



# AUGUST 2020

# TABLET

Inside this issue: Sir Anish Kapoor and Houghton Hall history...Another exhibition to visit...COVID cases in the County... Surgery Notes update...Save the date - Macmillan Coffee Morning..."Eat Out to Help Out"...Sowerby's poetry challenge has local connections...Delicious chocolate recipe from Macmillan...Norfolk Churches Trust... Trees in the village...Progress report from St. Andrews...Metal grille mystery...Police concerns...Food Production Club news...Recommended read of the month...Wildlife Spot...Tiny shops re-opening...Out and about in Holt...and more!

## **A visit to the Anish Kapoor Exhibition at Houghton Hall**

Built in the 1720s for Great Britain's first Prime Minister, Sir Robert Walpole, Houghton Hall is one of Norfolk's most beautiful stately homes and remains one of England's finest Palladian houses. Houghton was built with an eye to reflecting the wealth, taste, and power of its owner. During the eighteenth century, Walpole also amassed one of the greatest collections of European art in Britain. The centuries that followed would see the fate of Houghton and its remarkable contents hang in the balance. The estate was inherited at the end of the 18 Century by the 1<sup>st</sup> Marquess of Cholmondeley, the great grandson of Sir Robert. Sir Robert demolished the ancient village of Houghton and rebuilt it on the edge of the lavishly landscaped estate. The 13<sup>th</sup> century church was picturesque enough to stay within sight of the Hall and the striking houses of the "new" Houghton are now all listed buildings. What does have an impact when approaching the village and the Hall is that everything is white. The village houses, their fences, even the tree trunks and the church appear white. There are herds of deer on the estate which are also white!

Enough of the Estate, I have come for the Anish Kapoor exhibition. Kapoor is known for his striking architecture at the London Olympics and also for other structures on the globe. The Houghton display was a wonderful treat to behold. Thirteen works by the sculptor, probably the most stunning is the Full Moon Circle. Your eyes can not leave it! But walk on with caution as one permanent stunning and functional feature of the estate is a really deep Ha-Ha. Some of the works are inside the hall itself, so giving a chance for eagle eyes to spot marble statues, pictures and chandeliers which grace the inside of the hall. One additional big bonus was a wander around the walled garden. The wander could have taken hours as it was a glorious and productive area with an abundance of colour schemes. A delightful combination of traditional and wild flower planting. A café, Pop Up Drinks wagon, loads of picnic and seating areas mean that you can happily spend at least 3 or 4 hours and without the worry of social distancing as the estate is vast.

*Note – take a face mask. This is required in the two rooms within the Hall and also a sculpture entitled "Skyspace". To avoid the queue for the car park, go at 11.00 when the exhibition and Hall open.*

## **Sir Anish Kapoor at the Olympics**

The ArcelorMittal Orbit is a 114.5-metre-high sculpture and observation tower in the Queen Elizabeth Olympic Park in Stratford, London. It is Britain's largest piece of public art, and is intended to be a permanent lasting legacy of London's hosting of the 2012 Summer Olympic and Paralympic Games, assisting in the post-Olympics regeneration of the Stratford area. Sited between the Olympic Stadium and the Aquatics Centre, it allows visitors to view the whole Olympic Park from two observation platforms.

Another great exhibition to go and see...

SALTHOUSE CHURCH

TRACEY ROSS

SOLO SHOW

HEAVEN & EARTH

14<sup>th</sup> - 28<sup>th</sup> August 2020



Open daily: 10am - 5.30pm Sunday: 11am - 5.30pm

St. Nicholas Church, Church Lane (off Cross Street)  
Salhouse, Norfolk, NR25 7XH

[www.tracey-rossart.co.uk](http://www.tracey-rossart.co.uk)



Tracey Ross Artist

A bit about my painting life.....

22 NOVEMBER 2019

Hello and welcome to my Artist Facebook Page. Having trained as a textile designer at sixteen I later went on to take my art degree at Norwich University of Arts, before qualifying as an art tutor. My work explores the horizon and the beauty of Creation along the North Norfolk coast in the UK. I love creating colours in paint that make my heart sing. I exhibit my paintings with galleries both in the UK and internationally. As a tutor I run mixed media art workshops on the coast where I enjoy giving students the opportunity to discover their own creativity using mixed media - it's a joy to be sharing this journey together. To find out more about my artwork and art workshops visit my website.

[www.tracey-rossart.co.uk](http://www.tracey-rossart.co.uk)

### **NCC release public health advice about virus cases in Great Yarmouth area**

Residents in Norfolk are being reminded about the need to stay home and get tested if they develop symptoms of coronavirus. The Great Yarmouth area has recently seen a slight increase in positive cases and NCC and the NHS wants to highlight the importance of getting tested and isolating when advised to do so. Cases are linked to known locations. For anyone showing symptoms – a fever, continuous cough, or loss of taste and smell – they should isolate and book a test. Tests are free and you can do them at home or at a centre. You can book by phone on 119 or online at [www.nhs.uk](http://www.nhs.uk) or via <https://www.gov.uk/get-coronavirus-test>. Keep washing our hands, keeping our distance and wearing a face covering where this is required. The virus is still here and follow the simple steps to protect ourselves and others.”

