

Elmham News

JULY 2021

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EDITORIAL

Just when we were beginning to see the light at the end of the tunnel, our dear Prime Minister, switched off some of the lights, for another month. However, we have a lot to be thankful for as activities start to open again.

The recent quiz night at the King's Head for the K H Bowls Club was very well supported, with a good atmosphere and a lot of fun. Tom and Jo opened their beautiful gardens for a weekend and many people enjoyed the relaxing walk through the azaleas and rhododendrons and the chance for a cup of tea and a piece of cake! Thank you to them for their thoughtfulness.

The earlier car boot also encouraged people to come out and mix in the sunshine (socially distanced, of course).

We understand that there has been an increase in the number of pink response

forms suggesting what youth facilities could be developed in our village, but still only a disappointing few. There are able and committed people on the Parish Council who have already devoted a great deal of time and effort to get this far and are ready to move things on to research and attract funding provided there is sufficient demand. Otherwise, this will be a missed opportunity to provide suitable youth facilities. We await to hear the final outcome.

We have to offer you an apology as we have been taken to task for wrongly informing readers that the cricketers in the 1887 photo were sitting on Lord Sondes land near the shrubbery. In fact, the photograph was taken on the Green Field! Thank goodness, there is no one on the team left to complain.

We hope that the good weather will continue and that we are not visited by the Delta virus. Take good care of yourselves and stay safe.

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

Volume 44, No 6, July 2021

DONATIONS APPRECIATED

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Just before we close, one of our team was listening to the radio the other day, when he heard the traffic announcer say that the A47 was closed at Swaffham because of a vampire. Startled, he turned to his wife and said "I didn't know there were any vampires in Swaffham". They were both relieved to hear the announcer apologise and repeat that the road was closed because of a "Van Fire"!

NORTH ELMHAM PARISH COUNCIL MEETING

WED 2ND JUNE IN THE PAVILION

The following information is taken from the DRAFT PC minutes. The full official minutes can be viewed in the Post Office and on the Community Website, once approved.

Councillors Present: Mrs. J. Borgnis (Chairman), Mr. M. Phillips, Mr. B. Gee, Miss A. Ferris, Mr. T. Fitzalan Howard, Mr. P. Grainger, Mrs. A. Keeble, Mr. J. Labouchere, Mr. N. Markwell, Mr. M. Rayner and Mr. C. Smith.

Also in Attendance: Mr. K. Webb (Clerk) and one parishioner.

Public Participation

It was asked whether progress had been made with reviewing the Community Plan. Mr. Grainger said that the pandemic had resulted in a temporary postponement, but it is hoped that recommencement will occur in the not too distant future.

Land Management Matters

Village Green: Mr. Smith reported that the cost of the footpath from Oak Avenue to Spencers Close would be in the region of £4K. A hard standing path would cost approximately £8K. It was agreed to make a decision on this matter when a full review of village facilities is carried out. Proposed by Mr. Rayner and seconded by Mr. Grainger. All in favour.

Mr. Smith said that he had cleared rubbish off the Play Area.

A letter had been received from a parishioner offering to design an alternative dog poo poster. Mr. Gee suggested using both posters for periods of a few months each. Mr. Labouchere proposed using the current poster until August which will represent a spell of about six months, with the new poster then being used for a period of similar length after this. They will subsequently be alternated. This proposal was seconded by Mr. Phillips. All in favour.

Broom Green: Mr. Labouchere reported that work has been carried out. The old drain has been dug out, the new drain inserted and the road levelled. The Chairman is to write to Messrs Cook and Howes thanking them for their efforts in this matter.

Bridleway on Disused Railway Line and Other Railway Linked Matters: Mr. Rayner reported that the Mid Norfolk Railway continues to work on an alternative path with some terracing being put in to make it more level. There are some technical difficulties with having the railway footpath designated as a public right of way (PRoW) with one of the requirements being for the route to run between two public highways which would mean from Station Road to County School Station. Mr. Rayner is to send a holding reply to Norfolk County Council in respect of the bridleway.

The Chairman has communicated with Frances Salway, Countryside Access Officer, on the PRoW from north of County School Station towards Broom Green. The principal concern remains with the farmer's policy each winter in allowing his cattle to roam freely across the PRoW which makes it impossible and indeed dangerous for members of the public to use it. There is a legal obligation to allow walkers and horse riders to use it at all times. It is felt that it

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is time for Norfolk County Council to take some positive action.

Prince William Wood: A tree has been tidied up by Mr. Markwell

Street Lights

Mr. Markwell has introduced himself to Westcotec Ltd and Norfolk Street Lighting.

Highway Matters

Mr. Grainger has chased the following three matters:-

- a) There is damage to Holt Road (near the Brookside development) with the centre of the carriageway worn.
- b) The right of way issue.
- c) The cycleway through the village green.

Some potholes are to be repaired and they have already been marked. In addition, progress in respect of the Public Partnership projects is to be chased. The Clerk will also speak to Linda McDermott, the County Programme Engineer for Norfolk County Council.

Pavilion and Playing Field

The pavilion has reopened. The Slimming World Consultant has made alternative arrangements but other groups are starting to rebook. A new loft ladder has been ordered.

Youth Club Facilities

Mr. Fitzalan Howard thanked Elmham News for all their help with the survey. 695 surveys had been delivered to parishioners but only 24 had been returned. Of these, 21 were in support, one was against and two were uncertain. Of the positive comments, the most popular item was a skatepark. To summarise, the response was extremely disappointing.

Brookside Development Update

A communication has been received from Cameron Main, Engineer (Street Lighting)

of Norfolk County Council. He confirms that, following a review, the County Council does not require any street lighting on the estate. Mr. Fitzalan Howard felt that some lighting was needed at the entrance and on the car park. This view was shared by all members. Mr. Rayner is to draft a response.

Risk Management Considerations and Updates

The Clerk had written to the Parish Council's insurance brokers asking for confirmation that any volunteer carrying out work on behalf of the Parish Council would be duly covered. A copy of the response is detailed below:

"Further to our recent telephone conversation earlier today, we are able to confirm that providing all employees and volunteers will be working at the sole request of and under the sole control of the Parish Council, using tools materials and equipment provided by the Parish Council that the existing Public and Employers Liability Sections of the policy would apply.

