



Bergh Apton Broadcast

Issue 191 Apr/May 2024



Welcome to the Spring issue of our village newsletter. A time of new life emerging in both flora and fauna and it is therefore fitting that we can welcome a new resident to Bergh Apton with the arrival of baby Henry (see below). Meeting a new life for the first time is such a unique joy and privilege and in a troubled world, the miracle of new life is a precious thing to hold on to.

There is a thread of human connection running through the newsletter this month; starting with words from The Reverend Chris Ellis, who in his first article since my Editorship, talks candidly about his feelings during his illness. He reflects how self-awareness in our connections with others, through empathy and understanding rather than judgement, provides opportunity to learn as much about ourselves as showing kindness to another.

'Prisoners Abroad' is a charity highlighted by Bergh Apton resident Michael Willcox, who draws our attention to the plight of UK prisoners abroad detained in inhumane and dangerous conditions. The charity he supports works hard to establish basic human rights such as clean and safe food and water, as well as the less immediately obvious human need of human connection through providing books written in English and even sending birthday cards. A small but significant gesture to reduce isolation of imprisonment abroad.

The pandemic was perhaps the closest many of us have been to a lack of human connection. It seems a distant memory now but for many the periods spent with lack of interaction had serious impact on mental health and came as a surprise to those who felt they would cope quite easily.

There is always a difference between isolation we choose and that which is enforced, and for many loneliness is a real issue that is faced everyday and which research shows has links with premature death.

Another form of isolation is through barriers in communication.

For the majority of us we take for granted the ability to read, but for around 6 million people in the UK poor literacy is another form of isolation. Embarrassment and shame lead many adults to find coping mechanisms to avoid admitting their lack of literacy skills - and the size of this issue may be surprising to many in 2024. In my interview with Paris Back (p9), you can discover how her involvement with the charity Easy Read tackles this through one-to-one coaching programmes, where making a human connection can change the lives of both the coach and the reader involved.

As I have said before, one of the reasons I took up the Editorship was because I believe in the value of this newsletter to keep villagers connected, and I know this is important to many for a whole plethora of reasons. Ultimately though, the need for human connection gives good reason for getting out and chatting, laughing and listening. Let's make the most of the opportunity if we can.

Best wishes,

Jenny Lovatt (Editor)

WELCOME TO BERGH APTON!

Bergh Apton residents Rosie and Rui are delighted to announce the safe arrival of Henry Thomas Winn-Vieira, who arrived at the end of February weighing in at 8lb 4oz.

On behalf of Bergh Apton, I'd like to welcome Henry to the village and send our very best wishes to the family. We look forward to seeing you all.



Another recent arrival ...

...at Chet Valley Vineyard

John and Hilary Hemmant recently welcomed 'Maple' the cocker spaniel puppy to the team. I am sure she will be a firm favourite with customers!

If you have any contributions, articles or comments for Issue 192

(June/July), please send to the Editor:

berghaptoneditor@gmail.com by 10th May.

In this edition, I am very pleased to be able to welcome The Reverend Chris Ellis, who will be providing a regular contribution to the Bergh Apton Broadcast. I am sure the residents of Bergh Apton would like to join me in saying we are pleased to see him being able to make a gentle return to his role within our community.



I am very grateful to have been invited by our editor to make a regular 'Thought for the Day' contribution to the Bergh Apton Broadcast. As many of you will be aware, I have been away from my duties as your Parish Priest since last July with a very debilitating hearing condition.

gifts and good wishes attested; I received nothing but love from those I care about and seek to serve as their priest. There is a very fine line between being self-aware and being self-critical. The former is a very healthy thing, the latter very destructive if it gets out of hand. My illness, and the impact it had on my self-identity, brought to the fore some unpleasant experiences from my time as Vicar of a parish in Norwich some years ago, where a retired priest questioned, criticised and undermined just about everything that I did and therefore who I was as a priest. Long term criticism from others can evolve into self-doubt and can become very harmful. A counter to this can be found in the life and ministry of Jesus and how he responded to the constant criticism he received from those who considered themselves better or more important than him or saw him as a threat. Rather than take the criticism to heart, or enter into arguments, he often responded with a parable, encouraging those who were listening to place themselves in the story, to reflect on the way they were behaving or thinking and learn something about themselves. It is a practice that can bring great benefits in daily life because if we place ourselves into the other person's story rather than look to criticise, we will likely come to a much better understanding of that person and a better understanding of ourselves and ultimately be kinder to that person and kinder to ourselves.

