

LOCAL LYNX

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

ISSUE 159

December 2024
- January 2025

Binham Priory Snow Horse, 2021 photo: Carolyn Raymond

Season's Greetings
to all our readers



Chimney Sweep

07747 021862

North Norfolk

dashingsweep@gmail.com



Rodtech
Approved Sweep



HOT TUBS:

- Full Service
- Maintenance
- Holiday Let Changeovers
- Open-UPS/Winterise
- Fault Finds and Repairs
- Supply and Install
- Spare Parts (Jets, Filters etc)
- Chemicals

POOLS:

- Open-Ups
- Winterise/Close
- One Off Maintenances
- Maintenance Packages
- Fault Finds and Repairs
- New Builds and Refurbs
- Sand/Media Changes
- Chemicals

COASTAL-POOLS@OUTLOOK.COM WWW.COASTAL-POOLS.CO.UK

07568053812

The Arts Society Glaven Valley Cley Village Hall

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

You can see more and join on our website at www.theartssocietyglavenvalley.org.uk

21 January 2025 – “The Big Three in Florence”
18 February 2025 – “Kenneth Clark: Art, Life and Television “

**ADS DIRECTORY now on back page and at
www.locallynx.co.uk**

WHAT'S ON

VH = village hall

Please Note: All church services are listed on page 3

December

- 1st Sun. **Langham** FOL coach trip to Norwich, 10am from the Green
2nd Mon. **Langham** Village Hall Langham Dome talk on HMS Gloucester
6th Fri. **Sharrington** Craft Group, VH 10.30am-12.30pm
7th Sat. **Field Dalling** Christmas Fair, VH 11-2pm
9th Mon. **Morston** Christmas Games Night, VH 7-10pm.
12th Thu. **Sharrington** Noble Rotters, VH 7pm
13th Fri. **Bale** Fish & Chips, VH 7pm
13th Fri. **Field Dalling** Christmas Bingo, VH 6.15pm (eyes down 7.30pm)
14th Sat. **Langham** LVRG Bingo night, VH 6.30pm
16th Mon. **Binham** Christmas Tea, BMH 4.30pm
16th Mon. **Binham** Carols outside the Chequers, 7pm
21st Sat. **Gunthorpe** Carol Concert, Church 11am followed by buffet lunch, VI 12.30pm
22nd Sun. **Sharrington** Carol Service, All Saints 5.30pm
23rd Mon. **Morston** Candlelit Carol Service, All Saints, 5pm
24th Tue. **Langham** Church cCarol Concert 4pm
27th Fri. **Bale** Oak Bar, VH 6.30-9.30pm
31st Fri. **Bale** Old Year's Night Party, VH 8pm

January

- 10th Fri. **Bale** Fish and Chips, VH 7pm
10th Fri. **Field Dalling** Bingo, VH 6.15pm (eyes down 7.30pm)
13th Mon. **Field Dalling** Parish Council meeting, VH 7pm
23rd Thu. **Sharrington** Noble Rotters, VH 7pm
24th Fri. **Bale** Oak Bar, VH 6.30-9.30pm
25th Sat. **Gunthorpe** 50:50 Club, Coffee Morning, VI 10.30am
27th Mon. **Bale** Oak Bar, Post-Christmas Drinks 6.30-9.30pm
30th Thu. **Binham** Social Evening BMH

Regulars

- Mondays, **Bale** Painting Group, VH 1-4pm (from 6th January)
Mondays, **Sharrington** Yoga class, VH 11am-12noon (not bank holidays)
Tuesdays, **Binham** Art Group, BMH 9.30am-12.30pm
Tuesdays in term time, **Field Dalling** Judo, VH 6pm under 10s, 7pm over 10s
Wednesdays, **Binham** Youth Group, BMH 6-8pm (during term time)
1st Wed. in month **Field Dalling** Coffee Morning, VH 10.30am
1st Fri. in month **Field Dalling** Firsty Friday, VH 6pm
3rd Wed. in month **Field Dalling**, u3a Psychology, VH 10am
4th Wed. in month **Field Dalling**, u3a Military History, VH 10am
2nd Thu. in month **Binham** Cosy Club BMH 2-4pm
2nd Thu. in month **Binham** and Hindringham Open Circle, BMH 7.15pm
4th Thu. in month **Field Dalling**, u3a Architecture, VH 10.30am
Last Thu. in month **Binham** Social Night, BMH 7pm
4th Fri. in month **Field Dalling**, u3a Family History, VH, 10am
1st Sat. in month **Langham** coffee mornings VH drop in 10am - 12noon

Post Offices & Libraries

Wednesdays, **Field Dalling**, Mobile Post Office, VH, 9.15-9.40am & **Langham**, Mobile Post Office, VH 9.45 - 10.15am

Thursdays, **Field Dalling**, Mobile Library, Highfield 5th December and 2nd January: 4.45 to 5pm and **Langham** Mobile Library, St Marys Estate 5th December and 2nd January 4.20- 4.35pm

Fridays **Sharrington** Library Bus VH 3.25 pm (6th December & 3rd January)



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.

February

- 1st Sat. **Sharrington** Memories of The Beatles. Talk VH 2pm
15th Sat. **Langham** Village Hall LVRG host evening live music event.

May

- 26th Mon. Bank Holiday **Field Dalling** Open Gardens

August

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

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

Advertising space in this publication is sold in good faith and the editor/publication team can take no responsibility for the quality of goods or services offered.

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.

ST. PETER'S CATHOLIC CHURCH

Back Lane Blakeney NR25 7NP

Mass Sunday - 11am

Wednesday - 9.30am

Holyday of Obligation 9.30am

www.catholicparishofwalsingham.org

Church Services for Bale and Stiffkey Benefice for December 2024 and January 2025

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

Parish	1 st December	8 th December	15 th December	22 nd December	25 th December Christmas Day
Bale	9.30am HC		5.00pm Carol Service		9.30am Christmas Communion
Field Dalling	5.00pm Zoom Evensong	11.00am CFS	At Saxlingham	11.00am Lessons and Carols	10.30am Christmas Communion
Saxlingham		At Field Dalling	11.00am HC	4.00pm Carol Service	At Field Dalling
Gunthorpe		11.00am MP BCP			11.00am Christmas Communion
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	5.30pm Carol Service	9.30am Christmas Communion
Binham	11.00am HC	11.00am MP	11.00am MP	9.30am HC	10.30am Carols and Readings
Morston	9.30am HC BCP		9.30am MP BCP		9.30am HC BCP
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP	
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	3.30pm Carol Service	

Parish	5 th January Epiphany	12 th January	19 th January	26 th January
Bale	9.30am HC		9.30am HC	
Field Dalling	5.00pm Zoom Evensong	11.00am CFS	At Saxlingham	11.00am MP BCP
Saxlingham		At Field Dalling	11.00am HC	At Field Dalling
Gunthorpe		11.00am MP BCP		
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC
Binham	3.30pm Epiphany Service with The Richeldis Singers	11.00am MP	11.00am MP	9.30am HC
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham

Additional Services

14th December: **Cockthorpe** 5pm Carol Service.

19th December: **Binham** 6.30pm Carols and Readings with the Icenis Choir.

23rd December: **Morston** 5pm Lessons and Carols.

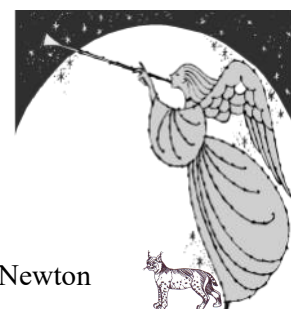
Christmas Eve: **Binham** 4pm Crib Service.

Christmas Eve: **Field Dalling** 4pm Crib Service.

Christmas Eve: **Langham** 4pm Carols and Readings.

29th December: **Sharrington** 10.30am Group HC Service.

Zoom Evensong on December 1st and January 5th at 5pm. For further details please contact Ian Newton on 07979 598020 or email iannewton46@gmail.com.



RECTOR'S LETTER

Dear Friends and Parishioners,

We enter now the Winter Season, this is Advent, which is the Coming of Our Lord as a baby at Bethlehem, and a month of Preparation for the Great Feast of Christmas, which marks the Beginning of our walk with the Saviour of the World. There is no present like it.

And how do we keep in touch? We pray.

All must pray to somebody or something. As Homer wrote (Odyssey 3:48): Everyone needs the gods. The word comes from precari, to beg or entreat. Luis of Grenada (1504 – 88), the Dominican authority, wrote:

‘Prayer, properly speaking, is a petition which we make to God for the things which pertain to our salvation. But it is also taken in another, broader sense to mean any raising of the heart of God.’ As Bishop Jeremy Taylor (loathed Northern Ireland and the rain, ungrateful man) says, ‘prayer is “the assent of the mind to God”.’

Let us pray for peace, forgiveness, contentment; and enjoy after the strictures of Advent, the Celebration of Christmas. May I wish you a thoughtful December and a Glorious Christmas and New Year.

Yours truly, Ian Whittle, Langham Rectory 01328 830246

A trapped bird
A wrecked ship
An empty cup
A withered tree
Is he
Who scorns the will
of the King above.

Pure gold
Bright sun
Filled wine-cup
Happy beautiful holy
Is he
Who does the will
of the King of Love.

Brendan Kennelly

STEFF AQUARONE M.P.

London Parliamentary Office: 0207 2197585

North Norfolk LibDem Office: 01692 404100

email: steff.aquarone.mp@parliament.uk

www.steffanaquarone.com

JEROME MAYHEW M.P.

Broadland Conservative Assoc: 01603 865763

www.broadlandconservatives.org.uk

LOOKING AFTER LOCAL LYNX

Local Lynx is a not-for-profit community paper covering the villages of Bale, Bingham, 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

Account Name: Local Paper

Account number: 6500 4288 Sort code: 09-01-54



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.

Bingham Memorial Hall (max 150) contact: see page 11 for details

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

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

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

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

Sharrington Village Hall (max. 90) contact: see page 14 for details

COMMUNITY NEWS

COUNTY COUNCILLOR'S NEWS

...from Cllr. Micheal Dalby
#NorfolkWinter campaign

Over the past two years, we've added 45 new gritting vehicles to our fleet, bringing all 58 vehicles up to top specifications.

Each vehicle will feature new auto-salting technology supported by satellite navigation. This system allows for more accurate salting with less manual work, saving time and reducing waste. On average, it cuts salt usage by 10-15% and prevents salt from being wasted on grass verges.

With mapping data and input from skilled drivers, our vehicles can follow pre-programmed routes, making it easier to treat Norfolk's roads accurately. Drivers can select routes, set salt spread rates, and operate efficiently, ensuring our network is treated consistently this winter and keeping Norfolk's roads safe.

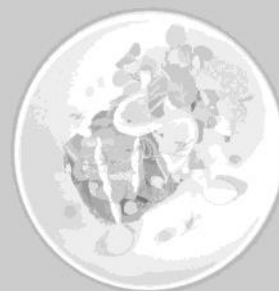
Keep Residents Warm This Winter

Proposals to support some of Norfolk's most vulnerable people this winter have now been set out.

Norfolk County Council is looking to use £1.15m of the £6.7m allocated to the county through the Household Support Fund to keep people warm and help them make ends meet following the government's decision to make the winter fuel payment means tested from this winter.

The county council will allocate £750,000 to partner with local organizations like Age UK and Citizens Advice Bureau to support those impacted by the changes to Winter Fuel Payments. They will also invest £400,000 in the "warm spaces" scheme, providing essential respite in community areas.

the
GLAVEN
bistro



seasonal menus - local produce

OPEN THURSDAYS TO MONDAYS - 9am - 4pm

The Barns, Manor Farm, Glandford nr Holt

www.theglavenbistro.com

Additionally, the proposals include £3.6m for cost-of-living vouchers for families eligible for means-tested free school meals. This is in addition to:

£1m for the Norfolk Assistance Scheme, which offers direct support, household items, and emergency help;

£700,000 for local councils to provide proactive and crisis support;

£250,000 for Adult Learning to continue offering free courses on cooking, budgeting, and digital skills.

New strategy for Norfolk economy

Norfolk's Economic Strategy, also known as a Local Growth Plan, sets out an overview of the local economy and key priority areas for economic growth.

Norfolk is a global leader for offshore wind with £39bn of clean energy investment forecast over the next 20 years. In Great Yarmouth, the new Operations and Maintenance Campus is expected to create 650 new jobs and new commercial space for the offshore renewable energy sector. This £24.8m partnership project is a collaboration with Great Yarmouth Borough Council, with enabling works well underway.

County Councillors' contact details:

Michael Dalby: County Councillor Wells Division - Glaven, Priors and Walsingham Parishes (incl. Binham & Cackthorpe, Brinton & Sharrington, Field Dalling & Saxlingham, Langham, Morston, Stiffkey)
michael.dalby.cllr@norfolk.gov.uk
07306 886552

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

DISTRICT COUNCILLOR'S REPORT

...from Dr. Victoria Holliday

Planning

The local validation list for planning applications (the documents required for your application to be accepted) will be going out for public consultation.

Are You Eligible For Benefits?

We are very keen to identify residents eligible for pension credit. To check your eligibility for pension credit go to gov.uk/pension-credit, call 0800 991234, or contact the financial inclusion team **financial.inclusion@north-norfolk.gov.uk** or 01263 516221. The financial inclusion team is absolutely the best place to start for any money worries, problems paying bills etc. It also might be able to put you in touch with help to fill your oil tank.

