

The Bergh Apton Newsletter

October - November 2016 Issue No. 147

Editorial Comment

Harvest nearly over, and harvest festival celebrations being organised, people already talking about Christmas, many shops are already planning their Christmas displays. There is however a lot of this year left and things to do, and be entertained by, we even have a quiz in October, and the Parish Council as you will read further inside this newsletter are in need of another Councillor. Also thank you all for your support of this publication I plan however to put envelopes in the Dec/Jan edition requesting financial support for the future, if anyone feels generous enough to donate earlier, either cash or articles any item will be greatly appreciated, thanks.

Milton Harris (Editor)

Norfolk Churches Trust Cycle Ride

My brother-in-law would no more take part in the Norfolk Churches Trust Annual Cycle Ride than fly to the moon. Bob, whippet-thin and fitter than any 68-year-old I've ever come across, would never contemplate taking his bike out for anything other than personal time trials or racing. Supremely accomplished and very, very fast though he is, I can't help but feel that he's missing out on so much.

On 10th September pessimistic weather reports promised rain for much of the day so, equipped with full sets of waterproofs, Mike (husband, sensible pacemaker and practical support technician) and I (navigator and route planner) made an early start in the hope of making good progress on our route before the weather set in. We'd visited 7 churches and covered a number of miles before a drizzle caught us in Chedgrave just after 11. The clouds mustered their forces and, in our waterproofs, we gently steamed along our way for a few miles before the skies relented and the weather for the rest of the day was quite benign.

Only folk who have never visited Norfolk could describe our county as 'flat'. While Dartmoor, Derbyshire or The Lakes will always provide greater challenges in terms of gradient, Norfolk does offer a few very noticeable hills too, especially when approached on two wheels. Having visited 26 churches, we wended our weary way home. A clever app on the mobile phone told us that we had covered just short of 30 miles in 6 hours and ascended a total of 1175 feet.

That gave an average moving time of about 5 miles per hour which would not impress anyone, much less my brother-in-law. However, one of the great pleasures of the event is to talk to the very varied people who steward the churches and greet their visitors - sadly, some churches couldn't find enough volunteers to man the doors all day, but managed to leave some very welcome refreshments. During the course of the day we had relocated a young hedgehog to a safe garden from his perilous location on the edge of the road, enjoyed some early blackberries, met a lady who'd brought her spinning wheel to while away the time between visitors, discussed gardening tips with one steward and, with another, chatted about the difficulties facing dairy farmers. Had we not stopped along the way, the journey would have been much faster but not nearly so rewarding. We'd greeted friends and met with total strangers, all on the same mission: namely, to get some exercise, enjoy our beautiful countryside and raise money for our own churches as well as for the Norfolk Churches Trust.

Norfolk features the largest cluster of medieval churches in the world, and you don't need to be a churchgoer to enjoy what they add to our wonderful landscape. Maintaining these ancient buildings can be a real challenge for the communities which try to support them -that's where the Norfolk Churches Trust can help, providing grants and advice for vital maintenance and repair work when the bill or the task is beyond the resources of the village. If you're inspired to take part in next year's event, mark the second Saturday in September in your calendar now – 9th September 2017 – persuade a few folk to sponsor you, and take to the road on foot, two wheels, a horse, by car or whatever other means you can contrive. Alternatively, you could join Pat Waters' team to greet and welcome those folk who make it to the doors of our church. Pat would like to thank her helpers this year - Jean Bobbin, Cynthia Whiting and Maria Phillips - who provided such valuable help this year. From the bikers' point of view, it was always so much nicer to find a friendly face in a church when we arrived - and you'd only need to devote an hour or two of your time to make a real difference. There'll be an announcement in the village newsletter next summer.



Bergh Apton Archers

Bergh Apton Archers in action on a lovely late summers evening at The Manor, Tuesday 30 August 2016. If you would like to join us this year you are too late as the last shooting took place at the end of September. We will start again after Easter next year though so watch this space. Bob Kerry



Bergh Apton Parish Council

Bergh Apton Parish Council are looking for one more Parish Councillor. Please do consider joining the team! It's not an onerous commitment and we only meet every other month.

