this season with a great turn out for its first community group venture held under blue skies with only a chill wind making it a less than perfect day. However, hot soup and hand-made sausage rolls were all the encouragement needed for the team of volunteers to set about the necessary tasks. We stripped the willows pollarded last December and tied the thinner stems into bundles. These floating bundles will be secured together and placed across the pond to catch drifting Crassula as we start once again to set about removing this invasive species.

We have also planted a British native tree, Rowan (Sorbus aucuparia), to the west of the pond area to increase the diversity of flora. *'The leaves are eaten by caterpillars of moths, including the larger Welsh wave and autumn green carpet. Flowers provide pollen and nectar for bees and other pollinating insects, while the berries are a rich source of autumn food for birds, especially blackbird, thrushes, redstart and redwing.'* - Woodland Trust.

This is very much a community project, and we welcome those interested in joining us at our working sessions. Listed below are the forthcoming dates:

13 May: 4-6pm

27 May: 4-6pm

16 June: 10:30am-12:30pm, then to The Anchor

24 June: 4-6pm

For regular updates on all our activity, follow us on:

<https://www.morstonpondswamp.org>

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ALL SAINTS CHURCH

We were very grateful to receive £197 from the NCT Bike ride and walk that took place in September last year. This represents a half share of sponsorship monies and Gift Aid amounts, and we are immensely grateful to Chen and Maz McCalla for their efforts.



Do please note future service dates for your diary include:

All Souls Day – 3rd November 2024

Remembrance Day – 10th November 2024

Candlelit Carols – 23rd December 2024

NATIONAL TRUST

Update from Morston Quay

The breeding season is now getting underway for important birdlife along the north Norfolk coast. Ensuring safe nesting sites for ground-nesting birds and protecting breeding tern colonies on Blakeney Point is a key focus for our ranger team at this time of year.

Preparations started well in advance of nesting season. In mid-March we were very grateful for the



assistance of local volunteers from Blakeney Harbour Association who helped with a litter pick along Blakeney Point, with transport to and from the Point provided by Beans Boat Trips and Temple Seal Trips. It was a great team effort, removing a large quantity of plastic bottles and other debris that had been washed up by the high tides.

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Blakeney Point is a nationally important nesting site for four species of tern: little, common, Arctic and sandwich terns. For two of these species, Blakeney Point is particularly important. As many as 20 per cent of the UK population of sandwich terns and 18 per cent of the UK's little tern population attempts to breed here. The arrival of the first terns is imminent; there have been odd reports of terns at Cley and Brancaster this week, but none yet confirmed.

The terns will arrive having completed an epic migration from Africa. During the breeding season our rangers live in the old lifeboat house to provide a 24-hour watch. Caring for the bird colonies involves counting nest and fledglings, warding off predators and talking to visitors about the work we do.

Little terns tend to lay their eggs close to the high-water mark, meaning they are vulnerable to being washed away by high tides and extreme weather events. To help prevent this, we use decoy black headed gulls to encourage nesting in more suitable areas of the shoreline. Little terns tend to follow others when it comes to nesting and these decoy black headed gulls are intended to encourage the real thing and the sandwich terns that nest alongside them.

Many of the birds that breed on the coast, including terns, ringed plovers, avocets and oystercatchers, choose to nest on the ground. This leaves them vulnerable to natural threats, such as predators and tidal inundation, but also to disturbance by humans and our dogs. Each nesting season we put up signage and temporary fences to protect the most vulnerable areas and ask that visitors keep dogs on a lead in the area.

Other notable wildlife on the Point in recent weeks included a sea eagle that had been spotted at various points along the coast and did land on the Point very briefly in March. It hasn't been spotted for a while and

is now reported to be in Holland. Sand martins have been spotted within the past week and our rangers have also seen the first wheatears of the season. Meanwhile, there are patches of sea campion coming into flower and the Point is "greening up" with saltwort, new marram grass growth and sea holly making appearances.

