

# **Raynhams' Newsletter – September 2021**

We hope you were able to come along and enjoy the 'Beer, Burgers and a Band' event at the end of August. A lot of work went on behind the scenes and special thanks go to David (Sid) Sidell, Barry Sergeant, Andrew Buck and Melvin Forman who were instrumental in making it happen. Also, many thanks to Jay Williams, Dan Wooller, Alan Forsyth, David Stubbs, Rob Curl, Neil Clarke, Melanie & Mahnvir, Theresa Sidell, Nigel & Lynn, Andrew Howarth, Tony Myers, Debbie Lamont, Monica Fitzjohn & Molly Williamson.

## **Dates for your diary**

A quick summary of what's coming up in September:

- **Saturday 25<sup>th</sup> from 7 pm** - Free fish and chips in the Village Hall & book in advance!
- **Sunday 26<sup>th</sup> from 9 am** - Tractor run starting in West Raynham car park
- **Saturday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 15<sup>th</sup> from 10 am to 12** - Knit and Natter in Village Hall
- **Thursday 30<sup>th</sup> from 6 to 7 pm** - Raynhams' Gardening Club in Village Hall

Don't forget the free 'Taster sessions' lined up for next month:

- **Wednesday 6<sup>th</sup> October at 2 pm** - 'Move It or Lose It' for the over-40s in Village Hall
- **Thursday 14<sup>th</sup> October at 7 pm** - Modern Line Dancing in Village Hall

Advance notice for December:

- **Saturday 4<sup>th</sup> December from 10 am to 12** - Coffee morning with tombola & raffle

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

Thanks to the Solar Fund Committee we can all have a **FREE** fish and chip supper on Saturday 25<sup>th</sup> September with serving starting at approximately 7 pm. Cod, scampi, fish cakes and sausages are available, and the food is being supplied by 'Tropics Two' based in Dersingham. The Village Hall and bar will be open from 7 pm to 10 pm.

To take advantage of this offer you should place an order either by leaving a note in the Village Hall post box or sending an email to [westrays.newsletter@gmail.com](mailto:westrays.newsletter@gmail.com). **DEADLINE IS FRIDAY 17<sup>TH</sup> SEPTEMBER.**

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

Come along from 9 am to see veteran tractors line up in the Village Hall car park in West Raynham, before they leave at about 10 am to drive through several nearby villages with a visit also to West Raynham Control Tower at the old airfield.

## **Newsletter Info and Contact Details**

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

## Raynham United Charity

The Raynham United Charity was founded by Peter Stringer of West Raynham in the 17th century, so it is with regret that the Trustees have decided to close the charity. The decision was not taken lightly but due to low interest rates and there no longer being a source of income for the charity, the need to have a charity to support 'the poor and needy of the village' has hopefully passed.

The Trustees want to distribute the remaining balance (£1,300) in accordance with the terms of the charity and so want to help students to buy textbooks, tools or equipment related to their training or exams. The charity originally offered tools for boys to start a trade and girls to buy a uniform to go into service!

Applicants must live in the Raynhams' Parish and be apprentices, or the equivalent, or be in Higher or Further Education and aged over 16. The Trustees will provide each qualifying person with a grant of £100 towards their studies. If you are an apprentice or at college or university and live in South, East or West Raynham or The Orchard, then you can apply for a grant by writing to: Richard Brooke, Sheriff House, 7 The Street, West Raynham, NR21 7AD, or calling 01328 838220. Please give your name, address and telephone number, together with the name of your college, university or company and the course you are studying.

Applications are on a first-come, first-served basis and **close at the end of September**. After this date any remaining balance will be divided equally and donated to the Benjamin Foundation and Macmillan Cancer Support, which are two charities that provide support to parishioners and closely follow the founding principles of the Raynham United Charities.