Please call Philippa Fuller, Clerk on 01508 558280 or 07884 001177 or email me clerk@berghapton.org.uk



Carrie and Martins

Christmas Sale

for Save the Children

On Saturday 15th October 10am - 3pm



A fairly slow learner is looking for someone to teach her Spanish. Either at her home or at the teacher's home. Contact Maria Phillips (01508) 480656

GRACIAS



5+ GOOD NEIGHBOURS **SCHEME** Call us on 07934 195724

goodneighbourhelp@gmail.com www.5plusgoodneighbours.co.uk

To support people in need in the local communities in order to improve their quality of life.

The 5+ area covers Villages around Poringland as far as Brooke, Yelverton, Bergh Apton, Shotesham, Dunston, Stoke Holy Cross, Trowse, Bramerton, Howe.

Here are just a few examples of how 5+GNS can help:

- Lifts to GP surgery, hospital, pharmacy, dentist or hairdresser
- Fetching prescriptions and library books
- Shopping and running errands
- Providing company for those living alone or housebound (this could include a board/card game or just a cup of tea and a chat)
- Assisting with social outings for the housebound
- Walking the dog for someone who is ill
- Helping with small things around the house (watering plants, etc.)
- Occasional light gardening work
- Assisting with form filling/letter writing

We are happy to consider other areas. If you feel you or anyone else could benefit from a little extra friendship and support, then we are happy to help.

WE WELCOME VOLUNTEERS Please give us a call on 07934 195724

ALL INFORMATION IS KEPT CONFIDENTIAL AT ALL TIMES

5+Good Neighbours is run entirely by Volunteers who offer their time for free.

Transport outside of the 5+ GNS Area is charged at the current rate (as at April 2016) at 45p per mile (for example NNUH costs £5 each way).

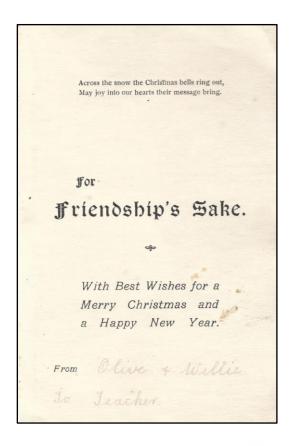
COUNTRY DIARY

SNARES

Odd how some things take one's fancy and it is not always the obvious which take the eye and seem to expect awe and admiration. It is the little things, the daily things, the unremarkable which cast their noose and suddenly snare mind and eye.

The legend that Joseph of Arimathea came to these islands bringing the Boy Jesus with him intrigues. After the crucifixion of Christ he journeys to Glastonbury again and thrusting his staff into the earth it takes root, blooms and becomes the hawthorn tree which blooms at Christmas. Years ago at an antiques fair a card caught my eye. Time foxed and yellowed but I knew it was for me. The round and innocent handwriting is if another age and the simple message, 'To Teacher' from two long gone children.





In my sprawl of hedge is a hawthorn tree, it keeps itself to itself for it is not every tree that can boast its ancestor first grew from lightning. Tales, old as the hills, tell that the Norse god, Thor, the god of thunder, hurled a lightning bolt and from it grew a hawthorn tree. The haws on this tree have turned red as a bonfire's wild heart and crowd its branches. A feast waiting for the Norse tribes when they fly here in a couple of months or so. As dusk gives way to dark its topmost branches cage the light of the setting sun. This tree snares my attention time and time again.

Snared by a card and a tree.

Pat Mlejnecky





NEW SERVICE 86

BECCLES - LODDON - PORINGLAND

WE HAVE A NEW BUS SERVING MUNDHAM SEETHING BERGH APTON AND ALPINGTON

AS FROM TUESDAY 30TH AUGUST THIS SERVICE IS
PROVIDED BY "OURHIRE" IN THE FORM OF A
16 SEATER MINI-BUS WHICH TAKES YOU TO
PORINGLAND CHURCH WHERE YOU CAN PICK UP
THE SERVICE 40 CHARCOAL LINE - EVERY 30
MINUTES THROUGHOUT THE DAY DIRECTLY TO
NORWICH - ST. STEPHEN'S - STAND BQ - OUTSIDE
W.H. SMITH.

