New Buckenham Parish News



August 2024









A warm welcome from our team will greet you at The King's Head. Once inside, you can expect a cracking pint, a glass of lovely wine or a G&T at the bar, along with some delicious classic British dishes from the kitchen.

Market Place, New Buckenham NR16 2AN

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New Buckenham Parish News

August 2024

Community Woods

The search for a piece of land on which we can establish a New Buckenham Community Wood is ongoing. Meanwhile down the road, Carlton Road already has a community wood, 'Fircroft', on Cherry Tree Lane.

The wood is managed and maintained by a group of volunteers who meet between October and April on the second Saturday of the month to carry out a variety of tasks including maintenance of nesting boxes and footpaths and other tasks to keep it accessible to walkers and local families to enjoy.

For more information with a view to volunteering do contact us, or there will be a 'stall' at the New Buckenham Village Fete where there will be knowledgeable people to answer any questions.

Gerry and Geoff Gildersleeve 861027

Sponsor the Parish News

This month's issue is kindly sponsored by Susie and Ian Jowett to mark their leaving New Buckenham, after 27 happy and eventful years.

If you would be interested in sponsoring an issue of *Parish News* or advertising in the magazine, please contact Mary Dowson on 01953 860320 or email mdowson@btinternet.com.

Parish News Committee

August Bank Holiday Fete

Monday 26th August, 1pm to 4pm, Village Hall

Preparations are now well underway and the fete will follow a similar format to last year, with the usual attractions and fun for all the family at the Village Hall. Those of you who kindly helped last year will have been contacted to help out again. Anyone else who is able to help please contact me on 07534353713 or jon.frith@frith-blake.co.uk or see me at Bailey, King Street.

Please also note the following:

White Elephant Stall: If you have good quality items to donate please contact Janet Webb (860450) or Audrey Dowling (861155) to arrange for drop off. If necessary we can arrange for the collection of larger items. No electrical items or large furniture please.

Book Stall: Books will be stored by Carolyn Hupton. Either leave in the garage of Beech House or call Carolyn (860216) if you need to arrange for collection. No magazines or outdated technical or educational books please.

Nearly New: Very good quality clothes only please. We have arranged for temporary storage at the new container at the Village Hall so please initially contact me at Bailey, King Street or on 07534 353713 and we will arrange for drop off.

Tombola: We are looking for donations for prizes for the tombola. There will be a collection box in Kings Stores or please drop off to me at Bailey, King Street. Toiletries, 'unwanted' gifts, boxes of sweets or chocolates, wine etc. would be much appreciated, as well as prizes for children.

Vintage or Unusual Vehicles: If you have a vintage or unusual vehicle you would like to display, please contact Clive Rush on 860572 or call in at Mill House Garage.

Gazebos and Tents: We are in desperate need of a few gazebos for this year so please let me know if you are able to help.

Finally, thank you to everyone involved for your help – it is very much appreciated! Thank you.

Jon Frith, Chair of Fundraisers
Bailey, King Street
07534353713 / jon.frith@frith-blake.co.uk

Big Raffle

The raffle has been a big contributor to the amount of money we have raised in previous years so please spread the news.

Tickets will be delivered to New Buckenham residents (and slightly beyond) a couple of weeks beforehand. They will also be available at Kings Stores and directly from me if you require any more to sell on to work colleagues, friends and family. The remaining tickets will then be available to buy on fete day.

If you do not wish to purchase the tickets, please return them to either the shop or to me as we can then sell them on fete day.

This year the prize list is:

• 1st Prize: £500 cash

2nd Prize: Dinner, Bed and Breakfast at The Crown Hotel,
 Wells-next-the-Sea

• 3rd Prize: £150 John Lewis Voucher

• 4th Prize: Crate of 12 bottles of wine

• 5th Prize: Family day out voucher for Banham Zoo

• 6th Prize: £100 voucher for Go Ape Treetop Challenge

Jon Frith, Chair of Fundraisers 07534353713 / jon.frith@frith-blake.co.uk

Jean Howling (1931-2024)

Jean was born and brought up in Old Buckenham with her elder brother Ronnie. The midwife had told her parents that she 'looked like an olive' so she was named Olive Jean, but was always known as Jean. After school she trained as a hairdresser in Attleborough. She met Reg at a local dance and on marriage in 1953 they settled at New Buckenham in a cottage next to the then school. She travelled by bus to Norwich to



continue hairdressing, she and her friends being asked by the conductor on many occasions to 'keep the noise down'.