We would only expect employees and volunteers to be involved with the less hazardous work involved in path maintenance, grass cutting or litter collection, with the use of non-powered tools only, other than lawnmowers/grass cutting equipment and strimmer's, when stout footwear should be worn and also safety goggles in the case of strimmer's. Cleaning materials must be not stronger than those available on shop shelves.

Employees and volunteers should be between the ages of 16–75 years and must be physically fit and able to carry out the work expected of them in order for them to be covered by the Personal Accident Section of the Policy. Anyone under the age of 16 will require an adult to be present and will require parental permission.

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Defibrillators

The Chairman and Miss Ferris have investigated the current situation. The defibrillator is in working order and sited on the wall at the front of the surgery car park. It has not been used since it was bought in 2016. The East of England Ambulance Service (EEAS) does not support the VETS system but the Community Heartbeat Trust (CHT) is attempting to get them to do so. A new system called Circuit is to be launched shortly but there is doubt at this early stage as to how effective this is likely to be. It was agreed by all to invite Chris Neill, the Chairman of NARS, to a future meeting but to carry forward this matter until September. Proposed by Miss Ferris and seconded by Mr. Grainger.

Village Litter Pick

A news item has been placed in the Elmham News.

Approval of Annual Accounts for the year ended 31/3/21 and AGAR

The Clerk submitted the annual accounts for the year ended 31st March, 2021 which had previously been circulated to members. These showed income of £80,110 (£69,979), expenditure of £48,882 (£46,418) and a General Fund balance of £131,462 (£100,234). These figures will be transferred to AGAR which will be forwarded to the external auditors together with the Certification and Report from the Internal Auditor, the Bank Reconciliation Report and the Explanation of Variances Sheet.

Acceptance of the Annual Governance Statement and the Accounting Statements was proposed by Mr. Phillips and seconded by Mr. Smith. All in favour. The Clerk will also include a report detailing the ring fencing of various funds for a number of identified future projects.

Planning Applications and Determinations

Applications

- (i) Mr. J. Ashford – conversion of one half of double garage to dog grooming parlour – 3PL/2021/0727/F – Orchard House, Pump Street – no objections.
- (ii) Mr. M. Hammond – demolish concrete panel garage and replace with new garage and office – 3PL/2021/0764/LU – 48 Station Road – no objections.
- (iii) Mr. C. Fish – dismantle brick work, rebuild gable, repair crack and repair roof – 3PL/2021/0582/LB – College Farm, Broom Green – no objections.
- (iv) Billingford Lakes Ltd – discharge of various conditions on 3PL/2016/0533/H -3DC/2021/0117/DOC – Billingford Lakes, North Elmham Road – no objections.
- (v) Mr. R. Ravencroft – confirmation that planning permission ref. 3PL/2017/1056/F has been implemented and is extant – certificate of lawfulness existing use – 3PL/2021/0778/EU – Oakleigh Garden Shop, 25 Station Road – no objections.
- (vi) Oakleigh Garden Shop, 25 Station Road – 3PL/2021/0778/EU – confirmation that planning permission ref. 3PL/2017/1056/F has been implemented and is extant.

Determinations

- (i) Orchard Homes Ltd – proposed sub-station to approved development (3PL/2019/0874/F) – 3PL/2021/0400/F – land east of Brookside Farm, Holt Road – approved

A close-up photograph of a white bowl filled with a thick, orange-brown soup, topped with a dollop of white cream. In the foreground, a chocolate cake is decorated with numerous almonds. The background is softly blurred, showing what appears to be a wooden table.

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(ii) Mr. and Mrs. Leeder – erection of single storey bungalow and detached garage – 3PL/2021/0230/F - garden land to the rear of 38 Oak House, Station Road – declined

A parishioner had raised a query regarding a barn conversion on Church Lane (planning permission ref. 3PL/2020/0940/VAR). Concerns have been expressed about the installation of nine large low posts to retain wooden planks with soil behind. It is possible that these posts have been placed outside the site boundary and may be within the Church Lane public right of way. The matter will be drawn to the attention of Breckland Council (Planning Enforcement) who will be asked to investigate.

Agenda Items for the Next Meeting

The Queen’s Platinum Jubilee in 2022.

Next Meeting

Wednesday, 7th July at 7.30 pm – Pavilion.

The Annual Parish Meeting to is to be held on Wednesday, 23rd June (7.30 pm) at the Memorial Hall (to facilitate Covid requirements by utilising the extra space available).

CAR BOOT RESULTS

A splendid £150 was raised for Motor Neurone Disease Association . Thank you to Keith Vertigan and his helpers for organising this on the May Bank Holiday. It was great to see so many friends and acquaintances.

The next one is on August Bank Holiday Monday, 30th August at 7.00 am and then on Sunday 26th September - a late starter at 10.00 am in aid of the Flower Festival.

BROOKSIDE DEVELOPMENT

As everyone will have noticed, work has started on the long-awaited Brookside Farm development, with demolition of the barn on Holt Road, to give wider access into the site. The initial work took us all by surprise, after such a long period of inaction on site, which was understandable due to the developer having to get a number of permissions and other arrangements in place. The Parish Council has been in touch with Orchard Homes to ask for updates as to when there will be planned roadworks and other disruption due to the ongoing work.

Planned works over the coming months are as follows:

Week of 9th August to 13th August: Anglian Water will close the road to enable the main to be brought into site.

In addition to updates in Elmham News, they will also be posted on the North Elmham website: www.elmham.org.uk and on the Facebook pages for North Elmham and Self-Isolation North Elmham (SINE.)

If you’d like to see the final details of the approved Brookside development, which will include a car park, a footbridge from the new car park to the school, paths linking the new car park, Cathedral Drive and Millennium Wood, and public open space, please go to the Breckland online planning portal. Once there, search for planning application 3PL/2019/0874/F and click on the ‘revised site plan to include land for footpath and gated entrance to Holt Road’, dated 21-04-20. Alternatively, a more up-to-date plan showing the new community assets can be found under application 3OB/2021/0010/OB with ‘3571 SL10 – Open space dedication plan’ dated 11-03-21.

*Michael Rayner
Planning Lead, North Elmham Parish Council*



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GARDENING CLUB

We hope we will have met at the end of June to discuss plans for the future and for a visit planned to Severals Farm on Thursday 22nd July; the time to be confirmed later.

Plans for our Annual Show on Saturday 7th August will also be discussed but obviously, all we can do is hope that covid restrictions will have been lifted, but please keep the date in mind.

