

# Elmham News

**AUGUST 2023**

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## EDITORIAL

We were absolutely delighted to receive a note from Sue and Ivan of the community website [elmham.org.uk](http://elmham.org.uk) to say that some of the first residents of Boar's Hill had been in touch saying how much they were looking forward to being here. We would like to welcome Steve and Nikki Wagstaff most warmly and hope that we all live up to their expectations.

Over the past few years, the village has seen quite a sizeable number of new homes being built and there are more to come. Hopefully, the new residents will be of mixed ages so that the school benefits from the younger members and their parents and that the more mature, will join in some of the clubs and organisations, where they will receive warm welcomes. A village like ours treasures its sense of community and we are fortunate in having a free magazine to help keep folk interested, amused and up to date with what is on offer. The Parish Council too welcomes everyone to attend their meetings and to add their comments or concerns during the public part of

the meeting which is usually on the first Wednesday of the month at 7.30 pm.

Our school, likewise, values the participation of parents and the Friends of North Elmham School are always in need of more involvement. We do understand about working parents having to limit their time but physical support for the school children is so necessary and sets a great example to their parents. Most of the Elmham News committee have supported Playgroup, School, Guides, Scouts, and gone on to keep giving with the News.

You will see their lists of needs and we are sure that most of us can provide at least one of those requirements.

The church too is in need, and you will see how to help in their letter in this magazine.

We all need help and encouragement and hopefully we can offer it to others, either physically or mentally. That's what creates a heart to a community.

Our sincere thanks to the anonymous donors in Cathedral Drive for their generous donation and to Vicky Ward.

**PLEASE NOTE: Submission deadline for articles to be included in the SEPTEMBER edition is 14TH AUGUST. Please email your article to each of the editors listed below asap before the deadline.**

**Volume 46, No 7, August 2023**

**DONATIONS APPRECIATED**

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The views expressed in the Elmham News are often those of individual contributors and might not necessarily be shared by the joint editors. Whilst the editors and committee of the Elmham News accept advertisements in good faith, the credibility of the contents is the sole responsibility of the advertiser.



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## DID YOU KNOW?

Swanton Morley was a very active airfield during World War II and continued as a RAF station until August 1995. Then it was taken over by the Army.

Did you know that Winston Churchill and Dwight Eisenhower both stood side by side at Swanton Morley on July 4th 1942. They came to watch as twelve Douglas Boston aircraft took off on a joint raid.

This was the first time the American Air Force took to the skies here in Great Britain. The British and American crews took off to bomb four airfields in the Netherlands in a daring low level daylight raid. On this occasion, 4th July, 1942, the airmen took off from Swanton Morley in four sections of three aircraft, each led by an experienced 226 Squadron crew.

This was officially the first USAAF unit to bomb targets in Europe. Very sadly two bombers, crewed by the Americans and one British bomber were lost in the raid.

This year to commemorate the occasion in 1942, the organiser, Major Purbric, said 'Tonight was a joint commemoration of those who have flown an op from this airfield during the Second World War.'

Station and Unit Commanders from RAF Mildenhall, RAF Lakenheath and RAF Marham were at the celebration along with Generals, Admirals and other serving and past members of the British and American armed forces and supporters.

We know the Americans were stationed here in East Anglia, some of them being very local to us. We've heard the mantra 'over paid, over sexed ,over here' and we know many local girls were delighted to see these smart young airmen. Their uniforms were magnets for local girls.....

On the Back Lane, there is a memorial for two airmen from Swanton Morley who

lost their lives, just over the hedge from the memorial in 1944. One of the crew was a New Zealander and the other was British. They were training, but missed the runway as they came into land so were going around again when sadly they crashed and were killed.

*Janet Woodhouse*

## CAR BOOT SALE

Bank Holiday Monday 28th August

7.00 am

On the Park, in North Elmham  
opposite the Church

In aid of cancer charities

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## FAKENHAM CHORAL SOCIETY

### 50th Anniversary

This much-loved local choir is thrilled to announce the launch of its golden anniversary season, celebrating an impressive 50 years captivating audiences with its inspiring music. This significant milestone will be marked in style with an extra special programme of concerts. The season's highlight will come on 20th April 2024 with Verdi's awe-inspiring 'Requiem', often considered the greatest of all choral works.

One of the choir's ambitions is to give something back to the local community, with free entry to its Christmas concert on December 16th. To help the choir achieve this, personal and business sponsorship would be warmly welcomed and would be recognised in concert programmes and on their website. Musical Director, Mark Jones, added "To make this concert truly accessible to all



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would be a tangible 'Thank you' and encourage people new to choral music to come along."

For more information on joining the choir, becoming a sponsor or Friend of FCS and the 50th anniversary season, please visit [www.fakenhamchoralsociety.org](http://www.fakenhamchoralsociety.org) or contact the choir's secretary, Tracey Thompson on 01362 668938.

## ROYAL BRITISH LEGION

Nothing much to report from the local branch in this edition. If you are interested in joining, please contact me or any other committee member, an update will be given next month regarding the two memorials that are being made.

*Mike Aston  
Branch Sec*

## KNIT AND NATTER

You may have noticed, summer is here. The sweaty hands, sticky needles, and warm wool, doesn't seem to have the same appeal as it does in the more moderate weather. So, there is very little to report this month, as most of us were doing all the other more serious things, like going on holiday, taking the grandchildren to the beach, or Dinosaur Park, or maybe just watching Wimbledon. However, thank you for all your wool donations this month. Certainly, we will be busy again soon with items for charity.