Moving to Beech House she opened her own hairdressers in what is now a beauty salon that in the past had been a butcher's shop run by Reg's grandfather. Their daughter Angela was born in 1957. As a family they moved to various properties around New Buckenham, including Grange Cottage near the church, then King Street. They were briefly in a mobile home under the conker trees by Green Point while building a bungalow and running a smallholding in Haugh Road, now Holly Farm. They finally settled at Hill View where Jean continued hairdressing in the kitchen for her many friends for years. Jean never did learn to drive; Reg tried to teach her but both Angela and the dog wanted to get out of the car. During a lesson with a driving instructor she didn't know whether to knock her Uncle Jack off his bike or hit the combine coming in the other direction. Jean headed home and gave up. At different times Jean worked as a shop assistant in all three of the village grocery shops.

Reg and Angela kept ponies. Jean enjoyed watching from a distance and continued to show great interest in family members who still keep horses. After Angela married Nigel in 1979 four grandsons came along who, in turn, provided six great grandchildren.

Jean was always involved in village life in fundraising for play equipment on the common, running discos, revamping the old Village Hall and helping at the annual village fête to name but a few. For the Methodist Chapel Jean helped organise flower festivals and many other events for its upkeep. She wrote frequently in the *Parish News* and was an active committee member of the Good Companions helping to organise parties and coach trips. Later in life she joined Reg playing bowls and helping at the East Harling club.

After Reg died Jean moved into No.3 Almshouses to be closer to the shops and neighbours. Four years of gradually fading health then led Jean to move to Fairland House, a care home in Attleborough. Here she made new friends and joined in the many activities including her love of flower arranging and bingo sessions where she was too quick for the other residents and won most of the prizes. She loved to sing along and have a cuddle with the Elvis impersonator on his visits.

Jean passed away peacefully aged 92 on 15th April 2024, having led a very active, fulfilling and purposeful life. Her ashes are in New Buckenham's cemetery, with Reg.

Angela Warnes and Charles Oxley

Good Companions

The meeting on Thursday 18th July was attended by 17 members, of whom one was a new member, and we were entertained by Alan Avery. Tea was served by the committee and friends.

The next meeting will be held on Thursday 15th August at 2:30pm in the Village Hall, where we will be entertained with a talk by Jimpy. All new members will be made very welcome – for further details please contact Diana Cole on 860636 or myself on 860467.

Christine Wilby

News from the Pews

Coffeemates!: Thank you to everyone who baked, bought and otherwise supported the coffee morning on 20th July. You raised the amazing sum of £285 (including Gift Aid) in support of Alzheimer's Society. Our next coffee morning is on 10th August in aid of the Butterfly Volunteer Service from the Anne Robson Trust. The Trust's work, and so the Butterfly Volunteers, is to support people facing the end of their life, and those close to them. The Butterfly Volunteers are now part of Norfolk & Norwich University Hospital's palliative care. It goes without saying that this is an amazing and important service and is possibly not well-known. We hope to have a "Butterfly" at the coffee morning to tell us more about their work.

Open Churches Weekend: St Martin's is one of the seven parishes in the Quidenham Benefice and on the weekend of 20th and 21st July all seven churches threw open their doors with various events and activities. The idea was to raise money for the Benefice, to pay for a much-needed administrator. Coffeemates! was one of our events and we were delighted that Peter Lee, our organist, also agreed to give an organ recital. Thank you to everyone who came to support the event in the various churches.

Village & Vestry: V&V as they're known, are a group of people, not all churchgoers, who love the building and want to help maintain it as a special place for everyone. They have hosted some wonderful events, helping us to keep a roof over our heads and pay some bills. Their events usually involve food, wine and music! They run a coffee morning in the spring and decorate the church at Christmas and are now running the bookstall. New members and new ideas are always welcome. Their next meeting to plan events was on 23rd July, but if you'd like to find out more and join this dedicated team, please ring Fi Gallimore on 01953 860645 or 07981107703.

