

Bergh Apton Broadcast

Issue 189 Dec/Jan 2024



Festive Cheer

The Bergh Apton carollers will come together once again on Monday, 18th December to bring some choral festive cheer to homes around the village while raising money for charity.



If you'd like to join in, meet at Bergh Apton village hall at 6pm and set off shortly after. All are welcome. Carol sheets will be provided but please bring torches and high vis. If you'd like the carollers to visit your doorstep, please call/message 07564 061917 to help with route planning.

The final bi-monthly edition of 2023 also ushers us quietly into 2024 bridging the old and new year; providing the opportunity to look back and reflect but also to look ahead to the future. As a village, we have said goodbye to some old friends and long-standing residents this year, and I am sure they will be in your thoughts at Christmas time. But, we have also welcomed new faces, including Ukrainian refugees who became part of our village. All our new residents, no doubt, are enjoying the spirit of friendship and community that makes Bergh Apton such a wonderful village to live in. To those who are moving on though, we wish you peace, health and happiness in your new homes.

One of our newest residents, Rosie Winn, joined me recently for my 'Getting to Know You' feature on P10 this month, so do have a read and then you can say hello when you see her. If you know anyone else who has moved in recently, then please e-mail me details and we can welcome them in forthcoming newsletters. For this edition, I have collated all the special activities we have coming up onto pages 2 & 3 so you can easily find them - it's such a busy time, and I know you wouldn't want to miss all the good things that are happening here.

Peter Lyle (Fete treasurer) has kindly supplied a festive recipe for Cook's Corner and I have included a little extra Christmas fun with a 98 word wordsearch to keep you all occupied over a mulled wine or hot chocolate when it's (possibly?) cold outside.

We have reviews of two recent events at the church, together with details of 'Unlock Unearth', for which tickets are now available in January/February. Whilst it takes place in the church, it promises to transport you through word, song and performance into a magical place...so do make sure you get your tickets before they sell out.

Looking forward to 2024, we are already thinking about the Summer Fete (it does take planning), so if you would like to get involved in any way, do get in touch...you don't have to run a stall! Alternatively, you can help by donating items for our bric-a-brac stall in the new donation box at the church...a good opportunity for a post Christmas clear out. You know that feeling you get when you want to start the new year afresh!

In the meantime, thank you to all those involved in the events and activities in the village this year...you're all amazing! Wishing you the wonder and excitement of a very Happy Christmas, and a healthy, peaceful and prosperous 2024.

Jenny, Marti and Noah Lovatt of Giants Wood



'Out and About' in Bergh Apton



CHRISTMAS WREATH-MAKING WORKSHOP



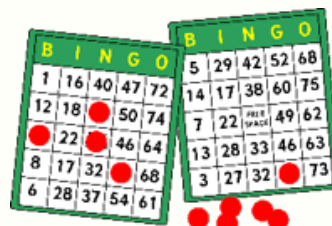
WEDNESDAY 6th DECEMBER

10 am – 3pm

£23 includes lunch at BAVH

Contact Tiff Porter: 01508 480433

CHRISTMAS BINGO



Caller: Ray Wharton

SATURDAY 9th DECEMBER

Doors open 7.00pm for 7.30pm start

BERGH APTON VILLAGE HALL

Families welcome – BYO refreshments

CHURCH FLOWER DECORATION

Join us to decorate Bergh Apton church for Christmas

Friday 15th December

9.30am on

We need help throughout the year too...

Could you spare time once a year and join the small band of volunteers on the flower rota who decorate our church?



If so, contact Hilary Ling, who will help, advise and help set up as needed:

hilary.ling@btinternet.com /
01508 480439 / 07900 553420

Bergh Apton's

Candle-lit Carol Service

Sunday 17th December at 6pm

ALL WARMLY WELCOMED!



Crib Service 2023

4pm Christmas Eve Bergh Apton Church

Would you like to be part of the tableau that helps to retell the wonderful Christmas story?

Children of all ages, toddlers to great (!) grandparents. There might be a leading role, although we can't promise it - but one way or another you will star!!

It's a family-friendly, possibly a little chaotic, but definitely relaxed service which tells the Christmas story interspersed with some well-known carols.

Give me a call by 10th December – or just come along for a 4pm start on Christmas Eve.

Call Shirley: 01508 480576





UNLOCK UNEARTH

Centuries slip by in the wink of an eye when Hugh Lupton with his friends, the Onlie Begetters, Wordsmiths, Readers, Singers, Rude Mechanicals, Gate Keepers, Lantern Painters, Maker of Masks, Poster Designer, Dragon Dreamers, Grass Dolly Weavers and Portrait Painters lift you out of the everyday and into some magic.

In

BERGH APTON CHURCH

27-28 January & 3-4 February

7.30 pm £10 ticket

.....
<http://berghaptonarts.org>

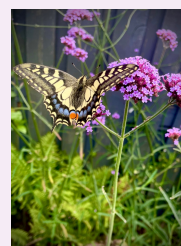
or

01508 558440



A reminder from Christopher that we are still looking for entries; an opportunity to get outside and capture the weather, the light or the amazing fungi at this time of the year...

BERGH APTON's Best Nature Photograph



THIRD call to all photographers.

'The Green Pastures' Nature Photography competition of the year

Photographs of anything of the **NATURAL WORLD.**

An invitation to YOU to do better than Attenborough.