Discretionary housing payments are available for rent arrears, rent deposit and moving costs and ongoing rent shortfall.

A 'Forget me Not' grant of £500 is available to those



living with memory loss. You don't need a formal diagnosis of dementia and the grant is not means tested. It covers adaptation or equipment to promote safety and independence. Examples of work considered are installing water level cut out or safety detectors, supplying memory aids such as clocks or changing lighting or flooring to be more suitable. Contact NNDC by phone 01263 513811 or search the NNDC website for 'Forget me Not'.

Housing

As of 31st August 2024, there were 2,369 households on the council waiting list, with 488 having the most urgent housing needs. In comparison, only 136 houses were let from 1st April to 31st August. As of 31st August, there were 215 open cases of households at risk of homelessness and 53 households in temporary accommodation. The latter is a decrease of 22% from this time last year.

The forecast cost to NNDC for homelessness accommodation for 24/25 net of subsidy is £0.65million.

Two rural housing schemes were opened this summer and four more are in build.

The housing adaptation scheme has funding so do please come forward if you need modifications to stay in your own home. Not all grants are means tested so you may be eligible! Urgent home repairs (e.g. emergency boiler replacement) are also covered. Contact me if you have any questions.

Environment

Environmental Health is required to inspect 390 food businesses by April 2025 to achieve the targets set by the Food Agency.

From 18th November you will need to book an appointment to visit a recycling centre. Each time slot is 15 minutes. You can book seven days in advance so appointments can be made from 11th November. Appointments can be made online at norfolk.gov.uk or by calling the Customer Care Centre on 03448 008020.

Finance

The forecast for 2024/25 is for a £950k deficit. This is largely made up of additional borrowing costs, and investment income and housing benefit shortfalls.

NNDC is still in discussion with NCC as to how a proportion of the additional council tax on second homes can be put towards social housing.

Increasing car park charges from April 2025 will be decided at full council in December. Although most of the increase will fall on visitors, it's realised that this may have a negative impact on residents; however, car parking income is valuable to the council. Charges have not changed since 2022 and season tickets prices not reviewed since 2016.

Foot Perfect

Foot problems treated include:

Toenail trimming Corns Callus removal Verrucae
Fungal infections Athletes Foot Diabetic foot care
In growing toenails Thickened nail reduction

In the comfort of your home

Sandra Harrod Dip TH MCFHP MAFHP
Foot Health Practitioner
01328 710022 – 07766 016454



Blakeney Surgery

The practice has put in a planning application for a 24 hour medicine vending machine at Blakeney Village Hall. Although the surgery was due to close on 7th November 2024, it will remain temporarily open for medicines ordering and collection whilst the final decision on planning is made. If permission is granted, Holt Medical Practice (HMP) will order the vending machine and start conversations with patients on an individual basis to make sure this change is well managed. Patients should be reassured that there will be no changes or cessation in service from Blakeney Surgery without further communication from HMP. However, if the planning application for the vending machine is denied, then the Surgery will unfortunately close without an alternative local solution in place.

Tech Skills for Life

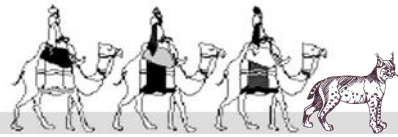
Norfolk County Council's Tech Skills for Life team can help you with using a phone, tablet or laptop, or even provide you with one to borrow or keep. They can also help you get cheaper broadband and data. Call 01485 536420, pop into your local library or email techskillsforlife@norfolk.gov.uk.

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



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Tel: 01328 863131

also at: 15 Market Place, Holt Norfolk NR25 6BE

Tel: 01263 712023

email: ba@butcherandrews.co.uk - www.butcherandrews.co.uk



PINPOINT INFO

PINPOINT INFORMATION "Caring for Carers" Advice and Support Glaven Caring Centre, Blakeney

I went to an excellent new incentive at Glaven Caring Centre in Blakeney a few weeks ago and I want to make sure everybody knows about it.

"Caring For Carers" is a new monthly coffee morning on the first Friday of every month from 10-12pm. (Next date: Monday 2nd December.) It is a very welcome space to give both new and experienced carers the opportunity to share their concerns and get support.

Open to everyone, the centre can also provide support for the person you care for if you want to bring them with you to the centre. Please ring before you come to ensure enough staff support is available. 01263 740762 or email info@glavencaring.co.uk for more information. *RH(ed.)*

HOLT LIBRARY COMMUNITY DROP-IN

Second Tuesday of the month: *Tuesday 10th
December 2024 and Tuesday 14th January 2025*
10.30am – 12 noon

Come along to Holt Library for a relaxed opportunity to chat with:

- **Healthwatch Norfolk:** The local health and social care champion for the County. We make sure NHS leaders and other decision makers hear your voice and use patient, carer and community feedback to improve care. (See Healthwatch article opposite.)
- **Norfolk Community Law Service:** Free specialist legal triage advice. Further details at www.ncls.co.uk.
- **Age Concern North Norfolk:** A small independent charity based in Sheringham, offering a Day Centre for older people, many of whom have dementia, as well as providing entertainment, activities, a home cooked lunch, a bathing facility and a laundry service, also delivering home

E-MOTION CYCLES



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Test rides are by appointment only.

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email: ride@e-motioncycles.co.uk

or call James on: 07976 523960

We are located in Holkham Village,
just along the road from The Victoria.

RALEIGH

HAIBIKE

cooked meals to many residents in the local community.

• **The Alzheimer's Society:** Dementia advisers who offer information and practical guidance to help anyone affected by dementia to understand the condition, cope with day-to-day challenges and prepare for the future.

Free advice and information. No need to book. Refreshments provided.

FAKENHAM CHORAL SOCIETY'S CHRISTMAS CONCERT

Join Fakenham Choral Society for an evening of festive favourites at its 2024 Christmas Concert. The choir, directed by Mark Jones, will be joined by musicians and soprano Eleanor Oldfield, who was born and raised in North Norfolk, and has recently graduated from the Guildhall School of Music and Drama.

The concert is on Saturday, 14th December at 5.30pm in Fakenham Parish Church. The programme will include Sir Karl Jenkins', Joy to the World, Sir John Rutter's, Magnificat and other festive music. There are opportunities for audience participation in some much loved Christmas carols.

"Joy to the World is a choral sequence of nine Christmas carols from across the world, in fresh and vibrant arrangements," said Mark Jones. "The combination of Joy to the World, with John Rutter's exciting Magnificat, as well as some well-known carols, will make a delightful start to the festive season for both audience and performers."

Admission is free (with a retiring collection) and the choir is expecting a full house, so please arrive early to secure your seat.

Information about the choir can be found at www.fakenhamchoralsociety.org Shirley Collyer

HEALTHWATCH NORFOLK

Just over a week after a major consultation was launched into the future of the NHS, people in Norfolk were being urged to make sure they had their say.

The government is asking people what they would like from the NHS with the results helping to create a 10 year plan. You can share your views by logging onto the change.nhs.uk website.

Whether you have ideas, want to share your experiences of care and how it can be improved, or highlight good practice, the NHS is keen to hear your views.

Alex Stewart, chief executive of Healthwatch Norfolk, said "I would urge everyone to spend a few minutes completing the survey. This is a chance to ensure your views can be considered as the government maps out how

Darren Betts Building and Maintenance

2 Bale Road
Sharrington
Melton Constable
NR24 PF
01263 861281
0788 184 1917
bettsdarren@aol.com

healthcare will work over the next decade. We are well aware of the challenges we face in Norfolk around the services that need support, the difficulties of connecting many rural communities to ensure they can have access to care and helping to ensure that everyone can get the treatment and support they need regardless of who they are. This is a great opportunity to ensure your voice counts when it comes to shaping the future."

Louise Ansari, chief executive of Healthwatch England added "All too often, people face unequal access to care, with disabled people and those on lower incomes being particularly at risk. The NHS belongs to us all, so you must speak up and help create a health service that is fit for the future, equal and inclusive for everyone." AS

MORE EVENTS AT HOLT LIBRARY

Mrs Temple's Cheese

Thursday 5th December 11am at Holt Library

Come along for a talk about Mrs Temple's Cheese, handmade in north Norfolk using milk from their own cows. There will also be an opportunity for some tastings. £3 includes refreshments. To book, pop in or call the library on 01263 712202. Booking advisable. A Holt Library Friends event.

Grief Awareness Week

Rainbows of Hope

Friday 6th December 11am at Holt Library

A rainbow-themed, drop-in, craft session at Holt and other local libraries – led by Remembering Together Norfolk; includes creating a "tree of love" (making memorial hearts) for Grief Awareness Week.

Free, no need to book, just drop in. All welcome.



Norfolk
Stay

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DON'T LOSE YOUR WAY

Do you walk on paths and tracks in your village or in other parts of Norfolk?

The Definitive Map of public rights of way (footpaths, bridleways, restricted byways, etc) is the legal record of such ways in England and Wales. Some paths and tracks have not yet been recorded.

In 2020, thousands of people took part in a Ramblers Association 'Don't Lose Your Way' project to help find 49,000 miles of lost paths across England and Wales. The aim is to get these paths added to the Definitive Map so that they will be safeguarded for people to use into the future.

The Definitive Map was created in the aftermath of World War 2. With concerns about paths being unrecorded, in 1947 the Hobhouse Committee on Footpaths and Access to the Countryside recommended that "an authoritative record of rights of way be prepared before it is too late".

The result was a provision in the National Parks and Access to the Countryside Act 1949 which set up the procedures for compiling maps and giving county councils the duty to create the Definitive Map. However some paths did not get recorded.

An example is the path between Slade Road, Bale and the A148. Current and former residents of Bale and other walkers have been filling in forms about their use of the path. The Ramblers will submit these forms with an application to Norfolk County Council to add the path to the Definitive Map.

We need to show that the path has been used continuously for a period of 20 years as of right. "As of right" means, for example, that the landowner did not give you permission to walk on the path. We do not need to show that everyone used the path for 20 years provided that there is good evidence of use throughout the 20 year period. We can also use documentary evidence, such as old maps

and photographs.

Do you walk on a path or track in Norfolk that you think may not be recorded as a legal right of way? If so, and if you would like to help to safeguard it, please contact Ian Mitchell, the Ramblers Norfolk Area Footpath Co-ordinator now, norfolkramblersafps@gmail.com.

Under the Countryside and Rights of Way Act 2000, there is a deadline of 1 January 2031 after which public rights over thousands of paths, which are public rights of way but not yet recorded as such, or not yet recorded correctly, could be extinguished. It will still be possible to apply to get a path recorded based on 20 years' continuous use but not on the basis of documentary evidence. So it is important to submit applications now while we can use documentary evidence in addition to showing 20 years' continuance use of a path.

You can find more information about the Ramblers Association and about Don't Lose Your Way on the Ramblers website: <https://www.ramblers.org.uk/>.

*Bridget Moss - Member of the Fakenham Group of the
Ramblers Association*

BALE

Contact: David Bridge
david@bridgeifa.co.uk


BALE VILLAGE HALL NEWS

The Harvest Supper on 5th October was once again a pleasant evening when we enjoyed a simple but delicious menu thanks to John, Ann, Margaret and Hannah; the Food Bank also benefited from generous donations from the diners.

John, Ann and team actually had a busy October as they totally spoiled us with another Sunday brunch on the 20th, which again attracted a good crowd. It is such a pleasant relaxing way to spend a Sunday morning, chatting over coffee, home-made granola, croissants and eggs and there is much demand for this to be a regular feature on the Village Hall calendar.

We are now hurtling towards Christmas and the hall will be looking festive in time for fish and chips on 13th December – remember to get your order to Anne by 5pm and try to bring something seasonal as a raffle prize!


From January, we will also be offering a fish pie and peas option in addition to the usual chip shop menu. The pies will be bought ready-made and then heated at the village hall on the evening and the cost will be £6.50 per person. More details on the WhatsApp group in time for the



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10th January get-together (7pm start as always).

The Bale Oak Bar will open its doors for a post-Christmas drink on Friday 27th December 6.30-9.30pm. It will be good to socialise outside the house, so bring along any house-guests for a glass of something at your local. The next session will be 24th January.

As is customary, we will be seeing the Old Year out with a stylish three-course dinner and entertainment, beginning at 8pm on 31st December. Please book in advance via WhatsApp or direct message Paula on 07793 214703. The price remains at £15 and this is a "bring your own drinks" occasion. Try to remember some £1 coins if you would like to try your hand at winning the whisky.

Finally, news that Jude and Chris Ryan will be organising a Pot Luck Lunch on 2nd February. More information will be forthcoming nearer the time but please make a note in your shiny new diary *Paula Moore*

WILD BALE

The Magpie

Folklore has ensured that the magpie is thought of as a malignant creature bringing bad luck and death: "A single magpie in Spring, foul weather will bring."



A thief of small shiny objects, it has crackling calls and a reputation as a predator of fledgling birds.

The countryside has always been a dangerous place for this highly intelligent corvid.

Formally called simply pie, this was during the 1500s, a slightly shortened version of pied; due to its black and white plumage, the magpie was added due to (and forgive me) its chattering calls resembling the idle chatter of womenfolk. Magpies are very clever birds due to their brain/body ratio and have been described as one of the most

intelligent non-human animals.

During the Middle Ages they were common pet birds becoming very loyal to their keepers and often not having to be caged. They were popular due to their large size, 46 cm with the tail and magnificent coloured plumage, a metallic mix of blues, purple and greens, as well as their exuberant nature, cleverness and ability to catch insect pests as well as mice.