INWARD JOURNEY TIMES

BERGH APTON - CHURCH ROAD/THE STREET

07.36 AND 09.41

BERGH APTON - MILL ROAD CROSSROADS

07.38: 09.43 AND 13.31

HOMEWARD JOURNEY

SERVICE 40 FROM ST. STEPHEN'S IN TIME TO PICK UP MINI-BUS IN PORINGLAND OPPOSITE THE CHURCH AT:-

13.50 16.40 18.20

(Average off-peak journey time from St. Stephen's to Poringland Church is 17 mins.)

https://www.ourhire.co.uk - Tel: 01493 752223

Concessionary Passes accepted on both buses

New Schedule for Service 86 Buses

This is the timetable of the buses that now serve Bergh Apton, running between Loddon and Poringland. There are two issues to note on the Poringland/Loddon leg of the service:

a) Any bus waiting at Poringland church to go to Loddon will run on the scheduled route only if there are passengers on board at the scheduled time of departure. If there are none it will go straight to Loddon via another route.

b) The "R" printed in the schedule for this service indicates that they provide a "dropoff" service only. The bus will stop only if a passenger wants to alight at a point along the route. There is no provision to pick up people at intermediate stops to take them onward to another intermediate stop, or to Loddon.

Service 86 - Loddon to Norwich (Weekdays only)			
TO NORWICH			
Loddon (Church Plain)	0718	0923	1323
Mundham (opp. Garden House)	0724	0929	-
Seething (The Street/Biggots Lane)	0728	0933	-
Seething (Mill Lane council houses)	0730	0935	-
Bergh Apton (Church Road/The Street)	0736	0941	-
Bergh Apton (Mill Rd crossroads)	0738	0943	1331
Alpington (Cherrywood)	-	0945	1333
Alpington (opp Village Hall)	0740	0947	1335
Poringland (Church)	0746	0953	1341
Then catch any Norwich-bound service bus			

FROM NORWICH			
Catch any service bus to Poringland church	h		
Poringland, Opp Church, The Street	1350	1640	1820
Alpington, Village Hall	R	R	R
Alpington, Cherrywood	R	R	R
Bergh Apton, Mill Road Crossroads	R	R	R
Bergh Apton, Church Road/The Street	R	R	R
Seething, opp. Council Houses	R	R	R
Seething, The Street/Biggotts Lane	R	R	R
Mundham, Garden House	R	R	R
Loddon (Church Plain)	1415	1705	1845

"R" above indicates that the service will run only if there are passengers on board the bus at the schedule time of departure. The service will operate as a drop-off service only - and is not intended to pick up passengers at intermediate stops along the route.

Wilderness of Mirrors

The churchwardens have asked us to do a note about the book, The Wilderness of Mirrors (WoM) that is now available for sale in aid of Bergh Apton church, where you can find copies.

Mark, our son, wrote the book, published by Zondervan in the US. His next book, called "What Angels love to Read", should be out next year.

WoM is a fascinating, widely researched look at the modern world, exploring the roots of a breakdown of trust, and atmosphere of suspicion whilst offering a 'hard-won word of Christian hope'. A good read providing helpful comment, drawing valuable conclusions from contemporary & historic world affairs.

On the back cover, Mark is described as "An astute social observer with a pastor's spiritual sensitivity". Another comment says of him "One loud cheer to a really funny man who takes life just seriously enough"

Judging from the UK launch of the book in London, its appeal is significant as much to the secular as to the Christian audience. Mark's interview by Gordon Corera, the BBC's Security correspondent, was a masterpiece - for both of them.

On Amazon this review:

An academic and pastoral analysis of how the gospel gives fresh hope to today's weary and wary generation. This is like having an expert tour guide taking you around the cultural and philosophical gallery of Europe and the USA, exploring why we, as a generation, are so distrustful of the media, government, police - and ultimately, God. I found this both intelligent and gentle recommend it.

And another, by a Theologian from Washington DC. At the height of the Cold War, President Ronald Reagan adopted an old Russian proverb when discussing U.S. relations with the Soviet Union: "Trust, but verify".

From Watergate to the revelations of Wikileaks, the last several decades have been marked by an increasing expectation of betrayal, which Meynell explores, confronts, and remedies in his new book **A Wilderness of Mirrors.**

The third section considers a Christian theological response, while fully acknowledging some of the controversy in doing so. For the contention in this book is that, despite everything the Christian framework continues to offer our culture a viable escape from what we shall see as a wilderness of mirrors.