## 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.

## Groups and Clubs

### 'Knit and Natter' and Craft Workshops in the Village Hall

Welcome to all crafters who can join us from **10 am to 12 every Saturday morning** starting on **4<sup>th</sup> September**. Janice Hankey will be providing advice and tips on knitting for those who want to learn, and needles and wool will be provided. If you are a veteran then bring along whatever you are working on, including crochet, embroidery or quilting not just knitting, and join in a couple of hours chat.

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 **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 [westrays.newsletter@gmail.com](mailto:westrays.newsletter@gmail.com).

### 'Taster sessions' in the Village Hall

The following 40-minute taster sessions have been booked with Nikki Hammond:

- '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, with a cost of about £5 per person each time.

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

### Raynhams' Book Club

Meeting on the first Thursday of every month at 5:30 pm in different locations, and a set book is discussed every other month. Next meeting is on **7<sup>th</sup> October** and the book choice for discussion on **4<sup>th</sup> November** is 'Small Island' by Andrea Levy. Email [westrays.newsletter@gmail.com](mailto:westrays.newsletter@gmail.com) for more information about this group.

### Raynhams' Gardening Club

Meeting on the last Thursday of every month at 6 pm in West Raynham Village Hall. Next meetings are scheduled for **30<sup>th</sup> September** and **28<sup>th</sup> October**. To take part in the club please send an email to [westrays.newsletter@gmail.com](mailto:westrays.newsletter@gmail.com).

## Noticeboard

### Calling all table tennis players

We are looking to open the Village Hall on one or two afternoons or evenings each week for table tennis. If there are enough players then we could set up a table tennis league, matching competitors with similar abilities. We would also like one or two people to help teach or assist new players. If you are interested in taking part or have suggestions on using the new equipment, then please email Sandra at [ssforsyth@gmail.com](mailto:ssforsyth@gmail.com) or call on 01328 838338.

### 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 send an email to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

### Free composters for gardeners

A compost bin and a tumbler, or rotating, composter are available free to anyone interested in turning their vegetable and garden waste into something useful. Both composters hold about 300 litres of material. Delivery can be arranged within The Raynhams or collect from Paresh at Foundry Cottage, The Street, West Raynham.

### Recipe Corner - Judy Pell

This month we have a real autumn favourite from Peter Crowe - pumpkin fritters or 'pompoen koekies'.

#### Fritter ingredients

250 g cooked mashed pumpkin  
1 teaspoon vanilla extract  
1 egg beaten  
125 g self-raising flour  
2 teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt  
1 tablespoon brown sugar

#### Cinnamon sugar coating

50 g caster sugar  
2 teaspoons ground cinnamon  
lemon juice

#### Instructions

- Peel, cut and deseed your pumpkin
- Boil the pumpkin pieces in water until soft, drain and mash them or blitz in a food processor
- Add the beaten egg and vanilla extract and mix
- Combine the rest of the ingredients and mix to a soft but firm batter
- Place a table spoonful of the mixture into a hot oiled frying pan
- Shallow fry one side until golden brown and turn to cook on the other side
- Remove with a slotted spoon and drain on absorbent paper
- In a small bowl, combine caster sugar with cinnamon and sprinkle over hot fritters with a squeeze of lemon juice.



## Raynhams' Sunflower Competition 2021

The overall winner with a picture of the tallest sunflower was Martin Clarke of South Raynham with one measuring 1.83 metres; second were Jenny and Chris from Hollow Lane with a sunflower at 1.79 metres and third were Kim and Philip from The Drove at 1.78 metres. The wooden spoon was claimed by Paresh and Judy with a sunflower which was only 35 cm in height!

At the village get-together on 28<sup>th</sup> August, Martin was presented with a certificate and £30 in gift vouchers to spend at Del's Nursery. A special prize was given to Jess, Liam, Ruby and Aubrey Roe from Kipton Wood with a sunflower which was 3.5 metres tall, but they had a different variety to the one used for the competition!



Martin with winning sunflower



Martin receiving his prizes



Jenny and Chris



Kim and Philip



Jess and family

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

Here are some photos from a wonderful afternoon taken by Zaliha Williamson and David Stubbs.



