

# The Coastal Group of Parishes

Bacton, Happisburgh, Hempstead with Eccles and Lessingham,  
Ridlington, Sea Palling with Waxham, Walcott and Witton

[www.coastalgroup.org.uk](http://www.coastalgroup.org.uk)

News Sheet No 520

May 2020

As I write this on the 18th April, staying at home has been extended for the next three weeks.

Life here at the Rectory has been different in some ways, but ministry has continued.

I have sadly taken a number of funerals, which can only take place at the crematorium or outside at the graveside.

I have been so humbled by families who have taken the restrictions on numbers at services with such grace, stoicism, and dignity. Social distancing has been the hardest, as the natural instinct of all of us is to reach out to those who are upset and in pain.

This too has been upsetting for families of those who are in hospital, who have not been able to be close to their loved ones.

Prayer of course continues, and services have taken a different form - as weekly reflections which are emailed out to over 100 people week by week and placed on our websites and on social media - Twitter and Facebook. Sadly restrictions from the diocese now prohibit the delivery of papers by hand. However, thank you to the many who reply, to say how much they have appreciated receiving the reflections, and those who shared them elsewhere.

And of course, on Easter Sunday, there was a 'first' for the Coastal Group, as we enjoyed our first virtual service through the magic of 'Zoom'! A month ago, Zoom was an unknown quantity to me, but now it is used widely for meetings throughout the diocese. The benefit of using Zoom technology meant that those without internet access could ring in and be part of the service, and although there were a few technical hitches, it was overall deemed a useful and encouraging way of worshipping together.

There will be a further service through Zoom for Pentecost on 31st May at 10.30am, and if you haven't used it before, please give it a try. Details are included elsewhere in the newsletter.

The prayer chain has been busier than ever, and our Lay Minister, John Prince (581841) would be pleased to hear from you if you would like prayer for yourself or a loved one. And Wednesday Morning prayer still continues from our homes, parish by parish. Those who usually come have made a commitment to pray on a Wednesday morning from home, and as I light the prayer candle, I always feel we are held together. Indeed, our Wednesday morning congregation has increased, as more people have requested the service by email so that they can join in.

Thursday evenings also have a routine, as we stand at our doorstep at 8pm to clap those who work in our NHS. Although we can't see anyone from our doorstep, we can hear others clapping, and indeed the Tide Bell outside the school has been rung too. And on a Sunday evening at 7pm, we place a candle in our window to remind us of our hope in Christ, that light always triumphs over darkness.

Our community volunteers have also been busy, chatting on the phone, shopping for groceries, delivering prescriptions and taking post. A huge thank you to those who are involved. If you need practical help in this way, please do not hesitate to get in touch.

As we move into May, longer days and warmer weather, may God's strength and blessing be with you and those you love, now and always.

*Catherine*

*Rector:* The Rev'd Catherine Dobson, The Rectory, The Hill, Happisburgh, Norwich. NR12 0PW

Telephone: 01692 650359 Email: [revcdobson@live.com](mailto:revcdobson@live.com)

*Curate:* The Rev'd Eiler Mellerup, Channings, The Crescent, Walcott, Norwich. Tel: 01692 651393

For all parishes:  
CONGRATULATIONS TO EILER!

We are delighted that Eiler was one of four people nominated by the Bishop of Norwich to receive Maundy Money from the Queen this year. Sadly, due to the ongoing situation, the service at Windsor on Maundy Thursday was cancelled, but Eiler received the Maundy Purse and coins with a letter from the Queen by post. Many congratulations to Eiler! Thoroughly well deserved!

Revd Catherine

Extract from the Diocese website below:

**The Revd Eiler Mellerup**

Eiler was ordained as a local minister over 20 years ago on her retirement as a primary school headteacher and has a ministry of service to the parish of Walcott in which she lives. She has a genuine care and concern for many across the Coastal Group of parishes visiting elderly parishioners, a number of whom are isolated and infirm, keeping a watchful eye on their wellbeing, and in this is much appreciated. She has ably steered the Coastal Group of seven parishes through two vacancies and worked alongside three incumbents. She is hard-working and dutiful, and her fundraising events, together with her sister, have raised thousands of pounds for Walcott church. Eiler swims in the sea every day in the summer months and is inspirational in her energy and commitment.

**CORONAVIRUS - DO YOU NEED HELP?**

As a church community, we are concerned for those who are vulnerable in our neighbourhoods and who might need help.

Using a network of DBS checked volunteers, we can help with the delivery of shopping/medication to your door step, taking post or simply a chat on the phone.

We can also signpost partner organisations if you are experiencing hardship.

If you are in need, we will do our best to help.

Ring Revd Catherine [01692 650359](tel:01692650359) and leave a message. We will call you back.

For guidance on self distancing, please see below:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

**REFLECTIONS**

3rd May reflection by Revd Catherine

10th May reflection by Revd Eiler

17th May reflection by Margaret (Authorised Worship Assistant)

24th May reflection by Pam ( Licensed Lay Minister)

31st May 10.30am Pentecost Praise service on ZOOM

Reflections can be found on the Coastal Group website [www.coastalgroup.org.uk](http://www.coastalgroup.org.uk)

Facebook @coastalgroupofparishes and Twitter @coastal\_group48, and on request by email. Please let Catherine know if you would like to be added to the list.

