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GREAT RINGSTEAD NEWS AND VIEWS



Visitors to the village enjoying lunch and light refreshments at Ringstead Open Gardens Sunday 27 June 2021

PARISH COUNCIL - Chairperson, Carol Nelson

kind although a little blowy. An astounding amount was raised for the church. Well Done!

The Neighbourhood Plan is coming along. It's a very long process but the completed questionnaires should be with us early next year if not before.

Parking along the High St has thankfully not been as bad as expected this year, and a positive outcome will be taking place for the foreseeable future.

The roundabout has been removed from the playing field and the P.C will be discussing a possible replacement piece of equipment.

contract is being reviewed this month as well as the progression of the Neighbourhood Plan.

Otherwise not a lot going on. Not a lot more to report at the moment, enjoy the weather while it lasts as we head towards winter.

Members of the public are more than welcome to attend.

Parish website: https://greatringsteadpc.wixsite.com/ringsteadpc

GO TO TOWN - The local bus company with the big heart from West Norfolk **Community Transport**

at Ringstead, operated by GO TO TOWN.

Travel green, travel safe. The service offers the daily opportunity to travel to neighbouring villages, Hunstanton or Kings Lynn.

Timetables are available from The Village Store, or contact 01553 776971 or www.get-online.co.uk

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- It was wonderful to see the Open Gardens back in full swing, after the break last year, the weather was
- as the quote for the increased parking on the playing came in at over £22,000. At this price no alterations
- It has been a relatively quiet summer for the P.C with no meeting in August. The grounds maintenance
- Regular P.C meetings are now taking place back in the Village Hall, second Monday of the month at 7pm.
- There is now a daily, return bus service, Route 21, between King's Lynn, Docking and Hunstanton, calling

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RINGSTEAD IN BLOOM - Bridget Crowfoot



The group meets every Tuesday at 1000 at the village sign. It's a great opportunity to help with the maintenance of various green areas around the village, enjoy a little light exercise in the fresh air and meet fellow villagers.

If you would like to join us please telephone 01485 525295 for further information.

RINGSTEAD NEIGHBOURHOOD DEVELOPMENT PLAN - Bill Jacob

Work is progressing well on the Neighbourhood Development Plan. The Plan, under the Borough Council's Plan will establish policies and strategies to guide the village's future for the next five to twenty years. It will deal with issues such as housing, employment, design, heritage transport and the environment.

Our aim is to promote

- A strong and responsive local economy to encourage local employment.
- A strong, vibrant and healthy community with housing and services to meet the needs of present and future generations.
- To contribute to protecting and enhancing our natural, historic and built environment, including effective use of land, improving biodiversity, using natural resources prudently, minimising waste and pollution, and mitigating and adapting to climate change, including moving to a low carbon economy.

There is now an opportunity for everyone with an interest in the village to take part.

We want to gather people's views about Ringstead's future development. To achieve this we are asking everyone of sixteen and over to complete and return a questionnaire. This will help the Parish Council gauge people's opinions on how Ringstead may best develop for us and future generations. This will enable us to produce a draft Development Plan for public consultation early in 2022.

Hard copies of the questionnaire will be delivered soon to every house in Ringstead. It will also be available online.

If you have an interest in Ringstead please express your views. We hope that everyone in each household who is sixteen and over will complete the questionnaire. Please pass on copies to other people with an interest in Ringstead. It may be completed online or a paper copy which may be left at the Shop.

This is your opportunity to have a say about the village's future over the coming years.

NEIGHBOURHOOD PLAN CONTACTS

Parish Councillors Bill Jacob Sue Little Jim O'Shea

01485 525394 07958 638609

Members of the group Jane Barnett John Crofts Andrew Martin-Smith

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janebarnett200@btinternet.com) johnpcrofts@gmail.com) aemartinsmith@btinternet.com)



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Opening times:



Monday to Friday 0800 to 1300 Closed for lunch 1300 to 1400 Monday to Friday 1400 to 1700 0800 to 1230

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Telephone: 01485 570241 Email: moulam@gmail.com