I don't know about you, but my roses are the best they have ever been. Ray tells me it is because we had so much rain earlier in the year and roses do like to be well watered. The rose on the left is called Meg with a delicate perfume, given as a retirement present from the staff of my Children's Society shop in Dereham and the second, a very old rose from Whitwell Hall over 20 years ago. It has usually has masses

of blooms but rarely opens fully as at the first sign of rain, its petals become brown and tight and the bud never opens. This year it is wonderful (It is raining as I write!!)

Meg

MORE NORFOLK SAYINGS

All my working life, starting at what was the Provincial Bank in Fakenham, and then Fatstock Marketing Corporation also in Fakenham. Then being "head hunted", I worked in the office of Eastern Counties Farmers. I left after a while to work as a GPO telephonist returning to ECF later when I married. I remained in the agricultural machinery business for the rest of my working life. During all those years, I have met some wonderful characters, from good old Norfolk to lords and ladies.

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Here is my personal contribution to Norfolk Dialect.

Gret ol	Large
Shucky	Scruffy (especially as in dress)
Mawther	Female (woman or girl)
Wotcha	Hello
Totty	Small (as in child or small adult)
Holdja hard	Hold tight
Hent	Haven't
Keep yu a troshin	Keep going
Wur blast me	Well blow me
Bor	Man or boy
Cum yew on	Hurry up
My beauty	My beauty (term of endearment)
Thass a rumen	That's strange
Mardle	Gossip
Harnser	Heron
Hoss	Horse
Um gorn home	I'm going home
But afor I dew	Here's a little ditty from my Dad – He used to say " Little Jenny Wren – one of God's holy men".

Fare yew well together – Goodbye

from Julia W

A MONSTER CLUTCH

Last year, I saw two partridges in our garden. I shoosed them out as there are a number of cats who regularly visit our garden and watch the bird feeders.

At the time I wondered if they were looking for somewhere to nest, but I didn't find a trace of a nest nor saw the birds again.

This year however, we are having a new fence and I thought I'd better do some clearing up of all the periwinkles at the foot of the fence. Guess what I found?

Last year's nest, hidden among the greenery. I collected a bucket to remove 27 eggs! not all the same size. Knowing they would smell if I broke them, I took them up to the Heath Road and tipped them out into the long grass – the foxes can have them for their tea.

Is this a record the number of partridge eggs? To think, I only saw them once.

Janet

NORTH ELMHAM CRICKET CLUB

May 15 v Denver A (League).

Denver 77-6 NECC 79-2. NECC won by 8 wickets. In a game reduced to 35 overs each by miserable weather conditions but played with both sides willing to get a game in, NECC maintained their strong start to the League campaign with a victory that was harder than perhaps the scoreline suggests. Although Denver were restricted to just 77 runs with Ollie Hall (3-17) the most successful of the bowlers, it took a patient and gritty knock from Dan Hall (20) to set the foundation for his elder brother Oliie (43 not out) to see the home side safely home with 9 overs to spare.

J&L Stoves Man of the March : Ollie Hall for his unbeaten 43 and 3-17.

May 22 v Gooderstone A (League)

No fixture following the withdrawal from the League of Gooderstone A

May 29 v Dersingham (League)

NECC 232 all out. Dersingham 110 all out. NECC won by 122 runs.



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NECC maintained their unbeaten start to the League season with a convincing win at Dersingham. Although losing two early wickets, the visitors strong batting line up prevailed with Callum Futter(76) leading the way ably supported by Olly Hall (62) and Josh Hall (30). Dersingham made a solid start and at 54-1 after 15 overs were in the hunt but skipper Sinclair ripped the heart out of the innings with 5 wickets for 20 and there were 2 wickets apiece for Phil Bend and Marcus Webb.

J&L Stoves Man of the Match: Callum Futter for his 76 runs

June 5 v Narborough (League)

Narborough 26 all out NECC 28-0. Necc won by 10 wickets

A convincing victory saw NECC claim top spot in Div 4 West. 3 wickets apiece for Ollie Jaggard and skipper Sinclair (which took him to leading Division wicket-taker) and a couple of early run outs restricted the visitors to a paltry 26 runs from 38 overs. Jaggard and Dan Hall knocked off the required total within 4 overs.

J&L Stoves Man of the Match: Ollie Jaggard for his 3-6 and cameo 6 not out.

June 12 v Saham Toney A (League)

NECC 275-4 declared Saham Toney 165-8. NECC won by 110 runs.

Another overwhelming victory consolidated top spot for Elmham. Callum Futter smashed 10 fours and 8 sixes in an unbeaten 118 and was well supported by Ollie Hall (66) and Josh Hall (36) which enabled skipper Sinclair to declare with 5 overs remaining. Saham Toney were never in the hunt although resisted all attempts by the visitors to gain maximum points, 7 wickets being shared amongst 5 bowlers plus a run out.

J&L Stoves Man of the Match: Callum Futter for his unbeaten 118.

DIALECTS

In June's Elmham News, Janet wrote about the local dialect.

I was born in the North East, surrounded by Durham and Tyneside accents and dialect.

I distinguish these as accent, being pronunciation and intonation with dialect being specific words and phrases. Linguists may have other definitions.

Later in life I thought of these as odd departures from standard English but now realise that they are probably much older.

There is a strong Nordic element to the N.E. dialect/accnt as described by Melvin Bragg in his "The Routes of English."

A few examples:

Stott = bounce. Stott the ball.

Spelk = Splinter (of wood.)

Hinny = dear

Ha-way = come (this way.) "Ha-way in hinny." A nice warm welcome from my grandmother on Tyneside. Or often used as an encouraging phrase or to hurry you up. "Ha-way or we'll miss the bus." My Durham aunts would say "Ha-way in pet."

Crackett = a small wooden stool.

Bleezer = a metal sheet with a handle to place over the fire grate to force the fire to draw.

Divvn't = Don't

Dee = Do. "Divvn't dee that hinny or y'll hort yassell."

Coin = turn. Coin the corner I.e. go round the corner. (Coin is French for corner!)

Gan = To go. "Where y'gannen the neet." (Where are you going tonight.)

And dozens more.

Ian McIntosh

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SING A SONG OF COLOUR

For the first time since 2016, St Mary's Church will be holding a Flower Festival on the weekend of 25th–26th September.