7 Villages Summer Club at Banham Church: 7VSC are running free, fun activities for all the family (children with an accompanying adult) on Tuesday to Thursday every week during August. It is open to everyone – you don't have to be a churchgoer or have a set faith! The club runs from 10am to 12pm. You can just turn up on the day or ring 07809430967 to register.

Norfolk Bat Survey: You may have seen some equipment on a pole in the church and the churchyard towards the end of July. As you know, Janet Trewin monitors the bat population in the village surrounds and erected the equipment to monitor and record bat acoustic data around the church over several nights. As Fi, Jeremy and Jimpy who clean the church will testify we have a lot of bats, so we hope the survey provides useful data for Janet!

Waveney Food Bank: We continue to take donations, as does King's Stores. Demand will undoubtedly rise again in the school holidays, so your generosity is much appreciated.

This Summer: The church and gardens are yours to enjoy! This is a communal village space, so please do come and sit in the shade or walk in the gardens, whatever you like. The church itself is open from 10am to dusk every day, with our amazing bookshop, children's play area with books to borrow or keep, a loo and access to drinking water (both of which are free).

Farewell from Susan: This is the last News from the Pews I shall be contributing to, as I am retiring as an Authorised Worship Assistant at the end of July. We have moved, too, but only as far as Diss, so I'm hoping to be back to help out with choir and coffee mornings for a while! I have loved worshipping in this church and I shall miss my lay ministry very deeply, but the time is right for us as a family. New people have come forward – the church here is in good hands!

Continued overleaf...

Farewell to Susan: She says that the church is in good hands, but this is in large part due to her long and dedicated commitment to St Martin's. Susan leaves a legacy to be incredibly proud of, not just in her ministry but her many, many years on the PCC and the support she has given to various initiatives in, at and for the Church. We shall miss her greatly and with our new volunteers will strive ever forward!

Contact details: Rev Sarah Walsh is always happy to visit or chat. Contact her on 01953 571549 or 07809430967. For any queries do contact me.

Louise Casson (Churchwarden) 01953 860191

St Martin's Services: August 2024

Sun 4th	10:00am	Group Service at Eccles Rev Sarah Walsh	Trinity 10 Proper 13
Sun 11th	4:30pm	Choral Evensong (tbc) Canon Tony Billett	Trinity 11 Proper 14
Sun 18th	11:00am	Holy Communion Canon Lorraine Summers	Trinity 12 Proper 15
Sun 25th	11:00am	Morning Prayer Val Plummer (AWA)	Trinity 13 Proper 16

For more information about services, contact:

Priest in Charge: Rev Sarah Walsh (01953 571549)

Farewell from the Jowetts

It's been a long time! I first came to New Buckenham in 1977, to Brook End, the first of the newly built terraced houses in Marsh Lane. These were lively years when lots of young people moved into the village to do up cottages, and when Players, Miscellany, the 100 Club and other groups were started – mostly based in the Kings Head! I moved away in 1980, returning in 1997 with new partner lan and four children between us, first to Haugh Road, then back to Marsh Lane, this time in Tanyard Cottage. When mum was widowed in 2001 she joined us, living in Marsh Lane and Moat Lane before retiring to De Lucy House in Diss 4 years ago. The children, Helen, David, Tom and Will have moved around but are all in Norfolk now.

We have had 27 very happy years here, involved with many village groups, and seeing many changes. This is a unique village, both in its history and in its people and it has been a privilege to live here. But after recent health issues, the time has come to move to an easier house with more facilities in walking distance. So, we are now based in a bungalow in Diss, but hope to keep in touch at village events. We are leaving Tanyard Cottage in safe hands and wish Jason and Alison many happy years in their new home.

We are so grateful for the outstanding friendship and support we've had here, in good times and not so good, from riotous parties to hospital lifts.

Thank you, New Buckenham.

Susie and Ian Jowett

07387446730

Open Gardens 2024

As you may realise, the report in last month's *Parish News* was a little premature with the PN being distributed before the Open Gardens had actually taken place. But let's face it, it worked. We reported a successful day with many people visiting and raising lots of money, and it all came true. We did think that we were going to have a disappointing day when we woke up as the weather was not kind to us. It was a normal British summer's day with plenty of rain. But it cleared, people came, and it was warm and dry all afternoon and we had the most successful day ever.