J.C. HAMMOND LTD MOULAM & HORN 2 POUND LANE HEACHAM 01485 570241 **Agricultural and Solid Fuel Merchants** Shop stocks garden equipment, domestic and farm animal feeds, bird seeds and relevant needs. Enquire if in stock or can order Opening times: Monday to Friday 0800 to 1300 Closed for lunch 1300 to 1400 Monday to Friday 1400 to 1700 Saturday 0800 to 1230 2 / 4 Pound Lane, Heacham, Norfolk, PE31 7ET Telephone: 01485 570241 Email: moulam@gmail.com

Winter Newsletter Issue Deadline

by Friday 10th December 2021 to atk_hornbeams@yahoo.co.uk

Please note: All the views expressed in this newsletter are of the contributors and not necessarily the views and opinions of the Editorial Team. The team reserve the right to edit articles as appropriate.

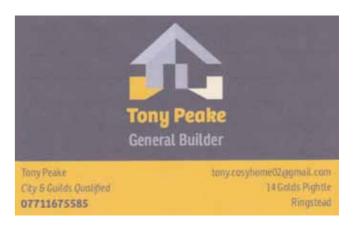
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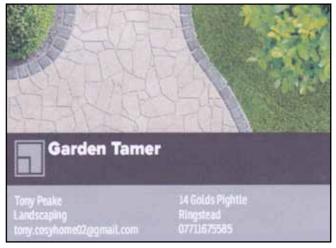
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Nathan & Leah welcome you to The General Store. Open everyday Sun-Tues 8-1 & Wed to Sat 8-5.

Home of The Norfolk Ale Shop- A huge selection of Craft beers, local ales, cider, wines & spirits from the local area

- We are proud to sell local Fresh Bread, Eggs, Meat, Honey, Cheese and seasonal produce
 - Stocking a full range of everyday essentials
- Wide range of Gluten Free, Vegan and speciality foods
 - Newspapers, Magazines, Cards & Gifts
- Hidden Treasures Local Pop up shops for You, The Home & Garden





Great Ringstead News and Views

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The following weeks, we collected the most precious seeds before the land could be dissed to create the seedbed for our meadow. Late August, saw the arrival of James Young with his beast of a tractor pulling an arrangement of blades. Within minutes our jungle was no more. (Before the plant police get me the plants were mostly annuals, their decay not conducive to the creation of a chalk land meadow.)

James has acres of chalk land meadow under his care, bearing triumphant displays of arable plants some of which can be enjoyed along Peddars Way. Which brings me to this... wouldn't it be great if we could log Ringstead's wild flowers? If you could be interested in this, do contact me. A list of plants found on Peddars Meadow (July 2021) is available on request.

The gallery, which financially supports the meadow, is doing well with visitors from all over the UK. Our exclusive collection of bog oak crucifixes carved by Albert King (wood, circa 2500BC) have found good homes - one going to the new Bishop of Kings Lynn.

During the past year, we have gained a feast of knowledge and are deeply indebted to the NWT for their diligent support and to Rory Hart, Simon Harrap and James Young, and to the twenty artists of the Garage Studio.

hanneke@thegaragestudionorfolk.co.uk 01485 525715

A FEAST FOR THE EYE - Barbara King

From Saturday 25th September to Sunday 3rd October, three Ringstead artists, David Lendrum, Helga Joergens, and Barbara King will be exhibiting their paintings at the Village Hall.

Individual yet complimentary, united in their love of bold forms, colour and texture, these artists' collective display promises to be an exhilarating feast for the eye. Throughout the exhibition all three artists will be at the hall to meet and greet visitors and each will have a 'pop up' studio space in which they will be creating new works.

David Lendrum's abstract paintings derive from nature. Recently, he has been inspired by the clouds, water, and sunsets which he sees on his daily walks near his home. He often uses diluted acrylic paint to stain colours directly into the canvas which has been stapled to the floor. This method allows him to work on a large scale and move the paint around freely with brushes and sponges, wet into wet. During the exhibition he shall be applying some of these methods on a smaller scale.



Evening Sky



The abstract pictures by Helga Joergens are created spontaneously and developed in the drawing or painting process. She begins by drawing lines, marks or colours to indicate a composition, and as soon as an idea evolves, she follows the direction in which it takes her. The titles express her feelings, thoughts and associations when she views her completed works. She will be drawing and painting during the exhibition.