That would be a worthwhile accolade.

Green Pastures has generously offered a prize for the **best nature photograph** taken at any time during 2023 and the first 5 months of 2024.

Entries will be judged anonymously by a carefully selected panel and will be published in the newsletter. with an exhibition of entries displayed in the village.

Open to any **'Bergh Apton Broadcast'** reader.
Contact: Christopher Meynell on c.m.meynell@gmail.com.

Getting started early....



As many of you know, one of the 'main events' for Bergh Apton is the annual **'Summer Fete'** at the Manor, which provides a wonderful opportunity for the village to get together as well as raising much-needed funds for the village hall and Bergh Apton church. **In 2024, it will be taking place on Saturday 13th July.**

Whilst there is a long tradition of established stalls and a solid band of volunteers, the event is always in need of new people for collecting, running stalls, putting up (and taking down) all the marquees, organisation in the car park, baking and generally helping to ensure that the event runs smoothly. Many hands do indeed make light work....

To get things moving, we are planning our **first meeting of 2024** at the Village Hall on **Thursday 18th January at 7.30pm** and would love to see you there. If this date is not possible for you, but you may like to join in, please contact Jenny at berghaptoneditor@gmail.com or Shirley at sjlr10rav@outlook.com and we will make sure you are on the mailing list for future meetings.

We have had a new idea this year to help ease the last-minute bric-a-brac scramble and will be putting a donation box in the church for any good quality items such as games, toys, toiletries etc (no clothing) that you may wish to donate (particularly after your post Christmas/New Year spring clean!).

This will be clearly marked as separate to the food bank box already there. Both will be regularly emptied to avoid items being left in the church. Thanking you all in advance for any donations, gratefully received.

The Millennium Pageant Re-visited

by Linda Davy

The recent meeting of the Bergh Apton Local History Group was our annual Film evening, which attracted a large group of members and guests who were enthralled to be reminded of the unique village event that occurred in the summer of 2000. A pageant was staged that brought to life the many historical events which have happened in Bergh Apton over the centuries, thanks to the inspired writing of Lorie Lain-Rogers and Phyllis Ride. Young and old from the village enthusiastically played their part in bringing history to life: narrators guided the action, music and church bells contributed to the atmosphere, props such as a real chariot, a Victorian funeral bier and sumptuous costumes added authenticity. This pageant made a huge impact on all those who were involved, be they actors, narrators, production crew or the audience. Our viewing was only possible due to the fortuitous action of David Skedge who, having bought a new video camera, decided to use it during the performance. Thanks to him we have this record of the event, which we have now had digitised.

It was a bittersweet evening; as we viewed the production we recognised, and mourned, loved ones amongst the company who are no longer with us. Memories always evoke mixed emotions - together we laughed, reminisced and reflected on this memorable event. We remarked on how the children had grown (and discreetly omitted to mention changes amongst the older participants!).

If you who would like to download your own copy (MPEG-4, 3.74 GB) please contact me and I will send you the link (linda.davy1@btinternet.com).



'Little Belters' bring conservation grazing to Bergh Apton

By Tony Davy

This autumn has seen an exciting development in the management of Bergh Apton Conservation Trust nature reserve: the debut of conservation grazing on the northern compartment of Wellbeck Marsh. For four weeks we have hosted five handsome Belted Galloway cattle, kindly loaned by Tim and Will Mack of Surlingham. These small cows are famously hardy and



Photo: Michael Moore

happy to eat coarse vegetation that would not suit their more refined relatives. Their relatively large hooves are also well-adapted to our soft ground.

The vegetation of marshes on nutrient-rich peat, like various other habitats, tends to

become dominated by relatively few fast-growing plant species that can exploit the nitrogen and phosphorus. Periodic removal of the biomass can reduce the competitive impact of these dominants, typically grasses, and allow a much greater diversity of species to coexist and prosper. Historically, biodiversity has been maintained by hay-cutting or grazing. Grazing has the added advantage that removal can be selective, as the dominants are often the most palatable component of the vegetation. Moreover, poaching by hooves creates variations in topography that offer different microhabitats and opportunities for the establishment of seedlings.

A spectacular example of management that could not be closer to home is found on our own reserve at Valley Marsh. Many people will know that we have transformed it from a near-monoculture of stinging nettles to colourful and diverse tall fen over the last 20 years or so, simply by cutting and raking-off the vegetation annually. I say simply but actually it is very hard work and it gets harder each year for some of us! So, since we acquired Wellbeck Marsh in 2020, we have sought and received generous help from various sources, including excellent visits by Paul Hemmant with his tractor and topper, and two large groups of volunteers from Aviva.

This is where the 'Belties' have now come into their own. I am not sure that they were volunteers but they have been diligent, efficient and friendly consumers of the vegetation, depositing piles of dung that further enhanced habitat heterogeneity. We have taken advantage of a generous grant from the Enterprise Holdings Foundation to embrace cutting-edge technology – the 'No-fence' system. This involves fitting the cows with high-tech collars that are geolocated by GPS and communicate with a database via a 4G phone signal. This means we can define a virtual fence online; as the cows approach it they receive an increasingly urgent audible warning and, when they reach it, they receive a shock akin to that of an electric fence. They quickly learn to take heed of the reminders before reaching the boundary.