Elmham has a long history of Flower Festivals going back to the early 1970's with the church being the hub for many ancillary activities – concerts, car boots, tower trips, stalls in the church yard and across the road in the paddock, as well as a fantastic exhibition of flowers, and scent!

This is all to raise money for the upkeep of the building, an iconic sight on the brow of the hill, parts of which have stood for 1,000 years.

This year's theme, 'Sing a Song of Colour' means that every arrangement will echo a song with a colour in the title.

Please save the dates and come for a visit. For short while enjoy the artistry of the arrangements, the colour and the charm of the old building. You will go away uplifted and will probably meet lots of friends and acquaintances.

Your Help Needed

We are in need of more volunteers to help pull off the Flower Festival and are hoping that there may be folk who are willing to give a few hours to help. If you are new to the village, it's a good way to meet new people and make friends. Our fabulous Bric a brac team are unable to help on the Saturday (as they on holiday) so anyone able to help set up and man the Bric a Brac tent (with help) on the Saturday, would be most welcome.

Raffle prizes and good bric a brac would be most welcome please. Our refreshments this year will be much simpler than in the past, but we need scones and cakes if possible. They can be frozen, if that is more convenient to store them.

Please contact any of the following for more information: Janet 668525, Caroline 668704, Susanna 668435, Meg 668302.

Donations in Memory

If anyone would like to make a donation in memory of a loved one, their names are recorded in our Book of Remembrance which is on display throughout the Festival and the money goes towards buying flowers. Please drop off any contributions with full details to Meg White, 2 Cathedral Drive. Thank you.

DEAR EDITORS

Last October Mary and I celebrated our diamond wedding. At the time Mary was not very well with her cancer and was suffering from chemotherapy, and then a shortage of the same, because Covid patients were being treated within the same facilities at the hospital.

This note is to thank all those wonderful friends (and family) who joined in celebrating our 60 years of marriage with us. Some thirty kind people contributed to a wonderful 'everlasting' gift of a large planter provisioned with many wild flowers and plants that have really come to fruition in the sunny weather of the last couple of weeks. It looks just lovely - and some replanting in separate pots will soon be undertaken. It was a very special moment when Tish Moore and Hettie Burdon appeared here with it.

Thank you to all within our St Mary's Church "Family" who contributed to this lovely gift, and the bottle of very expensive bubbly which was much enjoyed by several of our "bubble" at Christmas.

John and Mary Labouchere

PS. Slowly, slowly Mary continues to gain strength under her new pills régime, and we are so grateful for all your prayers and thoughts.



SPONG HILL REVEALING THE PAST (PART 2)

In the May issue of the News, I gave the background to the Spong Project and summarised some of the conclusions about the early Saxon cremation cemetery.

Spong Hill was the site of a small rural farmstead throughout the Roman period. The Saxons probably found any farm buildings abandoned or derelict, with the boundaries of the farmstead and its fields still visible. There is evidence of clearance on the site in the late 4th and early 5th centuries, which may have been done by the Saxons, so that the existing field boundaries could be used for their cemetery.

This was started around 400/420 AD and was in use for around 130 years, until 530/550 AD. From about 470/490, a smaller number of cremations were

deposited, alongside inhumation burials as a new rite. These people were probably from the local area, including the settlement next to the cemetery.

The 57 inhumations were published in East Anglian Archaeology No 21, then examined alongside other Early Saxon cemeteries by Kenneth Penn and Birte Brugmann (*Aspects of Anglo-Saxon Inhumation Burial: Morning Thorpe, Spong Hill, Bergh Apton and Westgarth Gardens*. E.A.A. No 119, 2007). The authors analysed the grave-goods, established a chronological framework, looked at burial practice and made deductions about social structure. They found that 'the range of grave-good associations from 'unfurnished' graves to assemblages which cover almost the full range of the

types available to males or females, is wide enough to represent a range of household members that cover anyone from a child or possible servant to the heads of households with access to 'status goods' obtained by distant exchange'.

Where did the idea of the new rite of inhumation burial come from? It was a different way of marking the start of a journey to another world. The explanation may have been that the amount of wood used for a cremation (probably 300-500 kg for one body) became economically and ecologically unviable towards the end of the 5th century, considering all the demands on local timber resources.

Generally, the inhumations contained the same range of objects that were found in cremations, although over the period involved there were some changes. Objects from inhumations are aesthetically more pleasing to us today as the cremations contained burnt and broken parts of the funerary assemblage. It seems that the collection was chosen by relatives to represent the status of the deceased in the afterlife, along with food for the journey. Sometimes certain objects may have been heirlooms from a previous generation or a curio like the repaired and re-used Romano- British disc brooch in Inhumation 26.

In contrast to the cremated bone, the survival of bone in inhumations was poor. Of the 66.7% of inhumations with some bone surviving, it was possible to age 84.2% and to sex 26.3%. Where grave-goods existed they gave an indication of the sex of the deceased. The body was clothed, and the durable items found in the positions worn in life – for example, on females, brooches on the upper shoulders with beads suspended beneath; wrist clasps on the lower arms; buckles and knives on the waist.

Larger items, such as spears and shields in male burials, would have been placed beside or on top of the body or coffin, and sometimes deliberately broken up. Sometimes parts of clothing survived in the corrosion products of the metal objects (wool and flax) as did the wood of the spear shafts, shield boards and bowls. Dense black staining indicated the presence of a wooden coffin, otherwise a shroud may have been used.

Females were buried with more material wealth than males, according to their status in the household. For instance, Inh 24 (no bones survived) was an important person, a matriarch in her family. She had a bronze bowl (diameter 25 cm, see photo) possibly an import (examples have been found on the continent as well as in this country) and a valued item in spite of its missing base ring. Her bronze gilt square-headed brooch (length 15cm, see photo) was an item of great beauty and exquisite craftsmanship. Her high status is also confirmed by the presence of an iron weaving batten, with a horn handle, possibly in a sheath; and a pair of bronze girdle-hangers (these hung from the waist and are interpreted as symbolic keys). Other grave-goods included a pair of bronze annular brooches; two bronze strap-ends; iron bars, knives and a ring; and thirty-one amber and glass beads. Below the bronze bowl was leather (sheep, goat or calf) on top of wood (oak), probably the remains of a lined coffin.

