



AUGUST 2020

CONTACT

EAST HARLING - WEST HARLING - BRIDGHAM
ROUDHAM - LARLING - BRETtenham

VILLAGE NEWS AND EVENTS

CHURCH SERVICES AND NEWS BRIDGHAM LARLING
pages 3, 5 & 6 BRETtenham PAGE 18

EAST HARLING EVENTS UPDATE PAGE 20
pages 9, 10, 13 & 14



**East Harling Church is now open for private prayer as is Larling Church.
Our Sunday Services have resumed under Covid 19 safeguards see page 3**

**Important—See page 9 update on Flue Jabs and the new surgery
appointment system**

This is our third on line publication of the magazine which we hope many of you can enjoy. Please do get in touch with any comments or articles the editor's contact details on the back page as usual.

Meantime very many thanks to Kate Filby our hard working Parish Clerk for enabling this e-version to appear on the Council website.

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HARLING BENEFICE

Priest in charge: Benefice in vacancy

Ministry team: Rev'd Caryll Brown
Rev'd Varlie Sheldrake

01953 717451
01953 717404



Both members of our Ministry team are now officially retired and work on a voluntary and part time basis; they both hold the Bishop's Permission to Officiate at Services within this Diocese.

East with West Harling, Bridgham with Roudham, Larling and Brettenham

Arrangements for August

To comply with current regulations regarding the opening and use of Church buildings, Churches in this benefice will be open as follows:

East Harling Parish Church: will be open for private individual prayer (in the Lady Chapel only)
Monday and Friday 10.00am to 3.00pm

Larling Parish Church: open daily from 10.00am to 4.00pm

Bridgham and Brettenham Parish Churches for now will remain closed.

SUNDAY SERVICES

East Harling Parish Church

9.45am Holy Communion – Benefice Service each Sunday for the foreseeable future

Bridgham Parish Church

Sunday 16th August 2020: 10.30am Service of the Word

All are welcome but if you plan to come to any of these services, please let a churchwarden or a Minister know in advance if possible so that appropriate seating can be arranged. Please also arrive in good time as you will need to register your details on arrival.

We have regular meetings on Zoom for:

Morning Prayer on Monday at 10.00am and

Evening Prayer on Friday at 5.00pm.

The ID numbers and passwords required to join these meetings are subject to change so if you would like to join us please call either Caryll or Varlie for the current numbers (telephone numbers see above). Everyone is welcome to join us!

Wednesdays 7.15pm Bible Study:

Saturdays 9.30am Prayers: All comers are welcome. .

ID numbers and Passwords for these two meetings are available from Stuart 01953 714900

It is possible to join the Zoom meetings by telephone if you do not have internet access.

Just dial 02034 815240 and use the relevant meeting ID and password when prompted.

Other Suggestions for Worship

The Norwich Diocese offers **Sunday Hope**, a weekly podcast which you can download onto your mobile phone or listen to for free by phoning 01603 537577

Daily Hope is a daily podcast from the Church of England. Phone free 0800 804 8044

Sundays:

8.10am Morning Worship BBC Radio 4

9.00am onwards Weekly Service on Facebook or YouTube (Church of England)

1.15pm Songs of Praise BBC One

Plus lots of live-streamed services from across the country on Facebook and on YouTube.



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The Methodist Church services in East Harling resume in August!

We meet with Covid restrictions in place...
A one-way system is in operation, please access the church through the side door into the school room, and please wear a mask. Thank you!

Services in August

2nd	Mrs Jane Mottram	6.30pm
9th	Mr Pat Mottram	6.30pm
16th	To be confirmed	6.30pm
23 rd	Rev Chris White	6.30pm
30th	Mr Steve Aspinnall	6.30pm

Quidenham carmelite monastery Chapel (roman catholic) Public Worship

Daily Mass	8.00am
Sunday Mass	10.30am
Holy Days	8.00am

For further information contact:
David & Gerda Bailey (01953) 717639

**Occasional Services:
Weddings and Baptisms:**

Please contact Rev'd Caryll Brown (01953 717451) with any enquiries.

Funerals

During lockdown funerals have taken place either at the graveside or in a crematorium. Now that the church buildings are opening up for worship it may be possible to hold small services in church but numbers attending the service will have to be limited, depending on the layout and size of the church. Social distancing has to be observed and no singing is currently permitted although music can be played. .