We were competing with Forncett Open Gardens, football and potentially bad weather and yet they came and kept on coming from one o'clock until three when we could stop and catch our breath. Then they came back for cake and tea at three thirty. The café was also open and did a roaring trade all afternoon.

We had 325 visitors so there were 2 visitors for every 3 residents. That's a lot of people to come trampling over your carefully tended grass but there were no complaints, just comments from owners how nice people were but you had to be on your toes and know all the plants in your garden. There was a theme, spoken or not, that Open Gardens prompted owners to complete all those gardening tasks that they had been putting off. Also, on the walk round earlier in the week, that some owners were able to take inspiration from other gardens. So that despite the work involved, owners were able to win on two counts.

Special thanks go to Charles and Pat Oxley who not only opened their garden but also organised and ran the plant stall and raised over £250. Thank you both for a tremendous effort.

We must also thank Mandy who came up with the idea for Decorated Benches and ran with it on our behalf. We have 17 public benches in and around the village that we sought to have decorated but being the first time only 5 benches were decorated. One bench made a surprise entrance on the day on Grange Road, but it was still included. We asked that visitors voted on the decoration on the benches, and we have the results, and we will announce at the Village Show on 27th July at the Village Hall.

If you wish to visit other Open Gardens during the summer, then we must recommend the Open Gardens website:

www.opengardens.co.uk. It is run by amateurs and covers the whole country. We were very grateful to them as some visitors came from Terrington St John (46 miles), some from Cottenham (53 miles), Aylsham (38 miles) and Banham (3 miles) using the website.

The Show report will follow in next month's *Parish News*. We are not risking fate by putting in another premature report.

Jimps

Open Gardens Plant Stall

Many thanks to all those who kindly contributed to the plant stall for Open Gardens. We had a good variety of plants, ranging from tiny scented geraniums to substantial saplings. Most were sold and leftover plants were gradually distributed leading to further donations towards the Village Show.

Pat and Charles

Life Under The Limes

The ground between and around the two lime trees on Market Place, closest to Wisteria House, has been left to go wild for several months. In the spring there was a mass of primroses which seems to be increasing each year, followed by cow parsley, a handful of bluebells and then, into the summer, ox-eye daisies.

In the long grass beside Wisteria House, enjoying the shade, Canterbury bells showed through along with selfheal, fox and cubs and purple toadflax which enjoy the moisture the long grass holds.

Much of the grass here is tough and forms dense, impenetrable clumps overtaking many plants which may otherwise be establishing a foothold. Once the flowers have finished blooming and their seed ripened ready for collecting, it will be time for the last cut of the year. This area will be included when Phil Anderson does the final mow of both sides of the green, and the grass cuttings in this small space will be removed. This will make sure the cuttings do not go towards enriching the earth and making the grass stronger. Wildflowers thrive in poor soil which is why the strength of the grass needs to be reduced allowing the flowers to become stronger.

The ground directly under the trees has been 'haloed'. This means the area directly under the trees' canopy, a very rough circle, is being slightly increased and cleared of all the vigorously growing grasses. As the wildflowers growing in and around the village begin to produce ripe seed this is being collected. The ground will not be dug over but gently raked so it is not too densely compacted. As poppies thrive in disturbed soil, hopefully the same can be said of the other flowers. The seed will then be sown to create clumps of the same variety for impact as well as a smaller amount mixed together and scattered as they would naturally. In the autumn, the leaves from the lime trees will need to be removed as, like the grass cuttings, they, too would enrich the soil to the detriment of the wildflowers.

Hopefully (fingers crossed), next spring and summer the wildflowers will begin to properly establish themselves and another couple of years after that, we will have wild flowers in that small space that are happy to be there and will thrive.

Kim Cutmore (Weavers - by the sheep)

Common Mallow

Common Mallow, scientific name *Malva Sylvestris*, belongs to the family of plants known as Malvacaea. Malvaceae is from the Greek word 'malakos' meaning soft or soothing after Common Mallow's use as an anti-inflammatory.

There are 4225 species of Malvaceae with two of the most important economically being cotton and cacao. Cacao, undergoing many processes, is turned into cocoa then made into chocolate. Unfortunately, the Common Mallow which grows around the village, although edible, is not a genus from which chocolate can be made. Plants Lavatera and Hollyhocks are relatives of Common Mallow.