With every blessing,

Fr Chris.

Although finding a diagnosis remains an ongoing challenge for my medical team, I am slowly adapting to the symptoms and the necessary changes in my daily routine and ministry. As a priest, I often tell people that I do not have a job, but a way of life; what I do and who I am become somewhat intertwined and interdependent, so the sudden change in my health and the inability to live my 'life' came as a great shock. I began to question who I was and how I was being seen by others and I know that I began to project my growing doubts and fears onto how I imagined the congregations and parishioners were viewing me. I became convinced that people would lose patience with me for being absent and would want me to be replaced. There was, of course, absolutely no evidence for these thoughts as the many cards,

Road Safety Update



By the time you are reading this the petition to Norfolk County Council to improve road safety on the A146 (Hellington to Thurton) will have closed... We do know that the leader of NCC is aware of the concerns raised and we are awaiting a formal response to the petition.

Following concerns raised by a number of parishioners regarding parking on Church Road, the Council approached Saffron Housing Trust late last year to explore possible off-road parking solutions. Saffron confirmed that a covenant agreement is in place preventing any changes to the green spaces so we are not going to be able to do more in this regard. The Parish Council would like to thank Saffron Housing Trust for listening to our concerns and their help in the matter. It seems that all we can do is to park as safely as possible, ideally away from the junction.

As you are hopefully aware, Bergh Apton has been running a Community Speedwatch for some time now; this has been very successful at reducing recorded speeds in the village. Unfortunately we are currently short of volunteers to run this and so it has been suspended until the end of this year when we hope to have the Speedwatch up and running again.

Householders to get free DIY waste for small projects

Norfolk residents will be able to dispose of small amounts of DIY waste at Norfolk's Recycling Centres free of charge from 31 December following changes made by Norfolk County Council.

The change applies to small-scale projects carried out by householders on their own home, allowing them to bring a maximum 100 litres (must fit into 2 x 50l bags) for free or one single item (maximum size of 200cm x 70cm x 75cm). Each household is allowed four free visits with DIY waste every four weeks. Anything beyond this will still be charged at normal rates.

The change in policy follows Government abolishing charges for the disposal of limited amounts and types of DIY waste at recycling centres across the UK.

Prior to 31 December, customers with DIY-type construction and demolition waste will continue to be directed to the 'Pay as you throw service' which is available at all centres.

Traders must continue to pay for DIY waste.

For more information visit www.norfolk.gov.uk/DIYwaste



Recently, I spotted some tyres discarded on Cookes Road and contacted the Council to arrange removal. I thought it might be useful to publish the link so if anyone else spots something, the address is:

**[forms.southnorfolkandbroadland.gov.uk/
neighbourhood/flytipping/locationdetails](http://forms.southnorfolkandbroadland.gov.uk/neighbourhood/flytipping/locationdetails)**

I was recently contacted by Michael Willcox, who has lived in the village since 1986 and has been involved in charitable foundations since 1971. Here he explains why he chose to become involved with the unique charity, 'Prisoners Abroad'.

In 2010, as trustee of a grant aid foundation, I was invited to an informal meeting at Lambeth Palace, organised on behalf of an English charity, Prisoners Abroad. Since then I have supported this charity year-in/year-out and last year I was asked to join the patrons because of my longstanding connection.

The benefits of working with a smaller charity is that you are much closer to its specific aims and a small team, which has a large degree of continuity, working with the supporters and patrons to achieve what is, in reality, a very large challenge to fundamental just.



Prisoners Abroad supports British citizens during imprisonment overseas, when they return to the UK and need access to resettlement services, and they also support their family and friends throughout the trauma. They are a non-judgmental charity that helps people on the basis of need, supporting those

found guilty, those who are innocent and those detained but yet to face trial.

The charity's work is unique. If they don't provide support to British prisoners overseas there is nowhere else for them to turn, as no other charity is dedicated to helping this often-overlooked group.