There were four definite ring-ditches surrounding five inhumation burials, indicating that they had probably been covered by earth mounds. Two of the burials were unusual (Inh 31 and Inh 40), each containing a wooden chamber at the bottom of a deep pit. The large rectangular planked structure containing Inh 31 measured 2.12m x 1.06 m and was 0.28 m deep, packed on the outside by large flints to maintain its shape. The



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planked lid was covered with turves, and the burial pit filled with earth. Both of these burials were males, of a high status in their household and community.

Inh 31 shared the ring-ditch with Inh 32, both were positioned off-centre, so the subsequent mound was intended to cover both burials. Both men must have died close together in time, so what happened? Inh 31 (containing a few fragments of human bone, a pig tooth and long bone) had been robbed (of a sword?) at a later date, but the other grave-goods still remained. There was a shield, with an iron boss and grip (with the remains of a willow or poplar shield board) once decorated with two bronze gilt appliques, in the shape of fish, and an iron spear and ferrule (with the remains of an ash shaft). Inh 32 (no bone survived) was in a wooden coffin and the grave-goods consisted of an iron buckle; a bronze strap-end; and an iron knife with a horn handle and traces of a leather sheath. An iron spear had been placed on top of the coffin; the spearhead preserved the remains of an ash shaft.

Inh 40 (no bone survived) had special items – an iron sword with a horn handle (sheep or goat), in a wooden scabbard (willow or poplar) with a decorated bronze gilt strip at its mouth; and a decorated bronze-bound wooden bucket (buckthorn) with a bronze handle (see photo). The other grave-goods were an iron spearhead and ferrule; an iron shield boss and grip (shield board of willow or poplar); a bronze repair strip to a wooden bowl (maple); and a bronze buckle with an iron loop. Three inhumations had been placed in the mound around the edge of the ditch at a later date, Inh 43, Inh 44 (an older subadult, female 16-18 years; and Inh 47 (a subadult?? female 13-18 years). They were probably family members.

In the middle of the inhumation area, just to the west of the ring-ditch around Inhumations 31 and 32, was a small rectangular ditched enclosure about 3.5m x 4.5 m internally. It was stratigraphically related to the period of the cemetery and may have been a funerary monument or shrine.

Some of the post-built structures may also have had a funerary function, as they were very close to the cemetery. Posthole Groups 1 and 3 were large rectangular wooden buildings and PG5 consisted of two smaller six-post arrangements.

In the 5th century, Spong Hill had developed into the largest cremation cemetery in the area. From about 470/490 AD onwards, it served a more local area whose people inhumed as well as cremated their dead. Over the last 40 years, discoveries suggest that there were many more smaller cemeteries, serving settlements 1–3 km apart, contemporary with the later period at Spong Hill. These are predominantly of inhumations or evenly mixed with cremations.

Burials ceased at Spong Hill around 530/550 AD. It is not known why this happened, but may have been due to a shift in the settlement. The burial mounds on the top of the hill would have been a visual memory of a special place, and I assume that the descendants of the local people would have respected the sanctity of the site.

*Robert Rickett
Former Research Officer,
Spong Hill Project*

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KNIT & NATTER

We are waiting until the first Tuesday in August, which is the 3rd, to have our first meeting at 2.00–4.00pm in the Pavilion, when we look forward to seeing everyone again.

I have just been given two large bags containing these guys (photo). Apparently, they have been stored safely away in a loft for over 20 years, and are still looking as good as new. Could this be the longest lockdown ever?

Hope to see you all again soon.

Eileen C 668380



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THIS TIME LAST YEAR



July

The July edition had a teddy bear on the cover and inside the magazine we saw more soft toys, some of them with labels telling the finder to take it home!

This was a brilliant idea of Debbie Coull who runs North Elmham Childminders who with her young charges had secreted these toys in the Millennium Wood.

We reported on two months worth of Parish Council meetings. There was contention over the Bridleway alongside the railway line towards Broom Green. This is ongoing.

This was a busy month for the Parish Council. If you have a problem which comes under the remit of the PC do let it know - often problems crop up and unless someone has notified the PC the problem can't be rectified.

We know now in July that the Elmham News would be featured each month on

the village website. Sincere thanks to Sue and Ivan Ball who put everything online.

The Parish Council report said that County Highways have awarded Elmham 50% grants for three new schemes for this year and next. They are additional 20mph repeater signs on the Post Office corner, a new 'gateway' to be constructed just to the east of the Worthing turn and another 'gateway' on the south verge.

Finally, replacement signs at the Kings Head giving more warning of the need to stop.

The Parish Council meetings at the moment are Zoom meetings. The annual accounts had been submitted and audited.

The Primary School had partly reopened for Reception, Years 1 and 6, everyone was very busy!

The lovely flower featured in Ray's gardening news in June was from the Ginger family.

John Labouchere submitted a lovely story about a teak seat, originally part of a century old yacht. John had made a beautiful new seat out of some of the wood – how we all covet it!

We had an article about the Post Office – was it always there or was it somewhere else? Read the July News to find out.

Who rolled a large round cheese across the yard and into Kerrison's shop?

We recorded another business in the village near the station, a herring curing business. The Vicar at that time, 1911, met the owner John Craske and was very impressed.

Later this gentleman was bedridden and to pass the time he turned to embroidery using any material he could find or be given. His works are now internationally known and are scattered in various museums ensuring he will never be forgotten.

The church had scaffolding around the Eastern part of the building – for months and months. Now safely gone!



WILDLIFE AT THE CATHEDRAL MEADOWS

I was disappointed, but not surprised, by the recent news that plans to introduce White-tailed Eagles into west Norfolk have been approved. I haven't got space here to explain why this was such a bad decision but the scheme breaks the relevant conservation guidelines governing such projects in several different ways and the justification for doing it is full of flaws. It's just the latest in a string of initiatives to "bring back" lost iconic species but some of these projects are more about publicity than conservation. One of the earlier examples was the reintroduction of Red Kites (photo 1) into England that was begun in the mid 1990s. The case for that was stronger than the current eagles initiative but I was never convinced that it was the right thing to do. Continental birds were appearing more and more frequently (the first pair to breed in Norfolk involved a Continental bird) and the relic population in Wales was going from strength to strength and spreading back into England. Artificially reintroducing kites to various parts of England and Scotland seemed to be more of a PR exercise than a genuinely useful conservation initiative. Nevertheless they are wonderful birds to watch and despite my misgivings I do gain a great deal of pleasure each time I see one, and that is something that happens more and more often. This year I've seen them over the meadows more regularly than ever and I was particularly interested to watch one drifting low over the wildflower meadow with some prey in its talons. I couldn't identify the prey but I was surprised to see that the kite was eating it while flying, a behaviour I had not observed in kites before. I say "prey" but that's probably not the correct term as although kites are



classed as 'birds of prey' they mainly feed on carrion rather than catching live prey.