How did it work? Three of our intrepid Trustees, Rodney Aldis, Steve Whitby and Mike Moore, downloaded the app and were able to monitor the locations of the cattle in real time, not to mention being able to move the 'fence'. Cows that did not move for a time generated an alarm for their safety. This led to poor Rodney going out late at night to find that the cow was in fact fine but it was the collar that had stopped moving. One 'individualist' had managed to shed its collar. However, the group tended to stay together and the experiment was technically very successful overall. One minor caveat is that initially we needed to exclude visitors from the area while the cattle settled in. Obviously, dogs must be kept away from them.

But what about the management results? It is too early for definitive conclusions but all the signs are that the cattle have been doing a great job. Ideally, they would have had a bit longer before the torrential rains this autumn enforced their removal to higher ground! Moreover, we await the flowering season next summer to assess their first effects on biodiversity. We will certainly be seeking to continue and extend the experiment next year with another group of Belted Galloway 'volunteers' and are highly optimistic about the long-term outcomes. This could be good news for our faithful cutting-and-raking brigade.

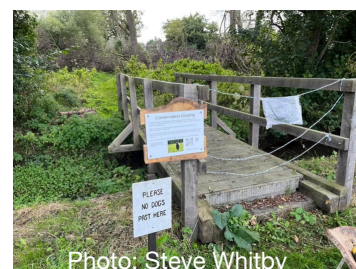


Photo: Steve Whitby

NEWS OF THE SANYU BABIES HOME

KAMPALA, UGANDA



Believe it or not, individuals & members of The Rockland Group have been providing financial support for Sanyu for over twenty-five years. Currently we fund the

two nurses, resident at the home, and the twice weekly visits by the house doctor, reducing the number of costly hospital visits; no NHS in Uganda!

Sanyu is the home of last resort for babies abandoned on the streets of the capital, Kampala. As soon as the baby is brought in by police or others, it is given a name, health checked, fed and watered and thus beginning its life in the Sanyu community. There is basic education until the baby is ready to be adopted, fostered or even returned to its family if found, perhaps four or five years later.

One of the aspects that shines out of the home's quarterly newsletters (let us know if you'd like to receive them) is the important role played by visiting volunteers who arrive at the home from all over Europe and America. Without exception the volunteers return after months helping look after the children, feeling fulfilled and in love with the home and its brilliant community and many return for a second time.

We would especially like to thank Ruth and John Everett of Applebee, Rockland. They have been selling plants in aid of Sanyu for many years and were so taken with their endeavours that they visited the home to see at first hand what they were so valiantly supporting. And there are many of you that regularly send in donations for Sanyu. So thank you Ruth and John and thank you all you marvellous SANYU supporters. Please keep it up and encourage others to help as well. Especially this Christmas.

Any further info about the Home, volunteering or donating contact Liz or Christopher Meynell in Bergh Apton (c.m.meynell@gmail.com or lizmeynell@gmail.com).

Another great fundraiser...

Paris Back and Liz Lester would like to thank all of you who came to our coffee morning on Wednesday 11th October. Also, those who put up the tea tent, donated cash and prizes, manned the car park and entrance. For bringing stalls and running the tombola, raffle, cake stall and those who stayed afterward to help count cash, move furniture, wash up, Hoover etc.

Without all of you pulling together, it could never have happened and as a result, together, we have raised £2458.58 for The Brooke and East Anglia Air Ambulance.



1. 'Tent Gang': John & Hilary Ling, Chris & Ros Limback, Chris Bewick & Chris Johnson.
2. Liz Lester
3. Book Bugs and Dragon Tales
4. Kim Hill
5. Leo Smith
6. Kate Hurren
7. Georgie Thorpe



47 competitors managed to prise themselves away from the Rugby World Cup final to join the fun in the Village Hall on 28th October.

Thanks are due to Quizmasters Kevin Parfitt and Christopher Meynell who had us alternately scratching our heads in puzzlement and groaning at their 'jokes'. What do you call a magician who has lost his magic? 'Ian'!!

Thanks too, to the markers, setter-uppers, clearer-awayers, washer-uppers, Milton for coordinating the teams, and Hilary and her team of caterers, who provided the delicious chilli and baked spuds.

The event contributed a much-appreciated £458.60 to the church bank account.

Look out for the date of the next event in the spring!

By Shirley Rimmer

REMEMBRANCE 2023 – A SERVICE WITH A DIFFERENCE

by John Ling

Bergh Apton's parish church was again the venue for our annual Remembrance Service on Sunday 12th November to honour the men of this village whose names are carved on the war memorial, and to call to mind all victims of war in past and present times.

This year, for a number of reasons and as a departure from as far back as anyone can remember, the entire service was held in the church rather than the key elements being focussed on the war memorial in the churchyard. In another change, with the present indisposition of our Rector Chris Ellis, the service was led by Christopher Meynell of the Parish Team.

Some 120 people gathered together for the service that, in the place of a sermon, included readings of two of the most significant works of Remembrance: John McCrae's 'In Flanders Fields' and 'Jerusalem', together with music of remembrance and hope.



Thank you to Fran Annis for these photos of the service: Preparations (left) for calling the Roll of Honour and the laying of wreaths; Peter Annis (middle), nephew of Arthur Annis who died of wounds Somme 1916, lighting the Peace Candle; and (far right) the altar on which were laid wreaths, a poppy cross for each of the 51 men on the memorial, and family Remembrances.

