



(see back page for current NHS guidelines on COVID-19)

Horningsea Assists - mutual aid group

Don't want to leave home because you are self-isolating? Do you need someone to do your shopping, cook food, walk your dog, pick up a prescription etc.? Feeling isolated and need a chat?

We are a group of Horningsea Residents who are coming together to help our community during this virus threat.

We want to ensure that nobody is left isolated or without what they need. We won't ask anything of you in return and we will respect your self-isolation.

Ways to ask for help:

- Post in the help-needed thread in the Horningsea Residents Facebook group.

<https://www.facebook.com/groups/HorningseaResidentsAssociation/>

- Email horningsea-assist@googlegroups.com
- Call: Graham Haynes on 07723 472858
- Message or WhatsApp someone else in the village who can get your request out.

To offer help post in the help-offered thread in the Horningsea Facebook Group or email horningsea-assist@googlegroups.com.

We have some difficult months ahead of us. Let's all look after each other.

A flyer was distributed throughout the village a few weeks ago. The flyer is also attached to this email. Stick that on your fridge.

Fruit and vegetables in the church porch

Horningsea Parish Charities are providing a selection of fruit and vegetables in the porch of St Peter's Church, Horningsea. If you live in the parish of Horningsea please help yourself. We are particularly concerned about people who are self isolating and cannot order food online, who are struggling because they are self employed or on zero hours contracts or their businesses have had to close or their children are at home and so they cannot work, or you work in the NHS and are exhausted If you know anyone who is in particular need of support can you please notify one of the Trustees as soon as possible so we can arrange for a grant or some food vouchers. Contact the Trustees via ldathorningsea@gmail.com or contact the Vicar, Alun Ford, on parishesthree@gmail.com.



Thank you to everyone who has added to the fruit & veg by donating produce from their allotments or buying additional items. Sainsbury's gave Fen Ditton school a box of punnets of strawberries which the school put in the Porch – many thanks to both. They were greatly appreciated as a treat! Most days the list of available fruit and veg will be posted on the Horningsea-assist site.

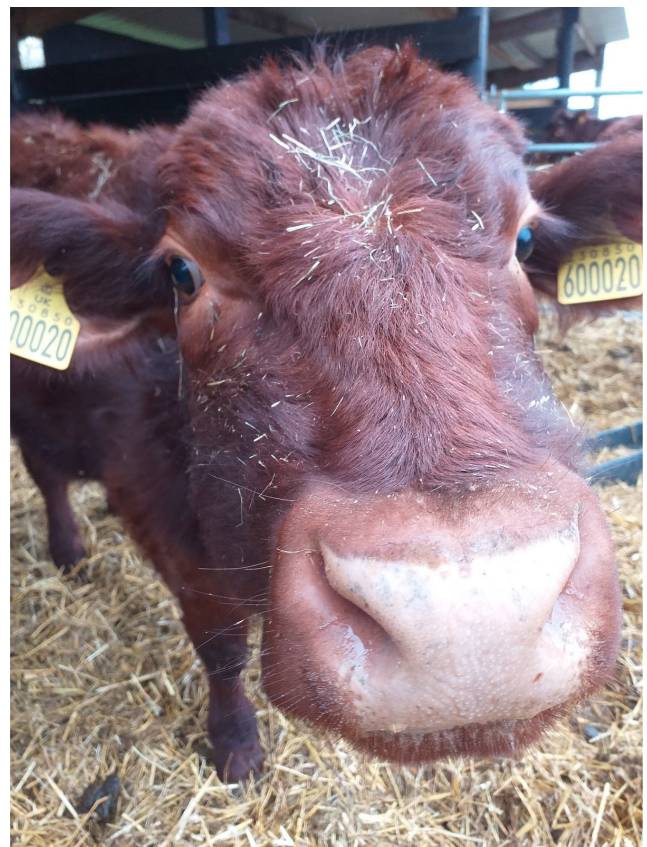
Gayton Farm diary - April 2020

Carolyn and Robin Truss - Gayton Farm

Robin and I took on the tenancy of Gayton Farm in 2013. It belongs to Cambridgeshire County Council and offers a chance for people not born into farming to take on their own farm.