Prisoners Abroad works with over a thousand British people each year who are detained in prisons all over the globe – in around 100 countries annually. Prison conditions range from decent and humane in just a handful of countries, to some that are so awful that they are life-threatening. In many prisons people are denied enough food to survive, water that is safe to drink, and are not given access to any medicine or healthcare (regardless of urgency).

Prisoners Abroad helps people to survive inhumane prison conditions by sending grants for nutritious food, clean water and emergency medical care. At the same time, they provide funding for essentials like mattresses, basic clothing and toiletries, and they regularly send books written in English, magazines, and even birthday cards to reduce the isolation of being imprisoned abroad.

After being released from prison overseas, most people return to the UK – some by choice but the majority are deported. Many who return have lived abroad for decades and have been deported away from friends, family and support networks. Very often people return with no money and only the clothes they stand in, and no medical records.

The emergency accommodation and grants for food that Prisoners Abroad funds prevent people who return in this vulnerable position from becoming homeless from their first day back. The charity provides intensive one-to-one support for several months after an ex-prisoner arrives in the UK, helping them with everything from applying for long-term housing to working towards getting a job.

The website for Prisoners Abroad is: www.prisonersabroad.org.uk. I hope this brief article on the charity will resonate with readers in the village who identify or become aware of these problems.



A little humour for you...

BE GLAD YOUR NOSE IS ON
YOUR FACE

Jack Prelutsky

Be glad your nose is on your
face,

not pasted on some other place,

for if it were where it is not,

you might dislike your nose a lot.

Imagine if your precious nose

were sandwiched in between
your toes,

that clearly would not be a treat,

for you'd be forced to smell your
feet.

Your nose would be a source of
dread

were it attached atop your head,

it soon would drive you to
despair,

forever tickled by your hair.

Within your ear,

your nose would be

an absolute catastrophe,

for when you were obliged to
sneeze,

your brain would rattle from the
breeze.

Your nose, instead,

through thick and thin,

remains between your eyes and
chin,

not pasted on some other place

—

be glad your nose is on your
face!



When I am not editing the Bergh Apton Broadcast, I am an artist, belonging to the Norwich 20 Group and networking with artists both locally, nationally and internationally.

I will be showing my work at The Spring Art Show at The Forum,

3-7th April. If you would like tickets to the Private View (3rd April 7.30 - 9.30), please contact me at:

jennifer@jenniferlovattstudio.com and I will send you a ticket for yourself and a guest. I will also be exhibiting work at The Bell Gallery in Bungay for the month of June with my artist friend Sarah Long - it would be lovely to see you!

BERGH APTON'S TITHE MAP – AN OPPORTUNITY TO FIND OUT ABOUT IT ON 17th APRIL

by John Ling

Does it give you a sense of stability that things in the countryside seem to stay the same? Think for a moment of a walk, cycle ride or drive from Threadneedle Street to Sunnyside. The route takes you along the southern perimeter of the Manor in its park, onto Cooke's Road and thence to Thurton. Then down White Heath Road, passing Mere Farm on the way to Sunnyside. People have travelled this route since ancient times. How comforting that nothing changes.

Dear reader, you are mistaken if that is what you think! At the next meeting of Bergh Apton's Local History Group, that follows its AGM, such changes are elements of my part of a two-handed and illustrated presentation Linda Davy and I will give on the topic of the Bergh Apton Tithe Map of 1841, of which a full-sized copy will soon be on permanent display in the church.

In that year, had you made that same journey you would have walked (or perhaps rode a horse) down the Principle Street past Hyltons and Seago's Lanes. Going very close to The Manor House and Veranda Cottage you would turn sharp left onto Cooke's Lane that became White Heath as it passed some mounds (or barrows) on the way to Thurton. There you would turn onto Thurton Road, pass Sumps Farm and go down Whipscrew Hill to arrive at Barnes Heath.

How do we know this? Because of the fortunate coincidence that our Tithe Map was published in the same year as the first UK Census that recorded where everyone in the land was staying on the night of 6 th June listed by the names of the roads of those days.

This inaugural attempt to make a national record of the Country's people and their occupations was a very dull read compared to later sophistications that led to resentment that too much information was sought. That created phenomena such as the apparent rise of the Jedi Knight religion! But the Census, as a snapshots of one day every ten years in the life of a village like Bergh Apton, is an invaluable research tool. When one needs to find or confirming something about the village or individual residents of the past, it has also proven to be a vital source and has helped me with many of the articles I have written in the newsletter over the last twenty years.