**ZOOM services**

3<sup>rd</sup> May 10.30 United Praise

17<sup>th</sup> May 10.30 United Praise with The Venerable Steven Betts

31<sup>st</sup> May 10.30 United Pentecost Praise

You can access the ZOOM service on 31st May from your home telephone or on line, by downloading the Zoom app for free on your tablet, computer, iPad or Amazon Fire.

The number to ring just before 10.30am on 31st May is **0131 460 1196** (national rate number)

To join there are 3 easy steps:

1.You will be asked to type in the ID number on your telephone keypad - 729 970 4803

2. You will be asked if you are the host - press the hash key

3. You will be asked for the pass number - type in on keypad 016926

If you are familiar with Zoom, you can also log in with the ID and code in the usual way.

**Weddings**

Sadly, weddings are not able to take place in church at the present time. Most couples are rearranging their wedding for next year. Please keep them in your prayers at this time of disappointment and difficulty.

**Funerals**

3rd April Brian London Witton

7th April Sylvia Reeves Bacton

9th April Michael Armstrong Bacton

**Celtic morning prayer**

This continues on Wednesdays morning at 9am, with people praying in their own homes for each of our villages.

6th May Ridlington

13th May Witton

20th May Bacton

27<sup>th</sup> May Waxham

**Weekly services**

There is now a weekly service, Methodist style (if that makes any difference!) on a Sunday at 4.30pm which anyone can access by means of their ordinary telephone landline. You can get the details from me at 01692 405591 if you are interested.

Ros Peedle

**St. Andrew's Church Bacton**

St Andrew's Church is closed for Services as all churches are at the moment. We pray for all parents who are coping with home teaching - we know it is a challenge as our own granddaughter finds it hard to find time for house work as all morning she is involved in home teaching.

Be with all mums at this stressful time. Our prayers also go to all who work at the NHS, care workers and neighbours helping with shopping.

Our daughter in law cannot work at the moment so she is helping deliver prescriptions to older people. We hope the Lord keeps you safe and well and may God's love surround you all at this troubled time.

Amen

Joan & John Etherington

**The Friends of Happisburgh Primary and Early Years School** would like to send a message of hope to all and to say we will see you all very soon and of course to thank the NHS staff and all of the key workers who are on the frontline.

#### **Poem**

And the people stayed home.  
And read books, and listened, and rested,  
and exercised, and made art, and played games,  
and learned new ways of being, and were still.  
And listened more deeply.  
Some meditated, some prayed, some danced.  
Some met their shadows.  
And the people began to think differently.  
And the people healed.  
And, in the absence of people living in ignorant,  
dangerous, mindless, and heartless ways,  
the earth began to heal.  
And when the danger passed, and the people joined  
together again,  
they grieved their losses, and made new choices, and  
dreamed new images,  
and created new ways to live and heal the earth fully,  
as they had been healed.

**By Kitty O'Meara**



#### **Coronavirus jokes**

Just heard that there will be a round of applause  
for courier and delivery drivers tomorrow.  
It will be sometime between 9am and 5pm.  
(What a valuable job they do though!)

Not to brag or anything but I haven't been late  
for anything in over two weeks.

#### *One for the fishermen*

What do you call a fish without eyes? Fsh.

#### *And one for the farmers*

Why did the scarecrow win an award? Because  
he was outstanding in his field.

#### **Time waits for no-one**

I'll do this and I'll do that, I said,  
as soon as I retire,  
there will be so many empty hours  
to set the world on fire.

But I don't know where the time goes  
the minutes tick away,  
I'll have to get more organised,  
make a schedule for each day.

Is it because I'm getting older  
and gently slowing down?  
my hair, once golden, is silver now,  
I consider with a frown.

My works need a little oiling,  
sometimes there's a wheeze and a creak  
and my fingers, once so nimble,  
occasionally make me squeak.

My face has lost its youthful bloom  
it's wrinkled now and lined,  
if only I could find a key  
to give the clock a backward wind!

As I sit in my chair day-dreaming  
of the years long, long ago,  
was it because I was just a child  
that life was then so slow?

Barbara Senior

**"We will win because our NHS is the beating  
heart of this country. It is the best of this  
country. It is unconquerable because it is  
powered by love.**

Boris Johnson on his release from hospital

#### **Walcottvillagehallnorfolk** (Facebook page)

Regularly updated links

Help in the community

Amenities and services available

Useful telephone numbers and ideas on what to do  
with the kids!

Tell 07586 554824

#### **Walcott, Bacton and Happisburgh Flood support and help group (WBH)** (Facebook page)

Have a team of ID carrying volunteers ready to assist  
where needed in the above communities. If you need  
support or know of someone who needs help with  
shopping for food and essential items, collecting  
prescriptions or with general advice.

Tel: 07586 554824

**If you live in Happisburgh** and are experiencing  
financial difficulties due to the Corona virus  
pandemic, the Charles Summers Charity may be able  
to help.