Next meeting 1st August in the Pavilion  
2.00 til 4.00 pm.

*Eileen Cotterill 668380*

**North Elmham community  
website [www.elmham.org.uk](http://www.elmham.org.uk)**

## Musical picnic at Bintree Mill

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## THE DIAMOND JUBILEE GREEN

After learning about the yet more vandalism of the storm shelter on the village green, I decided to check back on how it came to be put there.

A decision was made to move the play equipment from opposite the village shop (next to the now Pavilion) to the much safer area of the new playing field, which the Parish Council had managed to buy with grants and donations from trusts, businesses and village folk. It was yet to have an official name. This area lies within the triangle formed by Oak Avenue, Spencer's Close and Eastgate Street and seemed to be ideal. A committee was formed with three Parish Councillors, Jim Heffernan as Chair, Martin Phillips as Treasurer and Peter Braybrook, plus residents

Caroline Payne, Debbie Warner and Meg White. The aim was to raise as much money as possible and then to decide what could be bought for that amount. We were fortunate to have a volunteer, Ruth Luckett who was able to write the application forms for all the organisations and trusts and councils that we applied to for grants. This was an art in itself, as the correct wording yielded good results and we began to get some positive responses.

The rest of us bent our minds to raffles, bingos, fun days organised by Debbie Coull, Christmas fayres and the like. Huge amounts of marmalade were made and sold, a beautiful quilt was made and raffled, our local biker group and the two pubs arranged quizzes.

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There were generous donations from villagers and our (then) local fishmonger gave all the small change he had.

All in all, we managed a magnificent £56,939.32.

Then came the difficult task of spending it – wisely!!

It was decided to fence it, to protect the little ones and to keep dogs out! And a total of £51,234.11 was spent.

Finally on Sunday, May 11th 2015 we officially opened the area in style, with games, Beer and Pimm's tent, barbeque and refreshments.

The storm shelter was added later in 2016 as it was felt that it would be a nice place for mums with babies to sit whilst watching their older children play and to give shade to walkers. Nowhere was it said it should be used for mindless acts of

vandalism – like graffiti, setting fire to or just kicking it for the sake of it.

The area was dedicated as the The Jim Heffernan Play Area in memory of Jim, who sadly passed away in April 2016.

Fortunately, the Green remains an oasis and is enjoyed by everyone who uses it.

*Meg White*



## CLUBS AND ORGANISATIONS

This is a list of people who can be contacted if you would like to know more about any of the following:

Archive Group	Janet Woodhouse 01362 668525
Art4 All	Angie Redwood 07979 666197
Bowls - Institute	Tony Langford 01362 668854
Bowls - King's Head	Martin Phillips 01362 668409
Brisley & North Elmham Cricket Club	Mark Ballman 01362 668935
Elmham Football Club	Chris Reeve 07468 569699
Elmham Guides	Marion Morgan 01362 696221
Elmham News	Meg White 01362 668302
Elmham Surgery Patient Participation Group	Roger Thornley 01362 668804
Elmham Tennis Club	Geraldine Leeder northelmhamtennis@gmail.com
Friends of North Elmham School	Naomi Brien 07447 016620
Gardening Club	Ray Norman 01362 667226
Guides	Marian Morgan 01362 696221
Knit and Natter	Eileen Cotterill 01362 668380
North Elmham Trailblazers	Fliss von Christian 07787 161446
Reading Group	Eileen Church 01362 668330
Royal British Legion	Michael Aston 01362 668959
Sewing for Pleasure	Janet Woodhouse 01362 668525
SINE (Help)	David Fairbairn-Day 07398 758421(10-5)
Snooker Mon & Fri	Neil Page 01362 668296
Snooker Wed	Tim Smith 01362 668487
Tea@Two	Jo Fitzalan Howard 01362 668232
The May Singers	Tony Langford 01362 668854
Walking Football	Paul Carr carrpaulus@aol.com
Walking Group	Jenny Cunningham 01362 668224
Wensum Valley Birdwatching Society	Sue Gale publicity@wvbs.gmail.com
Wives + All	Gill King 01362 668530
Young Farmers	Will Swan 07818 786424

## KATE WYATT RIP

Kate's funeral was well attended by her family and friends. Her flowers were topped by her distinctive hat, which was often seen. Other flowers were specifically taken from her garden and made a beautiful display.

Kate, who suffered from MS was a well-known figure in her wheelchair and was always accompanied (until recently) by Charlie, her golden King Charles spaniel. When she and her husband Mike came to the village, she was already wheelchair bound but that didn't stop her from getting out and about and she was an active campaigner for proper access for the disabled. She had in her early career been heavily involved in the Tufty Club, a nationwide scheme to teach Road Safety to children which started in 1953 by RoSPA.

The following tributes have been collated by her friend Jenny and were given by her at the Memorial Service for Kate.

Paul, a fellow MS sufferer put it this way, "Kate was a real friend, full of character and overcoming the shock of her husband's illness and the loss of her beloved pet Charlie, not forgetting her own health problem. Kate was someone I could rely on. I will miss her terribly".

Jean, Kate's immediate neighbour said, "Kate was never a victim, she always strove to do more, nothing would put her off".

Julia, another close neighbour recalled Kate visiting her "to have a cuddle with her dog Tilly after she lost Charlie. Kate always found a way to overcome, she was a very creative person".

Joyce, a long term friend and colleague from W.I. days echoed Julia saying, "Kate was a valued member, always participating in meetings and especially enjoying craft events". Beryl said, "Kate always made me think I could and should do more – especially when I saw her out

and about in all weathers. I had so much respect for her".