So, the presentation at the Village Hall, on the evening of 17 th April, is an opportunity to learn about Tithe Maps and their contentious history and the story of Bergh Apton map including who made it, where it was kept, how it was severely damaged – then repaired – and what it tells us about the village in those times.

This presentation follows the business of the Bergh Apton Local History Group's AGM that starts at 7.30pm. It is normally mercifully short and concludes with refreshments before the talk.

You will be warmly welcomed.

Place	NAME	AGE	SEX	PROFESSION, TRADE, EMPLOYMENT, or of INDEPENDENT MEANS	When Born
The Principal Street	Samuel Brown	30	M	Labourer	17
	Harriet do	20	F		17
	Elizabeth do	3	F		17
	Samuel Harvey	30	M	Labourer	17
	Sarah do	20	F		17
	Harriet do	20	F		17
	Charles do	20	M		17
	Ellen do	13	F		17
	Isabella do	2	F		17
	John Brown	45	M	Labourer	17
The Principal Street	Harriet do	40	F		17
	William do	13	M		17
	George do	10	M		17
	Philip do	11	M		17
	Ruby do	9	F		17
	Jane do	6	F		17
	Thomas do	4	M		17
	Ellen do	3	F		17
	John Brown	40	M	Labourer	17
	John do	35	M		17
The Principal Street	James do	13	M		17
	John do	10	M		17
	John do	9	M		17
	John do	8	M		17
	John do	7	M		17
	John do	6	M		17
	John do	5	M		17
	John do	4	M		17
	John do	3	M		17
	John do	2	M		17



Left: The first page of the 1841 Census. It starts at today's junction of Mill Road and Threadneedle St.

Above: The 1841 Tithe Map showing the location of today's Apton Manor (left) and the Old Rectory on the junction of The Street with Church Road. Back then they were known as Street Farm and The Rectory.

Sad Farewell to a Fine Pine Tree

by Shirley Rimmer

Visitors to Bergh Apton Churchyard since Christmas will notice that there's something missing.

For many decades, two magnificent pine trees graced the grassy sward near the south wall separating the churchyard from the Bergh Apton Conservation Trust. Now, sadly, there is only one.

We noticed during the summer of 2022 that one tree was looking very unhappy, and we hoped that it might recover with the rains of winter. In 2023, though, it was obvious that the tree was thoroughly dead and rang hollow when knocked. We realised that before it became a hazard to life, limb and property, it would have to come down.



Richard Phillips, in Bergh Apton, provided us with an acceptable quote and a date for the work. It was a chilly day, with intermittent snow flurries but, true to their word, Richard (with chipper) and

Cam Kelly with the cherry-picker and chain saw arrived - and in just a few hours all that remained were some logs and 2 bags of chippings. So sad.



Cam had offered to create an owl for us – a nod to the several tawny owls who hunt through the churchyard and adjacent woods - but the stump was hollow and not suitable for carving.

BERGH APTON HORSE & FUN DOG SHOW

Monday 27th May 2023
(late Spring Bank Holiday)



Event starts at 9-30am

Fun Dog Show starts at
12-30pm

at Bergh Apton Manor NR15 1BL

By kind permission of Mr & Mrs Bertram

All Welcome – please bring your dogs

Dog with the waggiest tail.

Prettiest canine

Handsome canine

Dog that looks most like its owner.

Best veteran dog (8yrs and over)

Young Handler (14yrs and under)

Best Paw Shaker

Best Trick

Best brace (Pair)

Dog the judge would most like to take home

BEST IN SHOW

Full details at <https://berghapton.org.uk/events>
including classes and registration times

Raising funds for BERGH APTON CHURCH

Free car parking, drinks, food and loos on site

BERGH APTON FESTIVAL

~ 2024

A Concert by

Fine City Chorus

Saturday 27th April 7pm

Bergh Apton Church
NR15 1BX



Tickets £12 via
<https://berghapton.org.uk/events/>
Or 01508 480576
Parking & Refreshments



Saturday 27th April 7pm

A concert by Fine City Chorus

Norwich's premier male Barbershop Chorus.