Please contact Carol Palfrey c.palfrey@keme.co.uk  
or 01692 650442

**The Friends of Happisburgh Lighthouse** would like to  
thank all the key workers in our community, and  
hope that everyone stays safe and well.

The lighthouse has been a beacon protecting our  
community and guiding mariners of all nations for  
almost 230 years. Since transferring to the  
management of the local community in 1990, the  
lighthouse has become an even more important part  
of village life.

This year, we are marking the 30th anniversary of  
being the UK's only independently run working  
lighthouse by sharing people's reminiscences of  
Happisburgh Lighthouse through the pages of our  
journal, Highlight. If you would like to share a  
particular memory, or say why the lighthouse is  
important to you, please get in  
touch: [happisburghlight@gmail.com](mailto:happisburghlight@gmail.com)

We look forward to welcoming you to the lighthouse when we are able to re-open. Stay safe and well.

**Don't forget** to make some noise for the amazing and brave NHS on Thursday's at 8pm and put a rainbow  
in your window. Stay safe everyone, stay at home and help the NHS  
To the lovely ladies at Craft and Cuppa Club I miss you all and keep knitting x  
Love Jo

**Two posters** once seen in a Norfolk church porch.

The first read: 'The preacher next Sunday is the Rev Jonathan Williams. The subject for his sermon is' – "WHAT IS  
HELL LIKE?"

Pinned below, a separate poster read - 'Come and hear our new organist play'.

#### **A poem - The NHS army**

I'll tell you a tale, that's been recently written,  
Of a powerful army, so Great it saved Britain,  
They didn't have bombs and they didn't have planes,  
They fought with their hearts and they fought with their  
brains.

They didn't have bullets, armed just with a mask,  
We sent them to war, with one simple task,  
To show us the way, to lead and inspire us,  
To protect us from harm and fight off the virus.

It couldn't be stopped by our bulletproof vests,  
An invisible enemy, invaded our chests,  
So we called on our weapon, our soldiers in Blue,  
"All Doctors, All Nurses, Your Country needs you"

We clapped on our streets, hearts bursting with pride,  
As they went off to war, while we stayed inside,  
They struggled at first, as they searched for supplies,  
But they stared down the virus, in the whites of its eyes.

They leaped from the trenches and didn't think twice,  
Some never came back, the ultimate price,  
So tired, so weary, yet still they fought on,  
As the virus was beaten and the battle was won.

The many of us, owe so much, to so few,  
The brave and the bold, our heroes in Blue,  
So let's line the streets and remember our debt,  
We love you, our heroes, lest we forget.

Matt Kelly

Check out Christopher Eccleston reading this poem on  
Utube. Moving stuff!



**Sea Palling & Waxham**

What strange times with our churches closed for Mothering Sunday and at the moment still closed. Flowers were left in the church for collection prior to the shutdown and some flowers did make their intended way! My apologies if you did not receive them. On behalf of the PCC many thanks to the all who are keeping a watch on our buildings and more importantly are involved more widely within the benefice, which our Rector Catherine is co-ordinating. This a great resource and is open to everyone. Of course, many of us are looking out for our immediate neighbours too. Thank you to you all.

Most Sundays a church reflection is posted, and on Easter Sunday many of us joined in a virtual service through Zoom. If you would like to be included in future, it is possible to e mail the reflections and/or join in Zoom services when available. Just ring on 598408 and leave your contact details – phone / e mail.

Pam Millsted

**Some chuckles to tickle your fancy**

“During the lockdown, and if you can buy things you need, DIY is always a good thing to keep us all busy. Personally, I am useless at it so if anyone knows how to fix broken hinges, my door is always open....

Exercise is good too we are being told, the elderly lady in our close started walking five miles a day when she was 60. She is 97 now and no-one knows where she is!

Times like this give us the opportunity of deep thinking. I stayed up all night the other night wondering where the sun went. Then it dawned on me!

Norfolk Police have said that recently crime in multi-storey car parks has gone up. I think that is wrong on so many levels....

There was also some traffic news when Police said that a prison van collided with a cement lorry on the A149 the other day. Apparently now they are looking for seven hardened criminals!

On a slightly more serious note though, during the time that Sea Palling village hall is closed we are taking the opportunity of having the ladies cloakroom completely refurbished and the whole hall re-decorated. The cloakroom project is being largely funded by the Tesco Bags for Help Scheme, so a huge thank you to those folks who voted for us in the recent blue disc competition, and of course to Tesco themselves.