Magpies are common across Norfolk and groups of four to ten are often around Bale feeding along hedgerows and field margins as well as there being several nesting pairs. They are found in most habitats but avoid treeless areas and dense forests. The bulky nest is normally in tall trees constructed by the male and female, who are monogamous, from small sticks and then lined with roots and clay with a thorny bower protecting the nest from predators.

The female broods the eggs for twenty-one days being fed by the male though this whole period. The young are fed and protected in the nest for another 30 days, finally leaving the nest although the family will remain together for several weeks. Only 25% of magpie young survive their first year. Much maligned for eating the eggs and young of other birds, a study published in 2000 found that magpies had no significant impact on the population of small songbirds.


I have just finished reading Featherhood, a memoir by Charlie Gilmour. It is the story of a magpie living in London with the author. A very good read and it will lead you on to Heathcote Williams the poet who wrote Whale Nation.

Paul Lawrie

ITS THAT TIME OF YEAR AGAIN

I am not sure how many readers are like me, but in our house, we start to get very excited about Christmas quite

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early. We love to see the beautiful Christmas trees decorated with vibrant colours and all the sparkling lights that brighten up dark December evenings. Not to mention all the lovely presents under the tree and wonderful food to indulge in, but most special is time spent with family and friends at this magical time of year.

With Christmas in mind, I just wanted to highlight some of the exciting Christmas activities happening in North Norfolk this year.

The world famous Thursford Christmas Spectacular, runs until 23rd December. In addition to this amazing show, there's also the Enchanted Journey of Light running from 29th November until 24th December.

Sandringham estate has its Illuminated Winter trail running up to 24th December. Felbrigg Hall (National Trust) is showcasing 'Wild Wood Hall- the Search for Red' up to 16th December. This is a continuation of last year's "Wolf story" and if it's half as good as last year's, it will be superb. Another National Trust venue, Blickling Hall, presents its 'Journey through the Stars' in the house from 30th November – 5th January, also returning is its amazing "garden of lights" display.

If you need some present ideas, there is a plethora of craft fairs taking place in the lead up to Christmas.

Holkham Christmas Fair is on 13th-15th December. Whilst you're there, why not visit the house for the Holkham Hall by candlelight tour-you will not be disappointed. On the 12th December, Holkham will host carols in the courtyard and the hall if you fancy a sing along.

If you fancy seeing Santa arrive by boat rather than reindeer, head to Wells Christmastide festival taking place on the 30th November, but be warned, he knows if you've been good or bad!

Not forgetting the famous Cromer Christmas Pier show running until 29th December, an eclectic blend of the finest variety of entertainment. If you fancy a magical Christmas journey aboard a steam train – and maybe another chance to meet Santa before the big day, then google North Norfolk Railways for further details. Wishing everyone a healthy and Happy Christmas 2024.

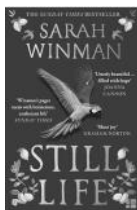
Rebecca Withey

BALE BOOK GROUP

Still Life by Sarah Winman

Still Life immersed me in a story that was anything but still. The setting is initially Florence in 1944 and explores an interesting part of Italian history with the search for important artworks hidden by the Nazis.

An unlikely friendship between a young British soldier, Ulysses, and an older female



art historian lays the foundation of the story.

We are soon transported to the East End of London post second world war and the intrigues of a community centred around a pub. The book is packed with strong characters and the relationships between them. Friendships blurred with love, gay love, parental love, unrequited love and platonic love, all pepper the narrative and the wonderful descriptive passages are interspersed with humour.

Still Life is a book filled with hope and optimism. When the main characters returned to Florence, I felt transported there too.

There was a mixed reaction to the book from our group. For some people it was just too improbable and the characters were too predictable. The middle section of the book was the contentious part, however we all loved the beginning and the end. Others were happy to suspend their sense of reality and embrace the moments of magical realism and the relentless optimism of the book. In my view, Still Life is a book to be read in the sunshine. I laughed, cried and was uplifted.

Fiona Andrews

ALL SAINTS' BALE

The Bale church carol service is always a very well-attended occasion, with so many of our village community taking part, either giving the traditional Christmas readings or by simply having a really good sing. Not to forget the bonus of mince pies and mulled wine to refresh us after our efforts. The service will be earlier than in past years, taking place on Sunday 15th December at 5pm and we look forward to starting off the Christmas season by raising the roof again this year, so please make a note in your diary of the revised date and time – there will be no morning service on that day.

As the year draws to a close, thanks is again due to all who have helped to look after our beautiful church building

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over the past 12 months. Whether by flower arranging, cleaning or keeping the churchyard tidy, these volunteers ensure that Bale church is a calm, welcoming place for worshippers and visitors alike. The visitors' book has so many positive comments and this is down to all those who give up an hour or two of their time two or three times a year to help out. "Many hands make light work" as the proverb goes, so if there is anyone not yet involved who feels they could spare a little time, please contact Paula on either the village WhatsApp or 07793 214703.

Our usual Holy Communion services are at 9.30am on the first and third Sundays of each month, but please refer to the schedule of services for the Benefice at the front of this magazine to confirm as there are occasionally changes to this.

Paula Moore

BALE PAINTING GROUP

Meeting in the Bale Village Hall on Mondays from 1-4pm currently until the 16th December. Following a break over the Christmas holidays we recommence on 6th January.

Having had a scheduled Christmas card painting session in October and completed the process; those who get sent these cards hopefully will appreciate the effort that went into their production. Whether printed using an internet based service or using card making kits (available from retailers such as The Range and Hobbycraft) the outcome is very rewarding. The recipients will get unique cards for sure and Christmas greetings.

Developing themes of painting subjects, e.g. trees or seascapes, can make it an interesting challenge to use a limited palette (four or five colours only) to create similar or the same landscape to see the effect a single colour change can have on the finished pictures. You may see this in the pictures on display in the hall. We aim to update the display fairly regularly.

We are artists of all abilities and would love to welcome new members. So do come along for a chat or just to draw or paint if you are interested. Email: TheBalePaintingGroup@outlook.com

Peter Jones

BALE 100 CLUB

September 2024

1st Adam Chapman
2nd Olivia Marshal
3rd Sue Berry
4th Peter Nearney

October 2024

1st Edmund Neilsen-Allman
2nd Evan Turnbull
3rd Rebecca Cebrat
4th Belle Prideaux

If you wish to join the 100 Club, please contact Anne Peppitt and she will give you all the details.

Another year draws to a close and we look forward to



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Christmas, spending it with friends and family and also everything that North Norfolk has to offer.

I am grateful to Thursford for sending me some stats on their Christmas show which I thought might be of interest. They have had over 2,000 performers audition for the 2024 show, but only 120 were selected. Thursford use 502 pairs of tights in the show including seven different types. In total there are 80 pieces of different music used in the show and 37 costume changes between all the cast in one show. None of this is surprising, based on how good the show is each year.

Hope you all have a Merry Christmas and Happy New Year.

DB

BINHAM

Contact: Paul Bailey 07401 315714
paulbailey04@aol.com

BINHAM WITH COCKTHORPE PC

Autumn is well and truly with us. Dank mornings, with the occasional fog coming off the sea and across the fields, and on better days ending with some fabulous tea time sunsets. We also have the most amazing blue skies to cheer us up after a spate of poor weather. Like you, I'm always motivated to get out and about in such conditions, also fit for October half term activities.

The good news is that our postie David has returned to work, but on light duties in the office. He is expected to be out and about with a helper in late November, depending upon his recovery. We continue to think about him and wish him well in making a satisfactory recovery and hope to see him out and about in the run up to Christmas.

My report in the last edition, included proposed tasks the

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Parish Council would undertake in the upcoming months:

Firstly, the PC resolved to revert to "Binham with Cockthorpe Parish Council", guided by our parish clerk, in that she saw no reasons not to do so. The change process will be undertaken in a timely manner.

Secondly, a black/grey non-biodegradable waste bin has been purchased for use in the PC cemetery and churchyard. The bin will be emptied by North Norfolk District Council (NNDC) once a month and the costs shared with Binham PCC. It is situated next to the brown biodegradable waste bin. It is worth noting that the bins are being used appropriately in supporting the PC's commitment to biodiversity.

Thirdly, having discussed the repair of the bus shelter in Front Street, the PC agreed that it would be more cost effective in the long term to purchase a new sustainable shelter, with space for a notice board similar to the current one. Unfortunately, a replacement will not come cheap, but there are various schemes which support such purchases and these are currently being explored. Inevitably, the PC will need to raise at least fifty percent of the costs. If anyone has any suggestions in terms of design, or indeed fundraising, please contact either myself at Lizsdavenport@gmail.com, or our PC clerk at Sarah352hayden@btinternet.com.

In recent months, there has been a concerted drive by NNDC to promote Pension Credit. This has become especially important after the recent Budget and the expected rise in associated household costs. A reminder that if you think you are missing out on any benefits to contact Financial.Inclusion@north-norfolk.gov.uk, or indeed call 0800 991234 to check your eligibility for Pension Credit.

As mentioned in the last edition, the PC considers NNDC's related planning applications and comments appropriately; although of course, the PC does not make the decision in terms of the outcome. This is the responsibility of the NNDC Planning Directorate. However, at the PC's next meeting, NNDC's Local Plan will be considered and commented upon accordingly. As with all things planning, it is a challenge to determine priorities and sustainability across a district, when asked to also consider climate change, a growing population requiring the right type of housing in the right place, as well as also recognising the associated natural and built heritage of the district connected with Binham and Cockthorpe. The villages are situated in an Area of Outstanding Natural Beauty and Binham is also designated a conservation area. All such considerations support the villages' long term health, wellbeing and economic growth. The North Norfolk Local Plan 2016/2036, can be accessed at www.north-norfolk.gov.uk/

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localplan and is comprehensive in its vision and aims for the district. If you have any comments, please contact the PC clerk, at Sarah352hayden@btinternet.com and she can then forward to the PC and NNDC. Lots to think about and changes afoot.

It just remains for me to wish everyone a Happy Christmas and New Year amongst their family and friends. I also wish and hope that the New Year will bring better news and that the international conflicts resolve which indirectly affects everyone. *E.S.Brady, Chair Binham Parish Council*

BINHAM PRIORY CHURCH

Christmas Services at Binham Priory

A warm welcome to all at the following services:

Thursday, 19th December, 6.30pm

Carols and Readings for Advent and Christmas
with the Icení Christmas Choir

Christmas Eve, 4pm

Children's Christmas Service

Christmas Day, 10.30am

Family Service with Carols and Readings

Sunday, 5th January, 3.30pm

Carols and Readings for Epiphany
with the Richeldis Singers



BINHAM MEMORIAL HALL

Have you noticed a subtle change in the colour of the village hall's roof lately? Maybe a little greener? That's because we've recently had solar panels installed, giving us a clean, eco-friendly and cost effective solution to our energy needs. December 2024 marks the village hall's 25th anniversary, so this is an excellent investment in the future of our lovely hall. Thanks to those members of the team who were involved in the project.

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It's been another great year of events and hopefully there's been something for everyone. Please do let us know if there's anything else we can do, or if you have any suggestions for something new.

As well as all the regulars, keep an eye on our website, Facebook page and signage, as well as those of our other user groups, such as Friends of Binham Priory and their events too.

After a very busy schedule of events throughout October and November, December's social evening has unfortunately been cancelled, due to it falling on Boxing Day. The next social evening will be on Thursday, January 30th. It's a really good way to meet up and banish those January blues. We also now have a pool table, which is proving very popular, so come along and join the cue.

This year's festive Cosy Club will be on Wednesday, 18th December, so do come along and enjoy a cuppa and a catch up.

Thanks to everyone for supporting us in 2024. We very much look forward to seeing you all again in 2025.

A very Merry Christmas and Happy New Year from all of the team.
Kevin Howard

BINHAM ART GROUP

We continue to have a good turnover of regular members, who come to spend the morning creating different types of artwork. We would like some younger menfolk to join us, as sometimes we do need to have some extra muscle power. In return, I think they would enjoy the friendship and encouragement that the group provides.

The September Picture of the Month, was won by Barbara Lawson, with her brightly coloured collage. Barbara has only joined us recently, so it is good that her artwork style has brought something new to the group. Just in time for this article, the October Picture of the Month was won by Hazel Ashley, with her autumn painting of rooks, in acrylic.

There is also another changeover planned for The Gallery @ the Chequers, so please do go along and enjoy their hospitality and at the same time see if one of the pictures on display would be a suitable gift for that special person.

We are still hoping to arrange some demonstrations/workshops in the New Year, so if you are an artist who would be interested in doing this, then please get in touch (susanaedwards09@gmail.com).
Sue Edwards



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THE FRIENDS OF BINHAM PRIORY

We wish you all a very Happy Christmas and send a big thank you to everyone who has supported us during 2024.

We have hosted some very enjoyable talks this year and it has been lovely to see so many familiar faces at each one of them. We hope you get as much pleasure from these get-togethers as we do.

Those unfamiliar with our work may wonder what we do with the money our fundraisers make. Our aim is simply to help keep the ancient Binham Priory Church building up and running so it can be enjoyed in a multitude of ways now and by generations to come.

We do not keep big reserves. In recent years we have supported a variety of projects including improved heating and lighting, improvements to the children's area, and roof repairs to stop rain leaking in.

In late summer this year, we were asked for help to pay for repairs and replacement equipment to improve the church sound system. By doing our bit towards keeping the building operating efficiently, we feel we are helping to keep it alive and open to the public.