~ Parish Registers ~

FUNERAL

We extend our condolences to the family and friends of:

Ronald James ALDERTON whose funeral and interment was held on 22nd July 2020 in Bridgham Churchyard.

FLOODLIGHTING

Requests to sponsor the floodlighting of East Harling Church should be posted/delivered in writing to:
The Rev'd Varlie Sheldrake, 12 Kemp's Barns, East Harling, NR16 2TS

Please make sure your requests are clearly written, include the date and add your name and contact number in case of any queries. Donation of minimum £5/night should be enclosed. Cash preferred, please, during the current situation.

AUGUST

1st **Daphne KING:** A much loved sister-in-law, taken from us, but always remembered. X

A big THANK YOU to those who have continued to sponsor the Floodlighting of East Harling Church.

Wednesday Bible Study Group

We will not be meeting during August.
We will resume in September - more news nearer the time.
. For more information please contact Stuart on 714900

Social Media – Fake News and Disinformation

There have been some real concerns expressed in the media lately regarding the spreading of false or misleading information especially with regard to the Corona Virus pandemic.

We all have a responsibility to prevent the spread of false or misleading information, which can be very harmful to others.

Most importantly do not share information without thinking about it first. It is easy simply to forward something on social media or tell a friend something that you have just read online or in print. Check that it is genuine and from a reliable news source. If in doubt, then do not spread the story — even if you would like it to be true, because of your personal views.

The Government have released a new checklist to help protect yourself and your friends from false information about coronavirus. When shared, false information can take on a life of its own and have some serious consequences. It can lead to health scares, false accusations and potentially damaging hoax stories. It's not always easy to spot, so use the SHARE checklist to make sure that the information can be relied upon:

Source - Rely on official sources for medical and safety information. Check the facts about coronavirus on the NHS website and GOV.UK.

Headline - Headlines don't always tell the full story. Always read to the end before you share articles about coronavirus.

Analyse - Analyse the facts. If something sounds unbelievable, it very well might be. Independent fact-checking services are correcting false information about coronavirus every day.

Retouched - Watch out for misleading pictures and videos in stories about coronavirus. They might be edited, or show an unrelated place or event. Check to see who else is using the photo.

Error - Look out for mistakes. Typos and other errors might mean the information is false. Official guidance about coronavirus will always have been carefully checked.

More information is available at sharechecklist.gov.uk.

For one example of how damaging misleading information can be please turn to page 13.

Curates Corner – August 2020



The year 2020 will go down in history as being the year when the world at large was brought to an abrupt halt! The freedom to flit across the globe at will, to eat out in pubs and restaurants; to enjoy sporting events; to go to theatres, cinemas and clubs; even to worship in church buildings and, most especially, to spend time with friends and family, all came to an end with 'lockdown'.

Our world has changed and so have we. As restrictions are lifted and we all move forward into this 'new world'. Some are excited and can't wait to experience the 'new normal'. Many are afraid – scarred by the impact Covid-19 has had on their lives. During these last few months we have all seen, heard of and experienced amazing acts of kindness, courage and selflessness. Frontline workers have spent their time busier than ever before, whilst others have been stuck in isolation at home often lonely and lacking the motivation to address all those little jobs there was never any time to do before; and some have experienced the virus firsthand either themselves or in a loved one.

For all of us, these last months have been a roller coaster of up and downs – I think we have all come to realise what is really important in each of our lives.

A few years ago, my cousin in New Zealand sent me the following 'piece'; it seems very relevant in our current times-

The Magic Bank Account – we ALL have one

The author of this is not known. It was found in the wallet of Paul Bear Bryant, the famous head coach of the University of Alabama football team, after his death in 1983.

Imagine that you had won the following Prize in a contest:

Each morning your bank would deposit £86,400 into your account solely for your use...

This prize does have rules however:

The Rules

- 1. Everything that you didn't spend during each day would be taken back.*
- 2. You may not simply transfer money into some other account.*
- 3. You may only spend it.*
- 4. Each morning upon awakening, the bank opens your account with another £86,400 for that day.*
- 5. The bank can end the game without warning; at any time it can say, "Game Over!"*
The account will be closed and you will not be given a new one.