Although I'm writing this during a warm spell most of this spring has been exceptionally cold, especially at nights, so it has been a very poor spring for moths and indeed most other night-flying insects. Thankfully things have started to pick up now that it has warmed up a bit and I enjoyed a productive evening with my moth lights at the meadows recently. Among the catch were several species that we had not caught at the meadows before including a beautiful Poplar Kitten (photo 2) and a lovely little orange-red 'micro' moth called a Red Roller (photo 3), the latter being the first one anyone's ever found anywhere in this 10km square.

On sunny days in June the diversity of day-flying insects can be remarkable. Among them are some really strikingly marked beetles such as the Wasp Beetle (photo 4), a black-and-yellow species that mimics a wasp, Figwort Weevils and Swollen-thighed Beetles (photo 5). The latter are shiny metallic green beetles with (in the case of males) very expanded thighs - they feed on Dandelions and other flowers and can easily be found around the meadows.

In contrast to some other insect groups it's been good for mayflies recently. Our largest common species is the Green Drake and these have a fascinating display flight which they perform in swarms, each individual flying up and down or back and forth but to some extent synchronised with the others in the swarm. There is another similar species called a Drake Mackerel Mayfly (photo 6) which is supposed to be common along some of Norfolk's rivers but much more rarely recorded from the Wensum or Yare valleys. Until this year I'd never seen a Drake Mackerel Mayfly and given their scarcity in the Wensum I didn't particularly expect to find one locally.



But one particularly warm sunny evening recently I found several swarms of mayflies. The first swarm were the expected Green Drakes but the second swarm I came across were Drake Mackerel Mayflies.

Why not come along to the meadows yourself and see what you can find. Let us know what you see: email appleton.dave@googlemail.com or phone 668431. You can also follow us on Twitter at @ElmhamMeadows or see our recent tweets on the Parish Council website (www.elmham.org.uk/cathedral-meadows/).

Dave Appleton

Photos

- 1. Red Kite*
- 2. Poplar Kitten*
- 3. Red Roller*
- 4. Wasp Beetle*
- 5. Swollen-thighed Beetle*
- 6. Drake Mackerel Mayfly*



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ELMHAM WIVES CLUB PLUS ALL

A short "welcome back" meeting was held on the lawn at the rear of the Institute on Thursday 10th June (regulations adhered to). It was good to meet up again and good too that the weather was such that we could meet outside. We didn't have a speaker, but Gloria our Chairlady gave an up-to-date resume of Club business, future meetings were discussed, and plans put in place for our 50th birthday party which was scheduled to take place on 1st July. Due to the extended restrictions, we are now delaying it until Thursday 5th August.

INVITATION

We have pleasure in inviting all present and past members, together with their partners, to join us

on

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at

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in

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Gloria 668552, Sheila 668296
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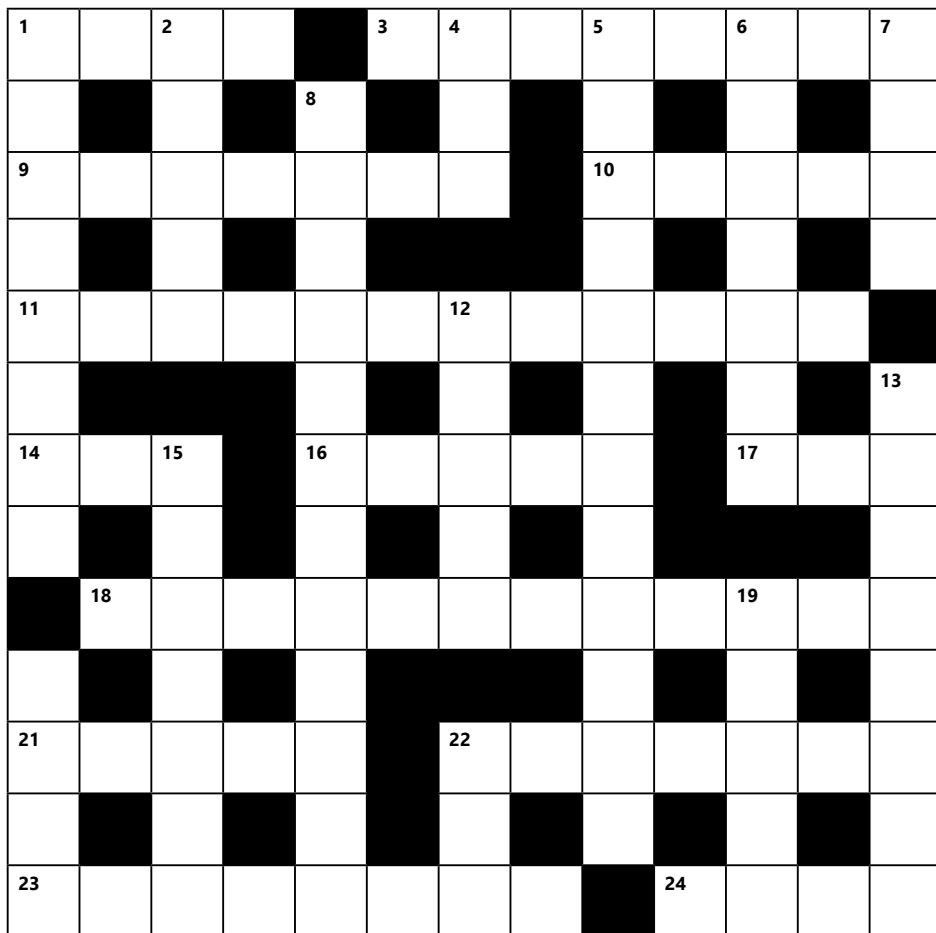


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Across

- 1. Portfolio (4)
- 3. Vehicle with three wheels (7)
- 9. Quivering singing effect (5)
- 10. Feeling of fear (5)
- 11. Act of removing restrictions (12)
- 14. Cheek (slang) (3)
- 16. Use to one's advantage (5)
- 17. Drowned river valley (3)
- 18. Made (12)
- 21. Mammal that eats bamboo (5)
- 22. Getting bigger (7)
- 23. Abruptly (8)
- 24. Heavy metal (4)