Clive Preston

When this is over  
May we never again  
Take for granted  
A handshake with a stranger  
Full shelves at the store  
Conversations with the neighbors  
A crowded theatre  
Friday night out  
The taste of communion  
A routine checkup  
The school rush each morning  
Coffee with a friend  
The stadium roaring  
Each deep breath  
A boring Tuesday  
Life itself  
When this ends  
May we find  
That we have become  
More like the people  
We wanted to be  
We were called to be  
We hoped to be  
And may we stay  
That way – better  
For each other  
Because of the worst  
– **Laura Kelly Fanucci**  
*Sent by Daphne Metcraft*

**Clapping**

In these difficult times coming together on a Thursday evening for 5 minutes to clap and say thank you has become for many an important and emotional part of the week. Up here on the coast, the challenges to do this are obvious, many houses are isolated and so can hear noone else and yet we carry on knowing that we are part of a 'bigger thing'. It was lovely to read on Facebook how noisy Happisburgh has been on a Thursday evening, and last Thursday the wind was in the right direction and Meurig and I could hear Ostend and Walcott clapping in the distance. As well as saying a big thank you to our key workers, our communal clapping is bringing us a together, for a short but important time each week. Keep clapping it's good for your health! Don't give up on the clapping, after all, those on the front line aren't giving up. Remember ..... think no one can hear you? Rest assured, God is watching and listening. He is rooting for you.

Sam and Meurig Edwards

**A pale horse**

Some might compare today's coronavirus pandemic with the Black Death and given the fact that understanding of the disease and medical care was almost zero in those days, it's amazing that many did survive. Given today's health system many more would have.

In those days, religion played a major part in people's lives including myth and superstition; the Parish Priests were overworked and those who practiced medicine we might consider today were in serious need of psychiatric help themselves. I wouldn't doubt Revelations played a major part in their Sunday services, especially the line 'Come I looked and there before me was a pale horse it's rider named Death and Hades was following close behind having the power to kill by sword, famine and plague'.

Today, discounting any conspiracy theories, some might argue that the coronavirus is Nature's way of fighting back and we humans are not as invulnerable as we thought we were.

Anyway, hoping everyone is bearing up in adversity and we can look forward to more normal times.

Ray Allcoat 651609

A vicar lay at death's door and his close family were all gathered around him and they had made a request that only family members should be admitted. A message came to the gathering that one of the vicar's long-standing friends, who had been an agnostic all his life, had asked to see him. Imagine his surprise when he was told he could go into the bedroom to see his old friend. "I do appreciate you seeing me, an unbeliever, when all your other friends have not been admitted" he said. The vicar replied, "It's like this – I'm pretty confident of seeing my friends in the next life, but I was concerned that this might be the last chance of seeing you".

**Here's a very appropriate analogy:**

**"The curve is flattening; we can start lifting restrictions now" = "The parachute has slowed our rate of descent; we can take it off now."**




**The Community Shopping Coach** will not be running for the foreseeable future.


As you know most, if not all our passengers are elderly, some with health problems, and also, with most of the shops & stores having closed anyway, it was thought better to ensure everyone’s health & safety at this time.

Word Search - Coronavirus

Can you find all of the words hidden in the puzzle below?



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | M | I | R | E | T | A | W | N | S | I | O | J | N | M |
| H | O | M | N | O | I | T | N | E | V | E | R | P | O | A |
| F | O | M | N | P | R | A | H | S | E | S | K | Z | I | S |
| P | Z | U | Z | O | E | E | P | S | M | N | C | L | T | K |
| P | X | N | U | L | I | R | V | O | O | O | Y | W | A | O |
| C | H | E | C | F | E | T | T | E | R | A | A | W | L | F |
| D | G | S | K | A | Q | P | C | O | F | S | P | E | O | R |
| R | U | Y | D | H | M | D | N | E | H | E | A | U | S | Y |
| U | O | S | I | Y | T | A | T | H | F | P | P | C | I | O |
| B | C | T | S | T | V | E | A | U | Y | N | K | D | N | T |
| I | C | E | O | I | C | O | V | I | D | G | I | G | N | I |
| O | C | M | R | H | E | A | L | T | H | Y | I | X | Y | S |
| N | U | U | I | M | M | E | Q | N | X | Z | K | E | U | S |
| M | S | Z | F | G | B | A | I | J | D | H | Y | M | N | U |
| L | B | E | P | X | I | S | F | O | A | Q | T | L | H | E |



SOAP

TISSUE

CORONAVIRUS

FEVER

IMMUNESYSTEM

CLEAN

MASK

SPREAD

WASH

COUGH

HEALTHY

COVID

INFECTION

PREVENTION

SYMPTOMS

WATER

HYGIENE

ISOLATION

Solve the Puzzles

1. 52 C in a P
2. 36 I in a Y
3. 10 E in a D
4. 26 L in the A
5. 22 B on a S T
6. 5 A in R and J
7. 3600 S in an H
8. 3 P on a P
9. 35 B K on a P
10. 18H on a GC

**Time on your hands right now?** Get planting and crafting, ready for the Walcott Village Show on Saturday 1st August. There's a class for anything from anywhere, so let's make it a bumper crop of entries this year guys!

Video conferencing in biblical times



Uplifting Bible verses in these troubled times

- B For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. **Romans 8:38-39**
- B May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15:13**
- B Be on your guard; stand firm in the faith; be courageous; be strong. **1 Corinthians 16:13**
- B Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. **Isaiah 41:10**
- B But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. **Isaiah 40:31**

**Happisburgh Lifeboat Volunteers** are all well, ready to respond to their pagers when and if they sound .Things have changed the station and shop are closed to keep you and us safe, training is now done on line. please all keep safe and see you all again soon.