They sing a cappella in close four-part-harmony, and will be bringing a wide range of popular British & American music for our enjoyment. Some old; some new; some from the shows - ranging from the Beach Boys and Neil Diamond through Billy Joel and Neil Sedaka to Queen, Adele and McFlyand a whole lot in between!

Bergh Apton Church

Tickets £12

Via <https://berghapton.org.uk/events/> or telephone 01508 480576

BERGH APTON FESTIVAL

~ 2024

A Concert by

Chanters Jigge

Saturday 25th May 7pm

Bergh Apton Church
NR15 1BX



Tickets £12 via
<https://berghapton.org.uk/events/>
Or 01508 480576
Parking & Refreshments

Saturday 25th May 7pm

A concert by Chanters Jigge.

A talented duo presenting a feast of traditional song and dance music from around the British Isles and beyond. Folk songs, sea shanties, Morris and country dance music all played on an array of traditional and modern instruments. The odd anecdote and story thrown in for good measure

Sing along - or just sit back and enjoy the music (although you won't be able to stop your toes from tapping).

Check out their sound on their website.

Bergh Apton Church

Tickets £12

Via <https://berghapton.org.uk/events/> or telephone 01508 480576

Have you been Spring cleaning? If so, you may have found items you no longer need but would be perfect for the Bergh Apton Summer Fete, which will be held this year on 13th July (book the date in your diaries please!). The church is a drop-off point so please start to bring along your bric-a-brac, toys and books (but no clothing) in preparation; cakes and plants will need to wait and go direct to The Manor please on the evening of Fri 12th/Saturday morning as usual.

Songs of Praise



Sunday 2nd June, 4pm

at

Bergh Apton Church

A relaxed service of
favourite hymns, poems
and readings

Followed by tea
and cakes

Christian Aid Week

Christian Aid week is coming

12-18 May 2024

- * Founded in 1945 to help refugees after the Second World War.
- * In addition to disaster relief, they work to address inequalities in race, gender, education, justice, health and opportunity.
- * They work with local partners who know what's needed and where; - much of their funding supports work carried out by local, faith-based organisations including those run by Christians, Muslims, Jews and other faiths.
- * Their help is directed to those of all faiths and none; they don't link aid with evangelism



Contact Shirley
Rimmer for
further details:
01508 480576

THE LASTING LEGACY OF BERGH APTON ARTS by Christopher Meynell

Bergh Apton Arts, as you will be aware, has just been exploring new and intriguing creative and artistic roads with Unlock Unearth. It has always looked at new ways of doing things and Pat Mlejnecky has invariably provided the imaginative impulse to capture and enrapture questing minds.

Some of you will remember those amazing Sculpture Trails that BA Arts created and for which it was formed. Six trails that, nationally, broke new ground. They were a success. For the village, for the area, for the sculptors themselves and financially.

But it is not just all in the memory. There are permanent reminders of that high point in the history of the village. A high point that will doubtless be repeated in the future, when a new Bergh Apton inhabitant with abundant creativity and determination picks up the baton to start a new ground-breaking initiative.

BAA has planted a permanent legacy here for all to see, if they take the trouble to investigate. A legacy considered

sufficiently important, nationally, that some years ago they were recorded in a photographic book showing public art in Britain. Look about you. If you haven't, I suggest you do so. You will be rewarded, I assure you.

In the Churchyard, and around the village there are sculptures created especially. At least eight, in addition to those in private collections. What they all have in common is that they are here BECAUSE of the Trails.

Statistics can be boring. To me, though these demonstrate a remarkable story.

- Six Sculpture Trails - 1997, 1999, 2002, 2005, 2008, 2011.
- Over 170 Sculptors exhibited - some nationally & internationally renowned
- Sales of art achieved in 2011, c£30,000
- Some twenty private BA gardens opened their gates to the public
- Over 10,000 visitors on each of the last two trails alone
- Nearly £240,000 raised for good causes, both for the village and further afield.

- And our Patron was none other than the President of the Royal Academy, Sir

Philip Dowson who ceremonially opened one of the Trails.