MERSTONA QUIZ

(answers on page 30)

1. According to a 1732 traditional saying, what should you "never cast till May be out"?
 - (a) A clout
 - (b) A fishing line
 - (c) The first stone
2. Why is the month of May considered lucky for US Presidents?
 - (a) Presidents tend to pick the winning horses of the Kentucky Derby
 - (b) A President has died in every month of the year except May
 - (c) Presidents get a week off to watch the PGA Golf Tournament in person
3. In Old English, the month of May was referred to as the "month of three"?
 - (a) Lawn mows
 - (b) Cow milkings
 - (c) Nut gatherings
4. In Cornish superstition, buying what and washing what in May are both considered unlucky?
 - (a) Buying a new car and washing it on a Sunday
 - (b) Buying a new hat and washing your dog
 - (c) Buying a new broom and washing your blankets
5. In Europe and the U.S. what special day is celebrated on 29th May?
 - (a) Put a Pillow on your Fridge Day
 - (b) Hold a Chicken in the Air, Put a Deckchair Up Your Nose Day
 - (c) Watch Every Star Wars Film in Reverse Order Day
6. On 27th June 1967, which comedy actor became the first man in Britain to use an ATM (cash machine)?
 - (a) Benny Hill
 - (b) Reg Varney
 - (c) Peter Sellers
7. Singer and songwriter June Carter Cash was the second wife of which notable personality?
 - (a) Tennis star Pat Cash
 - (b) Tory MP Bill Cash
 - (c) Singer Johnny Cash

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8. To mark the birthday of famous entrepreneur Donald Duncan Sr, what is day is celebrated on 6th June each year?

- (a) National Yo-Yo Day
- (b) Go Skateboarding Day
- (c) National Scalextric Day

9. June is National Awareness Month for what box-shaped musical instrument?

- (a) National Accordion Awareness Month
- (b) National Harmonica Awareness Month
- (c) National Concertina Awareness Month

10. 24th June, Midsummer Day, is traditionally the midpoint of what season?

- (a) Formula 1 Motor Racing season – halfway between the Bahrain and the Abu Dhabi grand prix.
- (b) The DFS Sofa sale
- (c) Growing season – halfway between planting and harvesting

SAXLINGHAM

Contact: John Pridham 01328 831851
jcwpridham@gmail.com

SATURDAY MORNING AT THE 'FLICKS'

A few weeks ago, we were invited to view one of our villagers recent films, 10 Swords of The Moon.

Fenella Greenfield had arranged a cast and crew screening at Wells Maltings and members of the crew joined locals to enjoy her latest production.

Although, as she says, it is a love story with a happy ending nevertheless there is also a connection with Tarot's cards rich symbolism and the experience of loss.

Many of the scenes were filmed in North Norfolk so there is very much a local flavour to it and is certainly worth watching.

SHARRINGTON

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

MIDSUMMER CONCERT WITH THE SAMPHIRES

On Saturday 22nd June, come along to a free concert in the evening at Sharrington church with popular local singing group, 'The Samphires', an upper voice choral group accompanied by acclaimed organist and pianist Richard Peaver. You may have seen them singing at The Holt Festival or the Salhouse Arts Festival and in other churches in the area.

The theme for their summer programme this year is 'Tree of Song' and includes a variety of songs, from an Elizabethan madrigal to folk songs inspired by the beauty of the natural world, even including "Singin' in the Rain", which we hope won't reflect the weather that day.

The concert starts at 7pm with a glass of wine or soft drinks and canapés served from 6.30pm. Entrance and refreshments are free with donations welcome to help support our ongoing programme of church repairs.

We look forward to seeing you there.

CD

CHURCH NEWS

On Sunday 21st April we were pleased to welcome members of the Norfolk Churches Tour. After looking at our church they enjoyed tea in the village hall before moving on to Bale.

The Saturday before we had a very successful coffee morning; thank you to all who supported us.

