

pigeon
POST
SEPTEMBER 2025



‘for Starston people’

324



Issue 404

Issue Editor: Craig Marven

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The editorial team do not necessarily agree with the opinions expressed by contributors, however the magazine is here for local people to air their views. Letters to the Editor must be signed. The Editor reserves the right to alter or amend any copy received.

Items for inclusion in the next issue MUST reach the Co-ordinating Editor by noon on the 12th of the preceding month, (usually earlier in December). Space in the magazine will be allocated at the Issue Editor's discretion. Photos and pictures are welcome and will be used wherever possible.

Please send copy by e-mail to: pigeonpost19@gmail.com

Distribution.

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If you know of any new residents in the village please tell Norman Steer (854245), Michael Bartlett (852318) or Brian Greathead (852352) to ensure they are welcomed and receive the Pigeon Post.



Village diary.

Warm Welcome lunch in the Jubilee Hall	Wednesday 3 rd September	11.30am
Glebe Meadow Party - music, bar and BBQ All welcome - see page 17	Saturday 6 th September	6.00pm
Warm Welcome lunch in the Jubilee Hall	Wednesday 17 th September	11:30am
Harvest Festival service in Starston church	Sunday 5 th October	5.00pm

Jubilee Hall.

To book the Jubilee Hall contact the bookings manager:

Robert Wood: 01379 852535 or email: starstonrobert@gmail.com

Advertising in Pigeon Post.

For advertising rates please contact:

Advertising Manager: Liz Stacey Tel: 01379 853427 Email: elizabethstacey99@hotmail.com

Copy must reach us by the 10th of the preceding month to be considered for inclusion.

Pigeon Post accepts no responsibility for the content, offers or validity of any flyer or advertisement

Final copy date for the October 2025 edition:
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Around and about.

Quiz night.

Pennoyer Centre, September 12th 7.00pm - <https://pennoyers.org.uk/event/quiz-night/>

The Arts Society, Diss.

Diss Corn Hall at 2.00pm on the 16th September: The Incas - Chloe Sayer – Art & Textiles of the Incas and their predecessors.

For more information: <https://artsocdiss.org.uk> or email info@artsocdiss.org.uk

Bun, cuppa and chat veteran's group.

Our next event is on September 25th at 2.30 to 4pm at the Mariner's Galley in Rushall.

Fressingfield Sounds – autumn concert series 2025.

Following two sell-out concerts, Fressingfield Sounds presents its autumn 2025 series: three performances at Chapel Hall Arts, Fressingfield, Suffolk (IP21 5QD), all at 7.30pm.

Saturday 13 September – Adrian Brendel (cello) and Tim Horton (piano): Bach, Beethoven, Shostakovich

Saturday 11 October – Heath String Quartet: Schumann, Larcher, Beethoven

Saturday 1 November – Liturina Baroque Ensemble: Bach, Handel, Telemann, Couperin
Tickets from £5 (for under-25s), standard £23 or £25. Season tickets and patron packages also available. For full details and bookings, visit: www.fressingfieldsounds.org.uk or call 07900 350117.



Adrian Brendel, cello, photo by Jack Liebeck
Tim Horton, piano, photo by Chris Saunders

Regular 'what's on' information.

Harleston Town and Community Events: <https://visitharleston.org.uk/events3/>

Fisher Theatre Bungay: <https://fishertheatre.org/FisherTheatre.dll/WhatsOn>

Diss Corn Hall: <https://www.thecornhall.co.uk/whats-on-list/>

Harleston's Future: www.harlestonsfuture.org.uk

Pennoyer Centre - Pulham St. Mary: <https://pennoyers.org.uk/events/>



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Editor's notes.

I couldn't resist using the fantastic photo of Tabitha and Tracey from Railway Hill on the cover. I know the Tractor Run was a few weeks ago but it was close to the deadline for the last issue and so only got a brief mention. This month we've an article on page 18 and a wonderful cover photo, taken by Stuart Griffin.

There has been a lot happening in the village over the last few weeks. The re-opening of Glebe Meadow just made the last issue of Pigeon Post, but the Village Fete did not. So we have an article and some excellent photographs of the fete thanks to several contributors.

Don't miss the village party. It's on the evening of September 6th (see page 17).

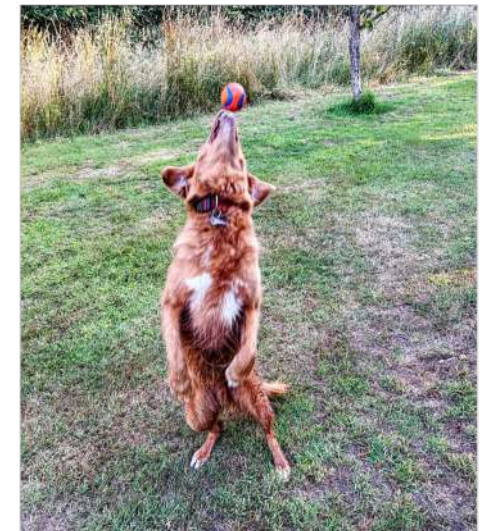
We have had some (but not much) feedback on the new look for Pigeon Post. As a result we have made a few small changes. The text is slightly bigger and the grey boxes are a lighter shade in this issue, hopefully making it a little easier to read. Where we have been sent them, we've also tried to include photos to help bring articles to life.