Pam, Kate's carer for many years said "Kate was so much more than an employer, she was a kind and trusted friend, interested in my family and especially my grandchildren." Gill remembers her loving to chat either on the phone or just as she was passing by.

Folk afternoons at the King's Head with friends and neighbours were a particularly precious time for Kate, who because of her disability was unable to go out in the evenings to enjoy live music.

In essence, once you had met Kate, it wasn't possible to forget her. Dear Kate, go well, with thanks for all your love and friendship, from us all.

*Jenny Cunningham*

## DEREHAM WALKERS ARE WELCOME

Please come and join us for a walk in the local area. Our short walk of around four miles is always on the first Friday of the month. There is a programme of longer walks planned for 2023 as well as trialling walks of just two miles for those just beginning their walking experience.

For up-to-date information:  
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## ELMHAM GUIDES ADVENTURES

Have you ever slept on a trampoline? Elmham Guides did just that! We joined other Guides for an evening bouncing at High Altitude Trampoline Park in Norwich, then after pizza everyone settled down with their sleeping bags to watch a film and then sleep! Despite attempts to stay awake everyone was settled down and quiet by 11pm, until the music started again at 6am (yes 6am!!) signalling it was time to get up and have more bouncing and breakfast before heading home. I can report the trampolines were comfy and all had a great time.

Our final meeting this term saw us in canoes at Fakenham, under the direction of Wensum Osprey Canoe Club. We were lucky to have a mild still evening for our attempts to avoid the bank and duck under bridges, and nobody fell in!

A game of Heads Shoulders Knees and Toes – and then Heads Shoulders Knees and Jump!! – ended a fun and challenging evening for us all. Thank you Ospreys!

By the time you read this we will be pitching tents for our summer camp at Keswick, Norwich. Guides are aiming for their Camper and Backwoods cooking Badges as well as enjoying their favourite activity - playing in the woods! How lucky we are to be able to enjoy all these activities again.

*Marion Morgan*

## ELMHAM RAILWAY

We know there was a railway line which went through Elmham from Norwich to Wells several times a day. How we would love to see it operational again, but do you know when the line was opened?

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The Wymondham to Wells line opened in stages between February 1847 and 1857, after Parliamentary consent was given in 1845. The line became part of the Great Eastern Railway in 1862.

There was a branch of the line which turned right at Broom Green, just after what was the bridge (now has no top) and carried on to Wroxham. This was closed in 1952, presumably it was uneconomic to run.

The coal fired trains (oh that evocative smell) were phased out in the mid 1950's and diesel units began hauling the carriages on 17th September 1955.

Very sadly the Dereham to Wells line ceased to run in October 1964 and passenger services closed in October 1969 from Dereham to Norwich. However, the line remained open for freight for a number of years after 1964.

I know you may have read this before, but when I was a student in London in the early 1960's, my father would take my trunk to the station at County School. It would be delivered in London the next day either to my college or digs. Bet you cannot do that today!

*Janet Woodhouse*

## DEAR EDITORS

As we all know, transportation plays a crucial role in our daily lives. However, not everyone in our community has access to a personal vehicle (their own or lifts from family members or friends), and public transport is limited and not always appropriate. Private taxi fares are out of reach for many and hospital transport not always available. These can all result in inconvenience, limited mobility, and isolation.

A Community Car Scheme would address these challenges, and I understand that North Elmham did benefit from one in the past. My sister in law is a local carer and also looks after our elderly parents.

She is all too aware of the challenges. As working people, it is sometimes difficult to get our parents to essential doctor and hospital appointments, let alone social activities, which are so beneficial. We know such a scheme would be well used, but would need volunteer drivers, someone to coordinate journeys and have the support of our Parish Council. I gather from other local schemes that passengers pay a small fare, and the drivers are refunded the mileage they cover at the HMRC 45p per mile rate, with any shortfall being paid by the local parish council with help from a Breckland Council grant.

We believe that a Community Car Scheme would be a valuable addition to our community and will be asking the Parish Council to consider investigating its viability at their meeting on August 2nd. If you would like to support this initial approach, it would add weight to our request. You can email your support to the Parish Clerk if you can't make the meeting in person - Kevin Webb, northelmhampc@hotmail.co.uk. Meetings take place on the first Wednesday of the month at the Sports Pavilion. Public speaking takes place before the meeting starts at 7.30 pm.

Thank you.

*Tracey Thompson*

## LIFE AND DEATH

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, wine in the other, totally worn out and screaming....

'Woo Hooo what a ride!  
Want to go round again!









## GARDENING CLUB

Our June visit took us to Peter Beales Roses at Attleborough. The forecast said "possibility of rain"

We were welcomed by Simon in the middle of a thunderstorm, torrential rain and ushered into a big marquee for refreshment and to dry off.

He gave us great insight into the way they grow their roses and with 28 Gold Medals from Chelsea, 18 of them on the trot, including this year, we felt he knew what he was talking about. They have 1100 types of roses and 400 varieties of clematis and 2½ acres of gardens, looked after by one gardener!

He showed us how they take wild rose root stock and graft the required variety onto it, a delicate but precise process. They have 250,000 of the rootstock waiting to be transformed. A good piece worker can graft 5/6000 a day. None of us volunteered to try it!

Simon spoke of the need to water roses daily and to feed regularly and recommended different types of feed.

