

Bergh Apton Broadcast

Issue 184 Feb/Mar 2023

Welcome back to the second newsletter of 2023.

I am sure by now Christmas and New Year festivities are a distant memory and we are all looking forward to Spring. Living in a village community, I believe we are all very aware of the seasons and their impact. Wet and windy days prove challenging as everything becomes increasingly soggy. A cold snap, bringing ice and snow means we need to look after those most in need, whether it be neighbours, pets or wildlife and that opportunity for nurturing, care and thought brings with it valuable opportunity for connection; something we all need. And then we have those uplifting days, when blue skies break through and bright morning sunlight reminds us that Spring is round the corner. Soon, we can look forward to the arrival of spring flowers, to hear bird chorus and enjoy the opportunity of getting outside more frequently.

This edition, James Debbage will be telling us about some of the things we can look forward to this year in the gardening world, whilst Emma

Stevens of 'Moves with Emma' will be reminding us of all the good reasons to get moving and improve our physical and mental wellbeing.

We have all the usual updates for you from the clubs and groups which continue throughout the year (and which need YOU to keep going), as well as a special interview I had late last year with Cara Knox, singer-songwriter living in Bergh Apton. I would love to bring you more on the people who live in the village, so don't be shy...get in contact to tell me more and help us all build a strong village community by getting to know one another.

You can e-mail me for this, or any other ideas or news on berghaptoneditor@gmail.com. I just need it by 10th March for the next edition please!

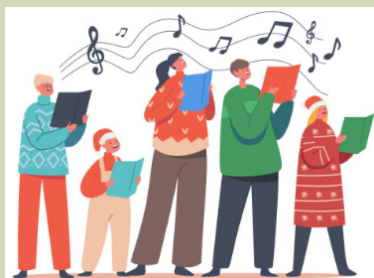
Wishing you a great start to 2023.

Jenny Lovatt



THANK YOU!

On a blustery December evening before Christmas, a small but merry band of carol singers – Rebecca, Carrie, Jenny, Claire and John – were in good voice as they sang their way around parts of Bergh Apton, raising money for charity. It was the first time the singers had come together since 2019 and many villagers said how pleased they were to see the annual carolling tradition continue.



The singers would like to thank everyone who opened their doors to listen and helped to raise a wonderful £200 for East Anglia's Children's Hospices (EACH). Thanks also to the Waters for welcoming the singers into their home and providing much needed refreshments at the end of the evening.

And from Gill Waters...

I felt I must include a message in the Bergh Apton Broadcast to say how lovely it was to hear the Bergh Apton Carollers singing carols round the village so near Christmas, after a three year gap. For many it definitely made a wonderful start to the Christmas season. A big thank you to the five who braved the weather on a cold wet night.

COMMUNITY NOTICE

Temporary Reduced Opening Hours

Green Pastures Farm Shop, Post Office, Plant Centre & Restaurant

Green Pastures regret that due to rising energy costs, their opening hours will be as follows until Friday 3rd March

- * Mondays to Fridays 9am to 3.30pm (restaurant 3pm)
- * Saturdays 9am to 4.30pm (restaurant 4pm)
- * Sundays 10am to 4.30pm (restaurant 4pm)

They do however remain to be one of the few Post Offices in the area open 7 days a week!



James Debbage of 'Green Pastures' brings us news of what to look out for this year...

WHATS "TOP OF THE POTS" FOR 2023

It's the dawn of another new gardening season and no two years are ever the same, especially in the horticultural world! Here's my in-sider tips on what to look out for in the world of gardening and garden centres this year...

Peat Who?