We continue to welcome any and all contributions, opinions and letters for publication. Our VE-Day article prompted two follow-up features from readers and we hope that everyone will feel they are welcome to contribute on any subject.

Craig



*Eggy fun at the fete - see page 10 for more
(photo by Kathryn Gates)*



*Nacho enjoying playing on Glebe Meadow
(photo by Rosemary Steer)*



Glebe Meadow - latest news.

Picnic table.

Glebe Meadow now has a lovely new picnic table to replace the one which had seen better days!



Hay making.

The warm and dry weather has at last allowed hay making to take place. Cutting the grass once a year and removing it is an essential part of the meadow management. And it will all be used by Starston residents, or at least by their equine friends, which is great news.



Honey.

Glebe Meadow set spring honey extracted in late May is available now.

Summer honey is being extracted in August which will stay runny for much longer. So there is a choice of honeys for people to buy at £5 a jar, with all proceeds supporting Jubilee Hall. To stock up, please buzz me.

Peter
07879 330925
petergrimble@gmail.com

Bell ringing.

Calling all bell ringers!

If you haven't rung before, why not give it a go?

If you are a ringer already or are just interested in trying it out, come and join us in our friendly tower at St Margaret's. We practice from 7.00 to 8.00pm on Wednesday evenings, and ring for the 11.00am service at St Margaret's on Sundays.

With the recent departure of some of our ringers we're keen to recruit, so all new faces welcome!

Contact Tower Captain Herbert Websdell on 01379 853967.



Missing!

Can you help reunite this plate with its owner?

Last seen at the Starston Fete: a cherished small blue patterned plate, believed to have been mis-sold with a cake! If you know of its whereabouts please contact the Pigeon Post to ensure it returns home to where it belongs:
pigeonpost19@gmail.com



Harleston Choral Society.

Our summer comes to an end on 1st September with the start of our autumn term at 7.00pm for a 7.30pm start, in the London Road Church, IP20 9BH. We'll begin rehearsing for our Christmas Concert on Saturday 6th December in St John's, Harleston. Our programme will include a selection of Christmas music and carols (some with audience participation) and Part 1 of Handel's *Messiah*, plus – by choir and public demand! – the *Hallelujah Chorus*, all under the baton of our Music Director Justin Bindley.

Practices are on a Monday night from 7.30 – 9.30 pm, in the London Road Church, and parking is available in The Original Factory Shop (TOFS) car park opposite. So, please come and join us. You have three weeks to decide whether or not HCS is for you before fees are due - current fees are £45.00 per term (there are some concessions).

We're a friendly community choir and we welcome everyone, and although it's an advantage to be able to read music, it's not essential. There are no auditions and music is provided free. Further information about HCS can be found on our website www.harlestonchoralsoc.org.uk and from our Joint Chairs - caroline@rodbourne.org.uk and Jo Curry jo.curry@sky.com





Starston fete 2025.

Hasn't it been a long hot summer - so far? It was no different on 12th July, the day of the Starston Church fete.

It hasn't always been so. Two years ago, on the Glebe Meadow it rained all day, but didn't detract from the fun! This year the venue was Pheasantry Cottage courtesy of Karen and Kevin Murphy, to whom many thanks, and what a venue – the recently re-vamped house provided a lovely back-drop to



The bar, of course, was very popular as the assembled company quenched their collective thirst, on local draught beer and Pimms (separate glasses), whilst

the barbecue providing burgers (including a vegetarian option) and hot dogs was also a sell-out, with satisfied customers coming back for more.

Side shows including roller-ball, splat the rat, and bean bag throwing also kept folks amused, whilst the Starston Allstars (our local celebrity band)

proceedings and the wonderfully understated garden was perfect, with sunny spots and lots of dappled shade providing relief from the sun.

In the past the fete has relied on marquees to provide welcome shelter from the elements, these were deemed unnecessary, with the settled

weather, and so it proved. The sun shone all day on the varied attractions.

The cake stall as usual sold out, whilst the tombola and various raffles had a huge range of prizes, all there for the winning.



played their usual eclectic mix of music throughout the afternoon. It seemed that no one wanted to go home.



yippee! The assembled company was bolstered by visitors from as far afield as Leeds and London, plus a couple of international vagrants.