By now it was still raining, but we gathered our umbrellas and followed him out into the garden to walk round and admire the beautiful roses. Anecdotes flowed and we duly followed, asked questions and smelled the blooms from tiny ones to one that must have been six inches across and still holding her head up in the rain.

As he finished, it was just a mild rain and we had a short while to look around the plants and shop, armed with a discount voucher!

The sun shone all the way home, but we got caught up in a queue caused by two car accident on a narrow lane, with two ambulances and assorted police cars and a fire engine. One car had been neatly cut up by the firemen and we were able to squeeze past. Fortunately, no one was hurt, and we all delivered home safely.

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As there had been a small sum of money owing to each of us, Ray bought a beautiful rose called "Remember Me" and we all were given a raffle ticket. The delighted winner was Julie. And it truly was a 'day to remember'.

The EDP told us on Friday morning that the business was up for sale... nothing to do with our visit.

Don't forget the Annual Gardening Show on Saturday 5th August which you enter on the day. Schedules can be obtained from Ann or George Keeble 01362 668216 or you can download them online from the Community Website at [www.elmham.org.uk](http://www.elmham.org.uk).

*Meg White*

## BRISLEY AND NORTH ELMHAM CRICKET CLUB

In the final fortnight of June, the Saturday team faced two of its promotion rivals and comprehensively won both matches gaining maximum points to see them open up a 40 point lead at the top of Division 2. They also progressed to the semi-finals of the T20 Cup again overcoming Division 1 opposition and will now travel to Division 1 leaders Narborough on July 25. July saw the start of the second half of the season and the 100% record was maintained as B&NE opened up a 62 point lead at the top of Div 2.

Contrasting fortunes however for the Ladies team who lost their opening 3 league fixtures. Against Topcroft, rustiness in the field cost runs and they fell short by 40 runs or so. A much better performance against a young Swardeston side restricted the visitors to 126 and at the halfway stage in the chase, the Belladonnas looked poised for victory on 70 but fell agonisingly short by 8 runs. The next fixture against Hethersett saw debuts for youngsters Molly Burton and Aggie Long (who took a wicket) but under par

batting set the visitors only 66 to win and although they were made to work hard for it, they eventually prevailed in the 16th over for the loss of 5 wickets, 2 wickets each for Tor George and Sarah Colwell.

On a gloriously warm summer evening at the start of July and with a very large crowd of spectators, the social side entertained a stronger than usual Phillip Curl XI. The game was very tight with B&NE just failing to get the required 11 runs off the final over. Jason Miller and Ed Savage both made the 25 runs before retiring but it was almost 11pm before the post match socialising finished, a perfect example of what the Friday evening games are about.

### Results

#### **June 14 v Saham Toney (H) T20 Cup**

B&NE 128-5 Saham Toney 69-9.  
B&NE won by 59 runs

A crushing victory over Division 1 pacesetters and cup finalists in the last two years set up a 3rd round tie against either Swaffham or Castle Rising. Futter's belligerent 37 after the loss of early wickets and unbeaten 28s from Tom Donnelly and debutant Najam Hassan set a respectable but very gettable target. However the visitors subsided to excellent bowling from Futter (2-5), Hassan (3-8) and Sinclair (2-10) with only skipper Mower (41) making double figures.

*Premier Seeds MoM: Najam Hassan for his unbeaten 28 and 3-8.*

#### **June 17 v Ketteringham Hall (A) League**

Ketteringham Hall 130 B&NE 132-0  
B&NE won by 10 wickets

With Callum Futter (4-21) leading the way and two wickets piece for Tom Donnelly and Phil Bend, the visiting attack contained their promotion rivals on what the B&NE openers showed was a good batting wicket. James Harvey (65) and Josh Hall

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(55) were untroubled as they serenely attained the target with 16 overs to spare.

*Premier seeds MoM:* James Harvey for his classy unbeaten 65

**June 24 v Aylsham St Giles (H) League**  
B&NE 363-5. Aylsham 139 Won by 224 runs

A magnificent unbeaten 150 from Josh Hall with two boundaries from the final two balls, ably supported by a punishing 93 from Billy Fordham and an earlier assault from Ollie Jaggard (41) set an unreachable target for promotion rivals Aylsham. Only visiting skipper James Tuthill showed any resistance as wickets were shared between Sinclair (3-17) Futter (3-25) and Bend (2-19)

*Premier Seeds MoM:* Josh Hall for his unbeaten 150 and 3 catches behind the wicket

**June 27 v Castle Rising (A) T20**  
Castle Rising 88-9 B&NE 90-4  
B&NE won by 6 wickets

Another 1st division scalp for B&NE as they progressed comfortably into the semi-finals. With the wickets spread among several bowlers and a superb run-out by Harvey, the visitors sprinted to their target with 8 overs to spare, the winning hit a six from MoM and skipper Callum Futter.

*Premier Seeds MoM:* Callum Futter for his 2-14, unbeaten 13 and excellent captaincy.

**July 1 v Reepham 2 (A) League**  
Reepham 98 B&NE 100-1  
B&NE won by 9 wickets

Three wickets apiece for Skipper Bend (3-16) Futter (3-22) and MacKay (3-10) restricted the Home team to a 2 figure score. For a while it seemed that the openers would complete another 10 wicket victory but Harvey fell miscuing a hook. Ollie Hall joined his brother Josh (32no) and hit 6 boundaries to rush B&NE maintain their significant lead at the top, having gained the most points across all 9 divisions.