### **Surgery Notes from our Fakenham Medical Centre**

The center produces a quarterly newsletter which the Thursford Tablet delivers as an insert. Now, with hard copy deliveries being impossible with current COVID restrictions, the Surgery Notes will probably be issued with the electronic September Thursford Tablet. These Surgery Notes will give details of the Autumn flu injections. Clinics for these injections are expected in late September and early October. It's likely that the clinic dates will also be advertised in the “Fakenham Sun”.

### **World's Biggest Coffee Morning 2020**

The World's Biggest Coffee Morning is on **Friday 25th September**. It is Macmillan's biggest fundraising event for people facing cancer. Thursford will hold a Macmillan Coffee Morning with a difference! It will be at Wisteria Cottage, Heath Lane on Saturday 26th September. More details will follow but please save the date.



## The Three Horseshoes Briston

Tel 01263 862312

Join the Three Horseshoes every Monday to Wednesday, from the 3rd-31st August, and receive up to £10 off per person, as part of the 'Eat Out to Help Out' scheme. Food will be served between 12pm-2-30pm and 6-9pm. Limited seating available so book a table now to avoid disappointment.

*Eds Note: It was a Monday lunchtime treat, and I was not disappointed. I chose the Pan Roasted Cod, Prawns and Pea Risotto with Crab Velouté – absolutely delicious.*

## Sowerby's Poetry Competition!

Estate Agents Sowerby's ran a "Doggy Tails" poetry competition this Summer. Since the release of local author Sherri Eckworth's *Doggy Tails*, a collection of poems about our beloved furry friends, Sowerbys thought it would be a good idea to hold their own poetry competition giving youngsters the chance to win a copy of Sherri's book along with £25 worth of Amazon vouchers. Poems were themed around "what's a home about". Sherri wrote her own home themed poem to promote the competition and then read two of the winning poems in a video made by Sowerbys. The video shows an array of treasured north Norfolk landscapes and buildings and is well worth a watch. <https://youtu.be/3nxYSCv96wA>

*"An island in the kitchen  
Is the top of all my wishes  
Tons of worktops, a garden view  
As I stand there doing dishes  
An extra bedroom would be great  
I need some space to store  
My bits and bobs, and other 'stuff'  
I'm always buying more  
A garden would be lovely  
As I need room for the dog  
Oh and space to plant some veggies too  
And I want a wildlife bog  
Ideally there's a parking space  
As I need room for the car  
A double garage would be fab  
And perhaps a Tikki bar!  
Some Norfolk flint would suit me well  
I'd love some curb appeal  
My list keeps getting longer  
And I need to keep it real!  
But even if I can't have all  
The things I'm wishing for  
I'll love the home that sits behind  
My very own front door!"*



*Sherri Eckworth*  
Author of *Doggy Tails*

### The Norfolk Churches Trust Sponsored Cycle Ride

Bike, Walk or Drive in the Norfolk Countryside. Saturday 12th September

9.00. a.m. - 5.00. p.m.

With over 650 churches, Norfolk has the greatest concentration of churches in the world. The north Norfolk landscape is dotted with fine medieval churches exuding stories of the communities which not only built them but now have the challenge of maintaining them. There is a chance to win £1000 for your church.

Details and sponsor form available from Sylvia Yerby on 01328 878823

### This recipe comes from a Macmillan coffee morning - Chocolate and Pecan Brownies

#### Ingredients

150g dark chocolate; 150g unsalted butter

100g pecans crushed, 3 eggs

225 light muscovado sugar; 1 tsp vanilla extract; 100g plain flour, sifted

#### Method

Melt chocolate and butter in a bowl which is set in a pan of simmering water. Remove from heat and add pecans

In another bowl whisk eggs, sugar and vanilla until smooth then fold in flour. Fold into this the melted chocolate mix.

Pour into greased and lined baking tray 23 X 23

Bake in oven 20-25 minutes preheated to 180o C

Cut up when cool.

### Trees in the village

You may have noticed that a large part of one of the cherry trees, near the wall, in the cemetery has fallen down. No damage was done to the cemetery wall but the tree is such a wonderful feature of the Spring landscape which will be missed. Sadly 6 trees in Walsingham Road have been identified as having ash die back and will need to be felled within 6 months. A similar tree must be felled in North Lane. We occasionally have visitors ask about the trees on the Village Green. These two trees were planted to commemorate to coronation of her Majesty Elizabeth II.