*What would you personally do in this situation? You would buy anything and everything you wanted - right? Not only for yourself, but, for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, Right? ACTUALLY, THIS GAME IS REAL ...Shocked ??? YES!
Each of us is already a winner of this 'PRIZE'. We just can't seem to see it.
The PRIZE is TIME*

- 1. Each morning we awaken to receive 86,400 seconds as a gift of life.*
- 2. When we go to sleep at night, any remaining time is not credited to us.*
- 3. What we haven't used up that day is forever lost.*
- 4. Yesterday is forever gone.*
- 5. Each morning the account is refilled, but, the bank can dissolve your account at any time WITHOUT WARNING..*
SO, what will YOU do with your 86,400 seconds?
Those seconds are worth so much more than the same amount in pounds.
Think about it and remember to enjoy every second of your life,
because time races by so much quicker than you think.
So take care of yourself, love deeply, try to look for the good in every situation and treasure every second!
Here's wishing you a wonderful and beautiful day. Start "spending"....
"DON'T COMPLAIN ABOUT GROWING OLD...!"
SOME PEOPLE DON'T GET THE PRIVILEGE!

*God Bless you ... savour every minute.....**TO IT'S FULLEST***

What a God-given gift time is – this message makes me realise the importance of recognizing what things really matter to us and planning the use of our time accordingly! As Lockdown restrictions ease and the summer lies ahead of us, I wish you ALL Happy Planning!

Every Blessing
Caryll



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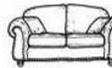
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Owing to the exceptional events of this year with the Coronavirus pandemic, we are still planning how our Flu Clinics will be run this year as it is highly likely they will need to take a different format.

Provisional dates are Saturday 19th September for East Harling and Saturday 10th October for Kenninghall but be aware these may be subject to change. Please look out for further information in the coming weeks in local newsletters, village shops, on our Practice website and via our Facebook page.

We will update these resources as we have more information.

Many thanks for your continued patience



The laws and guidance regarding COVID are changing and as a GP surgery moving forward; our appointment system to request a Doctor's appointment is as follows:-

1. Access the Practice website and complete the get help from the Practice form

<https://eh-khsurgery.co.uk/navi.../check-its-not-an-emergency/>

You will be contacted directly by a clinician with advice on your health problem or if required a telephone or video appointment will be made for you. Don't forget you are also able to use this form on behalf of other patients.

You can also telephone the Practice on 01953 717204 or 01953 887208.

All patients will receive a telephone or video consultation and if necessary will be asked to attend a face to face appointment. You will need to wear a face covering and will be collected from your car.

If a telephone appointment is arranged you will be provided with a time scale as to when the call will be received, please ensure you are available on the number you have provided as the clinician will only make 3 attempts to contact you. This call generally shows as No Caller ID. It is important you remain available to take the call. If the call is not answered within the 3 attempts this will be recorded as a missed appointment and you will need to contact the Practice to request a new appointment.

Thank you
East Harling & Kenninghall Medical Practice

UPDATE FROM THE PARISH COUNCIL

As many of you will be aware the Parish Council set up a scheme to help residents in the village who needed help during this time of lockdown, the scheme was set up back up in March and we quickly gained 80 volunteers who have since shopped, collected prescriptions, walked dogs and been a friendly voice and face to those of our residents who have found themselves having to isolate due to age or illness. The scheme is still running and will continue to run for as long as it is needed.

The number to call to speak to a member of the Parish Council, 7 days a week, for anyone who needs help is 07936 305 761. The Parish Council would like to thank all the volunteers involved in helping, we have had some wonderful messages of thanks to all of them.

The Parish Council is still working as normal, street lights are still being fixed, grass is being cut, pot holes reported for filling and litter collected. If you need to report anything or have any concerns please call us on 714656 or email Clerk@harlingpc.org.uk

Meetings are also still taking place, via Zoom! The Annual Parish Council Meeting took place last month and our next meeting is due on the 25th August, you can join the meeting if you wish, just email us for the link.

At our annual meeting we heard reports from local groups including the Old School Hall, Youth Centre and the Bowls Club who have all had busy years. The Bowls club saw the finishing of its new short mat building. The Youth Centre should have had their brand new kitchen fitted by now but sadly this has had to be postponed. The Old School Hall had brilliant success with the village fete last summer, sadly postponed for this summer. The Recreation Ground has been as busy as ever and we thank everyone involved in looking after the ground so well. There was good news for all the groups, including the Sports and Social Club who all received grants in the last few weeks from Breckland Council to support them financially during this shut down.