## DATES TO REMEMBER: AUGUST

Tue 1st	Knit and Natter	Pavilion	2.00 pm
Wed 2nd	Parish Council Meeting	Pavilion	7.30 pm
Sat 5th	Annual Gardening Show Bintree Mill Picnic	Memorial Hall Bintree Mill	2.00 pm 2.30 pm
Wed 16th	Mobile Library	The Heath to Orchard Close	2.30–5.20 pm
Sun 27th	Summer Pimm's & Music Afternoon	Memorial Hall (please book)	2.00–5.00 pm
Mon 28th	BANK HOLIDAY Car Boot in aid of cancer charities	Opposite Church	7.00 am
<b>GROUPS NOT MEETING IN AUGUST</b> Wives Plus All, Tea@2, Sewing Group			
Every Wednesday	Sanders bus to Norwich	Bus Shelter nr Playing field	9.27 am

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*Premier Seeds MoM:* Phil Bend for his 3-16 and 2 catches.

### **July 8 v Sandringham 2 (A) League**

Sandringham 75 B&NE 76-1  
B&NE won by 9 wickets

Vice-captain Callum Futter ripped through the middle order with 4 quick wickets and is now second in the League bowling charts. Abad Ali took the final 3 wickets in his first over, all clean bowled. The visitors took just 15 overs to overhaul the target, with the Hall brothers Josh and Ollie repeating the previous week's achievement and ensuring maximum points again.

*Premier Seeds MoM:* Callum Futter for his 4-31.

*Mark Ballman*  
*Chair*

## **RASPBERRY MOJITO**

### **Ingredients**

8–10 raspberries  
1 lime, chopped into large chunks  
2 tsp granulated sugar  
2 mint sprigs, leaves picked  
Ice  
100 ml white rum  
Sparkling water

### **Method**

Divide the raspberries, lime and sugar between two tall glasses and muddle (gently crush to release juices).

Place mint leaves in the palm of one hand, then clap the other hand on top of the leaves to bruise them just enough to release their flavour. Divide between glasses.

Add a handful of ice to each glass, divide the rum between glasses. Stir, top up with sparkling water. Stir and serve... enjoy!

# **North Elmham Gardening Club Show Saturday 5<sup>th</sup> August 2023**

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## WIVES PLUS ALL

On Thursday 13th July ,Wives Plus All members enjoyed an evening visit to Dale Farm in Dereham, the home of Graham & Sally Watts who came to Dereham in 2007 to be close to family in Norfolk. Before this time Graham was employed in Cambridge, his responsibilities being in charge of parks and Sally is a trained florist. They also run Dale Farm Flowers at Gressenhall.

Dale Farmhouse was once known as "The Dale" and is mentioned in the 1798 1st Map of Norfolk by John Faden. After the two elderly ladies who resided at Dale Farmhouse passed away, it stood empty for several years and was the subject of a major renovation project as the chimney had collapsed and stood just two feet off the floor. However, the house had been restored. When Graham & Sally arrived at Dale Farm in 2007 ,they began the designing and replanting of the two





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acre garden as they wanted to open a garden for the a National Garden Scheme. The planting was completed in 2008. Dale Farm has been part of the National Garden Scheme since 2010 and to date they have raised £95,662 for the nursing charities supported by the National Garden Scheme which is the largest donor to Macmillan Nurses, Marie Curie Cancer Care and Hospice UK Charity.

The National Garden Scheme booklet describes Dale Farm Garden as "set in a two acre plant lovers' garden with a large spring fed pond. There are over 1,000 plant varieties in exuberantly planted borders with sculptures, with vegetable, mature and waterside gardens, some grass paths and gravel drive. Also a

collection of 150 hydrangeas!" Walking around and sitting in this peaceful garden on a summer's evening listening and watching the spectacular pond's water feature, it was hard to realise that we were in Dereham town centre.

Thanks go to Graham & Sally for their hospitality to us which was rounded off by a refreshing cup of tea and scrumptious cake.

WIVES PLUS ALL do not meet together in August so the next meeting will be in the North Elmham Memorial Institute Village Hall on THURSDAY 14th SEPTEMBER 2023 at 7.30 pm. We will be having a social evening to include refreshments and a raffle. Hope to see you there!

*Ann Ferris*

Dear Elmham News Reader,

As we approach the end of the academic year, we are currently taking stock of the resources we have in class and in our outside area. We would like to ask if you have any of the following to donate to the school for us to use for the next academic year.

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Many thanks,

*Mrs Hunter and Mrs Cairns*



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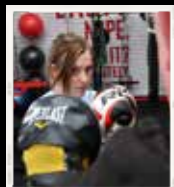
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## NORTH ELMHAM WILDLIFE

Last month I wrote about flies that aren't flies – insects whose names suggest they might be flies, but which are in fact not closely related to the true flies. This month I'm going to write about flies that are flies – real, true flies.

Some of you will be squirming now. Flies don't rate highly in the popularity stakes of British wildlife. But they're diverse, fascinating and incredibly important to us, whether we like them or not.

Do you like chocolate? If so, then thank the tiny biting midges that are far and away the most important pollinators of cocoa plants and without which we would have no chocolate. Do you like fruit and vegetables? Flies are among the most important pollinators for many of our fruit and vegetables from blackberries to carrots.

Do you want all your favourite garden plants to be damaged by aphids? If not, then thank the hoverfly larvae for keeping the aphids under control. Do you want to walk knee-deep through dead animals and excrement? If not, then be grateful to the flies for the major role they play in decomposing and disposing of these unpleasanties.

Do you enjoy watching swifts and swallows? Do you enjoy hearing the beautiful melodies of our summer warblers? If so, then remember we would have none of them if there weren't any flies for them to feed on.