- B The RNLI is urging everyone to follow Government instructions, which are clear: stay home, protect the NHS and save lives.
- B While you are allowed out for daily exercise, we do not recommend that this exercise is on or in the sea. Our charity’s lifeboat service is still available but every time a lifeboat crew is called to an incident, it puts additional pressure on RNLI volunteers and other front-line emergency services as well as potentially exposing them to COVID-19.
- B We know people who live at the coast still want to exercise by the sea, but when you do this, please think of the potential impact of your actions on RNLI lifeboat volunteers and other emergency services.

Quiz of Eden (Biblical trees/plants)

Submitted by Walcott Village Hall committee member  
Sheila Mason.

|    |   |
|----|---|
| 1  | Jesus was greeted upon his entry into Jerusalem before the Passion by crowds waving fronds from what tree?                                    |
| 2  | With a slightly nutty and savoury flavour, which often underrated root vegetable resembles a cross between ginger and a turnip?               |
| 3  | The Song of Solomon mentions saffron. From which flower is this spice derived?  |
| 4  | Alternating with golden bells, the hem of priestly robes should be embroidered with images of which fruit?                                    |
| 5  | ‘Trees being planted on a raised structure such as a terrace’ could be used to describe which ancient world wonder?                           |
| 6  | Traditionally thought, what kind of wood did Noah use to build the ark from?  |
| 7  | The sap from which two trees combine to make Manna, the food miraculously supplied to the Israelites in their journey through the wilderness? |
| 8  | The Temple of Solomon was lined with which fragrant Lebanese wood?  |
| 9  | In Christian tradition, what is the fruit of the tree of knowledge of good and evil?  |
| 10 | In Isaiah’s prophecy, what flower will bloom in the desert?   |
| 11 | When Noah's dove returned the second time, it bore in its beak a leaf from which fruiting tree?   |
| 12 | What kind of leaves did Adam and Eve sew together to make clothes for themselves?   |

Answers in June’s newsletter. If you can’t wait that long then contact me at [meurigedwards@yahoo.co/uk](mailto:meurigedwards@yahoo.co/uk)

**Editor’s note.** If you would like to contribute to June’s digital edition of the coastal newsletter, I would love to hear from you. Contact me at [meurigedwards@yahoo.co.uk](mailto:meurigedwards@yahoo.co.uk) before the deadline of May 20<sup>th</sup>. Please forward this newsletter in digital or printed form to all your family and friends. Thanks and stay safe.

Walcott Church



Pause for Thought

So, we're locked up indoors  
Twiddling our fingers  
Not realising how long  
That this virus lingers

But there is a bright side  
It just takes time to see  
How nature is growing  
Like the buds on a tree

The air is much fresher  
Less aircraft to pollute  
Less gas and emissions  
As we can no longer commute

The birds are chirping louder  
The frogs croak with glee  
All our creatures are happier  
As are the fish in the sea

We're all learning to talk  
Remembering how to write  
We're finding how to help others  
The future looks bright

So, don't be downhearted  
Let us plant a new seed  
That will keep on growing  
Beyond our hour of need

Submitted by Mary  
Walcott Village Hall





*Heard on Walcott prom*

"This is the time to be slow,  
Lie low to the wall  
Until the bitter weather passes.

Try, as best you can, not to let  
The wire brush of doubt  
Scrape from your heart  
All sense of yourself  
And your hesitant light.

If you remain generous,  
Time will come good;  
And you will find your feet  
Again on fresh pastures of promise,  
Where the air will be kind  
And blushed with beginning."

**John O'Donohue, To Bless the Space Between Us: A Book of Blessings**

### **Never-the -same Flapjacks**

Basic recipe  
6 oz of butter or margarine  
14 oz porridge oats  
6 generous tablespoons of golden syrup

Melt the butter and golden syrup together in a large pan over a moderate heat.

Remove the pan from the heat and gradually mix in the porridge oats in batches to make sure they are covered by the syrup mixture.

Now the fun starts.....

You can add what you have in the cupboard.

Chopped cherries, chopped dried apricots, chocolate chips, raisins, sultanas, nuts, or a mixture of all, making about 4 oz in weight altogether.

You can replace 7 oz of oats with 7 oz muesli, or swap 2 tablespoons of syrup for 2 tablespoons of honey.

Grease an 8inch square ceramic or glass dish, or, grease and line an 8inch square baking tin.

Place the mixture in and press down with a spoon.

Bake in an oven for 15-20 minutes at 160c until pale and golden.

Remove from the oven and leave for 10 minutes to set. If using the ceramic dish, leave to cool in the dish. If using a baking tin, mark whilst in the tin, then remove and cool on a rack.



VE Day, World War 2 victory in Europe, was May 8<sup>th</sup> 1945, seventy-five years ago.

I was eight years old.