There's only one headline in gardening right now, and that's the phasing out of peat in all amateur garden products this year, leading into a complete ban in 2024. We all saw this coming, but perhaps not quite this quickly, so there have been varying states of progress made in the industry to deal with this massive change. Peat Free Composts are nothing new, but historically their performance has (generally speaking) lagged behind peat-based products, but this situation is swiftly changing. Most peat-based composts we've all been buying in recent years have contained less and less peat in a bid to wean us away and make the transition in our growing less of a shock and indeed some composts have already become peat-free "under the radar" without the consumer realising. And there are now finally some very high quality peat free composts brands on the market. Melcourt's Sylvaperl has been widely regarded as the benchmark for others to beat. Its popularity has not surprisingly soared these last couple of years and therefore demand has been very high and Green Pastures was very lucky to become a stockist last year.



Viva Magenta!

Gardening and fashion become ever more intertwined (just watch the Chelsea Flower Show!) and each year always presents us garden centre folk with a different demand for colour. White was the clear winner last year and "those in the know" are tipping magenta as the hot colour for 2023. I'm feeling very relieved at how widely represented magenta is within the plant world (grey for instance was a much greater challenge!) and I can see gardeners really going for it brightening up their gardens this year!

Potty Prices

In the face of increasing costs of just about everything, you're more than likely to see the price of outdoor pots falling this year! Huge increases in shipping container costs impacted the price of pots over the last two years, but these prices are starting to fall again and this should be more and more evident as the year goes on.

Inside - Out



Lockdown's saw the popularity of exotic houseplants explode, and now gardeners are looking at more ways to extend this outside. "Mangaves" are a brand-new creation by plant breeders resulting in a highly exotic looking succulent that's deceptively quick to establish, easy to grow, perfect for pots and partially winter hardy. Look out for a range of these hitting the garden centres later this year!

Bizzy Lizzies at the Double

There's never a shortage of new plants for garden centres to offer their customers and each year we always assess which will offer our customers something better. When it was introduced to the trade last year, ahead of its launch this year, the new series of "Glimmer" Double Flowered Impatiens really caught my eye. I was lucky enough to be given some to assess for myself and I have to say I was very impressed with them as mid to late summer patio plants. It clearly wasn't just me who took a shine to them as they won a series of industry awards. These should be available from May onwards.

But there's also so many other new plants to look forward to this year and space prevents me from raving about them all. Particular newbies to watch out for include the bright yellow Petunia "Bees Knees", the beautiful Delphinium "Red Lark" and "Siluetta" Patio Rambling Roses.





Further Your Gardening Education

The Norfolk School of Gardening is now moving closer to Berghapton and is in the process of setting up its new home at Bixley. For beginners and seasoned gardeners alike, the school is a great resource to learn new skills without the formality of going to a traditional college. Founder Ruth Darrah from Bramerton works with a team of specialist horticultural tutors; a couple of which event taught James Debbage, of Green Pastures, in his student days! Visit www.norfolkschoolofgardening.co.uk for more details.

New Growth at the Village Hall

by Tiff Phoenix



On a damp November morning the Village Hall Committee and friends gathered to plant a new mixed native species hedge along the rear boundary of the village hall ground. This was to replace a very overgrown hedge and encourage life as

part of the Chet Valley B-line. The hedging had been funded by the Farming and Wildlife Advisory Group (FWAG). Thanks go to Nathan Walker for his assistance.

Five standard trees were also planted in front of the hedge, one, a red Beech was donated by committee members Ray and Lynton to celebrate fifty years together. The remainder of the trees were purchased with Village Hall funds. A big thank you to all who gave up their morning to assist in the planting.



Bergh Apton Conservation Trust



Reg Charity No 1048271

Annual Litter Pick

Sunday 12th March 2023

Meet at Bergh Apton Village Hall 1.30PM

Everyone is invited to come along and help us tidy up our village!