Probably our largest flies, at least in terms of wing-span or leg-span, are the craneflies. I knew them as Daddy Long-legs when I was a child, but many people use that name to refer to equally long-legged cellar spiders. There are lots of different species of craneflies including the yellow-and-black striped Tiger Cranefly (photo 1).





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St Mark's Flies are so called because they emerge in the second half of April around St Mark's Day. They're robust black flies that can be found swarming in huge numbers when they first emerge. Other members of their family are generally smaller and many are red and black or red, yellow and black like the Downland Bibio (photo 2).

Fungus gnats are incredibly dainty little flies with very long antennae. One of the ones I see most often is called *Macrocera phalerata*, a red-bodied fly with dark markings in their wings (photo 3) – so pretty and delicate!

Gall midges are little flies that are most often detected not by the fly itself but by the galls that they cause. Eggs are laid on the host plant and the plant produces a gall in which it hosts the fly larva lives as it develops. One of the most easily recognised fly galls is that of a species called *Hartigiola annulipes* – the galls are hairy columns protruding up from the surface of beech leaves, often several on a single leaf (photo 4).

Moth flies, sometimes called drain flies, are a group of small squat flies with broad hairy wings. They're often mistaken for tiny moths and look quite unlike any other flies. They're hard to identify to species though – I think the one in photo 5 is called *Boreoclytoceris ocellaris*.

Snipeflies have piercing mouthparts and the adults use these to drink mammal blood, but humans aren't their usual target and I've never had any problems with them biting me. The common Downlooker Snipefly (photo 6) is so-named for its habit of perching with its head facing downwards.

Perhaps the flies that generate the most fear among people who aren't flies' biggest fans are the horseflies, a family that includes deerflies and clegs. Certainly they can deliver quite a bite and a small minority of people can react quite badly to them. But nip aside they're rather





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attractive beasts often with colourful eyes and striking patterns on either their bodies or wings. I was in the Lake District last weekend and saw some Giant Horseflies which were probably the largest-bodied flies I've ever seen, but you don't get those here. One of the more strikingly-patterned members of the family I've seen in North Elmham is the Splayed Deerfly (photo 7).

Bee-flies are great! They appear on sunny spring days and are easily recognised – at least the common Dark-edged Bee-fly is – by the big hairy bodies and long straight proboscis sticking out in front (photo 8). They may look like they could use it to pierce your skin but they're completely harmless to humans and just use it for drinking nectar.

Soldierflies are another lovely group. Some are quite smartly uniformed which I assume is what gives the family their name. Others have brilliant metallic green bodies. The common Twin-spot Centurion (photo 9) is named after the pair of white spots next to its eyes.

Although robberflies (like the Common Red-legged Robberfly, photo 10) are capable of giving humans a painful nip if mishandled, the only things that have any real cause to fear a robberfly are other invertebrates, especially flies. Robberflies are master hunters, lying in ambush and then usually catching their prey in flight when it comes too close.

Many flies are difficult insects to identify and consequently many naturalists focus on easier groups of wildlife to study. But one group of flies that are relatively easy to identify and for which there are good resources available to help are the hoverflies. Consequently they're relatively well-recorded. I could probably do a whole piece on hoverflies – in fact maybe I will one day... For now, suffice to say they're your friends if you're a gardener as they help keep aphid populations down and also help with pollination.





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We love to include all of the charity event adverts in the magazine but would you please consider making a donation from the proceeds towards the Elmham News. That way we will be about to continue to help promote village events.

Conopid flies are parasites of bees and wasps. Females pounce on their hapless prey and swiftly insert an egg into the abdomen of the bee or wasp, which later hatches inside the victim and eats it from the inside. I don't see them very often, but when I do it's usually a mating pair of Ferruginous Bee-grabbers (photo 11). They seem to be exhibitionists, choosing exposed perches to go about their business on.

The Looped Flutter Fly is a crazy-looking insect – a tiny fly which holds its wings out to the side and waves them around. The wings have a unique dark-coloured loop pattern on them which makes them quite unmistakable (photo 12). They often come into houses so you might not need to go far to find one, but you'll need good eyes or a lens to see the pattern as they're quite small. It's thought that their larvae may feed on beetles.

There are several families of flies that mostly have complex patterns of dark markings on their wings and collectively these are known as picture-winged flies. There's a huge variety of patterns among the different species but I'll just share one for now, a species called *Tephritis vespertine* (photo 13).

There are so many more flies I would love to tell you about but there's a limit to how many I can fit in. And that's just the ones I know about – there are loads of different families of flies that I don't know much about at all. Every now and then something in an unfamiliar family catches my eye and I decide to try and identify it. One example was the dark-winged fly with big red eyes (photo 14) that I eventually worked out was something called *Protoclythia rufa*.

Keep on getting in touch with me if you spot any interesting wildlife in the village. This month I heard about a Black Redstart that has taken up residence in someone's garden. Related to robins, redstarts are recognised by their orangey-red tail which they tend to flick up and down. Black



Redstarts naturally live in rocky cliffs in European mountains but have colonised urban areas in many places finding enough similarity between big buildings and rocky cliffs. They colonised the UK during the last world war making use of ruins in bomb sites, but they remain a very scarce breeding bird in the UK. Recently there have been a small number of pairs in Norwich but I've never heard of one in North Elmham before. Oh, and of course they feed on flies – another reason why it's good to have a healthy population of flies!

