

# Raynhams' Newsletter – August 2021

It was nice to see a good mix of people at the reopening of the Village Hall bar in West Raynham on 23<sup>rd</sup> July! Remember the bar is open on **Fridays from 6 to 10 pm and Sundays from 2 to 6 pm** during August, with a Happy Hour at the start of each session when all drinks are half-price.

## 'Beer, Burgers and a Band' - Saturday 28<sup>th</sup> August

A final reminder that the village get-together will be held on the car park for West Raynham Village Hall from 4 to 8 pm. There will be an outdoor bar and Whirligig will be playing a couple of sets with dancing optional!

Food will be provided by Banyards of Dereham with vegetarian or meat sausages, beef burgers and strawberries and cream all available at prices ranging from £1 to £2.50, subsidised by the Village Hall Committee. Do come along with your family and friends to help celebrate the Bank Holiday weekend!

On **Thursday 26<sup>th</sup> August from 5 pm** we will be putting up a big marquee in the village hall car park for the event, and if you are able to help with its construction then please get in touch with Paresh (email: [pareshs999@gmail.com](mailto:pareshs999@gmail.com)).

## Sunflower Growing Competition 2021



The deadline for measuring and sending in the height of your sunflowers is **August 15<sup>th</sup>**. Remember we need a photo of someone holding a measuring tape next to the sunflower, going from ground level to the top of the flower head.

A prize for the tallest sunflower will be presented at the 'Beer, Burgers and a Band' event on August 28<sup>th</sup>, with a wooden spoon for the shortest one!

From what we've seen so far, it looks as if there are at least three people who have a great chance of winning the prize for the tallest sunflower! Pictured on the left is an entry from Tracey Jolliffe and the height of the sunflower is about 110 cm (43 inches).

## Newsletter Info and Contact Details

- Deadline for articles or notices is the 28<sup>th</sup> of each month
- [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com) to send in articles or manage subscriptions
- <https://www.raynhampc.info/documents> to view and download newsletters

## JDR GUNS - a new gun shop on West Raynham Business Park

Our nearby business community on the former RAF base now has its very own sporting firearms dealership! JDR GUNS supplies firearms, airguns, ammunition and reloading consumables to hunters and target shooters.

"I opened in Spring 2020 but then we had the summer lockdown," says business owner Jon Dellar. "So, my first year was delayed. Now I'm properly open and the response has been terrific. New customers are finding me all the time."

Jon moved to Norfolk in 1989 to study Scandinavian languages at UEA, then worked for 25 years as a translator/editor covering medicine and scientific innovation, mostly in Swedish.



"As a kid, I was interested in firearms, had airguns and so forth. But it went into the background while I was raising my family. When I did get properly into shooting, I was delighted to find that Norfolk is a great county for gun owners."

"It might seem an odd choice going from translator to gun dealer, but it wasn't overnight. I took up target shooting then got into reloading, then it grew and developed into a small dealership from my home. I'm one of these people who's interested in everything and so, moving into business premises has somehow brought together a raft of different interests."

Jon sells shooting supplies and also runs a YouTube channel (search for JDR GUNS) which covers various aspects of shooting and reloading. His latest venture is a series on smokeless propellants; an important topic for shooters wanting to customise their ammunition.

"I want to offer something a bit different for my customers," says Jon. "If I can demystify shooting for newcomers, then I'm doing something right."

So, how does a small firearms business cater for everyone? "The way shooting is organised in the UK is highly geographical. That means running a gun shop requires a certain knack for



finding out what local shooters need. A common misconception is that, in the UK, we can only have shotguns. In fact, we can use everything from muzzle-loaders and lever-action 'cowboy' rifles to long-barrel pistols and finely-tuned target rifles. There's a staggering variety of shooting-related equipment out there, but it's what makes the work so interesting."

Jon is currently open weekdays 10 a.m. to 4 p.m. and there are plans for Saturday openings.

JDR GUNS LTD - Unit 7G (rear of Building 7), West Raynham Business Park  
Tel: 01328 838142 | Website: [www.jdrguns.com](http://www.jdrguns.com) | Facebook: jdrgunsLtd



## Free Fish and Chips - Saturday 25<sup>th</sup> September

Thanks to the Solar Fund Committee we are able to offer a **FREE** fish and chip supper on Saturday 25<sup>th</sup> September with serving starting at approximately 7 pm. Cod, scampi and fish cakes will be available as well as sausages.