If any newcomers to the area would like to join The Friends of Binham Priory, we would be pleased to welcome you as members. More information can be found on our website, friendsofbinhampriory.weebly.com, and membership forms can be collected from our noticeboard inside the church. It costs just £10 a year per person, or £100 for life membership. But, of course, our fundraisers are all open to non-members too.

We send our very best wishes for Christmas and may 2025 be a very happy year for you.
Carolyn Raymond



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BINHAM YOUTH GROUP

Youth Group reopened after the summer break, with steady numbers in the 30s and 40s attending each week. We have welcomed some new members too.

Our Halloween party was spooktacular with some amazing costumes - both children and helpers, party food, games and dancing.

We are now in the half term leading up to Christmas and we'll have fun with all the usual games and activities, as well as making Christmas decorations, decorating the tree and planning our Christmas Party. As the evenings are now dark, we will be indoors, so you can bet it will be noisy.

We are sending out a plea again to anyone who would like to join our small band of volunteer helpers. If you think you could spare a couple of hours each week, or just help with setting up or clearing away, it would make all the difference.

Youth Group runs every Wednesday in term time at Binham Memorial Hall from 6pm - 8 pm. £1 entry for children between 5 - 16 years old. No mobile phones policy. Tuck shop. All helpers are trained in first aid and safeguarding, and have been police checked. Look forward to seeing you.

For more information, phone Andrew Marsh 01328 830178, or Amanda Able 01328 830828. *Amanda Able*

BINHAM & HINDRINGHAM OPEN CIRCLE

After a successful year, with talks on topics such as St Kilda, hedgehog rescue and travelling around Norfolk in a horse drawn caravan in 1912, Binham & Hindringham Women's Open Circle is busy planning for 2025.

We will continue to meet in Binham Memorial Hall, but we are changing the day we meet to the second Thursday of each month at 7.15pm.

Open Circle is an informal group of women, who get

together to make friends, learn new things and raise money for local charities. The annual subscription is £20, although visitors are welcome to attend for £3 per meeting.

For further information, or to book a place at a talk, please contact Shirley Collyer on collyershirlley@gmail.com.
Shirley Collyer

BINHAM CHRISTMAS CAROLS

This year's Christmas carols will be held outside The Chequers on Monday, 16th December at 7pm and will be accompanied once again, by the magnificent Fakenham Town Band. Mulled wine and mince pies available.

The carols will be preceded by a Christmas tea at Binham Memorial Hall starting at 4.30pm. The tea is free for everyone to attend (donations welcome) and will be followed by a candlelit walk to The Chequers for the carols.

Anyone who would like to book a place for the tea, should contact Liz Brown (01328 830519), or Sarah Day (01328 830297). We look forward to seeing you all there.
Sarah Day

BMH 100+ CLUB WINNERS

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Wendy Marsh £5

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October

Joanna King £25

John Able £10

Sue Jeffrey £5

Martin Foulds £5

Liz Brady £5

For those of you who are currently members, please do stay with us, as your subscriptions make a valuable contribution towards the hall's operating costs. And for those of you wishing to join, please email paulbailey04@aol.com. December's draw will include two additional prizes of £50 each.
Paul Bailey

COCKTHORPE

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

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ST ANDREW'S CHURCH

Christmas Fair

Saturday 7th December 11am -2pm

Villagers' Hall, Field Dalling

Enjoy mulled wine and festive refreshments: coffee, tea, cakes and soup.

Our Village-Made stall offers Christmas cakes and puddings, other cakes and festive treats and preserves. Stalls include local crafts and gifts, Christmas cards, books, plants, and of course, Father Christmas will be visiting.

If you are a local crafter or purveyor and would like a stall at the fair, please contact: *Lou Shone: 07979 704419*

PREPARING FOR CHRISTMAS - THE ADVENT GROUP

Acutely aware of the current areas of conflict in the world, we will be using 'What were you arguing about along the Way' (Canterbury Press) reflecting on the Gospel readings set for Advent - available from Amazon etc.

It is edited by Pat Bennett of the Iona Community, with chapters written by Padraig O'Tuama and others who have been deeply involved in conflict resolution.

In our kitchen at Manor Farm Cottage, 67 Langham Road:

December 2, 9, 16 and 23: 5-6pm

On Zoom (bring your own cake):

26th November, 3rd, 10th and 17th December: 5-6pm

Details for Zoom from Ian on iannewton46@gmail.com.

Fiona Newton

CHRISTMAS SERVICES

We thankfully offer these opportunities to slip into a church and quietly offer our prayers for the peace of the world.

Sunday 22nd Dec 11am Lessons and Carols

Christmas Eve 4pm Crib Service

Christmas Day 10.30am Christmas Communion

And other services in church:

Sun 8th Dec 11am Church Family Service

Sun 12th Jan 11am Church Family Service

Sun 26th Jan 11am Morning Prayer

You are all most welcome on any of these occasions.

Ian Newton

VILLAGERS' HALL

Christmas Bingo

Friday 13th December - doors open at 6.15pm

Seats are going fast. Contact *Debbie* soon at debbie.ladley@yahoo.co.uk or 07748 115889.

Pétanque

Our new pétanque club meets behind the Villagers' Hall at 10.30am on Sundays. Please contact *Julie Wilson* julie_wilson75@hotmail.com for more details if you would like to join.

continued on page 18



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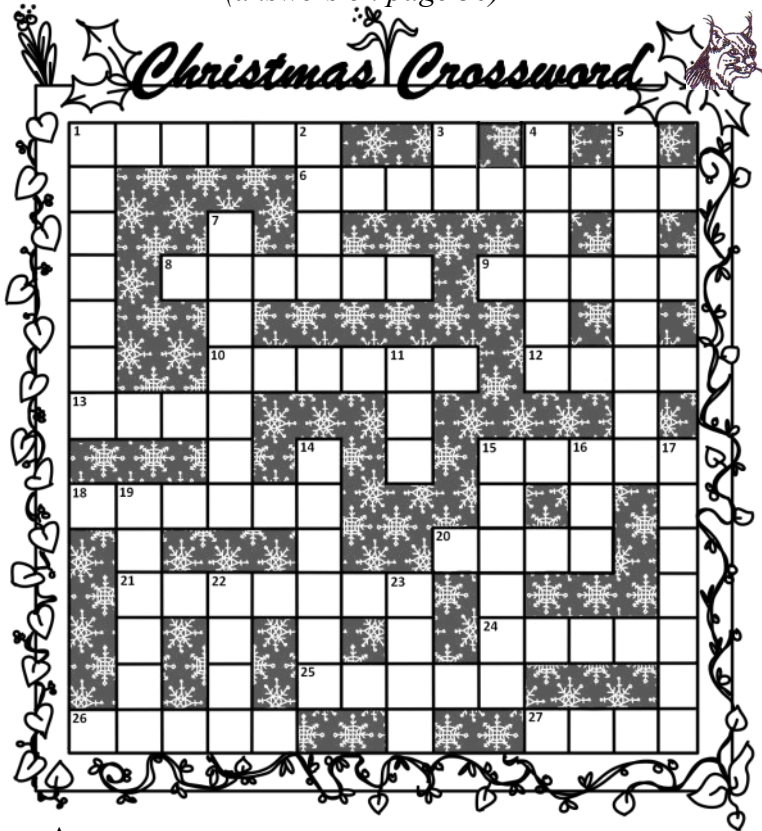
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CHRISTMAS PUZZLE PAGES

CHRISTMAS CROSSWORD

by Marley McCalla
(answers on page 30)



SPOT THE DIFFERENCES

by Stiffkey artist, Sophia Williams
(answers on page 30)



Santa's enjoying his trip to the North Norfolk coast this year. I wonder if he leaves a present at every beach hut? Can you spot all ten differences?



A CHRISTMAS TREAT FOR LOCAL LYNX

(sittings on page 31)

There is much debate about reintroducing the Eurasian lynx (that's "Local Lynx" to you and me) to Northumberland or Scotland. But "Local" is not really bothered because he is very happy patrolling the ten villages of our benefice and can easily be spotted over Christmas and the New Year; 24 times to be precise. Tip: do not approach unless you have a cheese straw in your pocket. He is very partial to those.



RH(ed.)

Across:

- 1) Christmas down under (6)
- 6) Made ready (9)
- 8) Who stole Christmas (6)
- 9) Sweet tender (5)
- 10) The harbinger of three (6)
- 12) Mull, Goulash, Cioppino (4)
- 13) Exchange (4)
- 15) Use it Wisely (5)
- 18) French: estincelle (6)
- 20) Each Peach Pear ____ (4)
- 21) It has different type of silver filling (7)
- 24) Dehydrated (5)
- 25) Prickly Ilex (5)
- 26) Reflecting light (5)
- 27) A collection of Quail (4)

Down:

- 1) Fork handles, four ____ (7)
- 2) Father Christmas' Norse origins (4)
- 3) Look, it's not OK (2)
- 4) Festive sing-song (6)
- 5) The horsepower for 14 down (8)
- 7) Christmas goat-demon (7)
- 11) Little helper (3)
- 14) Santa's wheels (6)
- 15) A beautiful tune (6)
- 16) Sugar cane spirit (3)
- 17) Daily Ho! (anag.) (7)
- 19) Mischeivous (6)
- 22) Sparrows fart (4)
- 23) Aurum (4)



CHRISTMAS PUZZLE PAGES

JUNIOR QUIZ

by Paul Bailey
(answers on page 31)

- Native to Africa which large flightless bird can run at speeds of almost 45mph?
- What is the name of the mammoth in the Ice Age films?
- Edam, Cheddar & Wensleydale are types of what foodstuff?
- What colour is the fur on a panda's legs? Black, or white?
- I Can Buy Myself Flowers was a best-seller in 2023 by which US singer, songwriter & actress?
- Do penguins live at the North Pole, or the South Pole?
- Which fruit do raisins come from?
- A cygnet is the young of which bird?
- Name the pirate played by Johnny Depp in Pirates of the Caribbean?
- Which film is about Buddy, a human who is raised in Santa's workshop?
- Which two British coins have seven sides?
- Wendy, Scoop & Lofty are characters in which CBeebies TV programme?
- Which semi aquatic animals build dams and live in lodges?
- In the film The Lion King what kind of animal is Timon?
- How many horns does a triceratops have?



GROWN UP QUIZ

by Paul Bailey
(answers on page 31)

- In his Will, which English playwright left his second best bed to his wife upon his death in 1616?
- What is Norfolk's county flower?
- Which pudding of puréed apples baked in buttered bread shares its name with George III's Queen consort?
- Which American film producer has won the most Academy Awards with 22?
- RMS Carpathia rescued 705 survivors from which rival White Star Line ship?
- The external scenes in Dad's Army were filmed near which Norfolk town?
- Bakewell tarts are closely associated with which English county?
- Which arboreal marsupial sleeps for around 20 hours per day?
- In 1954, athlete Chris Chatterton was the first winner of which BBC award?
- Moving out in 1732, Mr Chicken was the last private resident at which famous London address?
- The creator of which iconic spy character also wrote the children's novel Chitty-Chitty-Bang-Bang?
- In the Dutch Golden Age between 1634 to 1637, which plant bulb created the first recorded asset bubble?
- Home to Europe's largest seaport, at which city does the river Rhine flow into the North Sea?
- Which 1990's Channel 4 sitcom was set on the fictional Irish island of Craggy Island?
- Fitzgerald was the middle name of which US president?

- In which National Park is England's highest mountain Scafell Pike located?
- How many times has London hosted the Olympic Games?
- Montevideo is the capital of which South American country?
- Which French sauce accompanies the dish Eggs Benedict?
- At 220 miles long which is England's longest river?
- One of 19 children and born in Houghton in 1676, who is regarded as Britain's first Prime Minister?
- Sharing its name with a European capital located on the Danube what is the name of Rigsby's cat in Rising Damp?
- Derived from the German words for noble and white, what is the national flower of Switzerland?
- The flag of Sri Lanka features which animal holding a sword?
- In the three-age system of British history what age lies between the Stone Age and the Iron Age?
- What is the official London residence of the Archbishop of Canterbury?
- The Yakuza are organised criminal gang syndicates operating in which Asian country?
- In astrological terms what are the four elements?
- John Flynn founded the Flying Doctor Service in which country in 1928?
- A hybrid of the lemon, the oil of which citrus fruit is used to flavour Earl Grey tea?



WORDSEARCH

by Julia Thompson

X	S	T	U	N	T	S	E	H	C	E	R	T
S	T	A	R	O	S	L	E	G	N	A	L	U
E	O	N	C	P	U	D	D	I	N	G	W	R
I	C	A	R	O	L	S	E	E	B	R	C	K
P	K	S	A	N	T	A	C	L	A	U	S	E
E	I	H	K	G	A	F	O	S	B	D	R	Y
C	N	E	R	S	E	E	R	T	Y	O	E	S
N	G	P	E	Y	N	S	A	R	P	L	K	T
I	S	H	O	L	L	Y	T	E	U	P	C	U
M	G	E	L	W	O	B	I	R	C	H	A	O
N	N	R	Y	E	K	N	O	D	A	S	R	R
N	I	D	I	V	Y	E	N	M	I	H	C	P
I	K	S	S	T	N	E	S	E	R	P	X	S

Angels	Crib	King	Shepherds
Turkey	Baby	Owl	Mince Pies
Sleigh	Carols	Donkey	Presents
Sprouts	Chestnuts	Holly	Pudding
Star	Chimney	Inn	Rudolph
Tree	Stockings	Crackers	Santa Claus
Ivy	Decorations		

200 Club

Winners October:

Ian Ladley £50; Iain Farmer £25, Chris Williamson £15

A big thank you to Julie for being our Lynx representative for the last few years.