Alpington and Bergh Apton Primary School

Christmas Fayre

Saturday 9th December

11 - 2pm

Rudolph Raffle

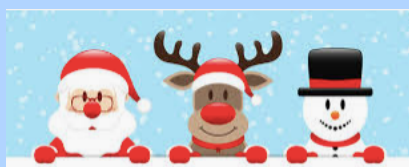
Meet Father Christmas

Gifts & Stalls

Jingle Bells Cafe

..and all your usual favourites

"Let Every
Light Shine"



Road Safety Petition A146

Due to the increased traffic travelling in both directions along the A146, the local Parish Councils have become increasingly concerned about the number of serious traffic accidents occurring and the difficulties facing both cars and pedestrians trying to cross the A146. We feel there are many more accidents waiting to happen.

Bergh Apton Parish Council is joining forces with Thurton, Ashby St. Mary and Alpington with Yelverton Parish Councils to lobby Norfolk County Council to make this stretch of the A146 safer for both motorists and pedestrians.

Our main areas of concern are:

- Pedestrians crossing the A146 at Hellington Corner and Prospect Place Bus Stops.
- The inadequate safety for pedestrians crossing at the Thurton pedestrian refuge.
- The high 60 and 50 mph speed limits along this stretch of the A146.
- The high number of motorists caught speeding by the speed camera in Thurton Village.

Between 1st January 2019 and 31st July 2023 the speed camera caught over 2400 motorists, the highest speed being 98 mph in the 40 mph limit!

Unsafe road diversions through the 5 villages when the A146 is closed because of an accident or burst water main.

We have to prove we have local support to have any success lobbying for change, so it is proposed that the collective parishes petition Norfolk County Council. If you share our concerns about the safety of pedestrians and motorists within our stretch of the A146, then please look out for this petition in the coming weeks – once we have sorted the logistics we will add the information to the village website (berghapton.org.uk), the village Facebook Group and the village noticeboard (at the junction of The Street and Church Road).

We will need your help!

Steve Whitby

GEORGE HARVEY 1929-2023

By John Ling

George Christopher Harvey, who died at the age of 94 on 10th October, was born on 18th May 1929 at a nursing home in Southwell St, Norwich.

He and his wife Audrey (née Skipper), with whom he shared a birthday, came to Bergh Apton in 1964 and shared Orchard House on White Heath Road until shortly before Audrey died in Brooke House in October 2019. George continued to live at Orchard House until early in 2022 when, after a short spell in hospital, he took up residence at Corton House on City Road in Norwich where he died on 10th October 2023.

I learned only very recently that, when a youngster, possibly still at school at Bracondale School in Norwich, George spent some time working in Brooke at Little Beck Farm, owned by Horatio Spall. Bob Debbage remembers George saying how much he enjoyed that and that he might well have decided to become a farmer rather than join his father's business in Norwich. But nothing more is known of that potential career path and George, on leaving school, joined the family grocery and bakery business with shops in Pitt St (St Augustine's) and Ber Street.



George and Audrey at Brooke House on their Diamond Wedding Anniversary, 18th October 2019

George and Audrey met in 1957 at the YMCA where, both being keen on several sports, George had just finished a game of snooker and Audrey had been on the badminton court. Courtship followed and they married on 26th October 1958 at Christ Church in Eaton, near his family home on Christchurch Road.

The newlyweds moved into the flat above the family shop in Ber Street and, in time, George took over the business from his father and added a wines and spirits section that took him on travels throughout Europe in search of products. Audrey ran the Post Office that they had had opened in the adjoining shop in Ber Street until the time came to retire to the peace and quiet of Orchard House in Bergh Apton.

George was a keen and skilled cricketer who played for the much-respected Norwich Barleycorns and came close to playing for Norfolk of the Minor Counties, a seriously good team at the time with aspirations to join the First Class

championship. He had an encyclopaedic knowledge of the Norfolk County game in this period following the First World War when, to quote from the County's website there was 'a seemingly endless supply of Edrichs, including Bill who would find the greatest fame with Middlesex and England after World War Two'.

It was during one of our occasional conversations about this time of Norfolk cricket ascendancy that George told me that George Barclay Raikes, Rector of Bergh Apton from 1920 to 1936, was one of the County's key players whose skill had him knocking at the door of selection to play for England. Without George's deep knowledge of the game that little nugget might never have come to our attention.

For several years from the 1990s into early 2000s, and until their copse of fir trees on White Heath Road ran out of suitable specimens, George and Audrey provided the parish church with its Christmas tree. When the time came in later December I would take my car trailer and a handsaw to Orchard View where George and I would select a tree. I would then fell it, under George's watchful eye, and load in on the trailer. Then, as I got my breath back, we would talk about religion, a subject on which he had quite particular views that came from his deeply-held non-conformist faith.

It must have been a great comfort to George, following the loneliness of life without Audrey, that his final days were spent in the congenial company of those who lived at Corton House, a care home established by the Free Church Council.

It was the Corton House chaplain Rhonwen Washford who conducted George's funeral service on 1st November at Bergh Apton's parish church where the principal mourners were Alison, Bridget and Duncan, the children of George's later sister Marion Ruth Watson.



A family photo of a young George Harvey at the seaside.