The first village sculptures were commissioned by BAA as three Waymarkers. They are now located at two entrances to the village, Bussey Bridge and Cookes Road - and on the Green at Church road, respectively by Keith Bailey, John Richter and Verena Murtagh. In the Churchyard pieces by Keith Bailey again and Teucer Wilson and elsewhere by David Holgate and Lucy Unwin. Furthermore, beneath the grass on the Church Rd Green is a beautifully laid Labyrinth. And we must not forget the delightful ground sun dial created by Michael Hubbard at the Village Hall.

And if you are interested, a little research into the Waymarkers by Keith and John on which they skilfully depicted elements of Bergh Apton's history would prove worthwhile.

Our collection is a real cacophony of creativity.

Here are some pictures:



Labyrinth Laying 2011



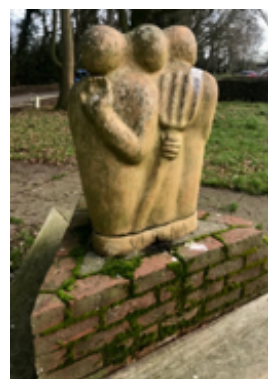
The Dancers - Lucy Unwin



Only Once - David Holgate



Domesday Book, quote - Teucer Wilson



The Berghers of Apton - Verena Murtagh



Waymarker - Keith Bailey



Alleluia - Teucer Wilson



Waymarker - John Richter



Memories - Keith Bailey

COUNTRY MATTERS by Pat Mlejnecky

A small wind ruffles the winter weary grass. Nine days and nine nights and more has it rained and the water lies in long drawn calligraphic swirls across the fields and, as the light changes, they change from silver to shadow, from silver to shadow. They reflect bird flight and the slow procession of clouds. The wood across the lane from here lies like a dark wing across the field in this early

morning. As night fades and the coming day crosses the threshold into light it is one of the Celts 'thin places'. A tawny owl, invisible in his feathered cloak, calls and it shivers the blood of mouse and vole. Remembering how I used to lace my fingers together and bend my thumbs to make a mouth piece and blow and send out a haunting call echoing that of the owl I tried again and again to reply to him but have lost

the trick of it. In the fine rain, fine as mist, several fallow deer, faint as a skein of ghosts in this half light, cross the field to the wood. The soon-to-be-full moon is caged in the oak tree's branches and in a couple of hours or so that thief of the sun's light will show thin as cobwebs. Sudden clumps of leaves, oak, ash and thorn, dead and brown as doormats clog the lane's edge, the winds of March will need to blow hard to shift them.

Unlock Unearth

In the beginning was the idea.

The seed of UNLOCK UNEARTH was sowed in a garden and germinated and grew and flourished into another Bergh Apton Arts event which, 'once again managed to lift people out of the ordinary and into some magic.'

Six stories chosen from those written in a workshop taken by Hugh Lupton were spun into a cycle where centuries slipped by in the wink of an eye.

We unlocked our word hoards and riffled through, juggled with words and like magpies we unearthed sorrows and sighs, rejoicings and rituals to bring UNLOCK UNEARTH into full leaf.

With songs and stories, darkness and light, shadows and silence, chant and procession we wove a world that was, that is, that might be.

The comments we received showed that UNLOCK UNEARTH came to full fruit and over and over we heard, 'When's the next one?'

For more information and photos look at our website: <https://www.berghaptonarts.org/>

The Onlie Begetters

Here are a few of the many comments we received:

"A magical layered evocation of deep time, rooted in place."

"Well crafted, well spoken stories using simple refrains to link them, the woodpecker's wing, Chet and awaieoh, echoing their time."

"Yet again Bergh Apton Arts have come up with a flight of fancy and transport of delight. The immersive experience begins on arrival, at the greeting tent beyond the churchyard. A fire bowl and intriguing words, gifts and a map from welcomers sets the scene."

A – way – o we go!

Procession, voices in the dark, lanterns, a fire breathing dragon and we're not even in our seats yet. The church is dimly lit and there is a feeling of anticipation. Then those beautiful words from lamentation and a time of story, song and extraordinary lighting begins.

As always with BAA events there's evidence of community involvement, things have been crafted, art has been made, people have come together sharing and developing talents. An evening to live long in the memory."