The grand finale was the World Championship Egg Tossing Competition. No less than twenty five pairs, yes that's fifty people, took part. Starting about twelve feet apart each couple threw a (raw) egg between them to be caught by the partner. After each throw the couples (those with still intact eggs) moved apart a couple of paces to repeat their throws and their catches. At the finale the winners were at least half a mile apart and provided a wonderful display of soft hands. Needless to say the Labrador, which had been brought especially for the event was fully employed clearing up the debris.

All of the usual local suspects were on parade, except for Mrs. P. who had absconded to see her horse win at Ascot –



A great time was had by all, if you weren't there, shame on you, make a note for next year. Many, many thanks to all who did attend and most of all to those who (as usual) gave their help in running the event, unsparingly. All proceeds go to St. Margaret's Church, Starston.

Frank Pearson

Photographs courtesy of Kathryn Gates and Chris Sparrow



Autumn in the countryside.

With shorter days and cooling temperatures things are beginning to change. What most people think of as harvest, cutting of the cereal crops, is over. There is still the sugar beet to harvest, and this can go on until late in the year, and occasionally longer. The maize, for feeding cattle, is harvested during September and even October. A significant amount of maize is now also grown to produce power by processing in anaerobic digesters. Roses will be lifted between now and the end of the year.

Soon after the cereal harvest the oilseed rape for next year's crop will have been drilled and this will soon be turning the fields green. Cover crops, to prevent carbon from escaping from the bare soil, will also be in the ground now, as well as turnips for the sheep to eat when grass is in short supply.

Winter wheat and barley will also be sown throughout the autumn. These are the maincrop cereals. If the weather is particularly bad and this crop cannot be drilled then it is possible to sow spring wheat and barley varieties early the following year, but they tend not to yield so well. Once the later crops, sugar beet and roses, have been harvested the land will be cultivated and replanted if conditions permit, but some will be left to over-winter fallow or with cover crops and will be used for spring crops, maize or sugar beet next year. If you are very observant you may even, over the years,

be able to work out what will be grown in the fields around you next, as everything is grown in rotation. This is to get the most out of the land, but also to protect it from over use. Cover crops are either fed to the sheep or cultivated into the soil to replenish nutrients.

Sheep will be left out to graze throughout the year. They may be brought inside to lamb in the spring, and if the weather is particularly bad they may be given some shelter, but generally they are very hardy.

Beef cattle may also spend most of the year outside, but are often brought inside, or at least nearer to home as the year goes on. The milking herd always have access to some outside areas, although generally speaking they choose to stay within their airy, covered yards most of the time once the weather turns. The young stock spend their winters in covered yards on deep beds of straw. Over the winter the cattle are fed on the grass and maize silage that has been grown on the farm during the previous months. With dairy cattle there's always plenty to do, not least as they have to be milked twice a day every day of the year.

Some field hedges may be cut now, before the crops are planted, so that the crop isn't disturbed by cutting later. Any other hedge cutting is usually done later in the winter and before the birds start nesting in the spring.

Sue Moore



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Film Night at the Pennoyer Centre, Pulham St Mary. Mr Burton (12A)

19th Sept. at 19:00 Tickets £6.00

In the Welsh town of Port Talbot, 1942, Richard Jenkins (Harry Lawtey) lives as a wayward schoolboy, caught between the pressures of his struggling family, a devastating war, and his own ambitions. However, a new opportunity arises when Richard's natural talent for drama catches the attention of his teacher, Philip Burton (BAFTA winner Toby Jones). Taking Richard under his wing, the young man thrives thanks to Philip's strict tutelage and the guidance of kindly landlady, Ma Smith (Academy Award nominee Lesley Manville). However, as the acting world comes within Richard's reach, the burden of his past risks holding him back forever.

Please note start time: Doors open at 19:00. Film starts at 19:30

Buy your ticket in advance online, or on the door. Alternatively phone the centre on 01379 676660, or email admin@pennoyers.org.uk





A day in the life: Kate Spiers - plumber.

Introducing Kate Spiers - owner of Kate Spiers Plumbing Services and based on The Street in Starston.

Kate moved to Starston in 2022. She is originally from Chelmsford and worked for the family firm before deciding to branch out and work for herself, which timed perfectly with her move to Norfolk.

Even today, there are not many female plumbers around, so how did this all start?

"My family has a plumbing and heating company, and it seemed only natural that I would join the company. My mum gave me on the job training, whilst I took an apprenticeship course at Colchester Institute to gain my qualifications.

After about 11 years, I decided that I also wanted to teach, and then became a gas and plumbing assessor for apprentices at Suffolk New College in Otley and Ipswich, which involves working with apprentices and monitoring them in real life situations, in jobs all around Suffolk, Norfolk and Cambridgeshire".

What prompted the move from Essex to Norfolk?