For more information call:

Bob Kerry on 01508 558674



EMERGENCY PARISH COUNCIL MEETING

1st March- 7pm at Bergh Apton Village Hall

Discussion: South Norfolk Council have issued late notice of the consultation period for the VCHAP (Village Clusters Housing Allocation Plan) from 23/01/23 to 06/03/23. There is a proposal for 25 houses on the former concrete block works site in Church Road. *Please attend this meeting to give voice to your thoughts and concerns on this proposal so the Parish Councillors can represent us.*

Creating Christmas Spirit

On 7th December crafting ladies once again met at the Village Hall to create some Christmas magic. At the annual event, evergreen wreaths and table decorations were produced and the Christmas spirit was well and truly evoked whilst raising funds for the Village Hall. Thanks to everyone who attended.

Tiff Phoenix

Christmas Coffee 'n' Chat





A New Role for the New Year?

Bergh Apton Parish Council advise there is a vacancy for a Tree and Hedge Warden. Information on the role can be found at:

<https://treecouncil.org.uk/tree-wardens/south-norfolk/>

Interested parties are asked to contact the Network Co-ordinator whose contact details can be found on the webpage.

NEW PARISH CLERK FOR BERGH APTON

Parish Councillors were delighted to welcome Amy Gallant, as our new Parish Clerk, to her first meeting on 2nd. November 2022. Amy was appointed as the successful candidate, so we were aware that she was already Clerk to Potter Heigham.

Amy lives in Norwich, and has a young daughter. She has a wealth of experience in the fields of education, training and administration, and is very keen to expand her involvement in Local Government. We are looking forward very much to working with her.' David Skedge

You can contact Amy at:

clerk@berghapton.org.uk

RUMMAGING IN THE VILLAGE RECORDS

John Ling

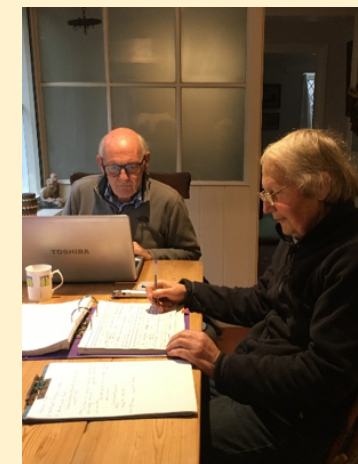
One of the interesting elements in our village archive is a complete record of baptisms, marriages and burials that took place in Bergh Apton from the 1750s up to the 1950s. It is in the form of a database on a compact disc (CD) created just after the turn of the Century from the old Registers belonging to the parish church, held for safekeeping by the Norfolk Record Office.

Recently, in the course of a trawl through this database for a local family's history, we realised that there is a series of errors (caused, perhaps, by the sort of corruption to which electronic records are prone) in the information relating to marriages between 1837 and 1956.

So, this being such a key tool of family history research, there was nothing for it but to buckle down to work our way through the disc, comparing its information with a copy of the handwritten entries in the Register, to find and correct all the errors. That's quite a task when it involves just under 2,000 individual lines of information including the details of each Bride and Groom, their fathers and the witnesses, all in the handwriting of the clergyman performing the marriage and the witnesses (many of

whom, before the days of modern schooling, simply 'made their mark' in the form of a cross).

The task took Lorie Lain-Rogers and John Ling three days spent at either Low Common Barn in Hellington or Watermeadows at Bussey Bridge (seen here in the kitchen of the latter).



This may sound (and at times definitely was!) a

tedious task made a challenge by the sometimes quite illegible quality of the handwriting, but it was also an interesting wander through past times of both joy and sadness in the life of Bergh Apton's people from the first year of the reign of Queen Victoria to the early years of the late Queen Elizabeth.

BERGH APTON ARTS

UNLOCK UNEARTH

We have tales to tell and songs to sing.

A time out of mind.

Do come and join us.

From

NON,NEB & LUCK



18&19 25&26 NOVEMBER 2023

1900 at BERGH APTON CHURCH

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Book online at Eventbrite or 01508 480696

From his self-published collection of poems, 'In Search of Silence, Chris Roe brings us 'Below The Winter Sky'.