Impromptu



Thistle & Alexander in Golden Corn.

RINGSTEAD CARPET BOWLS - Mo Covel

At last we are up and running after more than eighteen months. Meeting every Wednesday 2 pm to 4 pm, we are a friendly group of people who enjoy whiling away the winter months and taking part in gentle exercise as well as socialising with people from Ringstead and surrounding villages. If you are interested in joining us, the cost is a mere £2.00, which pays for the hire of the hall and we also provide tea and biscuits for the half time break!

For further information contact Mo Covel 525775 mo.covel@btinternet.com

RINGSTEAD VILLAGE HALL - Chairperson, Debbie Rice

Since the lifting of covid restrictions the regular clubs have resumed meeting in the Village Hall, and it was used as a venue by the Open Gardens Committee for the lunches and teas which were both well attended. But unfortunately, due to delays caused by the pandemic, we are still waiting for the contractor to redo the flat roof, but hopefully it should be done in the not too distant future. The re-cladding of the main roof could also be imminent, but an unexpected expense last month was a water leak, which has been repaired.

The Committee has decided to postpone the proposed fund raising Race Night until next Spring. But if anyone can suggest any other fund raising ideas, or indeed want to join our Committee, please contact either myself or a Committee member - you would be made very welcome!

If anyone would like to hire the Village Hall, please contact our Booking Secretary, Mr Roger Pincott on 525522. Ringstead residents are charged £6 per hour or £35 per day, non residents or commercial hiring £8 per hour.

Table Tennis

Tuesday 7.30 to 9.30pm

Please note that a defibrillator is fitted on the corner wall of the Village Hall (facing the High Street). If needed please dial 999 and you will be provided with an access code once you have guoted the postcode which is shown on the casing. At the same time an ambulance will be dispatched.

Tel 525505 or 07789 902575 e-mail debbierice55@btinternet.com

VILLAGE CLUB – Elaine Pincott

The Village Club resumed on Thursday 2 September with a speaker from Norfolk Wildlife Trust. In October we will have a talk from Andrew England on Norfolk War Memorials and in November Dr Bill Jacob will be visiting us to speak about The Ringstead History Project.

We meet on the first Thursday of most months at 2.00pm. Please come along, all visitors welcome.

I have spoken to most current members to inform that I am unable to continue as club organiser after Christmas so if anyone feels they are able to take on this role please contact me on 01485 525522 and I can pass on club information and other materials of interest that may help in the future.

BOWLS CLUB – Roger Pincott

We have played our last league match and our season has finished. We didn't challenge the top teams but we all enjoyed our season. A couple of weeks ago we held our club championships. Debbie Rice won the ladies singles, I won the men's singles and Peter Gyton won the open singles. Our bowling green may not be the flattest in the league but is certainly the prettiest, for which we have Gill Birch to thank. Now the hard work starts in putting the rink to bed for the winter. I would like to thank all of our sponsors for their support through this year, without their help we would struggle to buy the products we need for the winter rink prep.

Barbara King's latest works are a response to the natural flora in the nearby roadside verges and hedgerows. After time spent studying, photographing and sketching the changing forms and colours of these humble plants, the paintings have been created mostly in acrylic on canvas or paper. The fast-drying properties of the paint and the almost exclusive use of palette knives and other mark making objects enhance their textural, expressive and gestural qualities.

The exhibition opens at 10am each morning and closes at 5pm. For further information please contact one of the artists at their website shown below. www.davidlendrum.co.uk www.helgajoergens.co.uk www.barbaraking.co.uk

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Autumn 2021

Contact Richard Hendricks 525366

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VILLAGE PENSIONERS – Roger & Elaine Pincott

Assuming we do not get into another lockdown or government restrictions we will be holding a Christmas Pensioners lunch. We are waiting to receive a menu and date.

A date for your diary is November 4th 7.00pm for BINGO. Yes the event you have all been waiting for. We have not been able to run any fund raising events for the lunch since 2019 and we are completely out of prizes. We need 22 prizes for the bingo and at least 6 for the raffle so any help you can give us would be appreciated, but, above all we need bums on seats to raise the funds.