The word 'mallow' meaning 'mauve' in French, Common Mallow has pinky mauve five-petalled flowers with deeper purple stripes radiating from the petal base to its wider top edge. Common Mallow will grow from 5" to 6' tall. The plant has a straight stem covered in soft hairs with the flower stems branching out along its length. It is a biennial, forming rosettes of leaves in its first year then flowering the following summer. It will then flower in the same spot year after year. Its flattish five lobed leaves are, to me, reminiscent of the geranium. There was a huge plant, almost a shrub, at the corner of Cuffer Lane forming part of the graveyard hedge. Through necessary cutting back, as it was becoming unruly, it is now much smaller but still showing itself. Flowering from June to October, Common Mallow spreads readily on roadside verges, footpaths, waste ground and field edges.

Not far from the Norfolk Wildlife Trust Cley Marshes Visitor Centre is a parking area on the edge of the Walsey Hills bird reserve. From here is the beginning of a footpath which takes you across the fields and through some lightly wooded areas to Salthouse. All along the field margins here are dense masses of Common Mallow creating glorious pink hedging.

Common Mallow is particularly attractive to the two common flea beetles that are rarely found on other plants, proving its value for biodiversity and the continuation of a valuable insect species. The beetles are unable to fly as are fleas, but do jump, hence their name. The adult beetles feed on the leaves creating small holes and the beetle larvae feed on the roots. In turn, they become food for birds, frogs and other species of beetles, lacewing larvae and predatory wasps. With its bright, open flowers and easy access to pollen-loaded centre, Common Mallow is attractive to a variety of pollinators.

Common Mallow has been used medicinally for thousands of years. Both the flower and leaf were used to treat irritation of the mouth and throat, dry cough and bronchitis. Steeping the leaves in hot water then bathing the eyes once it has cooled relieved soreness and dryness that can be associated with hay fever. Problems with the stomach and bladder also benefitted from properties found in Common Mallow. A poultice (a warm, moist dressing) could treat wounds when placed directly onto the skin or it could be added to bath water. If you tear and crush a leaf you will feel the moist silkiness which is the releasing of the mucilage that produces its soothing properties.

With the whole of the plant being edible and offering so many nutrients, Common Mallow is considered to be a super food. The flowers, stems and leaves can be eaten raw, and the leaves also used as a substitute for spinach. Because of its mucilage, the leaves will thicken soups and stews. Soon after the flowers finish blooming, flat,

round seed pods appear which are known as 'cheeses' as they are reminiscent of a whole cheese. Although not having a very strong flavour, while still soft and green the seeds can be eaten. The plant is rich in vitamins A, B, C and E, essential fatty acids, iron and many other useful nutritional elements.

Boiled with sugar, the root of the mallow could be made into cough sweets and medicine. Part of the same family, the Marsh Mallow root was used to make the original soft and pillowy marshmallow sweets, the root now being substituted with gelatine.

Common Mallow has also been used to make paper and to dye fabric. Mythology says Mallow was the first plant God put on the earth. With its many useful properties, this showed that God had the people's interests at heart. In Victorian flower language, Common Mallow represented being consumed by passionate love and it was believed just smelling the flower would excite desire. Planted on the grave of a loved one, it was considered a great gift as symbolically the person would be fed and cared for and, being such a 'good' plant, witches would be scared away by it. In medieval times the mallow was associated with love and fertility. If a young woman put a sprig in her shoe, apart from it being rather uncomfortable, she would soon meet her true love.

A well-known and respected local herbalist and author, who lives on a magical eco-friendly organic piece of land, was underlining for me the wonders of Common Mallow. Every day she adds leaves from the Common Mallow to her breakfast smoothie, making it rich and creamy and a beautiful colour. If these are not available, she turns to another genus, the hollyhock, and uses its leaves instead. With it being so versatile and long flowering, Common Mallow is one of her favourite herbs which she would not want to be without.

Kim Cutmore

(Weavers - by the sheep)

New Buckenham Parish Council Summary of Draft Minutes: July 2024

Present: Andrew Bingham (AB) Chair, Mary Manning (MM), Don Crossman (DC), Paul Martin (PM), Mary Dowson (MD) Karen Hobley (KH) and Angela Thornton (AT) Clerk.

1. Minutes approved June meeting subject to

Removal from apologies 'as sick'.