If you are interested in obtaining a copy of his book, he can be contacted at chrisroe649@btinternet.com

Below The Winter Sky

Below the grey, winter sky,

A covering of snow,

Lay upon the distant hills.

In the valley

The familiar, but welcome sight

Of the grey stone cottage,

With smoke from the single chimney,

Gently drifting away

Upon the chilling winter breeze.

Journey's end closer now,

Footsteps quicken through the snow,

Along the narrow lane,

Leading to the path

And the solid timber door

At the front of the cottage.

Already in my mind,

Smells of the kitchen,

A glowing fire in the grate,

The warmth and comfort of home.

As I close the door,

Fresh snow covers my tracks

Along the lane,

As winter secures it's hold

Upon the cottage in the valley.

Inside at last.

Expectations of journey's end,

Fulfilled,

As I rest, by the fire,

Of the cottage, in the valley,

Below the grey, winter sky.

STORAGE AT THE VILLAGE HALL by John Ling

Space for things at the village hall for has always been at a premium and the current capacity is full of the hall's own equipment, village tentage, fete stuff and equipment used by long-term clients including K9 Capers, our Monday evening dog trainers.

In August the village hall Trustees decided to provide a further 13,75 cu metres of space to meet future demand. The work will be done by Hugh Watson (who built sheds Nos 4 & 5 in 2017). By the time you read this it will be ready to take in more equipment owned by the village hall and, with the agreement of the Trustees, by long-term hall hirers.

A numbering recognition for Phyllis Ride

Here's an interesting puzzle for you: If you have been in the storage area behind the village hall you may have wondered why the numbering of the sheds, instead of following the logical sequence

1 - 5, is in the order 1,2,3,5 and then 4.

The apparent error was a conscious decision taken when Hut 4 was allocated as home to the village archive owned by

Bergh Apton Local History Group (BALHG), one of whose founders and mentors was the late Phyllis Ride of Green Shutters on Sunnyside .

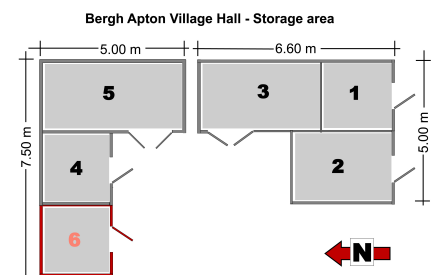
During the Second World War, fresh out of Cambridge University, young German-speaker Phyllis



was part of the team that deciphered and distributed Naval intelligence received at the now famous (but highly secret at the time) Bletchley Park

code-breaking centre. That Naval intelligence team was based in Bletchley's Hut 4 (now the restaurant of the hugely-popular visitor attraction).

Thus it seemed appropriate, as a tribute to Phyllis, to switch around the numbers of the Bergh Apton huts so that our archive (that includes reference to Phyllis) bears the number of the Bletchley hut where she and her colleagues successfully performed such crucial work that, according to recognised sources, shortened the war by as many as four years.



The Bergh Apton Festival celebrating Queen Elizabeth's 2022 Platinum Jubilee is complete. It has been a marvellous and successful celebration with many a highlight and great variety.

A last-minute addition, on Sunday 22nd May, was the planting of a Jubilee Oak in the Church field by Ashley Ramsden with the Revd Cate Turner's blessing. Ashley was thus demonstrating the Green Thumbs that two nights before he had regaled a packed church about so dramatically with the story of Tistou, the boy who by his exceptional powers had transformed an armaments factory from selling "war" to selling "Peace". The tale had many resonances current for our time. The need to care for our world, by planting and the fears generated by the war in Ukraine.



Kicking off the Festival a large number of people brought their heirlooms for valuation by Keys, the auctioneers from Aylsham.

Items ranged from African tribal art to a remarkable and stunning ancient sampler and Russian enamelling. The big question; was that delicate piece by Fabergé?

A few days later musical group, Rosewood gave us a delightful evening of folk songs from the British Isles and beyond, showing remarkable fluidity and dexterity playing a wide range of instruments.