Beryl also got in touch this month to tell me about a bird that flew low over her garden. From her description it could only have been a Red Kite, and she also shared some nice observations of common birds in her garden too. If you have anything interesting to share email me at [appleton.dave@googlemail.com](mailto:appleton.dave@googlemail.com), phone me on 668431 or message me via Twitter at @ElmhamMeadows).

*Dave Appleton*

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## ST MARY'S CHURCH

Dear Friends,

August can be a month for slowing down from our usual activity and taking stock. A time for planning for the months ahead.

For those on school holidays, let's hope the weather holds and we can enjoy days out and visits to family and friends.

There were times when Jesus needed to withdraw from the crowds and find some quiet time to pray and think. We have accounts of him getting in a boat with his disciples to cross Lake Galilee (one time, he immediately fell asleep before a huge storm put the boat and its occupants in danger). At other times, Jesus went up a mountain to pray. Those occasions were also often accompanied by extraordinary events.

During August, the Church remembers the Transfiguration of Jesus (Luke 9:28-36). While Jesus was praying on the mountain, not only his clothes but even the way he looked seemed utterly changed! Three of Jesus' disciples were with him, Peter, James and John. They were struggling to stay awake when suddenly, they could see Moses and Elijah speaking with Jesus. As if that wasn't enough, dense cloud then enveloped the mountain terrifying them. A voice came out of the cloud saying: "This is my Son, my Chosen, listen to him!"

What an experience! What the disciples failed to understand at first was that God was revealing his glory in Jesus. It was in intense and holy moment.

We all need to set aside some time to recharge our batteries, to reflect and think and pray. For some of us, our gardens provide the head-space we need; for others it might be listening to music or going for good, long walk.

Our churches and our churchyards are also very good places to step aside from our busy lives, just as generations have done before us.

However, you are spending August, I pray that it will be a time of great blessing and joy.

Yours, in Christ,

*Revd Sally*

## CHAPEL RUINS SUMMER SERVICE

On Sunday 27th August we are going to hold our summer Church Service in the ruins of Elmham Chapel, as we did last year.

The service will start at 11.00 am, which is later than normal. This is because we would like everyone to bring with them a picnic lunch for after the service.

This will be an informal service led by Michael Newey, our Authorised Worship Assistant. Everyone is very welcome to join us.

Of course, if it is raining, we will meet in the church, but let's hope it is a lovely sunny day.

## BEING A FRIEND TO ST MARY'S

For almost a thousand years, our village church has been a well-loved building at the top of the hill. Countless people have celebrated significant moments, such as new babies and weddings at St Mary's. It is and has also been the place we come to when we sadly lose a family member or friend for funerals, burials and memorial services. The church is a key part of our village infrastructure and I suspect that many of us take it for granted.

It costs a surprising amount to run the church each year, even before we start paying for essential maintenance.

Only 23 people are currently formal members and our annual "bills" exceed



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£27,000. This money pays for building insurance, electricity bills and our contribution to the costs of ministry.

We all know that the church would benefit from a kitchen and some toilets, but sadly we cannot prioritise these improvements until we have met our annual running costs, as well as resolving some big maintenance worries, such as the damp in the north wall. We don't receive any state funding or regular funding from the Church of England centrally to help with maintenance issues.

The church needs help from everyone living in our village. The well attended Church Fête and the wonderful Flower Festival certainly help and we are hugely grateful to so many people who give up so much time, energy and creativity to organise brilliant occasions. But sadly, we need more guaranteed income to break even.

If many of us made small monthly contributions it would make a huge difference. It would help us keep the church open every day and it would help us pay for our Rector, who leads our services including weddings, baptisms, funerals, carol services and many more.

We would like to ask every family in North Elmham to consider contributing perhaps £5 per month to help us keep St Mary's going and to keep it open so you can visit and spend time there whenever you wish during daylight hours.

If you can make a regular contribution that would be fantastic, but if you would only like to make a one-off gift to the church that would also be hugely appreciated. The church's bank details are:

North Elmham Parochial Church Council  
Barclays

Sort Code 20-28-20

Account Number 60667730

If you can gift aid your giving that would be brilliant as HMRC will increase

your donation by an extra 25 pence for every £1 you give. Please email [elmhamstmarys@gmail.com](mailto:elmhamstmarys@gmail.com) and we will send you a gift aid form.

Your help to keep our village church going will be hugely appreciated by everyone whoever wants to spend time in this wonderful historic place – today and for many tomorrows.

*Michael Newey  
Authorised Worship Assistant  
and PCC Member*

## MORE TO LIFE

As we head into summer, the media has been in a frenzy over the alleged inappropriate behaviour of high profile personalities. Following on from Phillip Schofield, there has been at least one high profile BBC Newsreader and a high profile church leader with a massive ministry. I am not going to focus on their alleged misdemeanours as investigations are ongoing, but suffice to say that many have voiced their support for the individuals concerned because they are 'successful', 'professional', 'nice guys'. Now, investigations may well prove the innocence of those concerned, but it highlights the kind of gaslighting that happens to the abused every day. Certainly, in the case of the latter, it appears that many had tried to raise concerns about the behaviour they had experienced but were shutdown.

Survivors of abuse will be able to identify with this well. There is a pervasive thought that if the abuser has a 'good job', 'is a pillar of the community', or in church terms 'has a 'successful' ministry', then any allegations of abuse must be quashed and stamped on because such people would never do such a thing.

Sadly, this happens all too often. Just because a person is 'nice' or 'successful' does not prohibit their potential to abuse.

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Whilst holding in tension that on occasion there may be false allegations, dismissing a person's experience because of the status of another must not be our default position. We must always seek the truth over status.