A Tale of two halves - of life before and life after

by Christopher Meynell

Two visitors had been invited to the Bergh Apton Festival at the Church on 7th October to talk to us about how their lives had been changed. Decisions came about unexpectedly bringing huge challenges. Decisions that took them both along new paths giving them new purposes. We learnt of two ancient edifices and how the decisions have and are breathing new life where things could well have gone the other way.

The large gathering on 7th was transfixed, and as one member said, she was “inspired by their dedication and hard work”.

Xa Tollemache, after her marriage, was confronted, perhaps not the right word, by a spectacular ancient house surrounded by a long-established garden – and a moat! Hopwood dePree had learnt from his grandfather’s childhood stories about a family “castle” in a distant land. He visited, was charmed but speechless, simultaneously. And both have written well-received books – see below.

Xa’s husband had inherited Helmingham Hall, near Stowmarket and Xa soon realised that the garden needed vision and re-vision. There was a problem; her horticultural experience and knowledge was non-existent. So, she set about it with dedication and the enthusiastic guiding hand of the head-gardener Roy Balaam who determinedly taught her everything, starting with how to dig the sod. We were shown beautiful photographs of what she has created, including a knot-garden and even a crescent moon shaped spiral strewn with wild flowers. Delicious. Her

achievement led to her designing for others and even being taken on by the Evening Standard to design a show garden at RHS Chelsea. She won Gold. Now, she designs internationally. Pretty good going from a standing start. Thank you, Roy Balaam.

Howard dePree arrived in England from California and went directly to Hopwood Hall near Rochdale in Lancashire. It had been empty for years, vandals had stripped inside and out. He stood aghast in the once glorious halls and vowed, “I will rescue this house”. The Hopwoods lived in this ‘castle’ since 15th century and had created stunning rooms with carved timbers and plasterwork. BUT a year or two more of inattention and it would be irretrievable. So, with the determined help of the local community, bringing the skills of the original craftsmen and with funding from Heritage bodies, work is steaming ahead to prevent the death of another British masterpiece. Like Xa, Hopwood had had absolutely no experience in this field. But his vision too, is paying off. Thank you, Grandpa dePree.

Many had helped to make the evening a success. Three people especially deserve mention. Rachel Parfitt gave a host of stunning flowers she grows commercially in her Bergh Apton garden. And Evy Sayer with Hilary Ling provided such delicacies as refreshments that all who tried them, immediately returned for seconds and.....



Crying Like a Fire in the Sun

Bergh Apton Parish Church, Friday November 10th

by Charlie Hampton



“I have been working on a telling of the Book of Job ... during which the early songs of Bob Dylan came powerfully to mind, so I have made good use of them.” So spoke Hugh Lupton, whose outstanding narrative presentation encompassed, among others, Solomon’s Quest for Wisdom, (‘The Gates of Eden’ - to bells), A Crocodile King, (‘A Hard Rain’s

Gonna Fall’ - to drumming) and Tobit and the Angel, (‘I dreamt I saw St Augustine’ - to guitar).

Over its course, we learnt to trust that whatever we feared most - either in the manner of the telling or within the stories themselves

saccharine, repetition did not irritate, we were not left mystified by a forced or feeble ending, nor did the strange world of the Jewish bible alienate us. We found too that fathers did not betray, let alone eat their children; that tongues could speak as well as taste (and even be tasty!); and that awfully helpful ‘friends’ did not then go off with the silver. Time and again as we listened, whatever cynicism we had acquired from experience was roundly defeated and banished.

At the culmination of the evening, all of it thoughtfully constructed, we came upon the story of Job for which we had been prepared. It was a passionate account of what is undoubtedly the deeply puzzling, hard-to-bear, true heart of Holy Writ. The Creator may indeed be held responsible for all that is awful, all that is implied by ‘Gaza’ - its dead children, its moronic folly - not to mention Crucifixion; but He nonetheless remains the Origin of our Nature as Creatures; and our acknowledgment brings with it unlimited Blessing.

As for the rest ... well the rest has to be silence; though it was ushered in by ‘It’s all over now, Baby Blue’ (guitar).

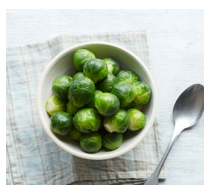
Christmas COOK'S CORNER



This month Peter Lyle shares his love of festive fayre..

"In common with a lot of people, I used to hate brussels sprouts as a child. Not being allowed to leave the table until I had eaten all on my plate just made it worse. Luckily tastes change as you get older and, whilst I don't eat them regularly, I do enjoy them at Christmas, especially when their flavour is 'disguised' with other ingredients".

Christmas Brussels Sprouts



Ingredients:

Brussels sprouts

Chestnuts

Lardons

Blue cheese

Olive oil

Red wine vinegar

Cut the brussels sprouts in quarters put in a pan of water (no salt) and par-boil for five minutes. Drain and set aside.

Heat the oil in a frying pan and gently fry the lardons until golden brown. Add the brussels sprouts and fry until they begin to soften.

Chop the chestnuts and add, together with the blue cheese, also chopped into small pieces, and then stir to blend everything together.

Don't cook for too long as you want the cheese to retain its shape.

Add a splash of vinegar to give some acidity and then pour into a serving dish and leave for five minutes before serving.