We are now pausing our cake baking for a while. TP

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FOODBANK NEWS

We have received a Certificate of Thanks from the Mid Norfolk Foodbank to the 'Residents of Sharrington' for last year's donations; a total of 248kg which provided 496 meals for families in crisis. The certificate is displayed at the back of the church by the font where the collections are stacked.

It is interesting that donations are measured by weight because that of course is only part of the story. Recent donations included a very big box of cornflakes including 16 portions and weighing 600g, a pack of four tins of chicken soup weighing 900g and a pack of 48 nappies which comes in at 400g, although all these items cost about the same and all are welcome. However the totals are calculated, for a small village to have contributed the equivalent of 496 meals is remarkable and the Foodbank is very grateful for our continued support.

With summer holiday time on the horizon some extra treats for children would always be welcome for hard pressed families. The church is open every day during daylight hours and boxes are available for any items which might tempt a visiting mouse to have a nibble. AS

SHARRINGTON AND DISTRICT GARDENING GROUP

In March we welcomed Simon White, sales manager at Peter Beales Roses, who gave us an illustrated talk on climbing and rambling roses. Simon has an encyclopaedic knowledge of his subject and he issued us with a challenge to name any garden position and he would find a climber or a rambler suited to it. He certainly did that, often giving us a choice of several,



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illustrated with photos of these glorious plants covering anything from arches to pergolas, walls and fences, including north walls, up trees and obelisks, in pots and containers and even free standing. He also gave valuable advice on how to train and feed them to ensure they gave their best show and the specimens he brought with him quickly found buyers at this well attended event.

Our first visit of 2024 took us to Chestnut Farm, West Beckham, a three acre garden developed over 60 years from a bare farmyard by valiant owners John and Judy Wilson. Unfortunately we were too late to see the 90 varieties of snowdrops but there were many other rare plants and trees, with a fritillary meadow in full bloom, a wildflower walk, a pond habitat for marsh plants and a small but ambitious arboretum. Judy and John guided us round the garden and one is in awe of their foresight, planting over the decades tree after tree, some of which they could not possibly hope to see come to maturity. We wandered at leisure through the more formal areas of the garden but inevitably the drizzle held off no longer and we were grateful to be able to retreat into the warmth of the rustic tearoom for coffee and cake.

We always welcome new members, so if you are interested explore our website sharringtongardening.org.uk or contact Barbara Wiles on 01263 860215. BW

STIFFKEY

Contact: Sophia Williams 07800 590262
stiffkeylynx@gmail.com

GENERAL NEWS

I've had a few chance encounters with residents who wanted to know a little bit more about the Local Lynx and what its remit is. It supports our local community by sharing information about what is going on or will be going on in each of our villages. This is why most articles are written by groups that meet up or use the village as their base. We're fortunate that we have a charity operating in our village, with Rescue Wooden Boats' Maritime Heritage Centre being located just off the Greenway. The rest of the articles that aren't by groups, e.g. my introductory article and the riverbank

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column are sharing information about things that have happened. The village editors are tasked with editing articles to make them an historical account of what will or has happened. The preferred writing style is upbeat and concise as every additional page costs us money. Our publication is completely reliant on volunteers, advertisers, and donations to keep us afloat. If you've got an event or a group meeting up in Stiffkey, it would be great to hear about it in the lynx. Email stiffkeylynx@gmail.com

It was lovely to see many villagers at the Rescue Wooden Boats open day in April. Let us continue to support them by visiting them or attending their one-off events that they are hosting at the Maritime Heritage Centre between now and the end of October.

Stiffkey parish arranged for our local police beat manager Jonathon Kentfield to speak to residents who are keen to set up a community speed watch group. There will be a community speed watch team in Stiffkey thanks to the new group of volunteers.

New to Facebook and Instagram are Stiffkey parish council. I have re-posted a couple of their announcements on the Stiffkey Village Facebook group.

The parish council are fundraising for a defibrillator. Hopefully there is enough money to get one.