"Both Mark and I were looking to move to the country. We started looking in Suffolk initially but then, almost by accident, found Starston. The rest, as they say, is history. We love the village and surrounding countryside and feel like we have been here forever. Neighbours are



amazing, the village is so friendly, and we both feel settled and happy here".

Talk us through a normal day:

"There's no 'normal' day, I teach on Mondays and Tuesdays, and I take private jobs for the other three days, I get to work in some lovely old houses all over Norfolk. A lot of my clients are women, and they

somehow feel more at ease when I am working in their house. I'm happy to say that a lot of my work comes from referrals, and I only advertise in the Pigeon Post".

As this is such a physical job, how do you relax?

"I go to the gym three times a week. With this job I really need to be fit, so I join a small group personal trainer session at H Space Movement in Hedenham near Bungay. The sessions are classed as 'Functional Fitness' which means that the majority of the moves are ones that most of us would make in any given day, and they have really helped me to maintain my strength and fitness. I also go wild swimming once a week, at Homersfield Bridge. This gives me mental clarity, aids

muscle recovery, and gives me so much energy.

"My main passion is organic gardening – both Mark and I are vegetarians – and it's important for us to know the origins of the food we are eating, so what better way than to grow our own?

We are currently growing courgettes, cucumbers, carrots, peppers and lettuce, together with an amazing heirloom variety of tomatoes called 'Homestoop', which are doing particularly well. We put this down to the heat and rain cycles that we are currently going through.

Having a garden is the complete antidote to our busy lives, and whenever I have a free second you will find me with my hands in the soil – Life is Good".

Please contact Kate for any plumbing issues, she offers no obligation free quotes and is always happy to come and chat through a job. Her advertisement is on page 4.

Gym details :

H Space Movement, The Brickyard,
Norwich Road, Bungay NR35 2DE
Phone : 07903 651072

Janice Brooks





Harleston library.

Tel: (01379) 852549

Email: harleston.lib@libraries.norfolk.gov.uk

Well done to all the children who have taken part in this year's Summer Reading Challenge. Still plenty of time to finish and collect your certificate and medals. Medals can be presented at our special event on Wednesday 24th September at 3:35pm or they can be collected from staff when the challenge is completed.

HOMES AND HABITATS - We will be joining in with the town events during the Heritage open days 12th - 21st Sept. All week we will have our ongoing Mini Town craft project. Saturday 13th, we have a drop-in session for the children, run by the Suffolk Wildlife Trust (please see staff for details). Monday 15th at 1:30pm, we are joined by The Norfolk Record Office who will deliver a talk on Tracing the History of your Home. At 3:45 we have a Bridge building Lego challenge for all budding engineers. This is a free event, but numbers are limited, booking can be done via norfolkhods.ticketsolve.com We hope you can join us at our events or take a stroll in our wildlife garden and explore the bug habitats. Refreshments will be available throughout the week.

Details of all our events can be found on our Facebook page. To be kept up-to-date please visit: www.facebook.com/dissharlestonlongstratton or keep an eye on our notice board just inside the main library door.

Jubilee Hall craft workshops.

Using woad grown in Pulham St Mary, the afternoon was spent extracting the lovely sky blue colour and applying it to a range of fibres including silk, wool, cotton and linen. Freshly dyed woad items have to get lots of air to them, and in lieu of a clothes airer, a handy ladder was found behind the bins! Yellows were made from foraged Weld, and enabled some bold greens to be dyed as well.

Next Workshops -

Saturday 25th October, 9.30 - 12.30 - Teaspoon Club

Saturday 25th October 1.30 - 5pm - Wooden

Haberdashery carving

Sunday 26th October 10 - 4 - Exploring Natural Dyes

More information at www.thewoodlandhaberdasher.co.uk



End of summer party!

Residents of Starston won't have missed the work which has been done on the Glebe Meadow and higher upstream on the Beck Meadow.

On the Glebe, the work carried out was to remove the risk of the beck undercutting the Low Road, improve access to the water by re-profiling the northern bank and to generally enhance the wildlife habitat of the water course.

Whilst admitting to being somewhat sceptical of this work during the planning stages, I have to admit now that the main work is completed, the overall result is wonderful. Already the earthmoving work is "healing" and the wildlife is moving back in. The bank profiles are a great improvement, adding to the family appeal of this wonderful local facility.

To celebrate the completion and (if I'm honest) just to have some fun, a party to

celebrate the completion of the work and the reopening of the meadow, will take place on Saturday 6th September.

This is a FREE event and all residents and friends are welcome to come along. Starting at 6.00pm, there will be a bar, and barbecue (sadly these won't be free) whilst music will be provided by our very own Starston Allstars, as well as some guest artists and friends of the band members. There will be a raffle, and donation of prizes would be much appreciated. A collection will also be made. Proceeds from the event will be divided between the Jubilee Hall and other local charities.