Aesculus × carnea, or red horse-chestnut, is an **artificial hybrid between A. pavia** (red buckeye) and A. hippocastanum (horse-chestnut). The origin of the tree is not known, but it probably first appeared in Germany before 1820. The hybrid is a medium-size tree to 20–25 m tall, intermediate between the parent species in most respects, but inheriting the red lower colour from A. pavia.

## St Andrew's update on refurbishment works

The inside of the church is looking a bit of a mess at the moment, but beyond the miles of protective plastic sheeting the contractors are making great progress. The vestry is well on its way to becoming a loo with much of the work finished and the toilet, wash basin and other fittings following shortly. The kitchenette too is largely installed, with about a week's work to go. With the restored windows hopefully returning to the church by the end of September, we are really looking forward to organising as much of a community celebration that social distancing will allow and to the return of the concert programme and other events next year.



*Photo: Chris The veiled church!*

**Metal grille mystery** Under the patterned red wool carpet which runs down the aisle in our Parish Church is a long metal grill, those who have attended concerts at the church may have noticed it resonate when musicians stand there and tap their feet to the tune. With the carpet rolled up to protect it from the building works, the full extent of the grill was revealed. At the alter end is short flight of steps down into what appears to be a tunnel with an alcove off to the side towards the Chad crypt. Our intrepid village explorer made a daring decent into the tunnel but found both the alcove and the end of the tunnel were blocked. On reflection, it is thought that the grill and tunnel below probably contained pipes as part of the original church heating system. A secret passage to the crypt would have been quite a find...may be there had originally been one?



*Photo: Lance Our village explorer, looking relieved and happy on re-emergence to the surface after the investigation of the mystery tunnel in the Parish Church*

### **Stay alert in warm weather – don't leave windows open and doors unlocked**

The Police are warning of robberies in the warmer weather, people leaving their windows open and doors unlocked. As an example of the stealth of these robbers, the Elizabethan window was removed in the Parish Church recently ready for reinstallation in another part of the church. Seeing a “window of opportunity” intruders found their way into the church through this very small window frame. There was nothing to steal as everything was being safely stored during the renovation work, but some stone work was vandalised. With domestic burglaries common mistakes made often include leaving handbags and car keys close to unlocked doors or windows, or leaving jewellery and electronic items on display. In order to deter walk-in thieves, police are advising householders to: Keep doors and windows shut and locked where possible, especially if the room/home is unoccupied; Lock your doors if you are spending time outside and out of view of your home; When answering your door, make sure other external doors are locked first; Keep valuables and personal property out of sight, removing them from window sills, worktops and tables; Lock back gates using a sturdy lock such as a closed shackle padlock.

**Food Production Club News** the Club had been hoping to hold an event on September 22<sup>nd</sup> “Local Food for Local people” but it has been cancelled. Let us hope the event planned on October 13<sup>th</sup> “Butterfly Gardening” is able to take place.

**Recommended read of the month** If you are missing travel at the moment, then this is a great book to read. “Step by Step – the Life in my journeys” by Simon Read. Published by Hodder & Stoughton ISBN 9781473689107 Simon writes about his life story and his amazing travels. He has been through over 120 countries making multiple award-winning TV series for the BBC.

**Wildlife Spot Hundreds** of chalk hill blue butterflies spotted on Warham Camp over a period of a few days in mid-August. They don't live for very long, and thrive over calcareous grassland where they feed on vetch. We wrote about the joys of Warham Camp in our June 2020 Tablet.

**Even the tiny shops have doors now open!** Creeping back into business are the Charity Shops. The Salvation Army Shop in Holt (near to Feathers Yard) along with Break are now open. Something Special in Feathers Yard Holt, for all your haberdashery needs Tel 01263 804165 Open 10.00 – 4.00 although closed on a Tuesday.

**Out and about in Holt** If you are visiting Holt there is limited parking near the old Budgens site which is currently being demolished, following the fire. The old Nat West Bank site next to Budgens will shortly be re-opened and taken over by Hayes & Storr, Solicitors. A grocery store has been set up in the Thurlow Nunn Car Sales Room (Cromer Road) although you can find the Post Office in Bakers & Larners. Byfords has now re-opened – but its complicated! Entrance is via the Street (Shirehall Plain) but exit from the back of the building coming out adjacent to the side of Barclays Bank. Turn right at the back and you leave through the pretty cottages which run onto Bull Street and onwards to Bluestone cottages–worth an explore! [www.holttowntrail.co.uk](http://www.holttowntrail.co.uk)

The Thursford Tablet is produced by Thursford Parish Council. We do our best to ensure that information provided is correct and up to date. The Editor [didann@outlook.com](mailto:didann@outlook.com) is always pleased to receive comments and feedback. The Tablet can also be found on the Thursford Parish Council website [www.thursford.org.uk](http://www.thursford.org.uk)

**Need a helping hand call 01328 878476 or 07826067935 (Thursford Assist)**