Merry Christmas and Happy New Year from the Village Hall Committee. And please remember the Christmas Fair on 7th December.
Carolyn Hayward

GUNTHORPE

Contact: Jane Carwadine 07989 534145
jacarwardine@googlemail.com

FOGPC

50/50 Club Draw Results

September		October	
Be Kaspian	£20	Michelle Worrall	£20
Remy Metcalf	£15	Elaine Francis	£15
Nigel Worthington	£5	Barney Broom	£5
Roz Tacon	£5	Louisa Clark	£5
Lisa Rush	£5	Bill Hill	£5
Reenie Aitman	£5	Alma Street	£5
Nigel Ford	£5	Marie Denholm	£5

The end of the last subscription year was on 31st May 2024, and we started the new year with 128 members, but we would like more - if you are not a member, why not join and see if you can make the 2024/25 list of winners.

We hope to see you at the village christmas party on 21st December, when the enhanced 50:50 Club Draw will take place. Full details are contained in the separate article.

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

Everyone to do with Saint Mary's is thrilled beyond measure at the new development and enthusiasm, driven by Liz Marsden and Jane Carwardine, to use the church for community concerts and events not dependent on purely religious festivals and services. Just what the church needs to be for the village, along with the traditional services.

The feedback after the Michaelmas eve festival was heartwarming. And the Christmas celebration carol service on Sunday 21st December, of which you will read elsewhere, should be quite wonderful.

The Harvest Festival on Sunday 13th October was as

usual something of a triumph, with so much fresh and dry produce generously donated— and most gratefully received by the Holt Youth Project by the good services of Liz the following Monday. The church really came to life with pumpkins, foliage, flowers and fruit, the decorations masterminded as always by the unstoppable Marie.

FRIENDS OF GUNTHORPE PARISH CHURCH



This year, rather than a harvest supper, the Friends and village institute co-hosted a secular Michaelmas concert held in the church, with a pumpkin soup and seasonal crumble supper following on in the village institute. Folks of all ages performed readings, sang, played wonderful music ... and there was even dancing. It was such fun and fantastic to see the church so well used and enjoyed by so many of all ages. What a tribute to Liz and Jane who put it all together, and Val who decorated the institute so beautifully. Thank you so much to all who participated and attended. The money raised was by donations and the Friends and village institute each added £207 to their 'coffers'.

Following on from the Michaelmas success, Liz and Jane are organising a Christmas Concert in the church at 11 am on Saturday 21st December. This will be followed by a snacky, buffet lunch in the village institute with wine and soft drinks. Please all bring a plate to contribute to the food (sweet and /or savoury) and do come along to join in the fun. A very Happy Christmas and New Year to you all.

Marie Denholm, Friends chairman

GUNTHORPE CHRISTMAS CONCERT

Saturday 21st December 11am-12noon

Following on from the Michaelmas eve festival, which was a huge success thanks to all involved, we are once again making use of both the church and the institute - this time for our Christmas celebrations.

The festive fun starts in the church 11am-12noon, where you will be greeted with a warming drink and treated to a short programme of festive music, songs and carols, along with seasonal readings and maybe a bit of drama. This will

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be a fun family concert, which we hope everyone will enjoy.

The concert is followed by the Gunthorpe Institute Christmas Party, 50/50 club draw and raffle, to be held in the village institute 12.30-2pm.

Information about how to get involved will be circulated throughout the village, but please do email liz@earlyexcellence.com, if you are out of the village and would like to join us or take part in the concert. Singers and musicians always welcome.
Liz Marsden

HEATH LANE, GUNTHORPE

Do you walk, cycle or ride a horse down Heath Lane in Gunthorpe or have you done so in the past?

If you walk from Gunthorpe Green, the first part of Heath Lane is a county council roadway. But after Gardener's Cottage on the right, the roadway ends. The status of the road from here is unclear until the road does a right-angle bend left, at the gate of Gunthorpe Hall. At this point a bridleway starts. The bridleway is marked on Heath Lane and is Gunthorpe BR6. The section of the road whose status is unclear is not marked as a public right of way on the Definitive Map.

The Definitive Map of public rights of way (footpaths, bridleways, restricted byways, etc) is the legal record of such ways in England and Wales. Some paths and tracks have not yet been recorded.

This is the link to the Definitive Map <https://www.norfolk.gov.uk/article/43028/Map-and-Statement-of-Public-Rights-of-Way-in-Norfolk>.

The Ramblers Association wants to get evidence from users of the section of the road between the end of the county council roadway and the start of Gunthorpe BR6 to show that this section has been used by the public for at least 20 years.

If as a result of this evidence, this section of the road is added to the Definitive Map, this will ensure that it remains a public right of way. Public rights of way are protected by law and any attempt to restrict or obstruct access is unlawful. This would mean that this section of the road would be safeguarded for people to use into the future.

Would you be able to give evidence about this?

To do so, please contact me on my email jacarwardine@googlemail.com and I can forward the necessary forms and maps to collect the evidence for the Ramblers Association.

The questions on the form are aimed at obtaining the information needed to satisfy the legal requirements for an addition to the Definitive Map, in particular those in section 31 of the Highways Act 1980, Dedication of way as

highway presumed after public use for 20 years.

The more information which people can put on the form, the better. It does not matter if a person has not used this section of the road for 20 years provided that a variety of people have used it over a period of 20 years.

If you know of anyone else who might have used this section of road in the past, I would be grateful if you would ask them to contact me if they can help. Or please forward my email. Different people living at the same address need separate forms.

To give a bit more background, here is a copy of an extract from the Ramblers Association website <https://www.ramblers.org.uk/support-us/dont-lose-your-way>:

We've searched all of England and Wales and found over 49,000 miles of paths that could be lost forever.

In 2023, the UK Government recently announced it would be implementing a deadline of 2031 to save the 41,000 miles of lost paths in England. After that date we will no longer be able to claim rights of way in England based on historic evidence.

This means that any paths that are not legally recorded, and which have been historically used as a right of way, could be at risk of being lost forever. Time is running out to save these paths for future generations.

There is more information on page 8 in the article 'Don't Lose Your Way' by Bridget Moss, a member of the Fakenham Ramblers Association who has alerted me to the fact that a section of Heath lane needs registering.

Jane Carwardine

THE "CROSS KEYS"

The following article is taken from the "History of Gunthorpe" written by Ray Steffens and completed in the 1970s, with names of residents living in the village at that time. This is Part 3 of the section on the village public house The "Cross Keys". Parts 1 & 2 were in Lynx 157 and Lynx 158 respectively.



*"Cross Keys" in the early 1900's.
Joseph Smith and his son William.*

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It is of interest to give some notes on the two principals, Joseph Colles and William Hardy, involved in the new "Cross Keys" transaction. The Colles family were well established in several areas around Gunthorpe in the 18th century eg Bayfield, Hunworth and Letheringsett. Their properties in the latter area are known to have been sold at about the same time that Joseph sold his Gunthorpe property to William Hardy. Several members of the Colles family were born in Gunthorpe much earlier, in the period 1622 – 1655. Thomas and Elizabeth Colles have already been referred to. They had three sons born here: William (1751), Edward (1763), and John (1766).

The man who bought the property from Colles is referred to as William Hardy Jnr in legal papers. He is referred to thus because he was the son of another William, but confusion may arise because he in turn had his son William (1770-1842). For purposes of this history, therefore, it is preferable to refer to the latter William as William Junior, and his father the husband of Mary Hardy the diarist, as William the Elder.

William Hardy the Elder had an interest in a dozen or more public houses. Apart from the "Cross Keys" at Gunthorpe, he owned or leased the "Jolly Farmers" at Field Dalling and the "Dun Cow" at Salthouse. He also owned the pub at Bale, then known as "The Bell". In 1810, the latter pub was being run by Thomas Claxton who had married Ann Sands of Gunthorpe, and she was the sister or aunt of the John Sands who was referred to as living at the original "Cross Keys". William Hardy died in 1811, but some of his estates had been sold off before then. In 1792 he sold a cottage and some land at Gunthorpe to Thomas Mondham of Briston. Since it is known that the new "Cross Keys" was left to William's son, this sale almost certainly concerns the original pub where Thomas Bunn lived. It is possible that Mondham, in turn, sold the property to the Sands family after Thomas Bunn's death.

William Jnr took over the family business from his father in 1797 and did much to improve the estate and village at Letheringsett. He planted 300,000 trees there in three years, and his activities were commended in Cobbett's "Rural Rides". In about 1800 he bought a sloop to carry his cargoes of barley to various parts of the country, bringing back other cargo on the return journey. His ship often lay in Blakeney Harbour, which was more important for trade then than it is now. In 1804 the sloop went to Newcastle and brought a cargo of coal and oilcake back. As it lay off Blakeney on its return home it was wrecked during a severe storm and all the crew perished.

Successors to the Hardy family were the Cozens Hardy line and the latter family sold their brewing interest and

public houses to Morgans Brewery in circa 1896. Basil Cozens Hardy, a prolific writer of local history, died very recently, in January 1976.

Robert Pleasance (1735-1808) who was in occupation at the time of the sale to William Hardy the Elder seems to have remained as licensee following the sale. Probably he was succeeded by Robert Fitt. In 1838 Henry Fitt was there and his brother Edward had the cottage behind the pub (Gardener's Cottage). It is probable that Henry Fitt (born 1801) succeeded his father Robert in 1834. Robert's wife had been Elizabeth Porter, so the pub stayed "in the family" when Henry Porter took over from Henry Fitt in circa 1845.

Since Henry Porter's time, other licensees with approximate dates have included Edward Martin Fitt (1869 - 1896), Edward Walter Stevens (1900), John Joseph Smith (1908), Henry Turner (1916), Walter Jeary (until 1948), Harry Webb and Mrs Florence Webb (1948 - 1951), George Roland Eagle (1952), Mr and Mrs Bennell (until 1955) and Mr F J C Martin. (the last licensee). Mr Martin purchased the property. from the then owners, brewers Bullard and Sons, in 1962, and made the pub once more into a private house. By law, he was forbidden to call it the "Cross Keys" or to carry on business as hotelier or innkeeper there. The family later moved to Thursford when Colonel Morris purchased the property. Bullards and S&P with half a share each had taken over the business from the former brewery firm of Morgans, who had in 1961 gone bankrupt. (to use a legal phrase, but perhaps more appropriate in this case, they had "gone into liquidation"). As already noted, Morgans had owned the pub for some time from 1896, having taken it over from the Cozens Hardy family. Sales for the "Cross Keys" in 1960 were only 63 barrels of beer and 14 spirits (gallons).

A document of 1914 shows ten shillings was paid to the Manor of Gunthorpe Avenals for "20 years purchase of an annual free rent of sixpence". The receipt was signed by the attorney for Mr M E B Spark, who was then a child of about nine years. A later document of 1927 headed "Benefices, Gunthorpe and Bale, Diocese of Norwich", shows that Morgans paid the Benefice the sum of £5.7.0. This was made-up of £5.4.6. for the merger of 4/9 tithe-rent charge on lands 168 and 169 on the plan of tithe apportionment and 2/6 - the proportion of the current half years tithe rent charge to date.

Licence removal to the "Cock Inn" Downham, was approved on Thursday 19th April 1962, since the "Cross Keys" was "being disposed of". Closure of the house was confirmed at the First Joint Committee Meeting of Bullards and S&P on 29th May 1962.

John Blakeley





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JANET ALLEN

Janet Allen passed away peacefully in her new home in the middle of the village on 9th October having bravely battled a glioblastoma for nearly two years.

Wife, mother, grandmother "GoGo", potter, artist, dressage champion, cake baker extraordinaire and friend; she was everything to so many people and will be sorely missed.

Having moved to Langham in 1985, and lived here ever since, she was more than a pillar of the community. She was immediately thrown into village life and has been a member of and volunteered her services on every committee at one time or another, from running the stall on the green to arranging flowers in the church, Janet was always there.



As a school governor she fought tirelessly to save the school from closure and was so proud of the wonderful school it has become (the logo she designed is even still used to this day).

There was scarcely a village event where a selection of her baking was not on offer. She was known far and wide for her wonderful, artistic creations which were always made with so much love and attention to detail.

Despite her own immediate family being so far away in South Africa, she made Langham her home and always made others feel at home in her company. She was the most generous and selfless person and has touched the lives of so many in the area.

At the time of writing the service celebrating Janet's life will not have taken place, so this is just a few notes about Janet's involvement in Langham village itself, but of course there was much much more to her than this and she had a colourful and interesting life. If you were not able to attend the service and would like to read the full eulogy, or link to the recording of the service please feel free to email Edward Allen edwardallen.kgt@gmail.com *The Allen family*

CHRISTMAS EVE CAROL CONCERT

Do come and join us for a carol service on Christmas Eve at 4pm in Langham church. All welcome.

Langham PCC

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LANGHAM VILLAGE RECREATION GROUND (LVRG)

Firstly, we would like to say how lovely it is to see so many people using the recreation ground, and especially the new football goals.