If you have never been to the lunch it is never to early to contact us for this Christmas. Please contact Elaine on 525522 if you are 60 years young for you girls and 65 for the the old wrinkly boys, it is free to all providing you are a full time resident of the village.

YOGA CLASS - Gail Hodgson

Every Wednesday evening in the village hall. The Kundalini yoga class is a mix of posture breath work and meditation - you will leave energised and blissfully calm. Spaces are limited to allow for spacing.

The first class is free of charge. Contact Gail Hodgson to enquire about place availability 07837 761724

RINGSTEAD ART CLUB - Lois Carrick / Pauline Atkinson

Ringstead art club is a small friendly group that meet usually on Thursday afternoons from 2-4 pm in Ringstead village hall and we are looking for some new members to join us.



On the first Thursday of each month we hope to have a visiting artist to lead us in a workshop or demonstration in the morning from 10 -12.

The cost for each session will be £4 per person and if you think this is something you would like to investigate you are very welcome to turn up and participate in the first session for free but please do bring your own materials.

Contact: Lois Carrick loiscarrick21@hotmail.co.uk Pauline Atkinson atk hornbeams@yahoo.co.uk

WRAP-UP to REMEMBER - Rev. James Monro (Assistant Priest, St Andrew's **Ringstead**)

The days are getting shorter again, and the air is colder with those musty smells of autumn. The vibrant growth of spring and summer is over for another year. And for over a thousand years this has been the season when we remember the loved ones that we have lost, particularly on All Souls Day at the beginning of November. With this in mind, our united parishes in the Hunstanton and Saxon Shore Benefice will be holding a short service of remembrance in St. Edmund's Church, Hunstanton on Sunday 31st October at 4.30pm. There you will be able to join with others in the lighting of candles and prayers for family members and friends that we no longer see in this life.

Our service this year will be particularly poignant for those who have lost family or friends to Covid-19, and those who have had funerals affected by the lockdown restrictions.

Please remember to wrap up warmly; you may find your soul warmed by prayer in our stone churches, but they can be chilly at the end of October.

PEDDARS MEADOW - Hanneke Robson and the Oeddars Meadow Group

With the summer and its meteorological surprises safely tucked away, we can hopefully immerse ourselves in a mulled autumn of wine-coloured berries, russet foliage and possibly spot that rare dash of asphalt along the coast road.

During the soggy summer months, Peddars Meadow displayed an impressive arrangement of rampant flora and looking far from meadowy. To lead us forward, the Norfolk Wildlife Trust sent us Rory Hart, Norfolk's meadow-maker. He identified countless interesting plants; night flowering catchfly for instance, with delicate fragrant flowers emerging only at night and advised us how to prepare the ground. The NWT also arranged for wildflower expert and author of the excellent `Harrap's Wild Flowers,' Simon Harrap, to lead us on a plant ID walk: a walk, swiftly booked full.



First, we needed to acquaint ourselves with our verdant jungle. So, one balmy evening, armed with books and tags we set about naming some of our prolific tenants. We yomped the uneven ground and pounced on anything that wasn't a murderous thistle or ankle grabbing medic. Two of our group knew more than I could ever hope to learn and my right hand `man' neatly logged their finds. Their diligence was reassuring. To our delight we (they) found 40 species; some clinging to life, others alarmingly robust. How different the land looked from last year's blanket of bugloss and fumitory! That had gone - without our interference replaced by a thick cover of medic and a forest of brome, thistles and whatnots.

On the day Simon's arrival, we gathered at the Garage Studio to await him. I explained our mission of removing an acre of land from cultivation and returning it to its natural state, and off we went.

We were soon engrossed as the tiniest plants were examined with Sherlock Holmes precision. Thyme leaved sandwort was identified, Jersey cudweed was reduced to `common' (still wearing its `near threatened,' tag). Our plant list grew with every step Simon took. Scarlet pimpernel, bristly oxtongue, mugwort; each eagerly jotted down. Wort, we learned, was the worth of the plant, mugwort being used to flavour beer before hops were grown - so very worty!