"A super experience. One is drawn into the magic of the play by Christopher whose excellently spoken dark introduction is taken up by the silence and the sound of the conch and the horn, both wonderful and the Singers then sweep us into the magic tide of the next hour or so."

"Thank you to all the tribe for your part

in creating truly magical and mystical memories. It has been a pleasure and privilege to be part of such a wonderful creative and committed group of people. I will miss meeting with you all, it has been a joy and I hope we can all be part of adventures in the future. May the sun and moon be on all your paths now and for ever."

"I just wanted to say how wonderful the performance was last night, we absolutely loved it. It was beautiful and moving, so cleverly done. The visuals were stunning. I loved what you had done to Forfar too, she looked fabulous and fierce/friendly."

"I saw the performance last night and was absolutely blown away. Truly magical and undefinable in so many ways."

"Congratulations, most spellbinding performance I have been to in quite some time."

As everyone left the church last night and we were giving out the flexigons so many left smiling and thanking us all for a wonderful evening. Lovely to be part of this.

Mystery, magic and creative mayhem. I loved every minute of it. Thank you everyone.

Awaieoh my people, the sun and moon on your path.

Pat Mlejnecky





Getting to know you...The Editor talks to Paris Back of Washingford House (pictured with husband Nigel).

JL: I understand you are a Norfolk girl?

PB: Yes, my twin and I were born in Thetford. Aged three my parents moved to Langley Grange farm. Debs and our younger sister Louisa spent the holidays riding ponies, climbing on the farm roofs and exploring the Langley school woods which also involved trespassing on their assault course!

JL: Are your family from Norfolk?

PB: No. The move was because of my father receiving a head wound during the war. He applied for Staff College and despite being one of the 100 who was accepted out of the 1000 who applied, it was decided it would be too arduous for him. He subsequently qualified in Estate Management and he and my mother bought the arable farm at Langley. My nephew and his wife now live there, and it is wonderful to see the farm continuing to the next generation.

JL: You chose a different career path, tell me more about that.

PB: I trained as a teacher and on moving to London, taught in a primary school in West Kensington and completed the BDA (British Dyslexic Association) diploma. When we returned to Norfolk, I was the SENCO at Thorpe House School, as well as many years of private tuition.

JL: So that is how you came to help Arina (daughter of the Ukranian family who stayed with Liz and Christopher Meynell) with her reading and writing...

PB: Yes, Arina is a total delight! She is not dyslexic and a fast learner. Sasha (Arina's mum) wrote in the last newsletter that she felt I was her English godmother, and I was delighted to learn I now have a new beautiful goddaughter!

JL: Tell me how you came to Washingford House?

PB: We bought it 27 years ago from Christopher and Annie Harris. It's been a lovely family home for our children Emma, Charlie, and Katie. They have all moved away now and we're immensely proud of how they are all doing. Polly Brompton, Annie's daughter, got married to Jon when she lived at Washingford House. Now her son George and Masha, from Ukraine (who Jon and Polly host) fell in love and are getting married in the Summer with the reception at Washingford House.

JL: I know you are involved with Bergh Apton church...

PB: Yes, I'm on the PCC, and I do as much as I can, but the BA Church Wardens, Lorie and Shirley are beyond amazing. We look forward too to welcoming Chris and Mel back into the fold as we miss them both.

JL: You have a business to run too..

PB: Yes I run a B and B and host business lunches too. In my busiest year I had 49 meetings. I couldn't do any of this without Gillian Kent's help, aka Gillian the Gem! It works too for Liz Lester and I to hold our annual coffee/stall morning here in October. This year it is in aid of The Brooke and Vision Norfolk, of which Bridget Hemmant is a trustee.

JL: Anything Else?

PB: I am a DL (Deputy Lieutenant of Norfolk) and the reason I mention this is one of our many roles is to seek out those deserving of an award, so if anyone reading this knows of such an individual, please get in touch.

JL: I know you are also busy with a new project, can you tell me more..

PB: I have become passionate about adult literacy since learning 50% of prisoners are unable to read or have a reading age of less than eight years old. In Norfolk alone, approximately 71,000 adults struggle with literacy. I co-pioneered Read Easy Norfolk and we affiliated in September 2022. We now have a nine strong talented management team as well as three co-ordinators who pair the readers with their coaches. We work with local charities and agencies, and also referrals from people who know someone who is struggling. We are having an official and well publicised launch at The Forum on Monday 29th April from 10.00am – 4.00pm.