You may remember at the end of last year we went out to tender for the grounds maintenance contract. Several people all got in touch with us offering their services, and we were delighted to be able to offer S W Horticulture, based in Blakeney, the contract. On behalf of us all, we would like to thank you Simon for your hard work this year, keeping the Recreation Ground looking neat and tidy and loved. There have also been many compliments from local residents.

We have just hosted our Christmas shopping event at the village hall. What a great turnout, from both residents and visitors alike. There was a selection of craft stalls with beautiful products for sale, plus raffle and refreshments. Just over £400 was raised. A special thanks must go to Lucinda Weston, and her daughter Khloe, for arranging all the stallholders, and promoting on social media – we really couldn't have done it without you.

The next fundraising event for us will be a Christmas bingo night at the village hall. Save the date Saturday 14th December at 6.30pm in your diaries. We are in need of boxes of Christmas chocolates, plus some more exclusive prizes. If you are a business who can offer us a voucher in return for some advertising, these would be gratefully received. Please email us at: langhamvrg@gmail.com or contact us via Facebook.

One other date for your diaries is Saturday 15th February 2025, in the evening. We have booked for live band 'Random ID' to come and play for us at the village hall, for what promises to be a wonderful evening.

We are still looking to gather together a list of willing



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volunteers who we can call upon to help us at various fundraising events, even if just for an hour or so with absolutely no commitment. If you are interested, please contact us by email or Facebook.

As a reminder, the next items which the LVRG fundraising group would like to purchase are some picnic benches. If you are able to make a donation towards a bench please contact us. Hope to see lots of you at the bingo night.

Best wishes from the LVRG team

VILLAGE HALL

After a couple of good monthly coffee mornings, Langham village hall looks forward to Jan Hope hosting the next, on Saturday 7th December from 10am-12noon. Please come along if you can. A week earlier, on 30th November, we have a Christmas Fair in aid of the church. On 2nd December Langham Dome will host a talk on HMS Gloucester which should be popular; tickets from Langham Dome. The Friends of Langham School's halloween party was a success in October and now the school plans to use the hall again for their Christmas party.

Following their craft sale in early November, the Langham Village Recreation Ground's fundraising surges ahead with Christmas bingo at the village hall at 6.30pm on 14th December. All other bookings, whether private or from organisations, are very welcome. *LVH Committee*

MORSTON

Contact: Martin Cardoe 07973 885665
mcardoe@msn.com

MERSTONA QUIZ

(answers on page 30)

- Which British monarch delivered the first Christmas Day message, (written by Rudyard Kipling), live from Sandringham?
(a) King Edward VII (b) King George V (c) King George VI (d) Queen Elizabeth II
- Rudolph the Red-Nosed Reindeer first appeared in 1939 as what?
(a) Santa's animal companion on Coca Cola bottles
(b) An animated short film illustrated by Walt Disney
(c) A Christmas story given away to shoppers by the Montgomery Ward department store
(d) A stuffed toy designed by Plushies
- In the film 'It's A Wonderful Life', what gift does George Bailey (James Stewart) promise to give Mary (Donna Reed)?

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- (a) The Moon (b) The Stars (c) The Sun (d) The Flu
- Which ONE of these well-known seasonal songs is actually ABOUT Christmas?
(a) Jingle Bells (b) Deck the Halls (c) Let It Snow (d) Feliz Navidad
- In the 1830s, a boiled cake of flour, fruits, suet, sugar and spices, all topped with holly, made a definite appearance, becoming more and more associated with Christmas. What was it?
(a) A Yule Log (b) Figgy Pudding (c) Christmas Pudding (d) Mud Pie Mojo
- Which celebrated singer, who wrote one of the most famous (and regularly played) Christmas songs, was born in Kent on Christmas Day in 1957?
(a) George Michael (b) Shane MacGowan (c) Shakin' Stevens (d) Jona Lewie
- The word 'carol' comes from the old French word 'carole', which means what?
(a) a popular circle dance accompanied by singing
(b) a popular parlour game accompanied by singing
(c) a popular prayer accompanied by singing
(d) a popular song accompanied by high-pitched harmony singing
- Where did the idea of Christmas stockings originate?
(a) Queen Victoria's husband Albert introducing the tradition from Germany
(b) From the etymology 'stocking up' with things such as nuts, berries and sweets and stuffing them into a useful container
(c) Saint Nicholas secretly dropping three bags of gold down a poor man's chimney, where they landed in his daughters' stockings in order that they had money to marry
(d) A medieval cross-dressing party game played on Christmas Eve
- 'Whamagaddon' begins every year on December 1st, but what is it?

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- (a) A conversation between music journalists over the ironic title of Wham's 'Fantastic' album
- (b) A vigil held outside the branch of Snappy Snaps where George Michael crashed his car
- (c) An annual search for Andrew Ridgley
- (d) An attempt to avoid listening to 'Last Christmas' for as long as possible during December

10. Which brand of popular Christmas confectionary was first produced in Halifax in 1936, and named after a famous J.M. Barrie play?

- (a) Quality Street (b) Turkish Delight (c) Chocolate Money
- (d) Roses

SWAMP REVIEW 2024



It has been a remarkably productive year for our team of SWAMP community volunteers, both at the pond and with neighbouring environmental groups.

During the Spring, the persistent rain that fell in our region led to unprecedented water levels in and around the pond. This delayed our return to the water until it was safe to begin the retrieval of the invasive species, which have been a blight on the environment.

In May, we welcomed the students and staff from Blakeney CE VA Primary School to build a bug hotel. We also send our warmest thanks to Tony Two Sheds and CT Baker for a good percentage of the raw materials.

In June, we were awarded a Norfolk Biodiversity Award at a special event held at the Forum in Norwich, where we also presented our project to the public at large.

Throughout the year we have received support from Morston Parish Council, Hornsea 3 Community Fund and Norfolk Community Foundation, who all value the work the local community has put in to transforming our pond to a beautiful, biodiverse asset for Morston.

Our weekly sessions at the pond are paying off and much of the dense blanket of Crassula and the islands of Parrot's Feather have been removed. However, with such fast growing invasive species we still have work to do for the foreseeable future.

So, if you are reading this and feeling shy about joining us, please don't be. You will be very welcome, whatever time you can give to the pond will be appreciated.

Ongoing sessions are every Monday 2-4pm, last one before Christmas will be 2nd December.

We will end the year with a willow pollarding session 10:30am – 12:30pm on Sunday 8th December followed by either a trip to The Anchor, if it's open, or soup and sausage

rolls by the pond; check the website for details.

Please check www.morstonpondswamp.org for updates and for further information, please contact us at morstonpondproject@gmail.com.

You can also follow us for regular updates on: X: @MorstonPond and Instagram: @morstonpond project.

THE MORSTON MARDLE

The inaugural Morston Mardle was held at Morston village hall on Saturday 26th October. Andrew Marsden gave a fascinating talk entitled "The Gramophone and The Sea", during which he played a selection of his collection of 10,000 78rpm records. The audience was entertained and engaged by ancient recordings of Norfolk musicians and songs about the sea, which, when played on modern equipment, were surprisingly clear. During the intermission, the audience was treated to a delicious selection of canapés and drinks from the bar, which whetted their appetite for the second half of the show.

We would very much like to thank Andrew for making the evening such a success. As the first speaker in the Morston Mardle series, he has certainly set a high standard for those who follow. The event raised just over £730 for the Friends of Morston Church, so many thanks to those who attended; those who very generously donated raffle prizes and all those who helped make the evening such a success. We look forward to seeing you all again at next year's Mardle.

MORSTON QUIZ NIGHT

Save the date – 8th February 2025

The next event for the Friends of Morston Church will be the annual quiz night, which is scheduled for Saturday 8th February 2025 in the village hall. The traditional team captains will be contacted in January to ask them to assemble their teams for another entertaining evening.

ALL SAINTS CHURCH

NCT Bike Ride

On Saturday 14th September the Norfolk Churches Trust held its annual charity bike ride. Joc and Sara Wingfield represented All Saints and drove around visiting a number of North West Norfolk churches. In doing so they raised a fabulous total of £815; 50% of which, together with gift aid, will be allocated to All Saints in support of its efforts to



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maintain the church's upkeep. While Joc & Sara navigated North Norfolk, All Saints was manned by members of the PCC and PC. The church received visits from 8 cyclists, 2 runners, 4 cars and one walker. Congratulations to all those who took part and special thanks to Joc and Sara.

PATRONAL FESTIVAL

On Sunday 3rd November, the morning service celebrated All Saints' Day, the patronal festival day of Morston Church, and All Souls' Day, a time to pray for departed loved ones. All villagers and visitors were invited to bring flowers to the church and the names of their loved ones to be remembered were read out during the service.

As ever, the church looked beautiful, and All Saints' welcomed The Revd Canon Jonathan Riviere CVO (previously the Rector to Castle Rising, Hillington and Sandringham benefice) who took the service. He admitted it had been 'a number of years' since he had been to All Saints', but he had many and varied connections to Morston through boats and distant relatives.

The sermon took the theme of 'remembering' with a story of how he had recently had the honour and task of performing a burial at sea – a first for him. Although an unusual request, the relative being buried had lost their father during WWII when their ship was sunk in the Atlantic, something his relative never forgot with the choice of burial perhaps bringing them closer together again.

After the service refreshments were held at Scaldbeck Barn with grateful thanks to Phil and Annabel Athill.

MORSTON GAMES NIGHTS

Do you fancy an evening of fun, laughter and socialising? If so, grab a friend, or come alone, and join other locals at the Morston village hall for one of our highly entertaining *Games Nights*. Free entry. Bring your own drinks and nibbles.

We provide a variety of games including darts, table football, table tennis, cards, Mexican train and others. Bring your own favourites too.

Everyone is welcome, not just Morston residents. Next gathering is Tuesday 26th November, 7pm-10pm and there will be a special Christmas celebration night on Monday 9th December. (Do wear your Christmas jumpers and hats.) Additional dates will be listed on the Morston Parish Council website in the calendar. Any queries call Jill on 01263 741082.



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NATIONAL TRUST UPDATE

Our rangers have now left their residence in the old lifeboat house on Blakeney Point for another year. Before moving out they were treated to the incredible sight of the aurora borealis in all its all glory on the night of 10th October. Hopefully you caught sight of it too.

On Blakeney Point, attention now turns to the grey seal colony and the start of pupping season. The first few dozen pups have been recorded. The season continues through until January, by which time around 4,500 pups are expected to be born at the colony, which is England's largest.

A dedicated team of volunteers will once again be a regular presence on the Point during pupping season, advising visitors on responsible seal viewing. To prevent disturbance to the seal colony, and for the safety of the public, it is not possible to walk the full length of Blakeney Point during pupping season.

The presence of thousands of grey seals and their pups along our coastline is a special wildlife event that attracts lots of interest. You can help the seals and their pups, and enjoy the spectacle safely, by following these seal watching tips: *bring a pair of binoculars and maintain a distance of at least 20m; dogs should be kept further away and on a lead; the aim should be that the seals are unaware of your presence.* As a rule of thumb, if a seal is looking at you, it has been disturbed, and you are too close.

The best way to see the grey seals on Blakeney Point is by booking onto a seal boat trip with one of the local operators at Morston Quay.

Meanwhile, over at Stiffkey, the replacement footbridge across Cabbage Creek is very close to completion. The new bridge spans a greater length (20m) to help extend the life of the bridge, with future erosion of the creek expected.

The main visual elements of the structure use a timber-effect recycled plastic to reduce its environmental impact and give the bridge a more natural appearance. The design means people can still enjoy crabbing from the bridge and the new width and abutments mean it's more accessible.

The contractors have done an impressive job in this challenging environment, situated within a precious saltmarsh habitat, exposed to daily tides and wave action. To protect the saltmarsh during construction, special matting was laid for access to the site by construction traffic. The matting, in turn, had to be tethered to concrete blocks, to prevent movement during high tides.

Stiffkey is home to one of the country's richest saltmarshes for wildlife and we will be asking visitors to play their part in protecting this important, yet fragile, ecosystem – by keeping to the footpath, with dogs on leads,

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enjoying the wildlife without causing disturbance, and leaving no trace of their visit.

SAXLINGHAM

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DOWN BY THE FARM

This is the season for drilling winter crops, wheat and barley, the latter going for malting, mostly for beer.

Also, this is the season when the geese have been starting to return. The aim here is to keep the geese off the growing wheat and barley and try to keep them on the harvested sugar beet fields instead.

At this time too the harvested maize goes off to the Anaerobic Digesting Plant at Egmer.

With the busy harvesting time over the farm can now take advantage of a quieter period in which to do a bit of housekeeping.

So machinery can be serviced, repaired and greased whilst ditching, hedges plus drainage can be seen to. Also there is a chance to tidy up around the barns.

Having been on the go since mid-March the farm team must be looking forward to a quieter time until early January. With thanks to Jono.

A RARE CLOUD SEEN

In early October did anyone else in the village see the rare sight of a funnel cloud?

A funnel cloud is a funnel shaped cloud of condensed water droplets associated with a rotating column of wind and extending from the base of a cloud but not reaching the ground or water surface.

In our ever-changing skies it is always good to be surprised by these rare events.



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THE NIGHT SKY

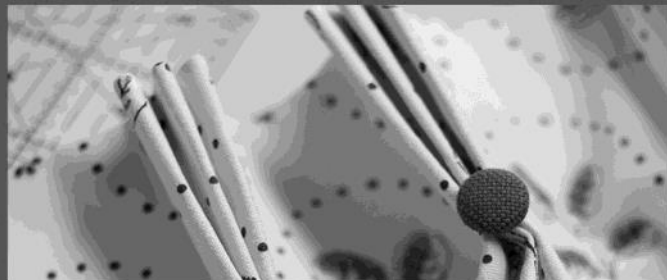
Here in North Norfolk we are lucky to have two sites designated with 'dark sky status'. The lack of artificial light gives us a clear view of millions of pinpricks of light.