So make a note in your diary Saturday 6th September from 6.00pm until the last person leaves!

Be there or be square! Fun for everyone.

Frank Pearson



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Mon 8 th	Lunch at The Four Horseshoes, Thornham Magna - £8.00
Mon 15 th	Cherry Lane Garden Centre, Pulham - £8.00
Thurs 18 th	Lunch at Earsham Hall Tea Rooms - £8.00
Mon 22 nd	Harleston Factory Shop and town centre - £8.00
Thurs 25 th	Bungay Town (Market Day) - £10.00
Mon 29 th	Hillcrest Nurseries, Stanton - £10.00

Please call 01379 854800 or visit our website: www.borderhoppa.org



Pink Ladies' Tractor Run

On Sunday 6th July, the breath-taking sight of a convoy of 200 tractors (a record number) decorated in pink, set off in beautiful sunshine from Thorpe Abbots airfield. The convoy travelled a 20-mile route through Brockdish, Syleham, Harleston, stopping at Gawdy Hall for lunch and then back to Thorpe Abbots via Pulham St Mary and Rushall. This was the 21st run fundraising for breast cancer research, with several ladies from Starston participating. Despite the downpour, it was quite a spectacle with a huge turnout of people lining the route. I buddied up with Pippa Ellis from Cross Road. We practiced together going out in a convoy of three. Thank you to Stephen Thorpe for taking us out on the road. It was lovely

meeting Tracey and Tabitha from Railway Hill, who both entered driving David Brown tractors. I believe there were a couple of pink ladies from Wood Lane too. It would be great to know who they are.

The experience is so exhilarating and full of different emotions. It is wonderful news that Annie and John Chapman, organisers of the Pink Ladies' Tractor Run, have received an MBE for their services to charity. The online total raised for 2025 is over £80,000 and rising, with the overall current fundraising total standing at £1,233,000.

Finally, a huge thank you for all the donations.

Debbie Griffin

The Pulhams Men's Shed

South Green, Pulham St Mary



Come along for a visit to find out more about what is happening at the Pulhams Men's Shed!

Everyone is welcome. If you are aged 18 years or over you can become a full member. If you like making, mending, repairing, upcycling or just chatting over a cup of tea, then come and join us. Share a laugh or a problem, meet new friends and be part of the Shed community.

You are welcome to visit us at South Green to give it a try and if you would like to join, pick up a membership form at the 'Shed,' or download the form online at:

<https://tinyurl.com/TPMS-MembershipForm>

We are also continuing with our monthly 'socials' at The Crown in Pulham Market on the first Thursday of the month from 5pm. Come along and enjoy a drink in the company of friends.

If you want to find out more about The Pulhams Men's Shed, please email us at:

mail@thepulhamsmensshed.org.uk

The Pulhams Men's Shed is a registered charity (Charity No. 1208341). All funds and donations are used to support its activities.



Benefice letter.

I want to take this opportunity to say 'Well done!' to all those young people who, even though without success so far, are continuing to persevere in looking for a job, and to all those who have found new places of learning or work.

I've been thinking in the last few months that moving into old age is very much like moving from childhood to adulthood in many ways. There are new challenges to take up, old ways (and, maybe, people) to let go of, different rhythms of life and perhaps a new pace of life too. Both these stages - and also middle age - in our living require change and courage.

In my young days I found taking up responsibility a daunting thing (and still do!); in middle age the big change was having to adjust how much I ate, as my metabolism slowed and weight started to increase, even though I'd not changed anything; and now, a lifetime of experience makes me realise how independence is not the best way. We've always needed others in our lives and I'm thankful for the community, close friends and family I have around me. The word is 'interdependence', loving and trusting one another and working together. It takes courage to face new ways of being and to ask for help when we need it.

The Bible story of Joshua (Moses' successor) has God telling him 'Be strong and courageous' three times, as God gave him his mission. God said 'Be strong and

courageous! Do not tremble or be dismayed for the Lord your God is with you wherever you go.' (Joshua chapter 1 verse 9)

And in the New Testament we find these words: '*When [members of the council] saw the courage of Peter and John and realised that they were unschooled, ordinary men, they were astonished and they took note that they had been with Jesus.'* (Act 4 v. 13)

I love the words in a song by Stuart Townend*, relating to God:

*Through present sufferings, future's fear,
He whispers 'courage' in my ear.
For I am safe in everlasting arms,
And they will lead me home.*

So let us make September, whatever it may bring, be a time for taking hold of courage and recognising that the best way is being interdependent, with one another and with God himself.

YANA** – You are not alone.

May God bless you as you think about this.

Mags

*The song (I quoted the second half of verse two): www.stuarttownend.co.uk/song/there-is-a-hope

**YANA: www.yanahelp.org



County Council report.