Mark spends much of his time helping to develop Christian churches in Eastern Europe, Turkey and the Caribbean for the Langham Partnership. Whilst at home in London, he is chaplain to the Cabinet Office and the Treasury. He recently gave a series of talks at the House of Commons, after which Tim Farron, the Liberal leader, placed WoM on his summer reading list!

Further details, if you want, from Liz & Christopher Meynell – 01508 558440.

Sad News

DEATHS OF TWO PROMINENT BERGH APTON PEOPLE

As we went to press on Sunday 11th September news arrived of the death of two people whose families are indelibly associated with Bergh Apton of its life since Victorian times and before.

DAVID FORD



David Ford, who has died aged 84 on 11th September, was the husband of Sylvia Ford, the retired Head of Alpington and Bergh Apton school with whom he had recently moved to a new home in Summer Close, Framingham Earl. Pictured here in 1958 at the age of 25, David was the son of Jenny and Alfred Ford and grandson of "Squire" George Freestone and his wife Jessie who farmed at Valley Farm on Welbeck Road Bergh Apton until after the Second World War. He and Silvia had recently set up home in Framingham Earl

We will publish an obituary for David in the next edition of the Newsletter.

JOHN BRACEY



John Bracey, who has died at the age of 92, was a member of the stalwart Bracey family of Bergh Apton who provided bell-ringers and Metropolitan policemen among many other trades and professions in the late 1800s and early 1900s. John, of Rangoon Close in Sprowston, was related to trawler deckhand Walter Wilfred Bracey who was the first Bergh Apton man to die in the First World War, when a mine destroyed his ship "Eyrie" on 14th September 1914 in the Humber estuary when it was on mine-sweeping duties.

In memory of Walter Bracey, John was a faithful supporter of Bergh Apton's Remembrance Day services and was a regular visitor to Bergh Apton's annual Fete where he took great pleasure, especially for a man living in the northern suburbs of Norwich, in returning to his family's roots in our village.



Bergh Apton Village Hall **Wednesday 23rd November**

10am - 4pm

Come along and make your own Christmas garland under the guidance of an expert £15 including lunch Advance bookings only

Contact Tiff Phoenix on 01508 480433

CLUB CASCADE

for the over 50's

18th October R. Warnes Antarctica

15th November Age UK

20th December Christmas Dinner

Unless otherwise stated all meetings 3rd Tuesday of the month 2.00 – 4.00 pm

ALPINGTON & YELVERTON
VILLAGE HALL
Church Road, Alpington

Raffle
Tea & biscuits served

Chairman – Eileen Minns 01508 494894 Secretary – Pat Barter 01508 493570

Don't Be Fooled!

THE SCAMMERS ARE OUT TO GET YOU

"I never thought it could happen to me," said John. "Whenever I heard about someone falling for a telephone or internet scam I'd say, 'How can they be so stupid?!' And then I fell for one."

He's not alone. Citizens Advice Norfolk say one in ten of us have been taken in by a financial scam. Now it's highlighting some of the cases it has come across in the county.

For Alan, a 66-year-old retired engineer from Loddon, it began with a simple telephone call. The caller said he represented an investment firm specializing in minerals. Alan agreed to be sent some literature which appeared convincing - as did the firm's website - and Alan invested £5,000. He soon received a dividend cheque for £200, so he and his wife invested a further £30,000. They never saw their money again.

A common internet scam is the "free trial" offer. Marta from Fakenham ordered some tooth whitener from an on-line advertisement which said customers had only to pay for postage. But she was unintentionally signing up to a 'continuous payment authority' or CPA. Sadly, Citizens Advice has found banks refuse to cancel CPAs in 36% of cases. Marta lost £199.

At least it ended happily for John, the man who thought he'd never fall for a scam. He had used what looked like a government website to apply for a driving licence and unwittingly agreed to have £294 a year taken from his bank account. He told Citizens Advice Norfolk and his bank blocked any payments to the company responsible for the website.

Citizens Advice Norfolk says:

- If it sounds too good to be true it probably is.
- If you are contacted out of the blue be suspicious.
 - And if you think you've been scammed contact

The Citizens Advice Consumer Service 03454 04 05 06

or

Action Fraud 0300 123 2040

Coffee Morning

at Washingford House, Cookes Road, Bergh Apton, NR15 1AA

Thursday 6th October 2016 From 10 am to 1 pm

In aid of The Brooke

www.thebrooke.org

The Tibet Relief Fund

www.tibetrelieffund.co.uk

Jewellery, Pottery, Cards, Gifts, Handmade Soaps and bath oils, Cake and Tombola stall.