The food is being supplied by 'Tropics Two' based in Dersingham, and the family-run business was listed among the 10 best mobile fish and chips businesses in the country for the Fry Awards earlier this year.

The Village Hall and bar will be open should you want to join other people or you can take your food home.

To help cater for this unique event please let us know if you wish to take advantage of the meal offer by putting a note in the Village Hall postbox or sending an email to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

## Tractor Run - Sunday 26<sup>th</sup> September

Come along from 9 am to see the veteran tractors get together in the Village Hall car park in West Raynham before departing at about 10 am to go through some of the local villages and a visit to West Raynham Control Tower in the business park. Tractors will return to West Raynham at about 4 pm (2 pm in case of poor weather) with a stop at Great Massingham for lunch.



Photos kindly provided by Dominic Eaves taken during the tractor run on 25<sup>th</sup> July.

## Groups and Clubs

### 'Knit and natter' and craft workshops in the Village Hall

We are pleased to announce that 'Knit and Natter' will begin again from next month. We welcome all crafters to join us from 10 to 12 every Saturday morning starting on **4<sup>th</sup> September**.

Don't worry if you are a novice as Janice Hankey will be providing advice and top tips on knitting for those who want to learn something new (needles and wool provided); if you are an old hand then please bring along whatever you are working on at the moment (crochet, embroidery, quilting, knitting) and join in the chat over coffee and biscuits.

Once a month we will also have special workshops running alongside. Jean Vickery will be leading one on crochet on **23<sup>rd</sup> October**, and Annie Bix (Moonbrush Wood Studios) will lead one on felting (making Christmas robins) on the **27<sup>th</sup> November**, just in time for Christmas! Full details for booking and any costs nearer the date. We hope to organise one on card making too, and if you have ideas for other workshops then send an email to Judy at [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

### 'Taster sessions' in the Village Hall

We will be organising 40-minute taster sessions for October including:

- 'Move It Or Lose It' for the over-40s (see <https://www.moveitorloseit.co.uk>) on **Wednesday 6<sup>th</sup> October at 2pm**
- 'Modern Line Dancing' (includes modern dance and not just country!), no partner required, on **Thursday 14<sup>th</sup> October at 7pm**

These sessions are free as they are being paid for by the Village Hall Committee. The idea is that if enough people are interested then we can organise regular weekly sessions (likely to be £5 a session). More details to follow.

We are also following up on a taster session for yoga and would welcome ideas for other keep fit activities you would like to see held in the village hall. Thoughts on the best timings for any sessions would also be very welcome, so contact Judy at [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

### Raynhams' Book Club

Meeting on the first Thursday of every month at 5:30 pm in different locations. The Book Choice for **2<sup>nd</sup> September** is 'The Lonely Londoners' by Sam Selvon published in 1956.

An overview of the book can be found at The British Library at this link: <https://www.bl.uk/works/the-lonely-londoners#>. For more information about the club send an email to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

### Raynhams' Gardening Club

Just started and meeting on the last Thursday of every month at 6 pm in West Raynham Village Hall. Next meetings on **26<sup>th</sup> August (tbc)** and **30<sup>th</sup> September**. For more information about the club send an email to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

## Noticeboard

### Anyone interested in circuit training?

A friendly, professionally qualified fitness instructor is willing to lead weekly circuit training sessions in the Village Hall. If you are interested in joining then please send an email to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

### Free to a good home

A plain fireback (80cms x 70cms) available for nothing to anyone who would like to collect. Weighs about 80 kgs. Contact James Hickman, No. 22, The Street, West Raynham.

### Cheeky Nibble granola

Order online at [www.cheekynibble.com](http://www.cheekynibble.com) to try some of Matty Hickman's Cheeky Nibble granolas. Save on postage and packing by using the discount code **RAYNHAM** and collecting your order from Number 22, The Street, West Raynham.