For those who would choose to ignore the behaviour of abusers and in so doing enabling the abuse to continue, the Bible says this:

'But understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful,

unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people.' 2 Timothy 3:1-8

If you have or are experiencing abuse and need help to find support, please get in touch.

Every blessing.

*Anne-Marie Fewell*

*Pastor, More2Life Christian Fellowship*

## Heart of Norfolk Group Services for August

### 6th August – The Transfiguration

9.30 am	Wood Norton	Morning Praise
10.30 am	Bawdeswell*	Holy Communion
10.30 am	North Elmham	Holy Communion
10.30 am	Stibbard	Holy Communion

### 13th August – 10th Sunday after Trinity

10.30 am	Bawdeswell*	The 10.30
10.30 am	Foulsham	Holy Communion
10.30 am	Stibbard	Morning Praise
10.30 am	Worthing	Holy Communion

### 20th August – 11th Sunday after Trinity

10.30 am	Bawdeswell*	Holy Communion
10.30 am	Wood Norton	Holy Communion
4.00 pm	North Elmham	Choral Evensong

### 27th August – 12th Sunday after Trinity

9.00 am	Guist	Holy Communion
10.30 am	Bawdeswell*	Word & Praise
10.30 am	Foulsham	Holy Communion
10.30 am	North Elmham	Morning Praise
10.30 am	Worthing	Iona Morning Praise

\*Services at Bawdeswell Church are also available on Zoom.

[www.heartofnorfolkchurches.org.uk](http://www.heartofnorfolkchurches.org.uk)



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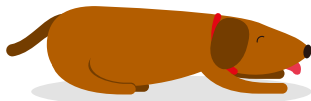
**Next month's deadline**

# Heat Stroke In Dogs

## Heat Stroke Kills Dogs

Every year our emergency vets treat hundreds of heat stroke cases and, heartbreakingly, some end in tragedy. Many are a result of owners exercising their dogs between 8am and 8pm when temperatures can be at their peak.

Heat-related illnesses are almost always preventable, but it's critical to know when dogs are at risk. Our handy guide shows when it's safe for your dog outside.



### OUTDOOR TEMPERATURE

**32+°C**

Heat stroke is a major risk regardless of condition, size or breed.

**10/10**  
Risk rating

**28-31°C**

Dangerous for all, but life-threatening for larger breeds and puppies as well as dogs who are flat-faced or obese.

**9/10**  
Risk rating

**24-27°C**

Extreme caution should be taken as most dogs, particularly those who are large, obese, flat-faced and very young, will find these temperatures very uncomfortable.

**8/10**  
Risk rating

**20-23°C**

Even at this temperature dogs are at risk of getting heat stroke if exercised too rigorously, or suffering from an underlying condition such as obesity or breathing difficulties.

**6/10**  
Risk rating

**16-19°C**

Generally safe to exercise dogs at all times of day, although keep a close eye on large, obese and flat-faced breeds.

**4/10**  
Risk rating

**12-15°C**

No evidence of heat stroke risk so enjoy your walk.

**1/10**  
Risk rating

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## This Month's Photo Contributors

Our thanks go to everyone below who submitted and gave permission for the images included this month.

COVER: John Watson,

PAGE 9 & 11: Sarah Felton

PAGE 15: Marion Morgan

PAGE 18-19: Sarah Felton, Ray Norman

PAGE 29: Sarah Felton

PAGES 33, 35, 37 & 39: Dave Appleton

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Meetings are normally held on the first Wednesday of the month and take place in the Pavilion, commencing at 7.30pm. Parishioners are entitled to attend and are most welcome. Our County and District Councillor is also in attendance whenever possible. If, in between meetings, you wish to raise a specific matter for the attention of the Parish Council - please refer to the contact list above.

**And finally...** have you got something interesting you would like to say or think others might be interested in something you do - why not email the Editors (see front of magazine for contact details) and let us know, we are always on the lookout for new contributors.

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Samaritans		116 123
Citizens Advice Bureau	<a href="http://www.ncab.org.uk">www.ncab.org.uk</a>	0800 144 8848

## Clergy - All telephone numbers local code (01362)

Church of England	Reverend Sally Kimmis	<a href="mailto:heartofnorfolkrector@gmail.com">heartofnorfolkrector@gmail.com</a>	668850
Roman Catholic	Father Jay T Magpuyo	35 London Rd, Dereham	694066
Methodist	Rev Betty Trinder	31 Trinity Close, Dereham	695582
Salvation Army	Major Diana Bennetts	<a href="mailto:dereham@salvationarmy.org.uk">dereham@salvationarmy.org.uk</a>	696341
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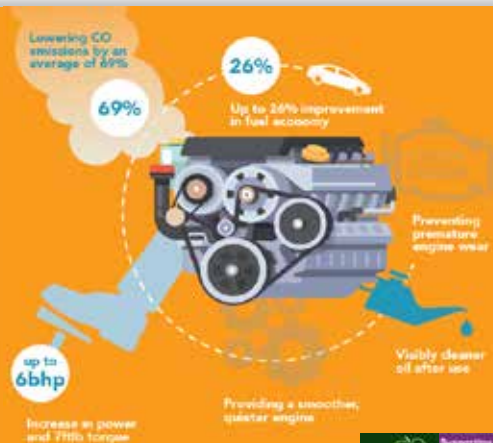
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- **Prolonged engine life**
- **Reduced engine internal friction allowing smoother running**
- **More efficient oil flow around engine**



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