Entry £2.50 to include coffee and biscuits

Please park at the house, Village Hall or at P.O.

Contact: Paris Back 550924

parisb@waitrose.com

Liz Lester 480387

<u>lester435@btinternet.com</u>

Offers of cakes/Tombola prizes would be greatly appreciated



Bergh Apton & District Society Weekend Trip to Isle of Wight, 2nd to 4th September.

'Twas on a Friday morning as the sun came into sight, 31 bold adventurers set out for the Isle of Wight. They travelled 200 miles and more by coach & ferry ship. That night they ate their dinner with hearty fellowship. They had reached their destination at Sandown by the sea, where there was dancing to live music played ostentatiously. On Saturday, up early to visit, first, Godshill, a charming thatch-roofed village nestling in the shadow of an early 15th century church & model village too. Next to Newport, the capital of the Isle but many of us preferred to visit Carisbrooke Castle where donkeys turn the wheel to raise water in a pail. Alum Bay was on our route, the "Needles" were in view & on to Yarmouth, not great, it rained, some soaking through! On Sunday off to Ryde & then to Osborne House "It is impossible to imagine a prettier spot" were Queen Victoria's words, with Albert by her side. She reared 9 children & took them to the beach. She used her private bathing machine, magnificent to behold & whiled away the hours, sketching we are told! All too soon it was time to return to Bergh Apton with thanks to all especially Lynton Johnson & our driver Marcus. David Skedge







Parish Council News

The next Parish Council meeting on 16th November will start at 7 p.m. NOT 7.30 p.m.

Co-option of new Parish Councillor

Before we can co-opt a new member onto the Parish Council there has to be what is known as a Notice of Poll. This allows electors in the parish 14 days to say whether they wish for a by election. If we do not need an election, we hope to co-opt a new member at the start of the next Parish Council meeting. If you are interested in becoming a member of the Parish Council please contact the clerk Philippa Fuller email philippa@philippafuller.uk

Bus Service

The new bus timetable is not good news for those who cannot get to Norwich or Loddon by car but, unfortunately, numbers have declined such that even with a subsidy from the County Council a more comprehensive timetable is not profitable for the bus companies. Part of the problem is that a lot of people now drive or are driven to Poringland and go into Norwich from there thus reducing passenger numbers even more. Although Parish Councillors will always try to help, we recommend that those who are affected by the changes to the service should contact our County Councillor, Barry Stone, at County Hall or email barry.stone@norfolk.gov.uk

Líz Robínson Chairman



CHRISTMAS BINGO

FRIDAY 9th DECEMBER

Doors open 7.00pm for 7.30pm start

BERGH APTON VILLAGE HALL

Families welcome
BYO refreshments

St PETER & St PAUL CHURCH BERGH APTON invites you to

THE HARVEST FESTIVAL

SUNDAY 2nd OCTOBER

09.30am Harvest Festival in Church and 12.30pm



DECORATE THE CHURCH FOR HARVEST FESTIVAL

Please come along to Bergh Apton church on

SATURDAY 1ST OCTOBER

to help decorate the church with flowers & harvest produce.

We will be there from 9.30am

or just come for a cup of coffee.





Shall We Go Alternative?

I used to find it quite a rush with Church and Sunday lunch but now I go with New Age friends to Meditation Brunch: while we contemplate our navels and eat Veggie Kedgeree I pine for Bloody Mary's but there's only herbal tea.

We're learning Paneurhythmy: we go dancing every dawn in our Barbours and green Wellie's on a sacred stretch of lawn. Next week we're starting classes to 'heal the child within' where you learn that feeling guilty is a kind of New Age sin.

We energize a Chakra and see an aura flicker which is certainly far more thrilling than a sermon from the Vicar.

We clank with Celtic crosses, draped in bangles, beads and cape serapeees, we're blessed with many ailments and are loving all the therapeees.

I go for weekly channelling: Burnt Feathers is my Guide - in a previous incarnation he says he was my bride. He is very wise and holy but it's well within his range to give me helpful little hints about the Stock Exchange.