## News from Raynham Estate - Abbie Panks

As August draws to a close, it is time for us to say goodbye to the UK Adventure Trails who have kept so many children and their families entertained at Raynham this summer whilst searching for magical creatures including dinosaurs, unicorns, fairies, pirates and a host of other characters in Lady Ferrer's Woods.

September sees the arrival of the Cosmic Roots team who join us for their last festival in The Walled Garden. The festival runs from 9<sup>th</sup> to 12<sup>th</sup> September with a celebration of music and art, and we have high hopes for an improvement in the weather!

### Wild Meadow by Name and Nature



Our glamping site, Wild Meadow, has been looking beautiful with a sea of corncockles and cornflowers surrounding our yurts. Not only has this been beautiful for guests to be surrounded by, but it also makes the bees happy too! Wild Meadow will close for Winter in early October and will reopen for guests in Spring 2022.

### New Fencing

Elsewhere the team have been out erecting new railings which have been handcrafted here on the estate, and 1.65 km of railings have been made and installed so far!

### Harvest time

It's been a busy time on the farm during harvesting and has meant long days for our farming team. This is what a day in the life of Tom Pearson, our Farm Manager, looks like during this period:

- 5:30 am: Harvest has started so my alarm goes off and time for a quick walk with the dog before coffee and breakfast and leaving to meet the team at 7 am.
- 7.30 am: After the meeting, it's out to the farm where I check over the grain heaps with a probe to check the temperature and moisture content of the oilseed rape which was harvested yesterday.



- Midday: The team are finishing the last field of oilseed rape for this year, the yield not being quite as good as we hoped, and the first crop for next year is being drilled.
- 2 pm: I find a winter wheat field which is ready to harvest. We aim to harvest cereal crops at 15% moisture content or below to try and keep drying costs to a minimum, however with British summertime this isn't always achievable!
- 6 pm: Every evening I collect supper from The Crown at East Rudham for the team, with sausage and mash being their favourite. Once we've finished eating, its straight back out to continue the harvest.

- 10 pm: Finally, my day finishes by driving the combine as this keeps the harvester running efficiently and gives other members of the team a much-needed break after a long day in the seat. It's then time to head back home for a few hours' sleep before we start again bright and early tomorrow.

## Greenhouse and Garden - Bridget Stanley

The greenhouse is jam packed! The aubergine plant is much bigger than I expected and is almost 6 foot wide now! The aubergines, along with the tomatoes and peppers are great, and the freezer is full! One of the Marmande tomatoes grew around a support cane giving it an unusual shape, but ideal shape for slicing!

I have been taking cuttings from lavender, rosemary and ground cover phlox. These are in the shady end of the greenhouse. I've also sown seeds in the greenhouse including delphinium, parsley, lettuce and sweet rocket in seed trays. However, sowing can be such a hit or miss exercise! The delphinium seeds haven't germinated, and I will try again to see what happens.

In the veggie plot I have harvested the onions and garlic, and continue to pick courgettes, beans and summer squash. I dig up potatoes as and when I need them, but I've cut all the foliage off now, to avoid



getting blight. The summer squash has climbed up the trellis and is a lovely colour. This variety is "Sunshine", and it makes a lovely soup. Definitely one to grow again.

We had a reasonable crop of 'Grenadier' cooking apples, but the 'Bramley' is taking a year off I think! It provided a good crop last year, but this year there are only a few apples on the tree. Maybe a badly timed frost in the spring? I am looking forward to our Garden Club visit to the East of England Orchard at RAF West Raynham soon. I had no idea it existed and will aim to get advice and recommendations for another apple tree for our little orchard.

In the flower garden I have been cutting back and tidying the flowers that have gone over and made various plans for what needs moving and relocating over the autumn. The tall phlox



are a bit crowded so those will get a bit of thinning out along with the crocosmia. I have also been cutting off most of the crocosmia seed heads, so that the bulbs bulk up for next year, but leaving some, as the seed heads are

pretty to leave over the winter along with *Echinops* and the rosehips of *Rosa moyosii*. They are a beautiful shape and colour, and the birds will eat them too. Other flowers that have been showing off in August are the roses, salvia, fuchsia, begonia, hibiscus, lobelia, marigolds, lavender and the herbs which are such insect magnets!