In June the excellent early music trio, Hexachordia, had compiled a brilliant programme to celebrate the Queen's Jubilee, entitled 'Gloriana'.



As its name suggests the evening also celebrated the first Queen Elizabeth, in words and

music of her time using period instruments, some of which the First QE might herself have played. Delightful and fun.

This was followed in July by the Renaissance man that is the Nashville, Tennessee, singer songwriter, Andrew Peterson. The Church was packed to overflowing with visitors from the west country, from Bolton, Lancs and all over Norfolk – a surgeon who plays Andrew's songs during operations and a youngster fan who was given a signed copy of Andrew's book as a present to celebrate his Confirmation the next day. The performance was wonderful, Andrew's life stories leading gracefully into each song.

In October Charlie Haylock crossed our border with Suffolk giving one of his legendary, hilarious performances with behind the scenes tales of the making of 'The Dig' film by Netflix. Charlie achieved

remarkable success with his coaching of the Suffolk accent for Ralph Fiennes. Charlie's knowledge of British dialects informed and educated - and his remarkable ability to connect with his audience.

Finally, Ashley Ramsden returned with, A Christmas Carol, Charles Dickens' masterpiece. And from that masterpiece he had created his own masterpiece. Once again, the Church was packed to the rafters and everyone was entranced by Ashley demonstrating his artistry, taking the full range of the story's 23 characters, his whole body changing, his voice changing, even the way he held his hat changing to emphasise the differences.



The Festival was a real success. We entertained to their great enthusiasm over 500 guests in our Church and significant funds were raised not only for Bergh Apton Church but also The Matthew Project and the Foodbank, both in Norwich.

So many have worked wonders to ensure the Festival was enjoyed and enjoyable. Deserving special recognition are Evy Sayer & Hilary Ling, who cooked and so generously donated delicious refreshments for everyone. And we are grateful to the Kip & Alison Bertram Trust and BACAT for their generous support

Shirley Rimmer, Lorie Lain-Rogers, Sheridan Winn, Christopher Meynell December 2022

CAROL SERVICE by John Ling

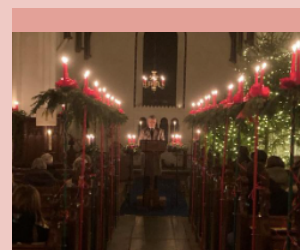
Bergh Apton's 2022 Carol Service saw a welcome return to something approaching the pre-pandemic size of the congregation that gathered in the parish church on Sunday 18th December.

The Parish Team service was led, as last year, by Churchwarden Lorie Lain-Rogers in a candle-lit church decorated by Hilary Ling's team of

flower-arrangers Camilla Diamond, Annette Ford, Carrie Holl, Jenny Lovatt, Jill Herring, Ann Etta Mann, Liz Meynell, Tiff Porter, Evy Sayer, Miranda Stephens, Caroline Thurtell, Shirley Rimmer, Janet Skedge, Nicky Ward-Alden and Cynthia Whiting.

The superb 17-foot Christmas tree, seen on the right-hand side of this photo taken during the service, was donated by Kip and Alison Bertram and erected (and taken down again on

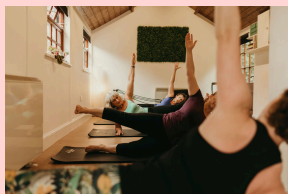
6th December) by their Manor House Estate team of Peter Cook and Matt Barratt.



The reader in the photograph is Tim Stephens of Bergh Apton House.

Emma Stevens of 'Moves with Emma' explains why it's good to get moving this year...

January is often a time of renewed energy and resolutions. Pilates might be something you have been advised to try or you have been meaning to for a while. The questions I am asked the most is how many times a week do I need to do Pilates to feel the benefits?