This Month's Seasonal Recipe

Broad Bean Dip

250 g / 1½ cups podded and shelled broad beans
1 small garlic clove
1½ tbsp lemon juice (or 2 for a more lemony taste)
½ ripe avocado (or 2 tbsp extra virgin olive oil)
15 fresh mint or basil leaves
½ tsp fine sea salt
freshly ground pepper, to taste
fine chilli flakes, to taste

Boil a pot of water on. Put podded beans into boiling water and simmer for about 3-5 minutes (depending on the size of the pods). Test one to make sure the inside is cooked.

While your beans are cooking, put a few ice cubes into a bowl of cold tap water. As soon as the beans are ready, drain them and then chuck them into the bowl with the icy water. This step isn't necessary, but it will ensure that the beans keep their vibrant colour.

For a bright green dip, shell the beans by making a tiny incision at the top of the bean and pressing the inside out.

Place shelled beans, garlic, lemon juice, avocado, mint leaves, half of the salt and a grind of pepper into a

food processor. Blend until smooth. Add a touch of cold water if the dip is too thick.

Taste and adjust seasoning to your taste. If you wish, serve with a bit of extra virgin olive oil drizzled on top – it will make it look pretty and prevent the spread from drying up once served.

Sophia's sommelier recommendation would be a glass of the zesty, Albarinho, from the Vinho Verde region of Portugal or a bottle of Chardonnay that hasn't had any new oak.
Sophia Williams

TALES FROM THE RIVERBANK

I promised you a trout update in my last column and the news is mixed. I had my first sighting of a decent sized fish in mid-March. Subsequent sightings are on the low side, with much fewer fully grown fish than last year. There are a couple feeding well on insects in sight of our bank, there have been many more in previous years by now.

They will have laid their eggs in February and I have seen some fry around which could well be baby trout. These will grow about an inch a month, so by late summer should be a decent size. I hope there has been a successful breeding season for those adults which remain, time will tell.

It is always entertaining watching the mallards pairing up over the winter. Our resident threesome, one male with two females has unfortunately suffered a bereavement as one of the females got killed by a car on the A149. Despite this tragedy our remaining female, Mrs Duck, produced fourteen ducklings, which is a riverbank record on my watch. At the time of writing six have survived and are now quite a decent size, although they are still vulnerable to predation.

Mrs Duck has her work cut out watching over them as they are surrounded by creatures that just want to eat them including otters, foxes, stoats, raptors, and herons to name a few. A recent drama unfolded which showed how fragile their lives are. I was watching a water vole through the telescope from my bedroom window when Mrs Duck and three of the six ducklings scattered at great speed up the river in a flurry of quacking. They quickly came up onto our lawn which they spend quite a bit of time on and is a bit of a sanctuary for them. They had obviously been attacked by something. I couldn't quite get a look at the section of river in which the attack took place, and where the three missing ducklings were still hiding. I could see through the leaves that at least one duckling was on the opposite bank, while a very agitated Mrs Duck kept calling them. Eventually



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she flew across to them. She failed to persuade them to join those on my lawn. This must have been very distressing for her and them, because they are normally a very tight knit group. I had to sit tight because if I moved or showed myself the three on my lawn would be scared off. Something was manifestly very wrong as the three on the lawn all stayed very still and hunkered down. I still couldn't see if all six were alive and it was a tense time for all of us. Eventually Mrs Duck came back to the lawn and ordered those three across the river to re-join whatever remained of her brood. This was my chance to go and get a closer look at what was going on. As I reached the riverbank I saw a cormorant patrolling the water downstream. Mrs Duck had marshalled the ducklings up into the reeds on the opposite bank and they appeared reasonably safe from attack. I heaved a sigh of relief when I counted six little ones. The cormorant soon flew off when it spotted me, and in this instance, I must confess I didn't feel guilty intruding. I wasn't aware a cormorant would try and take a duckling. It has been hanging around recently and it definitely attacked the group on this occasion.