On Wednesday 7th August Norwich Castle re-opened its historic keep following a major transformation, thanks to a multi-million-pound redevelopment supported by The National Lottery Heritage Fund. Originally built as a royal palace by the Normans over 900 years ago, the keep has been completely reimagined to show what it might have looked like in its medieval heyday. Visitors can now explore newly constructed spaces including the King's Hall, Chapel and Great Chamber, brought vividly to life with immersive displays and soundscapes. Enjoy breath-taking views from the battlements via a new lift and staircase that make the castle roof widely accessible for the first time in over nine centuries. It's well worth a visit.

Norfolk Trading Standards are asking motorists to remain vigilant around vehicle purchasing, after recent inspections that one in three part-worn tyres checked were found to be dangerous and 50% of second-hand cars inspected when offered for sale were found to be unroadworthy. The results came from visits from Norfolk County Council's Trading and the Norfolk & Suffolk Constabulary's Roads and Armed Policing Team (RAPT) to businesses across the county in two separate operations in the last few weeks. Trading standards officers and RAPT vehicle examiners checked ten cars, with just five judged to be roadworthy and seven businesses were visited to assess 191 part-worn tyres, only

one tyre out of the 191 checked met the legal requirements as to safety and markings, with 69 deemed to be in a dangerous condition.

Drivers caught misusing blue badges for disabled parking spaces were fined £38,000 last year, new figures have revealed. NCC secured 64 convictions in 2024 against people who abused the permits. People risk fines of up to nearly £2,000 for breaking the rules, while those parking in disabled bays without being allowed to do so could be charged a fixed penalty notice of up to £100. NCC warns that displaying the permits unlawfully "has real consequences" and risks people with disabilities being unable to park safely. County Hall issues around 15,000 blue badges – a scheme that ensures people who need disabled parking spaces are able to use them.

Dates for when people can take waste they cannot normally get rid of at seven of Norfolk's tips have been announced. Residents need to book their slots to get rid of the rubbish not usually accepted at NCC run tips, such as paint and paint cans, fertilizers, lawn treatments, bleach, weedkiller and insecticides. These are free events put on by NCC which give residents across the county the opportunity to dispose of hazardous waste. All dates are on our website with the date of Norwich South which is nearest to us being on Friday, October 3rd & 4th. To book your slot go to www.norfolk.gov.uk/



wasteandrecycling or call 0344 800 8020. Your Norfolk Extra is our digital newsletter that keeps you up-to-date with the latest news from NCC every month, straight into your inbox. As well as featuring information about our services, events and surveys, we'll also be running ticket

giveaways to Norfolk attractions. Subscribe to Your Norfolk Extra at www.norfolk.gov.uk/newsletters

My next surgery is on Saturday 6th September at 10.00am at HIP.

Best Wishes
Martin

Parish Council report.

Dear Starston residents,

There was much discussion regarding traffic concerns at the July meeting of the Parish Council. The Councillors are naturally concerned about this and are committed to improving the situation within the village. To that end the Chairman has a meeting planned with Norfolk Council's local highways engineer.

At the time of writing this, the Parish Council still has a vacancy for a new Councillor. If anyone is interested in taking on this important but not unduly onerous role, and would like to know more about what it involves, please do not hesitate to contact me or the Chairman, Philip Astor.

I am delighted to say that Councillor Janet Broadhurst and our former council chair Ann Leitch have recently completed a session of mental health training, and as "Wellbeing Champions" will be able to offer support and guidance to residents in the course of their regular conversations.

The next meeting of the Parish Council will take place on Monday 15th September at 7.30pm in the Jubilee Hall. If you would like to attend the meeting, or you would like any matters raised in the public forum, please do email me in advance.

Jo Madders

starstonparishcouncil@yahoo.co.uk



Halesworth Gallery.

Halesworth Gallery, formerly the town's almshouses, lies alongside St. Mary's Churchyard. The fine old buildings were mentioned in the Manorial Court Roll of 1478 and their age and beauty are part of the Halesworth Gallery's appeal.

The Halesworth Art Gallery Association was founded in 1966 by Jack and Sheila Arbuthnot with four other local people. This year the gallery celebrates its 50th year. The object was, and still is, to 'exhibit modern painting and sculpture of the highest possible standard on a non-profit-making basis and for the general enjoyment of all; and, it is hoped, for the benefit of the artists since all works are for sale'.

Over the years the gallery has mainly shown the work of those artists who have a connection with East Anglia and early exhibitors included Elisabeth Frink, Mary Fedden, Felix Topolski, Mary Potter, Joseph Herman, Margaret Mellis, Maggie Hambling amongst others.

Each year eighteen artists are selected to show their work. The gallery is open to the public from May to October with three artists exhibiting together each month. The public are welcomed to view the work from Monday to Saturday 11am - 4pm and on Sundays 2pm - 4pm. Admission free.