The Parish Council Chairman gave his report at the meeting and he commented on the new planters on Peppers Corner, the re-surfaced Skate Park and the wonderful outdoor gym area at the Recreation Ground. The HGV ban is now fully in place and we will conduct monitoring of this once our traffic team are able to regroup.

Last May we saw the Freedom of the Parish Awards take place again, sadly we had to say good bye to one of the first recipients of the award, Roy Kemp. This year's awards have been postponed but we hope that these might be able to take place later this year.

The Chairman thanked his fellow Councillors for their support in the last year and also the Clerk. Special thanks to our Groundsmen Brett and Rod, and also to Barry Holmes for his support.

Thanks to the Community Speedwatch Team also for their continued work on monitoring speeding through the village on a weekly basis.

The Parish Council have been overwhelmed by the amazing support East Harling residents have given to their neighbours, there has been such heart-warming acts of kindness shown throughout the village and we as a Parish should be very proud of how we have all come together during this extraordinary time to support each other. VE day celebrations went on throughout the village and how wonderful the village looked with all the bunting, balloons, cakes and fancy dress outfits!

UPDATE FROM EAST HARLING THEATRE CO.

'Luvvies' on lock down

Like children 'grounded', we can't go out to play – or in our case go out to *do* plays. No rehearsals allowed, no performances. What to do? Well, to start with we're not professional 'luvvies', so the lucky among us have jobs, businesses and/ or parenting to do. However, we do like a bit of fun sometimes, a bit of socialising, even a bit of a challenge. That's why we do theatre or perhaps I should say 'did' Theatre. Just as we were about half way through rehearsals for a Farce called 'Rookery Nook' by Ben Travers, the lights, so to speak, went out. It was going so well, too, probably our best production to date. Never mind, its time will come eventually and we'll have you laughing a well-earned laugh with us again.

Anyway, the question was: what to do now? Well, there is Zoom – we could meet 'virtually', have a drink and a bit of conversation, but that only goes so far. Harling Theatre company was founded to 'do Theatre' and a way of somehow 'doing theatre' had to be found. Could we record a Zoom performance? We tried out a scene from a play, but it didn't set the world on fire. After a bit of head scratching, we decided it was a 'thumbs down' for that approach. Maybe it's something for the future.....if we can find a more creative way of using that medium.

Does anyone remember a wonderful play by Willy Russell called 'Educating Rita'? In it, Rita a Liverpuddlian hairdresser decides to study with the Open University. Her tutor asks her to write an essay about the staging difficulties a Director has to cope with when producing a play called Peer Gynt by Henrik Ibsen. She can't see any problem at all. She simply says 'Do it on the Radio.' If only academic essays were that simple! The line always gets a laugh in the theatre. However, there was our solution! We could work in the medium of Radio. We would have to find out how to do this and Sarah Gosling, always a source of good ideas, introduced us to the idea of doing a 'Podcast'. This sounded very interesting. We found a Play called 'Sketches in Hyde Park' by Pat Blosse and Dennis Diamond, felt we could do it, and soon, courtesy of a licence from Smiths Scripts we started work. It was arranged in five episodes of around 15 minutes each. We would try to do one a week.

Now, the only thing was, none of the cast had ever tried acting by only using their voices and integrated sound effects. A steep learning curve was ahead. Now we had to create character, situation, undercurrents of feeling and relationships of different kinds with no set, no costume, no facial expressions or body language, no stage movement, no make-up, no lighting.... Oh, and, of course, no encouraging feedback from an audience. This was a new challenge. We relished it. We rehearsed, discussed, rehearsed again, trying our best to fine tune our work. Each episode is divided into a number of scenes. Our method was to do create a scene then each actor would send their recorded speeches to Sarah, who would re-assemble it all and mix in the sound effects. So at this stage, she now added the title of Sound Editor to her many credits!

To hear the results of this project please go to Spotify. You will find Episode 1 – 5, Put in 'Harling Theatre Company' and you will get straight to it. Alternatively it is available on Google Podcasts just go to this web site and search for East Harling Theatre Company. Happy listening!

John Wallace-Jones – Director.

PS One of the authors of Sketches has been in touch and says the presentation by Harling Theatre Co is really excellent!

More news from the East Harling GARDENING CLUB



It is with great sadness that we must report all meetings are suspended until the A.G.M on 9th. March 2021, this also applies to the planned outings, holiday and Christmas lunch for 2020. All enquiries please contact Jenny on 717911.