Other sightings of note have been a tantalisingly brief glimpse of an otter as it headed towards the bridge and an abundance of water vole sightings. They have built burrow networks on both banks, including our section, and are very active feeding and grooming in plain sight during the day. We have wondered if they are preparing or caring for young, as there is more than one in proximity, whereas they are usually territorial.

Martin Williams

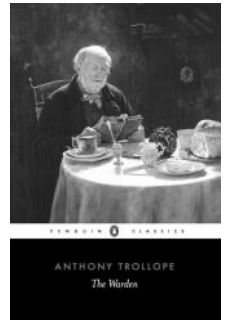
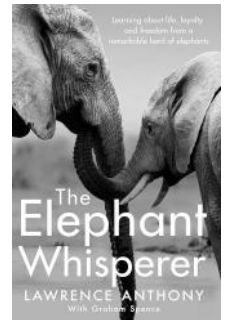


Stiffkey Book March and April

Our Spring reads have been *The Elephant Whisperer*, 2009, by Lawrence Anthony and *The Warden*, 1855, by Anthony Trollope.

Lawrence Anthony was a South African conservationist who was asked to accept a herd of rogue elephants into his Thula Thula reserve, or the herd would be destroyed. With no elephant experience, Lawrence takes on the herd, risking everything to create a bond with them to persuade them to remain within the reserve. The herd is led by Nana the matriarch, with six other elephants including the fierce, warrior like Frankie. The story tells how despite the reservation's preparations, the herd break out and need capturing. Repeated escape attempts drive Lawrence to try and communicate with Nana and slowly gains the herd's trust. We learn about the herds extraordinary intuition, knowing when Lawrence returns to the reserve, travelling to arrive every time to welcome him back. There are challenges from poachers, concerns from local Zululand farmers and it is fascinating how Lawrence and his amazing team of wardens' tackle everything thrown at them.

As a group, we all were moved by the love Lawrence had for the herd. The writing is atmospheric and for those in the group lucky enough to have visited Africa,



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they were transported back there. The rest of us felt inspired to experience that part of the world. We learnt about how the herd communicate, the struggles the young bull elephants have and how precious these immense creatures are within the fragility of our natural world. Lawrence Anthony sadly died in 2012 and by then the reserve had two elephant herds. Both herds sensed his passing and travelled across the reserve to mourn him. An extraordinary, moving book. Score 4.5/5

The Warden is Anthony Trollope's first book in his Barsetshire Chronicles. The story centres on Mr Harding, a kindly clergyman who receives an income from a charity more than the sum spent on the original purpose of the charitable foundation. A young reforming doctor, John Bold takes up the cause with the zeal of an idealist on behalf of the twelve impoverished workers currently benefiting from board, lodging, and small stipend from the foundation. He surmises that these men should be entitled to a much larger income to meet the wishes of the original will. Bold does this despite being in love with Harding's daughter Eleanor. Trollope presents us with a very specific story with a limited number of characters to deal with misappropriation of funds, how the church deals with financial matters and human motivation. Characters feel aggrieved they have been cheated, ultimately left worse off and the innocent are maligned in the press. We felt there was much here that translates to modern day.

We felt Trollope's characterisation was excellent, drilling down to the minutia of village life cleverly, with a languid style that still had cutting insight into the leading characters. The pace is slow which some of us struggled with and the female characters are not as fully developed as their male counterparts. For several of us, this was our first Trollope novel and some are keen to read more of his work. Others felt Dickens remained their novelist of choice from that period. Score 3.5/5.

Jane Hiscocks

COASTAL MARSH ARTISTS

One of our group, Sophia Williams, was asked to present at the Binham Open Circle in April. A delightful evening was had by Sophia presenting her work, artistic techniques and insights on how to get the most out of visiting artists during an open studio event. Open studios are a way of seeing art exhibited in artists working studios. You can even buy directly from the artist, saving you and the artist money in the process, as there are no gallery fees to pay.