### Solar Fund Committee

Applications are now open for the Solar Fund for projects that benefit The Raynhams. Recent community awards have included funding for the installation of a defibrillator; grassland/wildflower management in St. Margaret's; playground equipment; a barn owl carving, and the provision of bird feeders and nesting boxes. Application forms can be obtained by contacting David Sidell, Chair of the Solar Fund (email: [davidsidell@outlook.com](mailto:davidsidell@outlook.com)).

Completed forms must be returned by **30<sup>th</sup> September 2021** and can be sent to David Sidell (Sid) at 5, The Bowling Green, West Raynham, Fakenham, Norfolk, NR21 7HD.

### Recipe Corner - Judy Pell

This month we have a real 'summertime' recipe from Denise Hickman that would be great with a barbeque!

Denise says "I do have one recipe which I made up and use a lot and seems very popular which is a salad of cold 'fine' green beans with a dressing made up of soya sauce and sesame oil with a bit of pepper. Super simple and very delicious. It has made young children try green beans for the first time and like them!".

Denise also suggests a great soft drink to go with it for all the designated drivers at your barbeque: "This drink is called 'Gunners' which is lemonade and ginger ale with lime cordial and a dash of Angostura bitters (which has alcohol but only a sprinkling). You can have half lemonade half ginger ale, or just one or the other - also, soda or fizzy water". Enjoy the summer everyone!



## Greenhouse and Garden - Bridget Stanley

Sadly, next month will see the last of Bridget's gardening columns for the Newsletter, and we have to say a big 'Thank you!' for all the tips and photos she has provided over the past 12 to 15 months. Thank you Bridget!

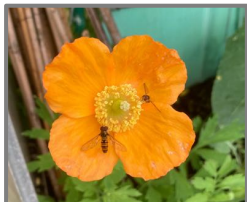
It has been a great month for abundance in the garden and savouring a fresh warm tomato from the greenhouse makes all the work so worthwhile!! I have been taking the side shoots



off the cordon tomatoes and removing the lower leaves to allow space to get water into the roots. Remove some of the upper leaves so that the sun can ripen the developing tomatoes. Look carefully through the leaves of your tomatoes and your cucumbers for hidden gems! Cucumbers can be very stealthy. If you find that you aren't seeing new fruits appearing, check through for a large cucumber taking up all the plant energy lurking in the greenery! During the very hot weather I had moved my seedlings out of the greenhouse but have moved them back in again now as it has turned cooler. Same with the basil

plants which like warmth but don't want to be cooked. I think my sunflowers may have been rather cooked during the hot spell we had!

In the garden I have been deadheading roses almost daily and cutting off any black spotty leaves. I have found that the blackspot usually affects any weak and spindly stems, and those that are crowded and not getting any airflow around them. I have given the roses a feed in the middle of July, and this will help them to produce another flush of flowers in September. Some of the roses flower non-stop all the way through the summer such as 'Olympic Spirit'. Not scented unfortunately, but a terrific colour.



I won't share a photo of my wildflower patch as it looks such a weather-beaten mess at the moment, but it will soon be time to mow it all down anyway. Wildflowers in the greenhouse are still looking ok though - those poppies will always find a way in!

Now is a good time to take stock of what you have in your borders and take lots of photographs to remind you next Spring of how crowded they can be. Some of the plants that are showing off at the moment are: Crocosmia, Dahlia, Phlox, Hibiscus and even the courgette flowers!





## Insects in the Garden - Paresh Shah

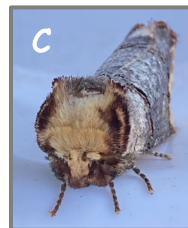
Several wild roses are growing through our beech hedge and some of the stems have reddish-pink feathery growths which are known as Robin's pincushion or Bedeguar gall. Each gall is the result of a localised response by the rose plant to feeding by larvae of the cynipid wasp *Diplolepis rosae*. After the larvae complete their development, adult female wasps will emerge from next Spring onwards and lay viable eggs without mating (parthenogenesis). Males are very rare due to the presence of *Wolbachia* bacteria in the female wasps. *Wolbachia* are known as 'male killers' and are commonly found in a wide range of arthropods including insects and nematode worms. Varieties of *Wolbachia* are being tested in countries such as Indonesia and Brazil to control mosquito-borne diseases.