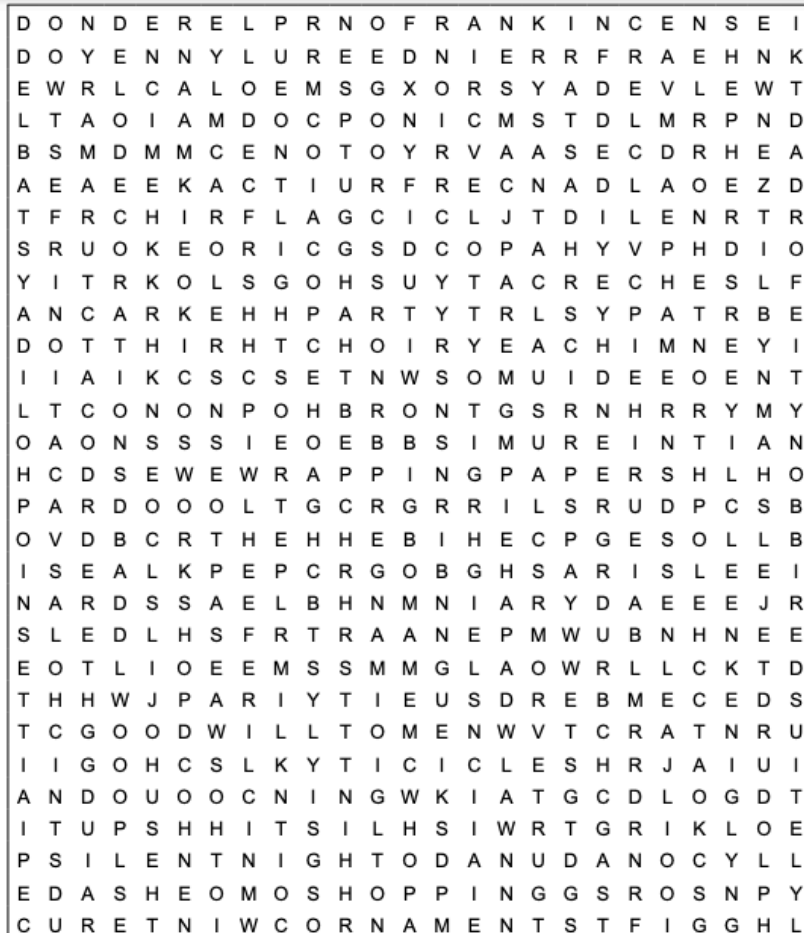
Do not add any salt as the lardons and blue cheese provide enough saltiness.

The quantities to use will depend on how many you are serving and what your tastes are. There is no right or wrong amount with this dish.

Please send your recipes for the next edition!

CHRISTMAS WORDSEARCH

98 seasonal words to find!



ANGEL	GOOD WILL TO MEN	ROOFTOP
BETHLEHEM	GREEN	RUDOLPH
BLITZEN	GRINCH	SACK
BOWS	HO HO HO	SANTA CLAUS
CANDLE	HOLIDAY	SCROOGE
CANDY CANE	HOLLY	SHEPHERDS
CARDS	ICICLES	SHOPPING
CAROLERS	JOLLY	SILENT NIGHT
CHILDREN	JOSEPH	SILVER BELLS
CHIMNEY	JOY TO THE WORLD	SLED
CHOIR	LIGHTS	SLEIGH
CHRISTMAS	LUMP OF COAL	SNOW
CHRISTMAS EVE	MAGI	ST NICHOLAS
COMET	MALL	STABLE
COOKIES	MANGER	STAR
CRECHE	MARY	STOCKINGS
CUPID	MERRY	SUGARPLUM
DANCER	MISTLETOE	TIE FOR DAD
DASHER	MRS CLAUS	TINSEL
DECEMBER	MYRRH	TINY TIM
DECORATIONS	NAME TAGS	TOYS
DOLL	NOEL	TREE
DONDER	NORTH POLE	TWELVE DAYS
EGGNOG	NUTCRACKER	VACATION
ELECTRIC TRAIN	ORNAMENTS	VIXEN
ELVES	PARTY	WINDOW DISPLAY
FAMILY	PEACE ON EARTH	WINTER
FRANKINCENSE	POINSETTIA	WISH LIST
FRUITCAKE	PRANCER	WORKSHOP
GARLAND	PRESENT	WRAPPING PAPER
GIFTS	REINDEER	WREATH
GINGERBREAD HOUSE	RED SUIT	YULETIDE
GOLD	RIBBON	

Getting to know you...

The Editor talks to Rosie Winn, a new 'full-time' resident of Bergh Apton and learns that another new resident is on the way...

JL: Welcome Rosie...you've just moved to Bergh Apton recently, but you have been involved with the village before - tell us how you came to choose Bergh Apton?

RW: Mum (Sheridan Winn of Mill Road) was already living in the village when I came to stay with her just before Covid broke. When lockdown came into force, I ended up staying with mum longer than originally planned and got to know the village...taking regular walks out and about and helping out with the social media for some of the groups here (I work in Public Relations). When my partner and I started looking for a house, we decided we wanted to try and find somewhere in Bergh Apton.



JL: So where are you in Bergh Apton?

RW: We found a lovely cottage in The Street and are enjoying being homeowners; decorating, repairing and tidying (we both rented previously)! We moved in in the summer so we are looking forward to our first Christmas in our own home.