JL: Do you have much time for yourself?

PB: I love walking and learning poetry. I started after Debs died just before our 50 birthday and discovered it really helped me cope and now I am hooked! I

occasionally write, but it tends to be comic verse; although my daughter Katie is a writer and pens beautiful sonnets and poetry.

JL: Do you ever sit still?

PB: Not really as there is always something that needs attention! However, we do love the theatre and Cinema City including NT Live and concerts. Nigel was born in Cromer, so we both feel fortunate to be able to live in Norfolk and, above all, have our health. Not a day goes by when we take this for granted. Nigel is still working with his own business, is Chair of the Norwich Freeman's charity, Chair of Norwich School Choir Endowment Fund, a Trustee of Langham Dome, a Trustee of the Norfolk Anglian Regimental Museum and a Governor of Norwich School. He then says I am too busy!

JL: Can I ask how you met?

PB: Nigel had returned briefly for Christmas whilst working in Australia. We were at a party in Woodton, and he was one of only two people who let me draw on their faces with a glitter pencil, the other was the 80-year-old host!

JL: What a great story. Finally, what do you love about Bergh Apton?

PB: Everyone is incredibly friendly, and it is a truly cohesive village. You can get involved as much as you want to. When our tree crashed into the road after a storm, we had a crew of volunteers within minutes who all turned out with chainsaws and helped Nigel to clear the road. Kevin and Johnny Parfitt, Chris Roe and Richard Cushing. Sandy Schroeder with tea and biscuits and beer from Mark Finnegan! It even knocked out Richard and Sandy's gutter and Richard repaired it in a twinkle!

JL: Your parting words...

PB: I'm a fortunate, glass very-full person and I love talking to anyone! My final word is a profound thank you on behalf of the village to you Jenny for all you do in producing this magazine.

Thanks Paris for your kind words and your time, it's been wonderful to learn more about you.

People love to get to know others in the village - it helps build a community to find things that we have in common. If you would be happy to have a chat with me over a cup of tea, do let me know (or perhaps you could nominate someone you think has a good story to tell!).

Contact Jenny:
berghaptoneditor@gmail.com

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, Bridget Hemmant Eye Surgery Ltd, Clair 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/>

COOK'S CORNER

This month Paris Back shares a versatile recipe for Spring to Autumn

Orange or Lemon and Stem Ginger Ice Cream

(As all recipes published are family traditions, measurements are published as given)

4 eggs

rind and juice of 1 orange or lemon.

4 oz sugar

three quarters/pint double cream.

half 350g jar of stem ginger with the
syrup**

**Paris recommends Sainsbury's 225g diced
stem ginger in sugar syrup as already chopped

Beat egg yolks and sugar. Add finely chopped ginger, (ready-bought or chopped in a food processor), syrup and fruit juice. Whisk cream and fold in; whisk egg whites and fold in with the rind. (Use the rind of two and the juice of one). Put in pudding basins or re-useable sandwich boxes.

Damson/Plum Ice Cream

As above. Poach two and a half lbs damsons in some caster sugar for about five to ten minutes and then take the stones out liquidise the plums (keep skins for the colour and flavour) and then make the ice cream.

Yummy!

Village Diary

April

10th 7.30pm	BA Society talk by Gary Powell on Criminal Investigating
17th 10-12	Coffee n Chat
17th 2-4pm	Archiving
17th 7.30pm	BA Local History Group AGM
20th 10am	BACT Workday. Meet at Church Field.
24th 7 for 7.30pm	BA Village Hall AGM
25th 10am	BACT Workday. Meet at Church Field.

May

2nd 7am - 10pm	Polling Station at Village Hall
8th 7.30pm	BA Society talk by Lizzie Scott on a Scullery Maid at Blickling Hall
15th 10-12	Coffee n Chat
15th 2-4pm	Archiving
18th 10am	BACT Workday. Meet at Church Field
23rd 10am	BACT Workday. Meet at Church Field
27th all day	Bergh Apton Horse Show & Fun Dog Show at Bergh Apton Manor

All events take place at the village hall unless otherwise stated.