Replace KH with AB.

Following discussion it was agreed that the reason for non attendance will not be recorded in the Minutes.

2. Matters Arising

- a) Village Gateway: no further progress.
- b) County Broadband Wayleave: County Broadband have informed PC this will not go ahead.
- c) Community Woodland: MM met Mr Giles (landowner of the meadow to the SW of the footpath on Marsh Lane). He will contact PC if the land becomes available.

3. Public Participation

- a) Parish Cllrs
 - i) DC highlighted recent accidents at the Dambrigg. PC to contact Highways lodging concern and notify Banham PC. Action AT.
 - ii) AB suggested a dedicated Facebook page for NBPC. It was concluded that PC will use the NB Facebook page to highlight meeting dates and relevant items.

- iii) PM reported the car parked in Grange Road has been moved.
- iv) KH requested the website to be updated to reflect AB as Chairman.

4. Financial Matters

- a) June Bank Reconciliation approved.
- b) Payments for July and August approved.
- c) PC will not adopt the General Power of Competence at this time.

5. Amenities

- a) Cemetery: a burial is scheduled at the end of July. Action AT/PM.
- b) Allotments: Cllrs approved a quote from Norfolk Waste Management for the removal and disposal of the rusty barrel and its contents.

Cllrs considered allotments that were not being maintained. Action AT.

c) Play Area / Cricket Pitch: jet washing play equipment scheduled for August.

Annual inspection of play equipment scheduled for August.

d) Footpaths: High London Farm path - fence and stiles causing problems for walkers. Action AB.

MD and MM reported residents concerns with metal on Marsh Lane footpath. AB clarified that this was part of drainage that cannot be removed.

Continued overleaf...

- e) Grounds Maintenance: MM informed the meeting that part of a tree had fallen near the cricket pitch. Cllrs approved the cost of its removal.
- f) Closed Churchyard: AB reported the wildflower area will be cut when weather permits.
- g) Community Car: AB reported that CCS will be advertising for additional drivers.

6. Correspondence

- a) County Broadband have responded to Breckland DC and they will not make any changes to recently erected poles or overhead cabling plans.
- b) Electric vehicle charging point is now fully operational and charging correctly.
- c) Village Hall AGM nomination of PC representative: AT to inform the village hall committee that AB will continue as PC representative for the next 12 months.

Mary Dowson for New Buckenham Parish Council

New Buckenham Parish Council

Chair: Andrew Bingham

(01953 861150 /

cllr.andrew.bingham@newbuckenhamparishcouncil.gov.uk)

Vice-Chair: Paul Martin

(01953 861117 /

cllr.paul.martin@newbuckenhamparishcouncil.gov.uk)

Councillors: Don Crossman (01953 861246)

Mary Dowson (01953 860320) Steve Highton (01953 860000) Karen Hobley (01953 860529) Mary Manning (01953 861242)

Clerk: Angela Thornton (01953 887830 /

parish.clerk@newbuckenhamparishcouncil.gov.uk)

The Parish Council meets at 7:30pm on the second Tuesday of every month at the Village Hall. Further information can be found on our notice board on the Village Green or www.newbuckenhampc.info.

200 Club Lucky Winners

Thank you for your continued support of the Village Hall. Here are the lucky winners for the latest draw.

£20	Margaret English, Sarah Rhoden, Ellie Hupton
£10	Peter Hodges, Ed Dowling, Shaun Knight, Mark Granger, Chris Marsh, Katie Dragoda,
	Karen Hobley



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Dates For Your Diary

August 2024			
Sat 10th	Coffeemates!, St Martin's Church, 10:30am		
Tues 13th	Parish Council Meeting, Village Hall, 7:30pm		
Thurs 15th	Good Companions, Village Hall, 2:30pm		
Mon 26th	August Bank Holiday Fete, Village Hall, 1pm to 4pm		

The Village Hall Bookings Administrator is Stevie Hobley 07469 715517 ~ bookings@newbuckenhamvillagehall.co.uk

Contributions for the September 2024 issue of New Buckenham Parish News should be submitted by 6pm on Wednesday 21st August to Richard Hoggett, 9 Church Street (860136), Katie Wyatt-Hupton, Orchard Cottage, Marsh Lane (308427) or by email to editor@newbucknews.co.uk.