JL: We are going to learn more about you, but tell us more about your partner too...

RW: My partner's name is Rui. When we met, he was living just up the road in Loddon, although he is originally from Portugal. He came over to the UK 10 years ago to study for his PhD. He is a marine biologist, specialised in deep sea ecology, and is very knowledgeable on environmental issues.

JL: And I can't help but notice there will be another resident of Bergh Apton soon...

RW: Yes, we are expecting our first baby in January, so it has been a very busy few months buying our first home together and preparing for our baby, due in January. Rui's office space is now full up with baby shopping. I used to do quite a lot of travelling around the country with my work but I'm having to slow down a bit now as it's exhausting...I'm back to walking around Bergh Apton, trying to get some gentle exercise rather than getting trains and tubes for work.

JL: So who do you work for?

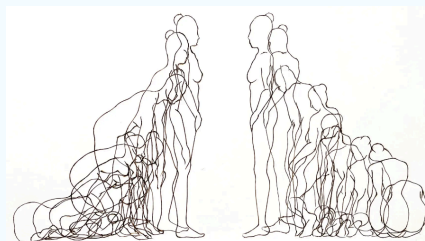
RW: I work for the St Giles Trust as Regional Communications Lead (where I manage teams in Yorkshire, Wales, Midlands and East of England) with a team based in London, although we do also have a Norwich office which I spend more time in at the moment. They are a charity originally focussed on prison rehabilitation- helping people who have been in prison find work and train to become Peer Advisors. The charity's work now also extends to support women and families dealing with 'County Lines' and food poverty as well. We recently opened a social supermarket food bank on Magdalen Street so my work is busy! My career social media experience meant that I could lend a helping hand with the Bergh Apton Arts Trust, the Conservation Trust and the Bergh Apton church and set up social media pages for them (although Shirley manages the church pages quite happily on her own now)...and of course we both look after the Bergh Apton Facebook page now too!

JL: That sounds a tough job, do you find it hard to switch off?

RW: My work at St Giles can be quite challenging, there are lots of harrowing cases and information I have to be aware of to do my job so I like to be able to get outside or do something creative to switch off when I come home which is why I like to get absorbed in my art.

JL: Yes, we both belong to The Norwich 20 Group (a long-established art group in Norwich), although I think you have been a practising artist for a lot longer than me. Tell me more about your work?

RW: I finished uni in 2008 so have been making work since then and exhibiting regularly for the last ten years. My work principally focuses on the female form in movement, many of which are based on movements I was familiar with as a young dancer. My technique is to draw with a pyrography tool onto paper or wood which burns on a fine dark line which lends itself really well



"You", (GOLD), Pyrography wood-burning pen on paper, 64 x 68 cm
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to the clear image I need. People respond really well to these images and the fact they are burned onto the surface rather than drawn in a traditional way seems to create a lot of interest. One of my images was also used on a magazine cover recently, which I am very proud of.

JL: So how did you get started?

RW: My Dad was an artist so he was influential in my early years but when I was around thirteen I studied with Diana Lamb at Wensum Lodge and she had a big impact on my drawing ability. I used to draw a lot of fashion figures when I was younger and Diana was quite strict and taught me to draw what I was actually seeing rather than what I thought a figure looked like.

JL: I have seen your work quite a lot recently on social media...where have you had exhibitions?



RW: I've shown work and had some success in competitions this year..The Bank Arts in Eye; 54 The Gallery, Mayfair; The Royal Norfolk Show; The Undercroft Gallery in Norwich; Mall Galleries, London (Society of Women Artists); The Gallery, Holt (The Institute of East Anglian Artists - Prize winner) and the Chaiya Art Awards (Shortlisted), Oxo Tower Wharf, London...it's been a busy one. I also have two more shows coming up - The Gallery, Holt (18 Nov-23 Dec) and Aka Fine Art, Cambridge

(15 Dec-28 Jan).

JL: Wow, you have been busy. I'm guessing you made the most of this year as you will have other priorities next year?

RW: Yes, I hope to keep making my art but realistically it will be on hold for at least a year. I have built up a good body of work though and am looking forward to start selling my work through Mana Art Gallery in Aylsham... I'm hoping the break will also give me opportunity to consider ideas for a new collection.

JL: And how does Rui relax? Is he an artist too?

RW: No, but he does loves to garden, so he is going to enjoy getting our new garden into shape. We have a good size garden with sheds and a chicken coop so I think he will be spending a lot of time outside . It's good relaxation and gives him a reason not to work so hard!

JL: We are so pleased you made the decision to move to Bergh Apton and wish you both much happiness in your new home and safe arrival of your baby in January. No doubt we shall see you all at future events in the village. In the meantime, here is a picture of Rosie at the Jubilee celebrations held at Bergh Apton Manor.

****If you are interested in finding out more about Rosie's artwork, it can be found at www.rosiewinn.com, on facebook www.facebook.com/rosiewinnart or Instagram www.instagram.com/rosiewinnart.****



Rosie at the Bergh Apton Jubilee celebrations

I am always looking for people to speak with and would love to have a chat with you for a forthcoming issue. If you memories of village life, a tale of your career or interesting achievements, please do get in contact as I am sure villagers would like to know...and it may trigger a few memories of their own. it won't be a formal interview...just a chat over a cup of tea.