This difficult decision was made due to the unknown future with the pandemic, we are hoping that by next March the world will be more in control and we gardeners, as will everyone, be able to return to a more normal life; with this in mind we hope that all our club members will be ready and willing to rejoin next year, we also hope that anyone interested in 'working their plot' will think about joining.

There will be further news as soon as we are able to let you all know. The Committee would like to thank everyone for their continued support.

Meanwhile remember - the roses are blooming and our vegetables are thriving so keep smiling.



East Harling Lunch Club

To all lunch club members, we do so miss our fortnightly get-togethers and the excellent social chat and the preparation and enjoyment of good food.

We are thinking about you all and hope you are keeping well. We regret we are unable to restart the club at the moment light of current advice from Government, particularly in relation to people who are shielding and other vulnerable adults.

Many of you fall into the vulnerable group of people 70 years of age or older who are considered to be at higher risk of infection and serious illness from Covid 19. These vulnerable groups are advised to stay at home as much as possible and, if they do go out, to take particular care to minimise contact with others outside their household.

We will be keeping an eye on the updates to current Government advice and will publish further updates as we receive them.

Your Lunch Club Team

EAST HARLING POST OFFICE

We are open for business as usual with a few small differences. We are only allowing two customers at a time in the shop to enable us to conform with social distancing rules.

Also from the 24th July masks will be mandatory in the Post Office and shop. We appreciate your patience if you have to wait outside.

We have a new range of giftware made by Rachel Kester who lives in the village which is proving very popular. We will also be selling masks made by Rachel Robb, our local seamstress. Our range of cards is constantly changing and we still have cards by local artist, Alan Stammers. A good range of pet food is also available. We look forward to seeing more of our customers again now that lockdown is easing.

Ruth Lawrenson

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False and Misleading Information on Coronavirus posted on Social Media

Oxford University recently announced promising results from its coronavirus vaccine trial, which spawned a number of false or misleading claims on social media about their safety and effectiveness. Reports on just a few of the claims are set out below.

Claim about the impact on DNA- a video containing inaccurate claims about coronavirus vaccine trials, made by osteopath Carrie Madej, has proved popular on social media. She makes a false claim that the vaccines will change recipients' DNA (which carries genetic information). "The Covid-19 vaccines are designed to make us into genetically modified organisms." Clearly false information. She also claims without any evidence or justification that these vaccines contain technology which will link people to an artificial intelligence interface, also completely untrue.

Will the vaccine have unwanted side-effects? The World Health Organisation states that there are 25 different candidate vaccines in clinical trials around the world. However, none of them will alter human DNA and they do not contain technology to link people up to an artificial intelligence interface. The vaccines are all designed to provoke an immune response by training our bodies to recognise and fight the virus.

Carrie Madej makes a number of other false claims, including that vaccine trials are "not following any sound scientific protocol to make sure this is safe". However, any new vaccine must by law undergo rigorous safety checks before they can be put into widespread use.

The Carrie Madej video has been shared on Facebook and on Instagram, it was first uploaded to YouTube in June where it clocked up over 300,000 views and it is still circulating in the USA, UK and elsewhere.

Claims that coronavirus tests can harm people are also circulating on social media, that the nose swab can damage the brain or that the testing kits are contaminated and can give you the virus. The idea that the nose swab can breach the blood brain barrier just demonstrates that the individuals circulating this false information have no idea what or where the blood brain barrier is. The brain is protected by the bone of the skull and by a number of tissue layers surrounding the brain inside the skull and the swab would have to pass through these layers to reach the blood vessels surrounding the brain. It would need considerable force and even then the swab stick would have to be made of highly resilient material to achieve this. As for the idea that the testing kits will give you the virus this claim came from the original reports in the US of testing kits being contaminated, which was then misinterpreted and repeated to suggest that the test could give you the virus.

NHS England has reported on its website its measures for dealing with fake news

The NHS has put in place a package of measures in the battle against coronavirus fake news – working with Google, Twitter, Instagram and Facebook – to help the public get easy access to accurate NHS information and avoid myths and misinformation. The measures include Google providing easy access to verified NHS guidance when someone searches for coronavirus. As well as helping to promote good advice, the NHS has been fighting bad advice and misinformation about the virus in the media and online, working with Twitter to suspend a false account posing as a hospital

and putting out inaccurate information about the number of coronavirus cases; and publicly condemning homeopaths promoting false treatments. The NHS is also working with Twitter, Instagram and Facebook to verify or 'blue tick' over 800 accounts belonging to NHS organisations including hospital trusts local commissioning groups. More recently Google and the NHS will introduce new Knowledge Panels – prominent pop out boxes of information – as part of Google search on mobile, to ensure it provides the public in the UK with easy access to NHS information about more than 250 health conditions, including coronavirus. Both Twitter and Facebook are directing users to the NHS website if they search for coronavirus.