The two wildflower strips have been looking good during July and are attracting a variety of insects. The hoverfly *Episyrphus balteatus* (right) is very common at present feeding on the pollen of poppies and other flowers.



Since mid-July I have used the moth trap to catch night-flying moths in several different gardens in West Raynham. Two species with high numbers in all four of the sites tested so far are the Common Footman (photo A; average of 40 individuals per garden) and Spindle Ermine (photo B; average of 60 per garden). Other readily identifiable species are the Buff-tip (photo C; Foundry Cottage); Elephant Hawkmoth (photo D; Garden Cottage), and Black Arches (photo E; No. 22, The Street). Only a single Privet Hawkmoth has been found so far (photo F; Old Bakehouse).



More information on Robin's pincushion and *Wolbachia*,

- [https://en.wikipedia.org/wiki/Diplolepis\\_rosae](https://en.wikipedia.org/wiki/Diplolepis_rosae)
- <https://www.worldmosquitoprogram.org/en/work/wolbachia-method/how-it-works>



## Nature Notes for July 2021 - David Stubbs

As I write this on the last day of the month, the air is filled with the joyous screaming sound of a posse of a dozen swifts flying in close formation past our window, sharp turn past the Reading Room, round the block and back again for another flypast. A familiar routine for these last few weeks, while during the last week of July the sky seemed full of swifts, with flocks of up to 50 birds wheeling around in a final frenzy of activity before they head off for their southbound migration to central Africa.

Meanwhile, the eaves of the older houses along The Street are alive with the high-pitched twittering sound of swift nestlings, almost at the point of getting ready for their maiden flight. The brood I am monitoring with a nest webcam are looking full grown. For a few days now they have been flapping and stretching their wings as though doing press-ups, a key part of their pre-fledging routine. They will be leaving the nest in the next couple of days.

Some of the pairs of late nesters will be around for a few weeks more, but as we move into August the spectacle of these wonderful agile acrobats of the air will just be a fond memory for another year.



Anyone who has been to St Margaret's churchyard recently will see that over the last two weekends of July we have completed the main summer hay cut, a vital part of the grassland conservation project that has been going since 2018, so now in our fourth season. It is a long-term exercise to establish a more diverse and flower-rich meadow, but we are pleased with progress.

This year has been a good one for certain butterfly species and the numbers of gatekeepers (or hedge browns) in the churchyard have been truly spectacular. We also noted numerous frogs and toads while raking up the cuttings and there seem to be good numbers of voles and shrews too. Six-spot burnet moths were seen flying during the hay cutting feeding on plants such as scabious.





The other butterfly success this year has been the red admiral, seemingly ever-present in gardens and along hedgerows throughout the area. In contrast I have only noticed one painted lady and very few comma butterflies this season.

Earlier in the month I came across an old friend! The greylag goose with the orange neck collar (marked with letters PAP) was in the parkland field next to Raynham Lake. The flock of geese has swelled considerably in the last few weeks, with many of this year's youngsters to be seen. It looks like they have had a productive season.

One day I had a message from Dorian Moss who lives in Helhoughton, reporting a sighting of a ring-necked parakeet. The bird headed south, so probably passed through West Raynham. This is a first record for the area, but anyone who is familiar with the London and south-east region will know these birds all too well. I actually like them in their smart green plumage, but when they gather in large flocks, they can be very raucous and dominant at bird feeders, which is a less desirable trait. I rather suspect they will become a more familiar local inhabitant in the years to come, as the population expands northwards.

### Acknowledgments

I want to say a huge thank you to all those who took time to help with the churchyard grass cutting: Andrew Buck for so skilfully manoeuvring the reed cutter that made such quick work of the cutting, and to all those who helped with racking, carry and stacking the cuttings - Paul Adler, Helen and Richard Brooke, Alan Forsyth, James Hickman, Paul Reeve, Paresh Shah, Francoise Walker, Jay Williams, and to Sandra Forsyth for refreshments. Other volunteers will be very welcome, so do please let me know.

If you have any unusual nature observations please let me know:  
David Stubbs: [davidstubbs1@btinternet.com](mailto:davidstubbs1@btinternet.com) or WhatsApp me on 07974922197