On the day peace was declared I remember my mother rushing round removing the blackout curtains. Because I remembered nothing pre-war I didn't understand her excitement and it is only as an adult that I understand my mother's excitement. Blackout was important. The drone of the German bombers passing over was a regular part of life in this part of the country. I only remember being frightened when the 'doodle bugs', unmanned rockets started coming over. They made a distinctive whining sound and we were told that when the noise stopped, they were about to explode.

My earliest memory was from 1941, when I remember the radio broadcast saying that the Japanese had bombed Pearl Harbour part of the Hawaiian Islands in the Pacific Ocean where many of the American warships were based.

I also remember the blitz of Norwich, one of the so called Baedeker raids, and my parents at the bedroom window looking at the bright glow in the sky from all the burning buildings in the city.

I also knew there was the possibility of a German invasion along our coastline. Across the fields either side of the last bend before Cart Gap in Happisburgh there was a deep trench known as a tank trap. Nearby there is still a pill box. We used to cycle through Bush Estate which then was much smaller and appeared to me as a ghost settlement. We knew the dunes were mined and not to venture near.

Near to our house there was a searchlight and anti-aircraft gun. The light was used to shine on German planes and then the gun was fired. The soldiers lived nearby in two huts. Looking back I imagine they considered they had a lucky posting. There were soldiers and airmen everywhere. My mother, in the WVS, used to go to Eccles where soldiers were based to help provide meals.

Many items of food were rationed. There was no produce from abroad so no oranges or bananas. The first oranges I tasted were when a ship came ashore at Eccles just after the war ended and the cargo was spilled. The oranges had a funny taste as they had been in the salt water!

In country villages many people were able to keep some chickens to provide extra eggs. When the hens were too old they ate them. One man in Lessingham kept a pig in his garden and his neighbours gave their potato peelings and other scraps to help feed the pig. Nothing was wasted so items such as paper, string and other odds and ends were kept.

Early in the war we were issued with gas masks in case of poisonous gas bombs being dropped. We also had an identity card and number which we had to learn. I still remember my number.

Towards the end of the war prisoners of war came to work on farms. German prisoners came with an armed guard. They came for the potato harvest which they picked up by hand. I lived on a farm and we also had two Italian prisoners. They were not considered a security risk; they were dropped off and left for the day. They brought their own food and cooked their midday meal. One was a short dark haired man who seemed to me quite old. I now realise he was probably late thirties or early forties! He was from south Italy. The other one was young, probably only eighteen or so, tall and fair haired from the north of Italy. My first introduction that there are regional differences as to how people look.

At present with corona virus lockdown comparisons are being made with the war. However our standards and expectations are now so very different. Many houses in this area had neither electricity nor running water. Few people had cars and their use was restricted.

What we must also remember is that for many families in northeast Norfolk the war did not end with VE Day. The Norfolk Regiment were imprisoned at the fall of Singapore and endured atrocious conditions. For them the war ended in August 1945 when most returned but many did not.

Some memories of World War 2 from Margaret Henderson



## My Ocean Adventure



I joined the Clipper race back in December sailing from Fremantle, Western Australia. We headed south, rounding Cape Leeuwin and Tasmania moving from the Indian Ocean to the Southern Ocean and sailing through the Great Australian Bight. We went to 44.5 degrees south, the furthest south any of our amateur crew had ever sailed. We had Christmas lunch served up in dog bowls on deck before Father Christmas made an

appearance wearing a Hawaiian shirt. Sailing north past Sydney, we saw the smoke from the wildfires, despite being 100 miles offshore, creating a grey haze across the sky, turning the sun red as it began to set. Some of the other yachts headed closer in shore and had ash landing on their decks.

It's amazing how close you become to your crew mates in such a short space of time when you are continuously living on top of one another, and have to work together as a team to keep the boat moving. The biggest tests come when something goes wrong and you end up pulling sails back into the boat by hand after they have gone for a swim under the boat. Life on board can be tough. Our crew is split into 2 watches, one is awake and sailing while the other sleeps (or tries to!). Being racing yachts there is little space below deck and our bunks are shared with our bunk buddy (a crew member on the other watch). There is no washing machine on board, and as space is extremely limited you go by the rule of thumb of 1 set of clothing per week (including underwear - wet wipe baths are essential!)

After 10 days in Airlie beach, getting some much needed rest in a bed that doesn't move, enjoying the miracle of showers and visiting Whitehaven beach we set off again and headed north towards the equator and the doldrums (every sailors nightmare as there is often very little wind here). Airlie beach was hot, and the thermometer continued to rise the further north we went.

Our black yacht turned into a floating sauna with no escape from the heat. The small battery powered fans clipped to our bunks became a life saver, providing a small breeze on your face when trying to get some much needed rest. Fortunately for this leg we were allowed a freshwater bucket of water once a week, after we take our turn in the galley (kitchen) preparing food for our crewmates. This included baking bread fresh each day, and as it was so hot, this was done by the on watch crew member who was 'mother' for the day at 2 am to avoid making the boat any hotter than necessary. Now making bread isn't the most difficult thing in the world, but try making bread with only red light, while your kitchen is tipped to an angle of 45 degrees... not so easy. But if successful it means fresh, still warm, bread for breakfast, a sure way of putting smiles on your crew mates' faces, and making life a little easier on board.