Wild carrot also known as Queen Anne's Lave- central floret in each umbel presented a dark reddish hue.

A lovely moment of discovery came with the wild carrot. Also known as Queen Anne's lace - no doubt for its delicate construction - the central floret in each umbel presented a dark reddish hue. The explanation for this oddity is unclear, but Queen Anne did jab herself with a needle while she was lacemaking just saying!

Recently, I spent hours pulling weeds from our driveway, consigning them to the compost bin; some, no doubt, the same plants we had logged with glee. I skirted a solitary cudweed struggling through the pebbles and the daily scrunch of tyres. A bee alighted on its flower; a weed here, a near threatened species use had it chosen to dwell in our field. Plants can only flourish where they are allowed to. To find arable plants today, we must search hedgerows and look in field gateways.

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Simon Harrow, wildflower expert and author leads plant identification walk at Peddars Meadow.

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A SUPER BUSY SUMMER! - Nathan, Leah, Joshua & Lottie Gee



It has certainly been a busy summer at The General Store. We have enjoyed the boost from this years staycations and have met some fantastic people from around the country. The continued support from the village and surrounding area has also been amazing as always!

We have continued to focus on local products and suppliers and have recently teamed up with EH Priors and Sons of Dersingham. Over the summer months we have been able to stock their quiches, pork pies and scotch eggs proving a very popular choice! We are now meeting with them to see what new season products we can bring to the store alongside Arthur Howells quality meats.

Don't forget you can bring the butchers to you! Just contact us in store by 1pm with your order and we can have it ready for you the next day! The choice from our butchers is endless from Game to Bacon!

We now turn our full attention to the colder months and how we can continue to bring you new products and ideas! We have plans to offer Veg Boxes crammed full with our superb quality produce and we want to make Christmas that little more special this year! We have already had our first Christmas delivery and have ordered lots of Christmas goodies which we are very excited about. We are looking at Christmas shopping events/evenings where we will showcase our amazing local traders and suppliers and bring some real festive cheer to The General Store. As always, we cannot make this happen without your continued support so thank you!

THE VILLAGE SHOP AND MODES OF TRANSPORT - over the years.



The village shop 1911

The village shop 1960's

THERE'S SOMETHING FISHY HAPPENING - Rev. James Monro (Assistant Priest, St Andrew's Ringstead)

Our church in Ringstead is dedicated to St. Andrew, one of Jesus' twelve disciples and a fisherman. This year we are planning a short service to learn more about him on his feast day, Tuesday 30th November at 6pm, followed by a fish and chip supper (£10 p.p.) in the village hall at 7pm.

Please bring your own drinks. All profits will be donated to the King's Lynn Night Shelter. To book your supper, contact John Crofts 01485 525142 or johnpcrofts@gmail.com

UPDATE FROM WALES - Cathy and Tim Roberts

Hello to all and hope you are all well.

We moved into our house about six weeks ago, and have been busy making it our own. Now settled in Carmarthen, in a small village with sheep for neighbours, as well as a few humans. The house backs onto a field, and there are fields to the front of the house too and we are enjoying the views, and peace and quiet.

Once again we would like to thank you for your gift to us. We have bought a sofa and armchair and are enjoying relaxing in them.

There is a lot of exploring that we intend to start doing now we are settled, and we can enjoy trips out and spending time with family. Cathy's nephew and wife are welcoming a new addition to the family in January which is very exciting.

We send our very best wishes to you, and miss you

RINGSTEAD HISTORY PROJECT - Bill Jacob

Just before Lockdown, on 29 February 2020, we had an amazingly well-attended Open Day, when people brought photographs, letters, leases, deeds, scrapbooks relating to the village which we copied, to begin a digitised archive of Ringstead. It will be accessible here, and a copy will be deposited with Norfolk Record Office, for their care, and to be more widely accessible.

Since then more items have come to light, and been copied, including the score books for Ringstead Cricket Team for 1905-13, 1919 and 1922. We have also found the Parish Council minutes from its inauguration in 1895 until now, information about provision for poor people, detailed accounts of the village's celebrations for royal events since 1858, and other village activities, and detailed information about the church's restoration and extension in 1864 These to have been copied, and are being indexed. The originals will be deposited in Norfolk Record Office, along with other records about Ringstead, including the baptism, marriage and burial registers and the school records, and the magnificent archive of the Le Strange family, whose estate records include Ringstead..