The announcement comes alongside the government's action to crack down on fake news, including a cross-government team to engage with social media firms to monitor the internet for scams.

Health Secretary Matt Hancock said: "Today's actions are another important step so members of the public can access reliable, accurate health information, which is more crucial than ever as we continue our response to coronavirus. "These changes will ensure the latest trusted NHS guidance sits at the very top of Google search lists, so people can be reassured they are reading official, up-to-date Government advice."

"Public safety is our top priority and we are harnessing digital tools to reach millions of people on more than 250 conditions they are searching for – including coronavirus – helping tackle misinformation and ensuring the public is well informed to take control of their health."



Norfolk County Council – Trading Standards Consumer Alert – Email scam 'HMRC National Insurance tax refund'

Beware of these fake national insurance refund emails.

The message informs the recipient that according to their National Insurance contributions, they are eligible for a tax refund as part of measures to alleviate the impact of the COVID-19 lockdown.

The link goes to a page which requests the banking details of the user which sends the data to fraudsters.

If you receive the email do not click on the link.

To report scam emails, forward the original message to report@phishing.gov.uk. An automated system run by the National Cyber Security Centre (NCSC) will scan the email, and if malicious links are found, the associated website will be taken down.

If you think you have responded to a scam email and provided any financial details, contact you bank immediately.

Report all scams to us via our partners at the Citizens Advice consumer helpline on 0808 223 1133.

Scam Alert – Test and trace scams

We are continuing to receive reports of online test and trace scams.

Please remember, genuine texts, calls or emails from the NHS service won't ask you for any personal details upfront.

You'll be given a unique ID number to log into the NHS Test and Trace website. The **only** official web address for the NHS Test and Trace service can be accessed via the following link: <https://contact-tracing.phe.gov.uk/>

Gardening News

Apart from tending our own plots large or small there is a great deal of enjoyment to be had visiting other peoples' gardens which are now once again open to the Public.

Our nearest is Bressingham Gardens which has been open since the 16th June with Covid 19 restrictions in place. This means you must pre-book either on line or by telephoning 01379 686 900. It is easiest to go on line and the website

<https://www.thebressinghamgardens.com/the-gardens/> .

The toilets are open and there are takeaway refreshments available and over 17 acres of gardens to enjoy, from the Dell Garden to Foggy Bottom.

One of my favourites is the Plantation Garden in Norwich next to St John's the Roman Catholic Cathedral at No 4 Earlham Road. They are open daily from 9am – 6pm and the charge is £3.00! Their Sunday teas are now back as of Sunday 2nd August. Check out their web site at <https://www.plantationgarden.co.uk/> Unfortunately there is no car parking at the site but there is paid for parking adjacent to the garden on the Earlham Road.

Also now open are the National Trust parks and gardens at Oxburgh Hall, Ickworth, Blickling Hall and Felbrigg with Covid 19 restrictions in place which means you have to book in advance. However, this is straightforward, picking up the link from the National Trust web site, or contacting their booking team on 0344 249 1895 who will help those without internet access.

Beth Chatto's world famous gardens are also open and following the theme "right plant right place" this is the best of gardens to see planting for difficult areas from the gravel garden to the water garden and everything in between. You must pre-book your entry ticket either on line or by telephone on 01206 82 007 the web address is <https://www.bethchatto.co.uk/entrance> and masks must be worn in the enclosed places like the shop and entrance way.

Happy garden visiting!

Gardening Advice (thanks to the RHS)



August is usually one of the hottest months of the year - making watering essential. Try to use grey water wherever possible, especially as water butts may be running low if it has been a dry summer.

Here are some things to do in the garden this month

Prune Wisteria - wisteria should be pruned twice a year in winter (January/February) and in the summer (July/August) pruning restricts the growth of the plant and also allows light and air to reach the younger stems encouraging more flowering.