For centuries man has been fascinated by the night sky. In the bible Matthew records "...it was a star which newly appeared, it travelled slowly through the sky against the star background, and it stood over Bethlehem". The Star of Bethlehem has been written about in many scientific journals across the world and in 1991 the question was asked "Was the Star of Bethlehem actually a comet?"

But what is a comet? Like planets they orbit the sun and are composed of ice, dust and rock debris left over from the formation of the solar system. NASA thinks there are billions of comets orbiting the sun and occasionally a comet will appear in the inner solar system.

Regular recordings across the world have ascertained that some comets regularly appear but the recent comet, 'C/2023 A3 (Tsuchinshan-Atlas)' only appears every 80,000 years. First noticed on 9th January 2023 comets are traditionally named after the observatory that discovers them, in this case 'Tsuchinshan' in China and 'Atlas' in South Africa. From September 2024 you did not need a telescope to see it travelling across the sky and many mobile phones were able to obtain a picture. On 12th September this comet came closest to the earth at 71 million kilometres or 44 million miles and appeared brightest over Sharrington on

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14th October.

However there were two other night sky phenomena that deserve mentioning.

This year you did not have to travel north to see the Aurora Borealis or Northern Lights. First photographed in Sharrington on 10th May its "maximum" follows a ten year cycle and is predicted to end in January 2025. A "maximum" is when the sun ejects superheated plasma, or sunspots, sending charged particles to earth, creating an aurora. The earliest suspected record of an aurora is a 30,000 year old cave painting in France.

Different gases in the earth's atmosphere produce the colours we see. The most common colour is green from oxygen atoms but a big ejection of solar particles will energise the nitrogen atoms emitting purple, blue and pink. Again the aurora gave dazzling displays of purple and pink on 10th October, best observed through mobile phones.

And lastly, at the same time as the comet A3, many observers saw, on 14th October, a string of lights moving across the sky. This was Starlink, a satellite network developed by the private spaceflight company SpaceX to provide low cost internet to remote locations. As of September 2024, there are 6,426 Starlink satellites in orbit, of which 6,371 are working. Starlink satellites orbit approximately 342 mile or 550 kilometres above the earth and the company intends to launch thousands of these satellites into orbit. Opinion varies over the Starlink project which clutters the sky with even more debris as they disintegrate. However, the natural debris that produces comets and aurora have been marvelled at for centuries and are especially wonderful when seen in the dark skies of Norfolk.

Anne Abrams

SHARRINGTON AND DISTRICT GARDENING GROUP

Our autumn programme got underway in early September with an illustrated talk by Martin Woods, former head gardener at Sandringham and now involved on a consultative basis with the King's new plans for the gardens. He took us through the development of both the house and the gardens through the decades since its purchase in 1860 by the future Edward VII to the present day with photographs to illustrate the various changes to the house, the gardens, and the acres of woodland. It was particularly interesting to hear about the role of the late Duke of Edinburgh whom the Queen asked to take on the responsibility for the management of the estate, moving it towards self-sufficiency by taking more of the land into production.

Early October saw the return by popular request of our

big plant swap, an autumn version this time in conjunction with a Sharrington church coffee morning. We welcomed Phil Culley, farm manager from Thornage Hall Farm, part of the Camphill Trust, to tell us a little about the biodynamic farming they are embarked upon there and how it serves the community. We were pleased to donate the proceeds from sales of plants to this deserving charity.

Our main event in October was a talk by Nick Bailey, well known garden maker, author and TV presenter. Nick has worked in many aspects of horticulture for over 30 years, since the age of 14. He was head gardener of the Chelsea Physic Garden for seven years, has been involved in teaching at all levels and in recent years has been a regular member of the "Gardeners' World" team of presenters. His talk was based around his book '365 Days of Colour'. He explained the relevance of the colour wheel and its role in advising gardeners of the scientific use of colour when designing and planting a garden to achieve the 365 days of colour to which we all aspire. He also highlighted the importance of white flowers to give sparkle and lift to beds. He encouraged the use of various techniques to enhance the period of interest for plants, including the Chelsea Chop... but it is all in the book. Nick sold every copy he had brought with him and kindly signed them too. We had thought this would be a popular event among members and non-members and we were right. Only two empty seats remained in Binham memorial hall and our thanks go to all those who helped publicise the event. *BW*

CHRISTMAS SERVICES AT ALL SAINTS CHURCH

Do come and join us for the village carol service on Sunday 22nd December at 5.30pm. Mince pies and mulled wine will be served afterwards with the collection as usual being shared with EACH (East Anglia's Children's Hospices). Please note there will be no 9.30am service that day. On Christmas Day there will be a family Communion service with carols at 9.30am. *TP*

FOODBANK DONATIONS FOR CHRISTMAS

Many thanks to those who gave to the harvest festival collection. We took in 23.3 kilos of food which the Mid Norfolk Food Bank tells us provided three days worth of emergency food for three people. And since then the response to the last issue of the Lynx's appeal for tinned vegetables has resulted in even more generous donations. So now we are looking forward to Christmas and hoping for lots of suitable Christmas treats such as cakes, puddings,

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biscuits and the chocolate Santas which have proved popular with both donors and recipients in previous years. Cosmetics, with teenagers in mind, are also always appreciated. Christmas comes early for the food bank, because of the need to get things sorted and distributed in good time, so we will be taking the final collection in to Fakenham on Monday 16th December. Everything can be left at the back of the church round the font and the church is open every day in daylight hours. We are not planning to provide a Christmas meal for the mice so plastic boxes are available for anything you think might tempt them to help themselves. AS

MEMORIES OF THE BEATLES WITH ALEX DAVID

Alex lives in Norfolk and has a lifelong fascination with the cultural change that The Beatles had on a whole generation and the lasting effects that are still felt today almost 60 years after the band disbanded. The Beatles were only together for ten short years but rarely a week goes by without them being mentioned in the press.

In his lifetime, Alex has amassed a very large collection of unique artefacts and memorabilia about the most famous of all bands including guitars, original lyrics, original drawings, unpublished lyrics and other items. This display will shortly go on permanent display at No 3 Savile Row in London where the Beatles had their HQ and which will soon be opening up as a tourist attraction.

Ahead of the collection going to London where the Beatles spent seven of their years together, Alex will bring along a number of these items to Sharrington village hall where he will talk about some of the events that shaped a generation along with recollections of his meeting with John and Yoko.

The event is on Saturday 1st February 2025. Doors open at 1.30pm and the talk commences at 2pm with a short interlude followed by questions from the audience.

As this is a village hall fundraising event, entry will be £5 payable on the door and tea and coffee will be provided during the interval. We look forward to seeing you there. CA

NOBLE ROTTERS

A while back in September, the Rotters' detective skills were put to the test at a blind tasting featuring a number of wines from Adnams. Five different grape varieties were presented by Kieron West from Salthouse and Geoff Evison from Great Snoring, with one example from the Old World and the other from the New World.

A chardonnay from France and one from New Zealand,

a viognier from France and South Africa, a pinot noir from France and New Zealand, a merlot from France and Chile and a primitivo from Italy and a zinfandel from the USA came to the table; their identities fully concealed.

Could the Rotters identify the grape variety and, just as much of a challenge, did the wine come from the near continent or from across the globe?

It proved a lot more tricky than Chief Rotter envisaged and, suffice it to say, whilst he did not come last, he didn't win first prize.

By the time of publication we will have explored wines from the Syrah/Shiraz grape and indulged in a little festive fun.

Our penultimate tasting of the season is on 23rd January when Chief Rotter will present wines from his favourite red grape variety, pinot noir. Chief Rotter

STIFFKEY

Contact: Sophia Williams 07800 590262
stiffkeylynx@gmail.com

GENERAL NEWS

There something special about donating a little something to good causes, whether that is your time, money, items you've grown or bought. Villagers have been doing both in abundance these past couple of months.

In October villagers donated to the harvest festival service at the church. These items were passed to the Fakenham foodbank.

We've had the community speed watchers and the community first responders donating their time to making Stiffkey safer.

Thanks to the donations of villagers we now have a defibrillator in the repurposed phone box on Wells Road.

Rescue Wooden Boats hosted their end of season party for their supporters at the beginning of November. Seeing so many villagers there, who have donated their time this year to support our local Maritime Heritage Centre is brilliant. If you want to donate your time to support them, do get in touch with them on their website detailed in their article.

In October the village turned out in abundance in the pub to party with Kurt Janson OBE for his big birthday. Thanks go out to you and Candida for hosting such a wonderful celebration in the Stiffkey Red Lion.



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This Month's Seasonal Recipe

Mince pie tiffin

7-8 mince pies about 400g, 100g nuts, 150g dark chocolate, 150g milk chocolate, 120g of unsalted butter or margarine, pinch of salt.

You can use left over christmas pudding instead of mince pies. This recipe makes 16 squares and takes twenty minutes plus some chilling time.

Roughly chop the mince pies into bitesize pieces. Toast about 100g nuts in a frying pan, then roughly chop.

Melt the chocolate, the butter or margarine and a good pinch of salt until smooth, then add the chopped nuts and mince pies, stir to distribute.

Tip into a baking parchment lined 20cm square tin and level to the top. Allow to cool to room temperature, then transfer to the fridge to set, before cutting into 16 squares.

Sophia's sommelier recommendation would be a glass of Ruby Port, Pedro Ximénez Sherry, or a good glug of Baileys.

Sophia Williams

TALES FROM THE RIVERBANK

Autumn has set in, and the river is carrying the leaves and debris from the surrounding vegetation. This helps one's eye measure the flow, and it is surprising how fast or slow the current can be across the same stretch. There was some more extended rain in October which brought the level up and made it murky. Since the meander was restored at Warham the water does seem to clear more quickly presumably because the cloudy debris can fall out of it in the slower flow.

The mallards have returned in numbers, all adults now, with males having passed through their moult and eclipse and displaying their iridescent colours. As summer ended large groups formed, but these have split into smaller groups. We have a group of three, one male and two females, which have laid claim to our bank and lawn in recent days. Sunflower hearts spill from the bird feeder, and along with the occasional thrown handful, these form a popular delicacy which is jealously guarded from other ducks.

This group of mallards will remain together over winter until the females nest in February when the male will lose interest. Apart from some minor squabbles they are well bonded and defend each other and their patch with vigour. One of the females has a noticeable limp and I wonder if she acquired this injury while a duckling this summer just gone when the swans were attacking them all. The inter-duck fighting is also very violent so she may have been hurt during that.

When they fight, our old Labrador Saffron is a very

bemused bystander, rather fascinated by the whole spectacle. She will occasionally shout at them to calm down, in dog language of course. They completely ignore her.

Also fighting recently were two water voles, a new treat for me. I noticed one moving around strangely in the vegetation opposite, performing jumps as well as dashes of speed. I realised there was another one nearby, and when the first leaped at the second nearly landing on it there was obviously a scrap going on. This continued for some time before one was vanquished. I knew voles had territories, yet I had never had the pleasure of witnessing a challenge before.

The swans have formed the largest group to date, four adults and nine cygnets, and it is quite a sight to watch the whole lot cruise slowly past one by one. My neighbour has christened this a swanvoy. Our dog can smell them approaching and has to be ushered into the house before another fight can break out.

I'm always being asked if I have seen otters which understandably seems to be on everyone's wish list. I'm pleased to report we have seen two just recently, swimming together up and down our stretch on a Saturday evening. The trout were jumping like dolphins to avoid them, but we think one may have caught a fish as it spent some while under cover of vegetation on the bank opposite very probably dissecting its dinner.

The Norfolk Rivers Trust recently published results of a fish survey they conducted in the Stiffkey nearby. They found trout, bullheads, stickleback, eel, lamprey and stone loach. I've been lucky enough to see all bar the stone loach so I researched it to see what I should be looking for. It is notoriously hard to spot, mostly nocturnal, well camouflaged and often partially buried. I won't hold my breath.

Martin Williams



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NORTH NORFOLK BOOK WORMS

Stiffkey Book September



Over the autumn, the Stiffkey bookworms have read *Let It Go* by Dame Stephanie Shirley, 2012, as our autobiography choice. *Let It Go* is an astounding story of a hugely successful entrepreneur turned philanthropist that none of us were familiar with. Dame Shirley arrived in England on the Kindertransport as an unaccompanied child and the book charts her life as a successful businesswoman in a male

dominated world. She created a software company when software was in its infancy.

Dame Shirley employed women who were deemed unemployable because they were carers or raising families at the expense of their careers. She has empowered a generation of women within the field of technology and her company worked on projects such as concord's black box.

She became one of the richest women in the country and gradually transferred company ownership to her employees. So began her philanthropic works. This was done against the tragic loss of her only child who had severe autism. Research in autism, and creating a world-renowned school for autistic children and young adults became her aim as Dame Shirley gave away all her wealth. Reading how young people with severe disabilities were treated in the 1970's-80's was quite shocking.