There's an enormous amount that can be learned about Ringstead over the past 200 years.

We are planning to create a pictorial map of houses in Ringstead, with information about how houses have changed over time, and who has lived in them, drawing on information from documents now available. We would like to start by asking you if you have a photograph of your house (back as well as front) and garden now, and any past photographs of them, and if you know any stories about the house and people who have lived there, and the neighbours. Recent stories and new houses too will be welcome, for one day they will be old, and people will wonder what they were like and who lived there in 2021. We are building an archive for the future.

We hope you will join with us on this. Photographs and information should be passed to Bill Jacob

wmjacob20@gmail.com All hard copies will be copied, and returned.

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VILLAGE RESIDENT SEASONAL RECIPES

TOMATO SAUCE - Mo Covel

Ingredients

1 large onion 1 small dessert apple 450g tomatoes 1/4 pint of water or vegetable stock Flavouring, see method Pinch of sea salt (optional)

Method

Peel and grate the onion and grate the apple (unless using a liquidiser when they may be chopped fairly coarsely). Put into a saucepan with the chopped tomatoes and water or stock. Simmer until a soft purée, add flavouring and salt. If desired, emulsify in the liquidiser.

The flavouring of the tomato sauce may be adjusted to personal taste:

If you like a *hot sauce* add a little cayenne pepper and grated fresh horseradish; if you like a *slightly salty sauce*, add diced celery, celery salt, and brewers yeast or yeast extract; if you like a sweet tomato sauce, add a little honey or brown sugar, or black treacle (molasses).

A tablespoon of wheat germ can be blended with the sauce just before serving. Stir well.

SPICEY PLUM CHUTNEY - Sue Moffat

Ingredients

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1.3 kg plums (de-stoned & quartered) 450g cooking apples (cored & grated) 3 large onions (diced) 3 cloves garlic (crushed) 450g raisins 900g soft brown sugar 2 pints malt vinegar 2 tsps ground ginger 1 tsp ground allspice 2 tsps ground cinnamon 0.5 tsp ground cloves 1 tblsp salt

Method

A preserving pan or large heavy based saucepan and 6-10 (depending on their size) sterilised jam jars with lids.

Place all the ingredients into the pan and bring to the boil. Lower the heat and let simmer gently for 2-3 hours stirring occasionally and rather more often towards the end to prevent it sticking to the bottom. It is ready when almost all the vinegar has disappeared and the chutney has thickened to a soft consistency. Fill the jars immediately and put on the lids. Label when cold and leave in a cool, airy place to mellow for at least 3 months before eating.



GARDEN SUNDAY ON 27TH JUNE 2021 – A TRIUMPH - Cherry Green

Thanks to the wonderful support and generosity of the village, Garden Sunday was a terrific success and we made a fantastic £6,690.23 which has made a huge difference to the Church finances.

When planning commenced with covid restrictions still in place, we had no idea if people would want to come. However, as the time got nearer, my telephone started to ring non stop with bookings for lunch and we were soon full up! Some people come back year after year just for lunch, it has become quite famous!



A view in Bridget Crowfoot's Garden

Jane Whiteford did a marvellous job on publicity and the turnout was amazing. It was rather a cold windy day, but that did not dampen the mood, and everyone seemed to enjoy themselves so much. They were so appreciative of the lovely gardens and as always made a beeline for Bridget Crowfoot's plant stall (see photo). The tombola made £250 and thanks again to everyone who donated such brilliant prizes.

After all the gloom of lockdowns, it was lovely to get the village together and to see everyone again. This year we had lots of new helpers who made such a difference and we really hope that they will become a regular part of the team. There is a lot of hard work involved in Garden Sunday and we are very grateful to all those who opened their gardens, cooked, baked, put the signs up, helped on the day and many other things as well.

This amount will be a substantial help towards the maintenance of St. Andrew's Church and to keep the Church going is so important to our village life.



Garden plants for sale in Bridget's Crowfoot's garden in aid of The Village Club