Down

- 1. Strongholds (8)
- 2. Remove wool from sheep (5)
- 4. 17th Greek letter (3)
- 5. Surrender (12)
- 6. Outline of a natural feature (7)
- 7. Every (4)
- 8. Pay tribute to another (12)
- 12. Camel-like animal (5)
- 13. Secured with a dressing (8)
- 15. Mapped out in advance (7)
- 19. Lift up (5)
- 20. Mocks (4)
- 22. Come together (3)

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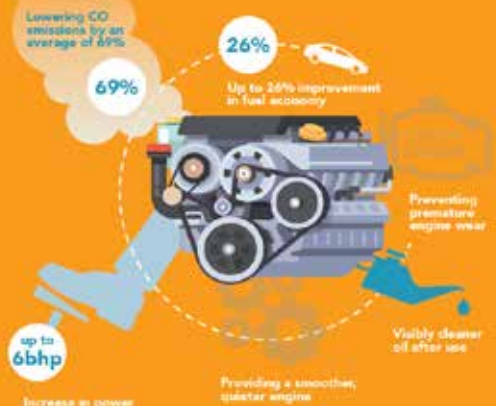
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ST MARY'S CHURCH

Dear Friends,

I do hope you have been able to make the most of the longed-for good weather – the sun certainly got its hat on for the half-term holiday last month!

I was able to meet my London-based daughter in Ely for a blissful afternoon – wandering around the Saturday market; enjoying lunch in a restaurant; the glory of Ely Cathedral; and a walk down to the river to enjoy the riverside and all the lovely barges. We ended the afternoon with a drink in a pub garden. We both felt so grateful for these simple pleasures and the very positive impact they have on our mental health.

Your parish churches have also been gearing-up to resume something like 'normal' life: many of them have been holding Sunday services since March, with Covid-secure measures in place; in other parishes, we've made the best of the good weather to have a thorough spring-clean, ready to re-open and welcome people once again.

Do remember, as the barometer climbs, that our churches can be a place of quiet, cool, refuge and peace. The churchyards are also looking at their very best just now.

In Matthew's gospel (11:28-30) we read that Jesus said:

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Sometimes, our burdens do feel overwhelming and perhaps especially right now after all that we've experienced in lockdown and, for some, bereavement. I find these words of Jesus immensely comforting and reassuring. I hope you will, too.

Yours, in Christ,

Revd Sally

MORE 2 LIFE CHRISTIAN FELLOWSHIP

This last month has been 'Pride' month. Pride month has been all about celebrating those who identify as LGBTQ. Throughout the year there are other 'Pride' events such as 'Disability Pride'. I guess we all have things we can be proud about. For those who remember, how about Hyacinth Bucket and her pride over having everything just right, and total dismay if the neighbours saw anything amiss, poor Richard!

Sometimes we are proud of our achievements, or our child's, or perhaps our car! There are things which it is good to be proud about, but are we too proud to ask for help when we need it?

Some of us may be wrestling with ill health but are too proud to ask or accept help, even when we need it. Maybe we have attempted a job that is just too big for us, but we are too proud to admit we

IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS

D



DANGER ENSURE THE SCENE IS SAFE

FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE



R



RESPONSE CHECK THE CASUALTY NEEDS HELP

CHECK RESPONSE BY **TALK AND TOUCH**.
SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!



S



SHOUT SHOUT FOR HELP

IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.
DO NOT LEAVE THEM AT THIS STAGE. **DIAL 999 NOW!**



A



AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR

OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.



B



BREATHING LOOK, LISTEN & FEEL FOR NORMAL BREATHING

KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, **CALL 999!**



C



COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS!

PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND



D



DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR

IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

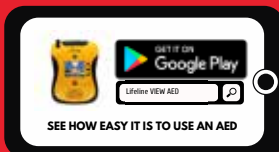


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need help to finish it. Have you ever been too proud to ask for help?

In this world where self-sufficiency is exalted, it can be hard to admit we have a need, both to others, and ourselves. We are embarrassed to need to depend on others.

The Bible says: 'Pride leads to destruction, and arrogance to downfall. It is better to be humble and stay poor, than to be one of the arrogant and get a share of their loot.' Proverbs 16:18-19

Whatever our worldly needs, we also have a spiritual need. When we get lost in the cares of the world, or too caught up in our own pride, we may miss the fact that we have a need to be in relationship with our Creator; and the only way to have a relationship with God is through Christ Jesus.

But If we are living under the burdens of past mistakes, wrong turns, and outright rebellion against God... are we too proud to bow the knee and come before Him, asking Him for help? If we think we can earn our way to heaven by our own deeds, then we are allowing pride to be a stumbling block.

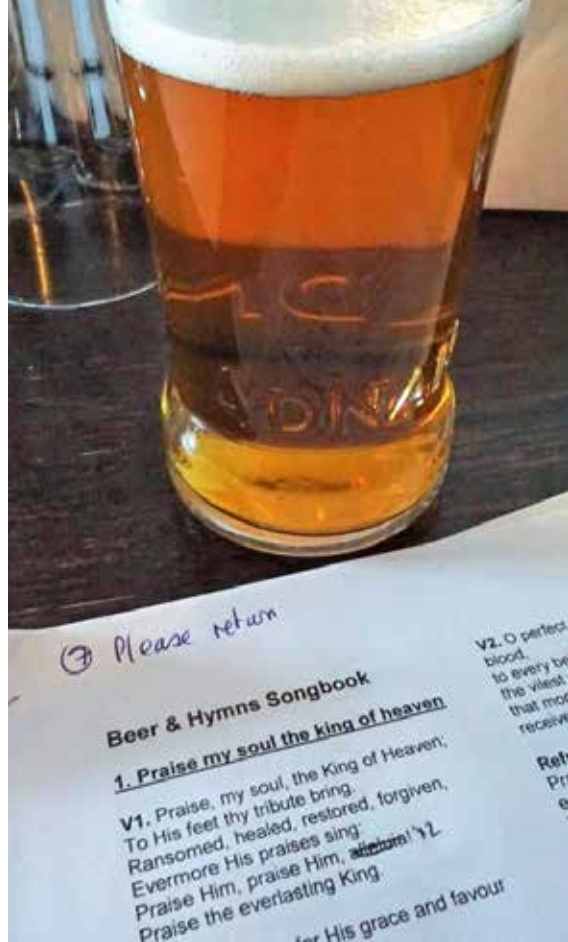
If pride is in the way of you being with God, do not delay, take the decision today to humble yourself, and turn to Christ Jesus.