We all found the book a very honest, moving account. She has a forthright, frank writing style which we imagine reflects her personality. Occasionally the business details feel a heavy read and how others are portrayed in the book

can feel slightly uncomfortable at times. Dame Shirley does not shy away from her own difficulties in succession planning and letting go of the business she built or the heart-breaking struggles in accessing care for her son. She had determined at a young age to make sure her life, having been saved to have been one worth saving. Highly recommend 4/5.
Jane Hiscocks

COASTAL MARSH ARTISTS

The Wells Maltings exhibition was a success and they are planning on hosting another one in September 2025. They are also currently debating whether or not to host a weekend of open studios either side of exhibition which one of our coastal marsh artists has offered to help organise.

If you are interested in joining the group of artists at the Maltings and have a NR23 postcode, please drop me an email and I will put you in touch with the group. It would be lovely to see more artists involved in our thriving artists community.

Sophia Williams coastalmarshartists@gmail.com

RESCUE WOODEN BOATS

Our season has ended after a great year with more visitors than ever to our Maritime Heritage Centre in Stiffkey, our maritime mingle events as well as trips on our restored Dunkirk little ship, the Lucy Lavers, run by Curlew Coastal Charters. Our maritime heritage festival in Wells this year showcased 25 unique local wooden fishing boats with their spectacular flotilla and lots of entertainment ashore.

Thank you for supporting our work as a charity to conserve the stories of these boats and their communities.

There are plenty of films and photos on our website for



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you to browse over the winter and we look forward to seeing you next season.

We re-open with a special preview day for friends and Stiffkey residents on Sunday 13th April from 11am until 2pm, do come along.

We open at 11am until 4pm for the public on Sundays and bank holiday Mondays from 20th April until the end of October.

Other dates for your diary are 2nd and 3rd August when we host our maritime heritage festival and flotilla in Wells. Then on the 21st from 5pm until 8pm our summer sea shanty BBQ for friends and Stiffkey residents.

If you'd like to chat about joining our team to help us with our work or your business sponsoring us do get in touch. *Wendy Pritchard* www.rescuewoodenboats.com

CHURCH NEWS

We had no further weddings or baptisms in the church. We are delighted to have had each of them earlier this year, long may that continue.

Helen Leach's funeral was held on 6th September, led by Reverend Ian Whittle.

The following Friday, we paid tribute to Tim Crafer attended by over 80 friends and family at a memorial service led by Reverend Whittle. Tim's family provided reflections and anecdotes on his active life, with a very spirited exit to Bud Flanigan's song, "who do you think you are kidding Mr Hitler."

On Monday 16th September a large congregation attended the funeral of Thelma Pearson. She was then laid to rest on the west side of the church on a gorgeous sunny day.

The annual Norfolk Churches Trust bike ride, walk or drive, took place on Saturday 14th September. We had a small number of visitors this year and recognise we are in a very westerly location in the campaign to raise money for Norfolk's churches.

We'd like to thank all who contributed so generously to the Harvest Festival on 6th October, including the lovely seasonal decoration in the church.

Finally, a call for any further volunteers for the cleaning and flowers rota for the church as well as for the mowing team. You can contact me on stjiffkey.sec@outlook.com if you have any enquiries or can offer support. *Alan Duff*



STIFFKEY LOCAL HISTORY GROUP

We are pleased to offer for sale the reprint of our 2013 book, *Stiffkey with Cockthorpe: A story of Norfolk People*. It is £16. Our other book, *Stiffkey: Those who served in WW1*, is £5. Together they are offered at £20. Telephone Geraldine Green on 01328 830245 for further information.

Geraldine Green



MORSTON MERSTONA QUIZ ANSWERS

(questions on page 22)

1. (b) King George V
2. (c) A Christmas story from Montgomery Ward department store
3. (a) The Moon
4. (d) Feliz Navidad ('Jingle Bells' was written as a Thanksgiving song, 'Deck the Halls' a Welsh folk, competitive drinking song for New Year's Eve and 'Let It Snow' to escape a southern Californian heatwave and imagine a cooler place.)
5. (c) Christmas Pudding
6. (b) Shane MacGowan (Fairytale of New York)
7. (a) A dance with singing
8. (c) Saint Nick dropping gold into stockings
9. (d) Attempts to avoid hearing 'Last Christmas'
10. (a) Quality Street

CHRISTMAS CROSSWORD ANSWERS

(questions on page 16)

- | | | |
|----------------|--------------|-------------|
| Across: | 21) Pudding | 5) Reindeer |
| 1) Crimbo | 24) Dried | 7) Krampus |
| 6) Decorated | 25) Holly | 11) Elf |
| 8) Grinch | 26) Shiny | 14) Sleigh |
| 9) Coins | 27) Bevy | 15) Melody |
| 10) Marley | | 16) Rum |
| 12) Stew | Down: | 17) Holiday |
| 13) Swap | 1) Candles | 19) Impish |
| 15) Myrrh | 2) Odin | 22) Dawn |
| 18) Tinsel | 3) Lo | 23) Gold |
| 20) Plum | 4) Carols | |

CHRISTMAS SPOT THE DIFFERENCES

(pictures on page 16)

1. Missing snowflake.
2. Tree removed from the end of the beach huts nearest the horizon.
3. Front beach hut stairs removed nearest the foreground.
4. Line of beach breaking waves were removed.
5. Rudolf's spot on his thigh is missing.
6. Rudolf's bell.
7. A goose was deleted from the back of the skein.
8. Santa's stars on his sleigh; one was removed at the rear of the sleigh.
9. Santa's Pom Pom was deleted from his hat.
10. The bell from Santa's hand.

CHRISTMAS TREAT FOR LOCAL LYNX

(challenge on page 16)

Cover:x2, p2:x1, p3:x1, p4 x1, p6:x1, p9:x2, p12:x1, p15:x1, p16:x4, p17:x1, p18:x1, p20:x1, p23:x1, p24:x1, p25:x1, p29:x1, p30x1, p32:x2 Total: 24 sittings.



PILATES

Binham Memorial Hall

Thursdays

Advanced Pilates 8:30 - 9:30

Intermediate Pilates 9:45 - 10:45

Beginners Pilates 11:00 - 12:00

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

CHRISTMAS JUNIOR QUIZ ANSWERS

(questions on page 17)

- | | | |
|----------------|-----------------|-------------|
| 1. Ostrich | 7. Grapes | 12. Bob the |
| 2. Manny | 8. Swan | Builder |
| 3. Cheese | 9. Captain Jack | 13. Beavers |
| 4. Black | Sparrow | 14. Meerkat |
| 5. Miley Cyrus | 10. Elf | 15. Three |
| 6. South Pole | 11. 20p & 50p | |

CHRISTMAS SENIOR QUIZ ANSWERS

(questions on page 17)

- | | | |
|-----------------------------------|-----------------------|------------------------------|
| 1. William Shakespeare | 10. 10 Downing Street | 21. Robert Walpole |
| 2. Poppy | 11. Ian Fleming | 22. Vienna |
| 3. Charlotte | 12. Tulip Bulbs | 23. Edelweiss |
| 4. Walt Disney | 13. Rotterdam | 24. Lion |
| 5. The Titanic | 14. Father Ted | 25. Bronze |
| 6. Thetford | 15. J F Kennedy | 26. Lambeth Palace |
| 7. Derbyshire | 16. Lake District | 27. Japan |
| 8. Koala Bear | 17. Three | 28. Fire, Earth, Air & Water |
| 9. Sports Personality of the Year | 18. Uruguay | 29. Australia |
| | 19. Hollandaise | 30. Bergamot |
| | 20. River Severn | |

LANGHAM VILLAGE SCHOOL NEWS

Langham Village School recently welcomed an Ofsted inspection on 23rd and 24th of September. Instead of a single overall rating, the school was assessed across five key areas. We are thrilled to announce that the inspection recognized our strengths, awarding an Outstanding judgement in Leadership and Management, and Behaviour and Attitudes. Additionally, we achieved a Good rating in Personal Development, Teaching and Learning, and Early Years. We are extremely proud of the positive feedback and overall findings.

The report begins with high praise: "This is a small school with big ambitions for its pupils. Teachers have high expectations of pupils' behaviour and learning. Pupils are safe and understand how to stay safe. They know they can always share concerns with an adult. This is because staff prioritise pupils' mental and physical well-being, are happy."

Our first half term has been filled with exciting learning experiences and adventures. Year 6 students kicked off the year with an unforgettable residential trip to Bawdsey Manor in Suffolk, where they embraced thrilling outdoor challenges like a zip line and a giant swing. The week culminated in a cozy campfire under the stars—and perhaps

even a secret midnight feast! It was a fantastic opportunity for our Year 6 pupils to bond and make memories as they embark on their final year at Langham.

We're also excited to be back in action with inter-school sports at Alderman Peel High School. Recently, we participated in a touch rugby tournament alongside Burnham Market and Wells primary schools. Langham sent two teams who showed fantastic teamwork and sportsmanship, with one team taking home the win.

Quartz Class recently ventured to the scenic grounds of Holkham, where they took part in a variety of team-building activities that fostered collaboration and resilience. Year 5 also visited Holkham, embarking on an exciting year-long gardening project in the estate's historic walled garden.

Additionally, we've been participating in a hands-on conservation project along the River Stiffkey. Groups of children have been exploring local ecosystems, learning about food chains, life cycles, and the unique adaptations of plants and animals in their natural habitat. Through inquiry and observation, our young ecologists have been reporting their findings, deepening their connection to the environment around them.

Back in the classroom, our children have been diving into engaging projects across all year levels. Here's a glimpse of what each class has been up to:

Jet Class has been studying The United Kingdom, exploring the UK cities, and learning about various human and physical features such as population, life expectancy, tallest mountains, and longest rivers.

Quartz Class continued their exploration of the world by studying countries of the world, focusing on identifying and locating the seven continents.

Amber Class has also been learning about continents, diving into topics on diverse cultures, significant landmarks, and notable global figures.

Coral Class, our youngest pupils, have completed their first term learning about new beginnings, classroom routines, and the importance of making friends. They've settled in beautifully and are looking forward to their first trips, including visits to Wells library and a holiday outing to see Father Christmas at Holkham Hall.

Finally, we're excited to announce our annual nativity play, scheduled for 6th December. Rehearsals are already underway, and we can't wait to share the Christmas spirit with our community. It's been a remarkable start to the school year here at Langham Village School. We look forward to all the adventures, learning, and growth that lie ahead. Langham Village School - 'A place for fun, creativity, friendship, ambition and discovery.' For further information please visit www.langham.norfolk.co.uk.

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LYNX 159 ADS DIRECTORY

SEE FURTHER SERVICES LISTED BELOW DIRECTORY



<u>Art/Interiors/Furniture/Textiles</u>				
Darren Graveling, bespoke joinery	15	Glaven Bistro NEW		4
Nick Hamond Furniture: cabinet-maker	19	On Yer Bike		11
Phillipa Kirby	25	Star Plain, Deli & Cafe		13
Shirehall Antiques	9	The Parlour Café & Tea Room		10
Sophia Williams: Stiffkey Artist	27			
<u>Advice & Care Services</u>				
Hindringham Toddler Group	31			
<u>Gardening</u>				
Beechwood Landscapes	8	<u>Services and Suppliers</u>		
BLS Landscaping	31	ACORN Grave Tending		9
DB Garden Services	18	Boon-bespoke décor		29
		Brighter Views		26
		Burnham Motors		20
		Butcher Andrews Solicitors		6
		Chris Wells Construction, Ltd		24
		Clearview Pest Control		28
		Coastal Pools NEW	<i>front cover</i>	
		Darren Betts Building and Maintenance		7
		David Thompson Chimney Sweep		22
		Gresham Gravel		12
		JH Dowse Window Cleaning		8
		Keeble Roofing Contractor		10
		Kelly Saddington Dog Walking & Pet Care		20
		Morston Boat Yard		27
		NewsKlip		22
		New Life Cleaning		18
		Norfolk Woodburners Stoves		28
		Norfolk Stay NEW		7
		Paul Hennessey, painter and decorator		26
		P J Electrics		21
		Stephenson Smart Accountants		23
		Stuart's Taxi		24
		The Dashing Chimney Sweep NEW	<i>front cover</i>	
		Vantastic Movers		15
<u>Hair/Health</u>				
Foot Perfect	5			
Gunthorpe Osteopaths	25			
Hayloft Healing	13			
Jack Sadler Physiotherapy	14			
Pilates at Binham Memorial Hall	30			
Sivananda Yoga	12			
Tudor Barber Shop, Walsingham	21			
Will Furner, counsellor	23			
<u>Hall Rentals</u>				
Binham Memorial Hall	11			
Sharrington Village Hall	14			
Warham Reading Room	19			
<u>Leisure</u>				
Arts Society Glaven Valley NEW	<i>front cover</i>			
E-motion Cycles	6			

<p align="center">CLEANING AND HOME CARE SERVICES Regular cleans, linen changes, ironing and errands Contact Laura Bailey on 01328 711329 or 07917 031163 E: laurabailey@homeemail.com</p>
<p align="center">MATHS TUTORING FOR KS 3 AND 4 (GCSE) Contact Richard Redmayne 01263 862289</p>
<p align="center">CHIMNEY SWEEP David Thompson 01328 851081</p>
<p align="center">SEPTIC TANKS EMPTIED Contact Alison Lee 07749 951898</p>
<p align="center">HAMLYN PEST CONTROL County Council Accredited - NPTA Member Control of Rats Mice Wasps etc 01263 860112</p>
<p align="center">FINCH GARDEN DESIGN Design - Build - Planting www.finchgardendesign.co.uk Jackie Finch 07776 292 211</p>
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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

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