As a group we are currently underway with our open

studios event in which has been running from Saturday 24th May and ends on Sunday 2nd June at 5pm. Our trail has been re-named to Stiffkey to Salthouse District for open studios. Our Stiffkey to Salthouse Trail maps are available in local village noticeboards, the Stiffkey Red Lion and on the website, www.northnorfolkstudios.co.uk
Sophia Williams

RESCUE WOODEN BOATS

This year we're hosting talks, workshops and demonstrations on select Sundays. These are all ticketed events, with limited tickets available. In May we had Chris Bell cast his spell over us with his storm chasing tales and tips on how to forecast the weather. Tim Jeckells OBE hosted a fascinating talk on the wonder of the saltmarsh and enlightened us on all its array of benefits to the local environment. Our thanks go out to them for volunteering their time to support our work. On Sunday 16th June we've got limited tickets available for our talk by Dr John Davies and David Waterhouse on the deep history coast in Norfolk. Their book by the same title was described by scientist and professor Alice Roberts as "Taking you into the footsteps of our ancestors." Fancy a cocktail? On Sunday 30th June you can learn about the history of gin and rum then be enthralled by the masterclass from our local distillers, Blackshuck, whilst sipping on a dark and stormy. In July, on Sunday 14th, we will be exploring the history of wine, shaped by rivers and oceans, you can taste wine as the romans did. There will be wine to indulge in as you taste history, presented by local wine educator Sophia Williams. On Sunday 28th July come and see the historic craft of knitting fishermen's Ganseys being demonstrated by the East Anglian Gansey Group. A unique event where you can absorb this historic knit being kept alive by the enthusiasm of the group. Tickets are available to all the events on our website. To avoid disappointment, we advise that you book early in case they sell out. Our events would make wonderful gifts for Father's Day.

Our volunteer run Maritime Heritage Centre tells the stories of our local fishing communities and their wooden boats. Do visit us on Sundays and bank holiday Mondays between 11am until 4pm. We're just off the Greenway, past the Campsite office, in the old officers' mess. We have activities for children and maritime mementoes for sale. We tell the story of locally serving lifeboat and Dunkirk Little Ship Lucy Lavers that we restored to a new life afloat. You can take a trip on her by booking through www.curlewcoastalcharters.co.uk.



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Dates for your diary, our Annual Maritime Heritage Festival and Flotilla in Wells-next-the-sea is on Saturday 3rd and Sunday 4th August with the Flotilla at 5pm on Saturday. You'll get to see the remaining local wooden crab boats and whelker boats gather, display and flotilla. We will have plenty of onshore entertainment, food and drink suitable for all ages, especially the young at heart. Details are on our website.

If you would like more information on what we do or to get involved, please email **wwp@wendypritchard.co.uk** or call 07796951414.

www.rescuewoodenboats.com Wendy Pritchard

CHURCH NEWS

Our Easter celebrations commenced with a beautiful display by the Bashforth family in the corner of the Knoll. There were services on Maundy Thursday and Easter Sunday followed by the Easter Egg hunt after lunch in the churchyard, thanks to the Easter bunnies.



On 6th April, the church hosted the baptism of Nell Hanson-Smith including a rousing rendition of The Auld Triangle by family members and godparents.

Sadly, on the 26th April we held the funeral for Mark Jarvis. The Reverend Tracy Jessop led a very touching service for Mark who was born in Stiffkey in 1947, attended Stiffkey School followed by Wells High School and was an enthusiastic sportsman and follower of sport. The Red Lion hosted the wake for family and friends.

Over the August Bank holiday weekend, we are holding our annual, Stalls on the Knoll fundraiser, in conjunction with the Stiffkey Local History Group event in the church. Their event is entitled transport and its effect on people. We welcome any contributions towards bric-a-brac, the book stall, and home-made products.

A reminder of the Norfolk Churches Trust, annual bike ride, walk or drive, which will take place on Saturday 14th September. Money raised is divided between the Norfolk Churches Trust and each church according to their visits and nominations. It is a great opportunity to take part in a themed event and visit the many spectacular churches in North Norfolk.

We are always keen to have volunteers for the cleaning and flowers rota for the Church as well as for

the churchyard mowing team.