Pruning plums, gages and damsons now avoids the risk of silver leaf infection which can be a problem in plants pruned in the autumn or winter, and particularly on well established trees it is better done now. It is also the right time for pruning fruits trained as restricted forms.

Deadhead flowering plants regularly, a therapeutic occupation as it means more flowers!

Watering! - containers, and new plants, preferably with grey recycled water or stored rainwater, feeding flowering container plants weekly.

Collect seed from flowering plants, seed heads can be covered with paper bags so that when the seed heads explode the seeds are safely in the bag, ready to be dried and stored until a more suitable time for planting in the autumn or the spring.

Keep ponds and water features topped up, as water evaporates during windy or hot weather, leading to the water level dropping. The reduced surface area can be damaging for fish as there's less oxygen available, so top up the pond if necessary. Ideally use rainwater from a butt as tap water is rich in nutrients that causes algae to prosper. If you do have to use tap water and you keep fish, add the tap water gradually in small amounts to prevent the cold liquid shocking the fish in the pond.

On hot, humid nights, spray water over the surface of the pool from a hose to break the surface and improve oxygen levels in the water. Alternatively, install or turn on a water feature to keep the surface bubbling gently. Floating weeds can quickly cover the surface of a pond if left unchecked, so twirl these out with a stick or use a net to scoop them out. Leave weeds and algae on the side of the pond overnight, so that larger creatures can return to the water. Rinsing the material in a bucket of pond water can help release smaller creatures which can then be returned to the pond.

Browning of the lawn is very common at this time of year. Don't water the grass unless absolutely necessary. It will green up when the autumn rains arrive. Browning can be partially prevented next year by ensuring that the lawn is well scarified, aerated and drained later in the autumn, and that any soil compaction underneath is remedied before the following growing season.

On amenity and garden lawns, discrete brown patches are usually the product of dog waste, bitch urine, spilt petrol or oil, or weed killer and fertiliser overdosing. On finer turf, especially if it is underfed and frequently mown, patches can be the result of disease such as red thread (on sandy soils) and dollar spot (in damp weather). Feeding usually helps eliminate these problems.

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Late Summer - News from Brettenham

Here I am sitting at my desk reflecting on what a strange few weeks it has been, the sun is shining although last night we had a heavy thundery downpour and no two days seem to be the same and we have to make sure that wherever we go or whatever we do, we have a mask with us – I agree we must all look out and respect others as well as trying to keep fit and well ourselves.

Village life has, as usual, been quiet, we even had the road closed as we had a water main problem up the road towards Kilverstone, so the traffic was diverted onto the A1066. Life on the farm seems to have been just as busy, with the continuing 24-hour irrigation of the potatoes, parsnips and other crops as well as the dryers having to be checked regularly to make sure they are running safely. The carrots that were growing have been harvested and the field already drilled for feed for the sheep through the winter months and the mammoth millet, which is a first for the farm this year, is growing well and will be combined later on in the year.

The corn and grass seed harvest has been a stop and start event, with days when it would have appeared that it would be fine to have the combine in use, but no, due to the earlier drought and the dying of the original plants the newer second growth crops were not mature enough to combine so all systems had to wait for another day of sunshine and warmth in the hope that it would be ripening and maturing ready for the eventual 'catching and snatching'.

As I write we still have wheat and spring barley to harvest with the baling following on a few hours or days later, once again dependant on the weather, all important factors in the calendar of the farm.

I am sure you will all have noticed, as we have been able to leave our homes a little more and travel through the rural areas close to us, that the maize has really grown, what a crop there will be for the anaerobic digestion plants all of which will be providing electricity for the national grid. The sugar beet has benefited from the sun with the sugars increasing in each plant. It won't be many weeks until the 'Big Puffing Billy in Bury' will be processing the lifted roots and the numerous lorries will be traveling to and fro with the lifted beet prior to it ending up either in bags on the shop or supermarket shelves or being used in many other ways in other products and confectionary etc., - Where has the year gone?

As far as the Church is concerned, we are approaching 6th August, this being the date three years ago that The Rt Revd Graham James, then Lord Bishop of Norwich rededicated the Church, and we reopened after the many years of restoration and rescue. Services will be resumed at a later date when we are able to have less regulations in place but until then, our main concern is to keep the congregation who would visit safe and healthy rather than have anybody attend and then be poorly.