With light winds a lot of the way there was little breeze on deck during the day, with the on watch crew trying to find any little piece of shade we could, but there often was none. We made it through the doldrums, enjoying several squalls on the way, allowing us an additional shower in fresh rainwater on deck.

Having studied Zoology at university, I was thrilled to see an abundance of wildlife, from albatross and other seabirds to whales, flying fish - usually a little too close, either landing on the decks or hitting one of the crew, and my favourite memory of all, bioluminescent dolphins at night, with their trails through the water glowing blue.



The vast skies were stunning, with a different sunrise and sunset each day and spectacular starscapes at night, with the milky way stretching right across the sky. Shooting stars were seen often, with the only sounds coming from the waves along the hull of the boat.

Now, what could possibly stop a round the world yacht race halfway through? Bad weather? Boat damage? Or a global pandemic of a new virus? Originally our course was from Australia to China. Yes, China. But as we crossed the equator at the end of January we were diverted to the Philippines, as I'm sure you know why.

After playing a fun game of dodge the little fishing boats with only a tiny light on them (there were hundreds of them) we reached port (In 1st place!!!) for some much needed rest and sail repair (We ripped one our sails quite badly on the way there)

It was then decided that we would have another short (in ocean sailing terms) race offshore, for 11 days before the crew changeover for the next leg to America. On this race we managed to tear another sail (our heavyweight spinnaker - nearly in half) when the halyard (rope holding it up) snapped with an almighty bang in 30 knots of wind and it then went underneath the boat. With the sail in the water attached only at the bow we were still travelling at 12 knots, pretty fast for a sailing yacht, before we were able to slow down and pull it back in by hand. This meant that after finishing in last place we spent the port stopover repairing another sail, and were joined by fresh crew for the leg changeover.

We then had a short 5 day race for the new crew to become accustomed to the boat again. This race was short with light winds (again). However, on our return to Subic Bay round 3 we were not expecting to be quarantined, which we were. We had the 11 Clipper yachts, with close to 200 crew quarantined on a pontoon at the yacht club.

Fortunately we were allowed to use some showers and toilets on shore, but were escorted there and back. Luckily for us, the yacht club hotel sold us food and drinks (mostly boxes of beer) through the gate at the end of the pontoon so for the 3 days of quarantine we had a party each night. Sadly, our journey came to an abrupt end here, with us unable to get the supplies needed to the north Pacific crossing to North America, and travel bans coming into place globally, there was no choice but to postpone the rest of the race until February 2021. the Philippines was then about to go into complete lockdown, giving us just 2 days to get out of the Philippines before the flights stopped. After the announcement of the postponement we all went online and I had a flight home booked for the next evening within 2 hours of the announcement.

We went to the airport in a convoy of 12 taxis, passing through 3 different police and army checkpoints, where our temperatures were checked along with the official letter issued allowing us into Manila in order to reach the airport. Once there I had several hours to wait before I could check in, with the only food place open in the airport being none other than McDonalds. Unfortunately, the only seats available on my flight had been business class, so I had champagne all the way! It certainly made up for the last few days stuck on the pontoon!

I'm now looking forward to returning next year to finish my race on board WTC Logistics, to face the mighty Pacific Ocean and raising money for UNICEF as part of my race.

If anyone wishes to donate to UNICEF, here is the link to my just giving page:

<https://www.justgiving.com/fundraising/sophie-owles> For more information about the race, as well as the crew and skipper blogs written by every team during the race, here is the link to the Clipper Round the World website: <https://www.clipperroundtheworld.com/>

Sophie Owles



Gardening page

As many of us are staying at home, we are spending more time in the garden, but there will be a shortage of bedding plants this year, as garden centres close or we don't want to venture there.

Why not use vegetables instead?

Red and green cabbages make outstanding displays if planted together. Courgette plants look great in the flower bed with their bright yellow flowers attracting the insects, and lunch is just outside the back door!

Last winter I made a small bed in which I intended to put a climbing rose. The wires and posts are up, the bed is ready, but I didn't purchase the rose. Now I am looking forward to a cascade of runner beans, with their bright red flowers covering the wire, and the gentle hum of bees. The rose can wait until next year.

Lettuce seed can be planted in a plant pot and stood on the window sill. Before long you'll have green leaves that can be picked for sandwiches. Herbs are also great for window sills.

Many seeds can be purchased on line so you don't need to go out, and unlike the supermarkets, they are not overrun with orders, so will be on your doorstep in no time.

Enjoy the challenge and enjoy your garden.

I have always had a fascination for invertebrates stemming from childhood, when my father would put me in the wheelbarrow and push me down to the allotment which was 400 metres up the road. On arrival, my dad would show me how to prop up a gravy browning jar, the lid slightly opened with a lolly stick, we would put one in the long grass and one under the hedge. On leaving the allotment, we would check the jars for our catch. Crickets, grasshoppers, beetles, spiders, earwigs and ants the jar was never empty and looking at the different creatures was the best part of the trip for me, we always released everything, totally unharmed afterwards.