Look forward to hearing from you...
Jenny

It's good to receive feedback and comment to articles in the newsletter. I was pleased to receive this from longtime resident Bob Debbage, following the 'Getting to Know You' interview with Peter Annis in our last edition.

"Dear Editor,

I was interested to read your interview with Peter Annis.

Peter has witnessed more changes on the land than any generation before him.

Most of the power on the land when he was a boy was provided by horses along with few very crude tractors. The second World War saw the importation of many tractors from America under the Lease Lend scheme along with the mass manufacture of the very basic Fordson tractor.

After the war saw the introduction of the Ferguson tractor with its famous hydraulic system, indeed Peter bought one of these himself. The 1950s saw the introduction of the diesel powered Fordson Major which was about 45 horsepower also with a hydraulic lift . This appeared in great numbers and ever since then there has been a big increase in horsepower. The tractors that Peter sees now are of about 250 horsepower and more.

When Peter was a boy he would have seen steam powered threshing outfits that travelled around threshing stacks of corn that had been cut by binder. There was a gradual appearance of combine harvesters mainly from Canada but it was not until the 1960s that much bigger and powerful machines arrived from Germany and Belgium later to be joined by the John Deeres from America . Now a lot of the machines that we see have cutterbars of 40ft and can clear 100 acres in a day.

Peter has seen the rise and fall of market gardening which was so important in Bergh Apton there seemed to be a market garden every 50 yards or so , more than that in Rockland st Mary. When Peter took his produce to early morning market in Norwich where Castle Mall is now, every pitch would have been taken. This was followed by the move to Harford Bridges with the cattle market but soon fell into rapid decline and eventually closed. Now there are just 3 or 4 lorries that meet up on the car park of Michael Bobbins nursery at Swardeston.

Peter has seen the disappearance of all of the dairy herds in the village as well as most of the pig and poultry production We are now in danger of children growing up not knowing where their food comes from. I am not convinced that change has been for the better.

Bob Debbage.



Community Information

A helping hand for South Norfolk residents

South Norfolk Council recognise how important it is for our elderly residents to stay in their own homes for as long as possible and sometimes a small change can make a big difference.

The Council's Handyperson+ scheme supports residents with a wide range of small household repairs and minor adaptation work.

The experienced team can help with many tasks including fitting key safes, fall prevention adaptations, smoke alarms, grab rails and better lighting. They can also offer advice on staying warm during cold weather.

As well as small works, the handyperson will chat to residents during a visit to see if they would benefit from any additional help. They have an in-depth knowledge of grants, allowances and services a resident may be eligible for.

In addition, the team can direct residents to relevant community support, including social clubs or events in the local area to help combat loneliness.

You may be eligible for the service free of charge if;

You are over 65

Have a long-term condition or disability AND

Receive either Housing Benefit, Guaranteed Pension Credit or Universal Credit.

You may be eligible for our handyperson service with an hourly charge of £10.32 if;

You are over 65 AND

Have a long-term condition or disability

You may be eligible for our handyperson service with an hourly charge of £20.78 if;

You are under 65 you have no long-term condition or disability.

This does not include the cost of any materials.

To contact the Council to request the Handyperson+ service please call 01508 505284, or email: handyperson.snc@southnorfolkandbroadland.gov.uk

With thanks...

This newsletter cannot be produced without the generosity of our sponsors who have pledged support at this time for the print costs for the next 12 months.

Our thanks go to:

Fanny Thursby Trust, Bergh Apton Arts, 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, and the Christopher Tenwinter Trust.

Useful Contacts

BAA (art workshops)

Pat Mlejnecky 01508 480696

BA Conservation Trust

Tony Davy 01508 558453

Ballet

Aleksandra Zinovieva
07493073114

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

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	10-12pm	Coffee n Catch Up
3rd Wednesday	2-4 pm	Village Archive
Thursday	3-5pm	Ballet class
Friday	9.30am & 11.15	Yoga
1st Saturday	9-5pm	Microscopy Group
Saturday	9-12pm	Ballet class (not on 1st Saturday of the month)

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Do you know we have a
Facebook Page?

'Bergh Apton Community
Noticeboard'

and a website

<https://berghapton.org.uk/>



Village Diary

December

6th 10-4pm	Christmas Wreath Workshop
6th 7pm	Parish Council Meeting
6th 7.30pm	BA Society Christmas Dinner at Green Pastures
9th 7 for 7.30pm	Christmas Bingo
15th 9.30 am	Decorate church for Christmas
16th 10am on	BACT Workday. Meet at Church Field.
17th 6pm	Carol Service at B.A. Church
21st 10am	BACT Workday. Meet at Church Field.
24th 4pm	Crib Service at B.A. Parish Church

January 2024

10th 7.30pm	B.A. Society Film
17th 10.00 - 12.00	Coffee n Chat
17th 2 - 4pm	BALHG Archiving
17th 7.30pm	Parish Council Meeting
18th 7.30pm	2024 Fete planning meeting
20th 10am	BACT Workday. Meet at Church Field
25th 10am	BACT Workday. Meet at Church Field
27th 9am	11 Says assembly
27th 7.30pm	'Unlock Uearth' at B.A. Church
28th 7.30pm	'Unlock Uearth' at B.A. Church

All activities take place at Bergh Apton Village Hall unless otherwise stated.