Reflexology's as easy as falling off a ladder:
you press the sole of someone's foot to activate their bladder;
I'm trying Crystal Healing, and find that Acupressure
has done wonders for my sex life - makes my husband so much fresher.

I subscribe to lots of Healing mags and gobble up each issue,
I never leave the house without a charged up Kleenex tissue;
I book on every Shrine crawl as I'm hooked on Holy Water,
and when I've learnt to travel astrally the journeys will be so much shorter;
but in Metamorphic Massage as I toned my special note
I suddenly got smitten by a streptococci throat.
I must have penicillin though it means committing perjury I'll say I'm at the Yoga class and sneak off to the Surgery!

Mary Sheepshanks

Liz Meynell

Dates for your diary 2016

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1 st	09.30-12.00	Decorate church for Harvest Festival
		and Church Gift Day
1 st	09.30	Churchyard workday
2 nd	09.30	Harvest Festival at B.A. Parish Church
	12.30	'Bring & Share' Harvest Lunch
		at B.A. Village Hall
5 th	19.30	Village Hall Management Committee meeting
6^{th}	10.00	Coffee morning at Washingford House
		in aid of Brooke horse charity
6 th	19.00	P.C.C. meet at B.A. Parish Church
8^{th}	10.00-16.00	BACAT Pinhole Camera Workshop
		at B.A. Village Hall
12 th	19.30	B.A. Society talk 'Crossing Patagonia'
		by Martin Philpott at B.A. Village Hall
15 th	10.00	BACT Workday. Meet at Church Field
19 th	10.00-12.00	Coffee n Chat at B.A. Village Hall
19 th	19.30	B.A. Local History Group A.G.M.
		at B.A. Village Hall
20 th	10.00	BACT Workday.
		Meet at Church Field
22^{nd}	19.00/1930 s	tart Quiz n Chips for Church funds
		at B.A. Village Hall
23^{rd}	13.30	BACT Fungus Foray meet at B.A. Church field
25 th		

NOVEMBER

DECEMBER

12.30

19.00

09.30

4th

9th

15th

9 th	19.30	B.A. Society talk 'From Sandbach to Seaside Rock' at B.A. Village Hall
13 th	10.30	Remembrance Day Service at B.A. Parish
		Church Followed by Soup at the Village
Hall		
16 th	10.00-12.00	Coffee n Chat at B.A. Village Hall
16 th	19.30	Parish Council meet at Village Hall
19 th	10.00	BACT Workday. Meet at Church Field
20 th	11.00	Shoebox Service at B.A. Parish Church
22 nd	12.30	Tuesday Friends at B.A. Parish Church
23^{rd}	10.00-16.00	Christmas garland workshop
		at Village Hall
23 rd	19.30	Village Hall Management Committee meeting
24 th	10.00	BACT Workday. Meet at Church Field
26 th	09.00	11 Says Assembly at Bergh Apton Village Hall

Christmas Lunch at B.A. Village Hall

Christmas Bingo at B.A. Village Hall

Decorate church for Christmas

Regular Activities

	•	
Monday	17.00	Dog Training Village Hall
Tuesday (Alternate)	10.00 - 13.00	Painting Class Village Hall
Thursday	19.30	Sing-a-Long Village Hall
Friday	10.00 - 11.45	Yoga Village Hall

Activities Contacts

(BACAT Workshops) Pat Mlejnecky: 01508 480696 (Conservation Trust) Stephanie Crome: 01508 480573 (Local History) John Ling: 01508 480439 (Village Hall) Hilary Ling: 01508 480439 (Painting Class) Barbara Fox: 01508 550168 (Singing) Karen Bonsell: 01508 480018 (Bergh Apton Society) Lynton Johnson: 01508 480629

The Bergh Apton Newsletter is published with the financial support of the following organisations:

Bergh Apton Community Arts Trust
Bergh Apton Conservation Trust
Bergh Apton Local History Group
Bergh Apton Village Hall
Bergh Apton Parish Council
Bergh Apton Parochial Church Council
The Bergh Apton and District Society

Welcome

Bergh Apton welcomes Daniel Youngs, Sherry Codling, Lucas, Elliot, Ryan, Holly and four-legged Gizzy, who have moved into Orchard Plat in Threadneedle Street. They have moved from Poringland.



The Copy Date for the next issue is 10th November.

Please send articles to me Milton Harris [Editor] at town_farm@btinternet.com

Thank you