Any time you move your body you are providing yourself with many physical and mental benefits (mood boosting, confidence building, better mobility, feeling stronger) but the answer to how much isn't always clear cut. The first question I ask to assess the answer in more depth is what are you hoping to get from Pilates; is it complimentary to other things you are doing, are you returning to exercise or have you recently had a pregnancy, an illness or injury and is your focus mobility, strength, control or a mixture of these?

The World Health Organisation, NHS and Government all outline that adults (anyone over 18) should be undertaking 150 minutes of moderate cardiovascular activity (activity that still allows you to talk) or 75 mins of vigorous cardiovascular activity (activity from which you are out of breath) as well as 2 x strength/resistance training a week alongside 2 x balance/mobility sessions for anyone

over 65 (though this is beneficial to us all)! This might come as quite a surprise to most people as this is quite a challenging target to hit when working in a sedentary job with other commitments. With this in mind this piece is not written to make anyone feel guilty about what they are not doing but to empower you to know what you might need to be doing to meet your health needs.

So how does Pilates fit into this? The idea has always been that Pilates is a whole body movement practice that with regular commitment you become more controlled and skilled at doing. Depending on the class or style can change what you get from a class but for the most part Pilates is a resistance/strength based activity that also can develop mobility and control (co-ordination and balance!) therefore if Pilates is the only exercise for a strength you are doing you need this 2 times a week to feel the full benefits or see significant progress, or you could do 1 session and something else!

The great news is there are local classes running nearby and even in the village on a Tuesday morning at 9.30am. These sessions are mixed ability and offer a range of options to allow you to get the most from your class, and to meet other locals in the community! To find out more visit www.moveswithemma.com or email moveswithemma@gmail.com.

Getting to know you...



The Editor talks to Cara Knox, Occupational Therapist, author and singer-songwriter

JL: Tell me how you came to Bergh Apton?

CK: I'm originally from Johannesburg, South Africa; we moved to Norfolk in 2009. My parents lived in Brooke and I then moved to Bergh Apton where I have a house now with my fiancé Alex. I graduated from the UEA in 2018 and obtained my first role supporting adults with additional needs, before moving in 2021 to my current role as an Occupational Therapist in Social Services supporting children with

wide ranging additional needs.

JL: Are you the singer who performed at The Bergh Apton Summer Fayre?

CK: Yes I am! Cara Knox Music (the band) have been together around 7 months. The four of us play indie rock arrangements of my songs, as well as some 'covers'. My solo music is acoustic indie-folk. We have played all over the country including The Kingston Christmas Market...I'll also be playing at Norwich VR Escape Room in Oak Street on Sun 29th Jan. I book all our gigs so if you're interested, then let me know!

JL: Who are your music influences?

CK: They are many and varied; my Dad liked Eric Clapton and Elton John, my brothers liked punk... now I listen to artists like Taylor Swift, Mumford and Sons and Ed Sheeran.

JL: I hear you have written a novel too...tell us more?

CK: I have always written stories. As a child, I would write short stories with my Dad about African animals, and now my song-writing is storytelling through music. In lockdown, I had plenty of time to try writing a novel so I thought I would give it a try. I was able to commit a couple of hours a day to it which helped me to keep the continuity needed for writing a longer work. It also gave me something really positive to focus on. It's called 'Uneathlies – The Keeper of The Chrysalis' and written for the teenage market. It came out in September and you can find it on Amazon, Kindle and at Waterstones if you would like a copy.

Interview continued on the back page...

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With thanks...

This newsletter cannot be produced without the generosity of our sponsors who have already committed to supporting the print costs for the next 12 months.

Our thanks at this time go to:

Fanny Thursby Trust, Bergh Apton Community Arts Trust, Bergh Apton Conservation Trust, Bergh Apton Society, Bergh Apton Local History Group, Bergh Apton Parish Council, Bergh Apton Parochial Church Council, Bergh Apton Village Hall Trust, Bertram Charitable Trust, Country Holiday Cottages Norfolk Ltd, Clair and the Christopher Tenwinter Trust.