Thank you for reading about my plot this year. I don't want to bore you with a repetition of my garden chores for another year, so I will be looking forward to reading about and getting inspiration from someone else's garden in future! Enjoy your September, and hopefully we will have a warm spell to ripen all those tomatoes!

## Nature Notes for August 2021 - David Stubbs

As we all know, August has been a miserable month with temperatures only occasionally struggling into the low twenties. Too much cloud, wind and rain meant that wildlife was hunkered down even more than usual.

August is often a very quiet time even in a good year. Many familiar songbirds just seem to vanish for a few weeks. Part of the reason is that after they have finished raising their broods, many birds go into a moulting phase. While they are moulting, their ability to avoid predators is weakened, so they will stay in cover and avoid attracting attention. A second reason is that by late summer there is normally an abundance of natural food and birds will disperse away from their nesting areas. That does not appear to be the case for house sparrows, and we currently have a glut (albeit a welcome glut) of them at the feeders.

Young great spotted woodpeckers often come to garden feeders, distinguished from adult birds by their red caps (adult females have no red on their head and males have a small patch on the back of their head). Green woodpeckers are less frequent in the village, but most years I do see (or hear) one or two young birds as they venture into gardens.

Swifts were present in good numbers until about 10 August, then nearly all of them departed. A couple of pairs remained as late nesters and the last ones fledged from their nest high on the roof of the Old Post Office on 29 August.

Swallows and house martins have been very active these last few weeks. Lots of young birds have fledged and some days there are dozens flying around above the village catching insects in the air. It does feel as though they are gathering in readiness for their migration south, which is a bit earlier than usual. The seasonal changes are also noticeable in the growing numbers of greylag geese in the flock on the parkland, and more and more jackdaws gathering noisily for their pre-roost get together in the tall limes and old chestnut trees.

Looking forward to later this month, we expect to be welcoming back to North Norfolk the large flocks of over-wintering pink-footed geese from their summer break overseas - a true sign autumn is with us. While they spend most of their time nearer the coast, we occasionally get some dropping in to join the greylags on the Raynham parkland. Most often though, they are seen in long skeins passing high overhead.

### Sheep in the churchyard

This autumn we are going to introduce sheep grazing as part of the conservation management at St Margaret's churchyard. Reverend Edward Bundoak has kindly given his blessing for this experiment, which in fact recreates traditional grazing rights that go back to medieval times: summer hay cutting followed by autumn grazing is a classic regime for maintaining rich wildflower meadows, so I am looking forward to seeing how this works out.



From late September, we plan to have up to six Shetland sheep (like those pictured) on site for a couple of months or so. These will be from the conservation grazing flock managed by the Hawk and Owl Trust at Sculthorpe Moor Nature Reserve. Nigel Middleton, the Reserve Manager who now lives in East Raynham, will be coordinating the arrival of the sheep and ensuring their wellbeing. We also need volunteers from the village who will be able to check on the sheep from time to time each day. If you are interested in helping with this, please let me

know. We will be organising a session at Sculthorpe Moor in September for our volunteers to be briefed about what to look for when checking in on the animals. Think of it as a "sheep awareness course".

For those of you who would like to help in a more active way, we will be working on the site for the first three Saturday mornings in September - from 10:00am. Principally we need to cut and clear tall vegetation along the line where Nigel and his team will be installing a temporary electric fence.

Please note that these sheep are quite tame and used to people. Those of you who like to walk your dogs in the churchyard, you are welcome to continue to do so, but please keep them on lead all the time you are on site and clean up after them - that is most important.

We cannot say for how long the animals will be kept in the churchyard, as it depends on how rapidly they graze the grassland. We will be monitoring their progress frequently. If all goes well, we will repeat each year. Indeed, in future we will try to get hold of some Norfolk Horned Sheep, the classic local breed.

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