That seems to be all for the moment apart from the garden needing to be watered, roses and all other plants tended to and of course all the vegetables dealt with. I am sure you will be doing much the same - I hope that you have had more success than I with sprouting broccoli, ours has been attacked by the cabbage white butterflies, but never mind, at least they have not starved!!!

Mary Wright, Brettenham

General Knowledge Quiz

1. What's the biggest animal in the world?
2. How many times has Andy Murray won Wimbledon playing singles?
3. Which country is brie cheese originally from?
4. In what franchise would you find the character Katniss Everdeen?
5. What year was Heinz established?
6. At the time of writing (August 2020), who is fifth in line to the British throne?
7. What is the capital of Iceland?
8. Who came second in the FIFA Women's World Cup in 2019?
9. What year did Margaret Thatcher die?
10. What does IPA stand for?
11. Who painted the Mona Lisa?
12. Which planet is closest to the sun?
13. What is Queen Elizabeth II's surname?
14. Who played Del Boy in Only Fools and Horses?
15. What is the largest country in the world?
16. Which fashion designer reportedly had a relationship with Winston Churchill?
17. How many valves does the heart have?
18. In *Harry Potter*, what is the name of The Weasley's house?
19. Put these Tom Hanks films in chronological order: *Catch Me If You Can*, *Forrest Gump*, *The Terminal*, *Bridge Of Spies*
20. Typically, what four ingredients go into a cosmopolitan cocktail?

Answers on back page

Quizmaster Wanted

Is anyone else out there good at writing quizzes –? It would be great to have some contributions to this enterprise as the quiz idea seems to be popular with readers.

Please do get in touch by sending a message to the Editor, details on the back page.

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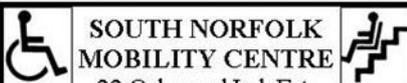
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Quiz answers

1. The blue whale
2. Twice - in 2013 against Novak Djokovic and in 2016 against Milos Raonic
3. France
4. *The Hunger Games*
5. 1869
6. Prince Louis Of Cambridge
7. Reykjavik
8. Netherlands
9. 2013, on the 8th April
10. Indian Pale Ale
11. Leonardo da Vinci
12. Mercury
13. Windsor. Her full name is Elizabeth Alexandra Mary Windsor
14. David Jason
15. Russia
16. Coco Chanel
17. Four - the mitral, tricuspid, aortic and pulmonic valves
18. The Burrow
19. *Forrest Gump* (1994), *Catch Me If You Can* (2002), *The Terminal* (2004), *Bridge Of Spies* (2015)
20. Fresh lime juice, vodka, cranberry juice, triple sec/cointreau/orange liqueur

CONTACT Future with Covid 19 restrictions in place

If we are ever to get back to publishing the magazine in paper form as well as on line, we will need some willing younger volunteers to join us as a collating team.

If you are at all interested in helping our community as well as the advertisers and the Church in putting together paper copies of the magazine could you please get in touch with the Editor using the email address below, or contacting the team on 01953718658.

Contact is published monthly by East Harling Parochial Church Council and. items for the September on-line edition should be submitted to the editor by email by 20th August 2020 at the ABSOLUTE LATEST.

Please ensure that the sender's name and address or telephone number is included in all communications. Don't wait until the last day as we cannot guarantee last minute items will be printed.

EDITOR: email sue.wall@uwclub.net

TRADE ADVERTISING: contact Juliet Langridge tel: 01953 714900 or email to JulietL70@outlook.com

Enquiries regarding deliveries and insertion of flyers will not be possible for the time being.

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Save the Date!
East Harling Village Fete 2021
will be on
Sunday 4th July 2021

Designers and Makers Exhibition

Because of the Covid 19 safety precautions it will not be possible to hold the Exhibition this year. Instead it is planned to hold a similar kind of event in September 2021, when it is hoped that restrictions will be eased for such an event to take place. Further news here nearer the time.

FILM CLUB

Following the OSH committee's very hard work the Hall will be safe for us to return to use, and to start showing films again shortly.

We still have to produce a risk assessment, for showing films for the OSH Committee and the Film Club committee are working on this now. We believe using just the Hall and the toilets and not offering refreshments, and with social distancing in place we should be able to commence showing films and to re-open in October. So keep the date of Tuesday 6th October free and come and see our next showing. More information next month!!

Meantime, if anyone has any films that they would particularly like to see, (my favourite is Salmon Fishing in the Yemen) – please contact the Editor via the usual Email address.