Useful Contacts

BACAT (art workshops)

Pat Mlejnecky 01508 480696

BA Conservation Trust

Tony Davy 01508 558453

BA Local History Trust

Linda Davy 01508 558453

BA Society

Lynton Johnson 01508 480629

Church: Rector

Reverend Chris Ellis 01508 484174

Church: Warden

Shirley Rimmer 01508 480576

Dog Training

Tina Devlin 07810 158799

Family/Local History research

John Ling 01508 480439

Microscopy Group

Peter Sunderland 01508 493398

Pilates classes

moveswithemma.com

Singing (The La La's)

Karen Bonsell 07583968739

Village Hall Bookings

Hilary Ling 01508 480439

Yoga classes

Gemma Bains 07979 723914

Getting to know you..cont/d from P7

JL: Have you a second book on the way?

CK: I may write a second one but currently I am seeing how well this one is received by taking it to schools to do some book readings...children give very honest feedback!

JL: You are a musician, a writer and an Occupational Therapist... which gives you the most joy?

CK: I have to admit, it's always been the music. As much as I loved writing the novel, music is in my veins! I have always loved writing stories set

to music, playing guitar and performing...

although there is a certain vulnerability in doing that. Music is the dream, the passion, for me. I'll be releasing an EP (short version of album) in 2023, called 'Numbers'.

JL: So where can we find you?

CK: Just search for 'Cara Knox Music' on Facebook, Instagram, You Tube, Spotify, TikTok, Soundcloud or You Tube...you have to be on all the social media platforms now. I'm working hard on

promotion now, as although I love to spend time writing and performing, people have to know about you. The band record at Sickroom Recording Studios in Kings Lynn but then I have to get the music onto playlists to get it heard...there's always work to do as the music industry is so saturated but it's my passion so I just have to keep going!

JL: Thanks for being our first guest Cara!

Regular Events at The Village Hall

Monday	5pm on	Dog Training
Tuesday	9.30am & 10.30	Pilates
Tuesday	7pm	The La La's sing
2nd Wednesday	7.30pm	B.A. Society
3rd Wednesday	10am - 12.00	Coffee n Chat
3rd Wednesday	2-4 pm	Village Archive
Friday	9.30am & 11.15	Yoga
1st Saturday	9 - 5pm	Microscopy Group

ARBORPRO TREE SERVICES

Arborpro did a wonderful job removing the ageing Leylandii at the village hall. If you require the services of an experienced tree surgeon then contact Jonathan Vaughan and his team at:

Arborpro (Arborpro Tree Services Ltd), based in Long Stratton.

Telephone: 01508 470273
Mobile: 07823336986
arborprotreeservices.co.uk

Village Diary

February 2023

8th 7.30pm	BA Society Talk (Phyllis Scrivens on Coronations in Norwich)
15th 10am-12	Coffee n Chat at Village Hall
15th 2-4pm	BALHG Archiving at Village Hall
18th 10am	BACT Workday. Meet at Church Field.
22nd 7pm	Village Hall management meeting
17th 7.30pm	BA Society Christmas Dinner at The Terrace, Loddon
23rd 10am	BACT Work day. Meet at Church Field

Do you know we have a Facebook Page? 'Bergh Apton Community Noticeboard' and a website <https://berghapton.org.uk/>

March 2023

1st 7pm	Parish Council meeting at Village Hall - PLANNING ISSUE (See P3)
8th 7.30pm	B.A. Society talk by Peter Lawrence on 'Eyes along the beach' - Village Hall
12th 1.30pm	BACT Litter Pick. Meet at Village Hall
15th 10am - 12	Coffee n Chat at Village Hall
15th 2-4pm	BALHG Archiving at Village Hall
18th 10am	BACT Workday. Meet at Church Field
23rd 10am	BACT Workday. Meet at Church Field
25th 9am	11 Says assembly at BA Village Hall