One of our Starston artists, David Page will be exhibiting a collection of prints there from 30th August - 24th September. There will be a selection of lino, woodblock and



David Page Prints

Halesworth Gallery Exhibition
30 August - 24th September 2025
Open Mon-Sat from 11am - 4pm & Sunday from 2pm - 4pm
Steeple End, Halesworth, Suffolk, IP19 8LL
01986 873064






OPENING PARTY
on **FRIDAY**
29th AUGUST
6.00 - 8.00pm
ALL WELCOME

Work by Lloyd Durling & Lee Johnson also on show

etching prints, some recent and some produced over the past 34 years since he moved to live in Starston, or from his days before in London.

More information on Halesworth Gallery 2025 exhibitions can be found at: www.halesworthgallery.co.uk

Jane German



Friends or family visiting with (or without) dogs, but need somewhere to stay?

Our large homely & cosy secluded shepherd's hut in Starston is perfect for reactive dogs, and is set alone in its own 1/3 acre meadow. 4' fencing all around. Wonderful views and walks. Kitchen, shower, king-sized bed, air con, under-floor heating, hot tub, fire pit, pizza oven, loungers, hammock, laundry, games etc







<https://www.airbnb.com/h/blackthorn-retreat-starston>





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September quiz - music.

1. In what popular musical film did Wilfred Hyde-White play Colonel Hugh Pickering?
2. Which piece of music accompanied Torvill and Dean to Olympic gold success?
3. Who wrote the music for 'West Side Story'?
4. Who was the lead singer with the Animals?
5. What is the correct title of the music sometimes referred to as 'Danny Boy'?
6. Which singer appeared on stage at both Wembley and Philadelphia during the Live Aid concert?
7. Who partnered Annie Lennox in the Eurythmics?
8. Who composed the music for 'The Good, the Bad and the Ugly'?
9. For what do the initials OMD stand?
10. Who was the first DJ to play a song on Radio 1?

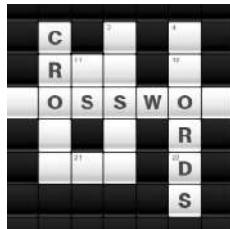
Answers to the August quiz.

1. Seven (Cornwall, Devon, Dorset, Hampshire, West Sussex, East Sussex, Kent)
2. Lowestoft
3. Leeds
4. Billingsgate fish market
5. Green Park
6. Henry IV
7. Station Road
8. Bristol
9. The A30
10. Charing Cross

Answers to the August crossword.

Across

1. Rasping
5. Steed
8. Dalliance
9. Hen
10. Omen
12. Beginner
14. Blinds
15. Ash Can
17. Alopecia
18. Tate
21. Koi
22. Imagining
24. Talon
25. Yoghurt

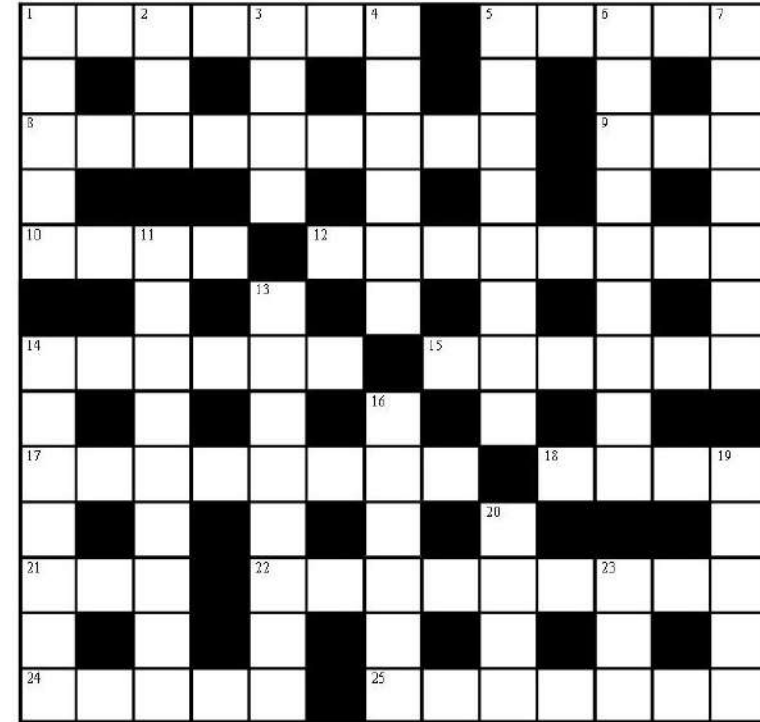


Down

1. Radio
2. Sal
3. Ibis
4. Gander
5. Seediest
6. Echinacea
7. Dendron
11. Editorial
13. Adhesion
14. Blanket
16. Binary
19. Ergot
20. Nirg (grin backwards)
23. IOU



September crossword by Webbe.