But now 50 years on, I am concerned, so many people from children, teenagers and even adults now see insects as something to be scared of, to run away from, to scream if they are near or even worse to kill them. These tiny creatures are swatted, stamped on, poisoned, sprayed, set alight - just for starters and then we destroy their homes, their habitats and their food sources. The current human race seems oblivious to the fact that insects pollinate 80% of their food and also clean up 60% of detritus from the planet, without insects it is estimated that the human race would only survive for 4 years.

Now we are living in these strange times when the world and its inhabitants are in lockdown many people are now realising how important outside space is and are spending more time than ever before in their gardens if they are lucky enough to have one. So now I ask

Is it time to reconnect with nature? is it time to give something back?

Surely now is the time to repair the damage.

So, what can you do?

The obvious place to start is in the garden, the total hectares of domestic gardens is larger than the total hectares of all nature reserves so, If every garden did just 1 small thing, it would make a real difference. By making your garden more insect friendly you will also encourage more birds and small mammals to the garden as well.

One of the most important, pollinating invertebrates we have, are the bees and sadly many bee species are in decline though loss of habitat, wildflower meadows and hedgerows, also pesticides and herbicides plus the arrival of non-native species predators the Asian hornet as an example. Did you know we have 270 bee species in the UK of which 250 are solitary bees.

Most species of bees such as the long -tongued bumblebee are choosy about which flowers they visit as they need deep flowers with plenty of nectar. The flower and the bee are reliant on each other's continued existence. So, the loss of one bee species may have the consequence of one or more plant species also being lost. Bees are foragers and different species have favourite flower shapes, many modern cultivars in particular those with double flowers are very difficult to feed from and are often poor in nectar which is why traditional native flower species are best.

Most gardens will have space to plant a bee border and the trick is to mix a range of nectar rich species with attractive native wildflowers and with careful selection you can supply nectar from early spring to the end of autumn. This is very important for bumblebee colonies as they only store a few days food at any one time and are therefore more vulnerable than honeybees for food.

Having nectar rich plants in the early season are vital for the newly emerging females who must find and establish a nest as well as finding enough food to mature the eggs and rear the first batch of workers.

This is a selection of 30 plants to provide food throughout the whole season that bees are active.

|    |                        |                            |
|----|------------------------|----------------------------|
| 1  | Red clover             | Trifolium pratense         |
| 2  | Wood sage              | Salvia nemerosa            |
| 3  | Cotoneaster            | Cotoneaster horizontalis   |
| 4  | Santa Barbara's lilac. | Ceanothus impressus        |
| 5  | Foxglove               | Digitalis purpurea         |
| 6  | Perennial pea          | Lathyrus latifolius        |
| 7  | Hebe                   | Hebe salicifolia           |
| 8  | Bellflower             | Campanula latifolia        |
| 9  | Columbine              | Aquilegia vulgaris         |
| 10 | Catmint                | Nepeta x fassenii          |
| 11 | Globe thistle          | Echinops nitro             |
| 12 | Judas tree             | Cercis siliquastrum        |
| 13 | Rose                   | Rosa mermaid               |
| 14 | Flowering currant      | Ribes sanguineum           |
| 15 | Bergamot               | Monarda didyma             |
| 16 | Honeywort              | Cerinth major purpurascens |
| 17 | Ice plant              | Sedum spectabile           |
| 18 | Gorse                  | Ulex europea               |
| 19 | Dog rose               | Rosa canina                |
| 20 | Clematis               | Clematis tangutica         |
| 21 | Japanese angelica tree | Aralia elata               |
| 22 | Borage                 | Borago officinalis         |
| 23 | Plume thistle          | Cirsium rivulare           |
| 24 | Californian poppy      | Eschschii californica      |
| 25 | Hollyhock              | Alcea rosea                |
| 26 | Ornamental onion       | Allium giganteum           |
| 27 | Russian sage           | Perovskia atricifolia      |
| 28 | Anise hyssop           | Agastache foeniculum       |
| 29 | Poached egg plant      | Limnanthes douglasii       |
| 30 | Scarlet runner bean    | Phaseolus coccineus        |

To plant all of these would need a space approx. 10x 2 metres, however even the smallest area with a selection of these plants would be beneficial. Bees also like herbs so if you just have a small balcony with room for a few pots or even just a window box you could plant Marjoram, Rosemary, Thyme and Sage and as well as providing for your own kitchen, you can provide for bees as well. Win, Win! One of my jobs this week is to create a bee post in my wild garden. I have just sourced a large trunk of a cherry tree which I will be drilling holes into it seems 5mm is the most optimum size. I will then dig a large hole and stand the post vertically before backfilling. The post will hopefully be used by many solitary bees who will each enter one of the holes and then lay their eggs, the hole will then be sealed with beeswax until the next brood emerge. I am hoping for some ruby tailed wasps as the colours are simply amazing and they are non- aggressive and quite easy to photograph.

Happy wildlife gardening.  
Walcott Village Hall.



(Some Copyright from my university lecturer Michael Lavello notes)

Buff tailed bumblebee.