If you would like to know more about Jesus and explore how He can help, we are running Life Explored and Christianity Explored courses in the near future. To find out more, get in touch.

Every blessing,

Anne-Marie Fewell
Pastor and NCC Domestic
Abuse Champion

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BEER & HYMNS IS BACK!

Lots of us have missed having a good sing-song! So, we're celebrating summer with an outdoor Beer & Hymns at the King's Head, North Elmham, on Thursday 8th July, 5.00 pm for 5.30 pm start.

Why not make an evening of it and stay on for supper afterwards? Our thanks to Cisco and his team for hosting.

(This event is weather-dependent.)

WORTHING NEWS

As we truly get into the summer and holiday period – Covid aware! you may wish to make a note in your diary the following events that are being organised. Welcome one and all !

Our Services for July will be on Sunday 11th at 10.30am Holy Communion with "Swearing In" of Elected Church Warden for the year.

And after a successful first afternoon in June, we shall be continuing our Open Air Afternoon Tea with "JOIN IN THE CONVERSATION" on Sunday 25th at 3pm. The afternoon provides a welcome break for everyone to come out and enjoy the sunshine, also topical conversation of your choice.

Please double check the church notice board or Heart of Norfolk Churches website for any changes to these dates. We hope you will be able to join us.

Advance Notice

During the first full week of August, St Margaret's Church, Worthing like many churches will be open all week for everyone to come and enjoy the historical aspects of this building, surroundings and tranquillity that this little church in particular has to offer, information leaflet available. There are many churches across the county so whether you are local, a day tripper or visitor on holiday, why not stop by and push open the door?

We will be open:

7th–15th August
9.30am–4.30pm each day

Having installed an automated door entry/locking system, St Margaret's is open all year round.

Sponsor Forms Coming Soon

The Norfolk Churches Trust

Saturday 11th September from 9.30am

This is the date that should be in everyone's diary whether you cycle, walk, ride, or whatever non-motorised means you use, or act as a 'sitter' at a church to give a welcome.

Please join us on the day and visit these unique buildings and help to sustain what we are all proud to have around us.

Details & sponsor forms from:

Celia Daniel

Tel: 01362 668247 – valid till end of July

Email: c.daniel784@btinternet.com



CROSSWORD ANSWERS

Across

1. case, 3. tricycle, 9. tremolo, 10. panic, 11. deregulation, 14. lip, 16. avail, 17. ria, 18. manufactured, 21. panda, 22. growing, 23. suddenly, 24. lead

Down

1. citadels, 2. shear, 4. rho, 5. capitulation, 6. contour, 7. each, 8. congratulate, 12. llama, 13. bandaged, 15. planned, 19. raise, 20. apes, 22. gel

Church Services in July (Heart of Norfolk Group)

4th July

9.15am	Stibbard All Saints	Holy Communion
10.30 am	Bawdeswell All Saints	Holy Communion
10.30 am	Foulsham Holy Innocents	Holy Communion
10.30 am	North Elmham St Mary	Holy Communion

11th July

10.30 am	Bawdeswell All Saints	'The 10.30'
10.30 am	Foulsham Holy Innocents	Holy Communion
10.30 am	Worthing St Margaret	Holy Communion

18th July

10.30 am	Bawdeswell All Saints	All-Age Communion
10.30 am	North Elmham St Mary	Holy Communion
10.30 am	Wood Norton All Saints	Holy Communion
3.00 pm	Themelthorpe St Andrew	Holy Communion
4.00 pm	Foulsham Holy Innocents	Sung Evensong

25th July

10.30 am	Bawdeswell All Saints	Word & Praise
10.30 am	Foulsham Holy Innocents	Holy Communion
10.30 am	Guist St Andrew	Holy Communion
10.30 am	North Elmham St Mary	Morning Praise
3.00 pm	Worthing St Margaret	'Join in the Conversation', with Tea

Each Sunday, one of the Services in the Heart of Norfolk Group will be available on Zoom. Please contact the Benefice Office on 01362 668850 or heartofnorfolkchurches@gmail.com for details, or subscribe to our weekly e-bulletin via the HON website: heartofnorfolkchurches.org.uk

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This Month's Photo Contributors

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

COVER: Robert Rickett, PAGE 13: Meg White, PAGE 20: Robert Rickett, PAGE 25: Eileen Cotterill, PAGE 30 & 31: Dave Appleton, PAGE 33: Peter Kennedy (Cartoon), PAGE 45: Sue Ball

North Elmham Parish Council

Chair: Jennie Borgnis

Vice Chair: Martin Phillips

Clerk: Kevin J Webb

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Martin Phillips	☎ 668 409																		
Michael Rayner	☎ 667 859																		
Colin Smith	☎ 668 585																		

Meetings are normally held on the first Wednesday of the month and due to covid-19 take place over Zoom, commencing at 7.30pm. Parishioners are entitled to attend and are most welcome, please contact the Chair or Clerk for access codes. Our County and District Councillor is also in attendance whenever possible. If, in between meetings, you wish to raise a specific matter for the attention of the Parish Council - please refer to the contact list above.

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

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The official combined fuel consumption figures in mpg (l/100km) for the vehicles shown are 44.1–52.3 (6.1–5.4). The official CO₂ emissions are 162–111g/km. WLTP figures shown are for comparability purposes; only compare figures with vehicles tested to the same technical procedures. Actual real-world driving results may vary depending on factors such as weather conditions, driving styles, vehicle load or any accessories fitted after registration. WLTP is a new test used for fuel consumption and CO₂ figures; however, until April 2020, the CO₂ figures are based on the outgoing (NEDC) test cycle, which will be used to calculate vehicle tax on first registration.

*Please visit renault.co.uk/configure for WLTP figures for any selected options. Your Renault Car is covered for the first of 100,000 miles or 5 years and applies to new cars (excluding Traffic Passenger) when ordered from 18 December 2019. For exclusions visit Renault.co.uk/warranty

EAST BILNEY GARAGE

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