Clues across

1. Speed up (7)
5. What you order food from (5)
8. A minor change or addition (9)
9. Vision (3)
10. Hollow cylinder (4)
12. Group of letters (8)
14. Lower end of the uterus (6)
15. Trick or deceive (6)
17. Verify in advance (8)
18. Something previously mentioned (4)
21. French water (3)
22. Intense competitor within an organisation (9)
24. Sounding low-pitched and slightly hoarse or breed of dog (5)
25. Convey, make known by signs, speech or action (7)

Clues down

1. Two pints (5)
2. Water hardened (3)
3. Young humans (4)
4. A pointed end and an eye (6)
5. A very small car (package name) (8)
6. Epistaxis or sore nose (9)
7. Detectives (7)
11. Multiple cook outdoors (9)
13. With a lot of force (8)
14. Italian/American understanding request (colloquialism)(7)
16. Scrapes or rubs (shoe) (6)
19. Clemency (5)
20. Very eager or curious to hear or see something (4)
23. Having three (3)



Benefice services in September - tbc.

	7 th	14 th	21 st	28 th	
Dickleburgh	9.30 am All-age worship	9.30 am Weekly service	9.30 am Weekly service	9.30 am Weekly service	
Pulham Market	9.30 am Weekly service	9.30 am Messy church	9.30 am Weekly service	9.30 am All-age worship	
Pulham St Mary	8.00 am Weekly service	11.00 am Harvest Communion	11.00 am All-age worship	11.00 am Weekly service	
Rushall	Church open for prayer	Church open for prayer	Church open for prayer	Church open for prayer	
Starston	11.00 am Weekly service	11.00 am All-age worship	11.00 am Weekly service	11.00 am Weekly service	
Thelveton	11.00 am Weekly service	11.00 am Weekly service	3.00pm Harvest all-age service	11.00 am Weekly service	

All-age worship - suitable for everyone

Dickleburgh	9.30am	1 st Sundays (breakfast from 9am)
Starston	11.00am	2 nd Sundays (breakfast from 10.30am)
Pulham St Mary	11.00am	3 rd Sundays (breakfast from 10.15am)
Pulham Market	9.30am	4 th Sundays (breakfast from 9am)

For updates on Starston Services contact John Formston
853042 or jformston07@talktalk.net

Starston PCC Secretary:
Ruth Cawcutt Tel:01379 852087
Email: rcawcutt1@btinternet.com



All services are subject to change. For up to date information please go to the Benefice Website:
<https://www.achurchnearyou.com/benefice/26-107EP/>



Starston Parish Council.

Philip Astor: Chairman	philipastor@mac.com	07753 800594
Janet Broadhurst: Emergency Plan Co-ordinator	janetbroadhurst@aol.com	01379 853480
Stuart Griffin: Member	stuartgriffin@live.co.uk	
Karen O'Keefe: Vice-chair & Internal Control of Finances	karenokeefe63@icloud.com	
Chris Sparrow: Footpath Warden	chris.sparrow2211@hotmail.co.uk	
Kate Spiers: Tree Warden & Litter Pick coordinator	katespiersplumbing@gmail.com	
Highways Defects, Village Maintenance, SAM 2 Equipment, General Enquiries		
Joanne Madders: Clerk to the Council & RFO		

To contact Starston Parish Council: starstonparishcouncil@yahoo.co.uk

There is currently a vacancy on the parish council, please see the parish council report in this issue for more information

Local councillors.

Martin Wilby	County	martin.wilby@norfolk.gov.uk	01379 741504
Clayton Hudson	District	clayton.hudson@southnorfolkandbroadland.gov.uk	01379 676259
Delme Thompson	District	delme.thompson@southnorfolkandbroadland.gov.uk	

Waveney Valley MP.

Adrian Ramsay:	Suite 1B Navire House, Mere Street, Diss, IP22 4AG waveneyvalleyoffice@parliament.uk	01379 830200
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Community services.

Local Buses - from Starston to Harleston and Starston to Long Stratton and Norwich	For information Ring: 0871 200 2233 12p a minute plus access charge
Border Hoppa - dial-a-ride service	Ring: 01379 854800
Police - (non-emergency)	Ring: 101
Safer Neighbourhood Team	Email: sntharleston@norfolk.pnn.police.uk
Report Power Cuts	Ring: 105
Report Flooding	Ring: 03448008013
If you are in danger call 999	Email: www.norfolk.gov.uk/flooding
NHS Emergency & Urgent Care Services (Including Emergency out of hours chemist)	Ring: 111 when it's less urgent than 999
Refuse Collection and Queries	Ring: 01508 533830
Harleston Information Plus	Ring: 01379 851917 Email: hip@harleston-norfolk.org.uk

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