You can contact me on **stjstiffkey.sec@outlook.com** if you have any enquiries or can offer support.

Alan D

STIFFKEY PIRATES CRICKET CLUB

We hope to see you supporting our local pirates either at home or away this season.

Here are the remaining matches for this season. The home matches begin at 1pm, at the playing fields.

Holkham CC home 9th June, Rudham CC 14th July away, Marlingford CC 28th July home, Saxlingham Wombats 11th August home, Thornham CC 1st September away and Thornham CC 15th September home.

John Griffin

MERSTONA QUIZ ANSWERS

(questions on page 24)

1. (a) A clout (an old word for a piece of clothing)
2. (b) A President has died in every month of the year except May
3. (b) Cow milkings
4. (c) Buying a new broom and washing your blankets
5. (a) Put a Pillow on your Fridge Day (to bring prosperity and good fortune!)
6. (b) Reg Varney ('On the Buses')
7. (c) Johnny Cash
8. (a) National Yo-Yo day. Donald Duncan Sr. was founder of the Duncan Toys Company, known for marketing of the Yo-Yo
9. (a) National Accordion Awareness Month
10. (c) Growing season



Claire Dye
Chartered Physiotherapist

BSc (Hons), MCSP, HPC, AACP registered

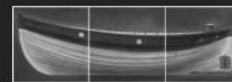
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LANGHAM VILLAGE SCHOOL NEWS

It is now the summer term and we have lots of exciting events to look forward to. We hope to make the most of the good weather with outdoor events and activities. Quartz and Amber class both have trips to Holkham to learn about habitats and the coast. Our 'Out and About' group are helping at Holkham to maintain the beautiful walled garden. Year 6 have been to Norwich Theatre Royal to see 'The Boy at the Back of the Class'. This play is based on a book by Anjali Raufis. The story is about how one ordinary nine-year-old child and three classmates are full of empathy for Ahmet, a boy that comes to their school as a refugee from Syria. Year 6 really enjoyed their theatre experience. There are lots more trips planned this term and some exciting sporting events too. Hockey is our next local schools event and then golf.

In geography this half term Jet class are learning about the human and physical features of our local area. They will study the UK's economic activity, settlements, climate and land use. Quartz class are learning what coasts are, how they are formed, how they are protected and why they are constantly changing. They will learn that this is our local area. They will learn about the processes of erosion and deposition and how they affect the coast. They will find out the names of some different coastal formations. They will learn how changing a coastal area will affect the local environ-

ment and play the role of travel agents as they find coastal holidays for a variety of customers. Amber class are finding out more about the town, country and continent we live in. They will find out where the United Kingdom is located on a world map and explore the features of the countries and capital cities of the UK, before finding out more about our local area.

At Langham our goal is to create relevant and engaging learning experiences that cultivate children's curiosity and build their confidence, knowledge and skills. Our 'Discovery Curriculum' is enjoyable, inclusive, coherent, relevant and creative. At the heart of our approach is the belief that learning should be fun. Our Discovery Curriculum ignites children's curiosity and cultivates their love of discovering new knowledge and skills.

In April we had a visit from an athlete called Rich Potter or won gold, silver and bronze medals in the Invictus Games last year. Rich is an Invictus athlete, who, after a career in the Army and an injury that meant the loss of his left leg, turned his sights on competing at the Invictus Games. It was so inspirational to hear him talk about how he has aimed high and achieved such amazing things despite losing his leg so early in his life. The children were led in some exercises by Rich and were sponsored to raise some funds for the Invictus games charity and for the school. He then led an assembly; the children listened so well to his incredible life story and asked some amazing questions. It was a very memorable day.

Langham Village: 'A place for fun, creativity, friendship, ambition and discovery.'

Polly Kossowicz - Head teacher

For further information please visit our website www.langham.norfolk.co.uk or follow us on twitter @langhamvill.

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IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS

COMMUNITY HEARTBEAT
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 96 27739

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