We have a pedigree herd of Lincoln Red Cattle, 30 Suffolk cross ewes and 200 acres of arable land and a small camping and glamping site (now closed due to Covid 19).

We tend to be busy and don't get out much but covid-19 has meant we are out and about even less!! So to try and lift the spirits of us and the village we have been popping video updates of farm life on the [village Facebook page](#).



This time of year is drilling (sowing) spring crops like peas, and winter crops like sugar beet and calving and lambing.

Our last calf of the season was born on Saturday which makes 12 in total. The cows all out winter here at Horningsea on a field by the reservoir. Then they summer out on the hills at Great Chishill.

Our first lambs were born on Sunday back here in the barn and will stay close to the house, in the field opposite manor farm, until they are strong enough to go to the summer grazing at Eye Hall.



Lambing will take about 2 weeks and then we can catch up on some sleep! We will keep posting lambing updates on Facebook as well as the Herald.

Stay safe folks.

Pizza Capricciosa Recipe

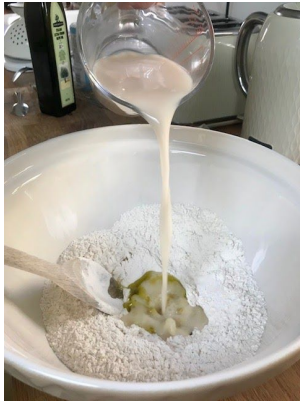
Glynn and Alessia

Ingredients for 2 pizzas

<p><u>Basic bread make:</u></p> <ul style="list-style-type: none"> - Yeast (fresh or dried) 1 heaped tablespoon of fresh yeast or 1 sachet of dried yeast - ½ Kg. of strong white bread flour or '00' - 2 tablespoons of olive oil - 1 heaped teaspoon of salt - ½ pint of tepid water 	<p><u>Topping:</u></p> <ul style="list-style-type: none"> - Tomato puree - Mozzarella cheese - Prosciutto - Fresh basil - Fresh rocket - Fresh mushrooms - Black olives
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First, activate the yeast mixing it with tepid water. Put the flour into a large mixing bowl, add the salt and with a large spoon mix it into the flour, add the olive oil and finally slowly mix in the yeast and water. It doesn't matter if you don't use all the water, add it until you get the right dough consistency, you may need to add a little more water. When the dough starts to come together, go in with your hands and knead thoroughly for around 5 minutes until soft and pliable.

Once kneaded, cover with cling film, and leave in a warm place to rise, until it roughly doubles in size.



Light your oven and put on high heat (it is important to get the oven very hot).

Take the dough mixture and reform into a ball, then cut it in half to make 2 smaller balls. On a floured surface, take one of the balls and roll out to form your first pizza base. Take the tomato puree and mix with a little oil and water to loosen. Put a thin layer of tomato on the pizza base, followed by one mozzarella ball cut into small chunks, a few thinly sliced mushrooms, black olives, some torn basil leaves and a drizzle of olive oil; place the pizza into the hot oven (be careful to not overload the pizza topping, keep it light). Leave it in the oven until the mozzarella is melted and the pizza crust is browned. Remove from the oven and put on a couple of slices of prosciutto, fresh rocket and a drizzle of olive oil.



Ready to go in the oven

Ready to eat!

Buon Appetito!

New Life Parish magazine

The Church will communicate by email over the next few weeks: The Church will try and email the Parish Magazine to everyone whose email address they have. If you would like an email copy but don't think the Church has your email address you can send it to the Vicar on parishesthree@gmail.com. We hope to print out some copies which we will leave in the Church porch. The Church is sending out a weekly email podcast/homily/message as we cannot hold services. If you would like to receive the weekly podcasts etc and if you think the Church does not have your email address please send it to the Vicar at the same address.

Thank you to our village post lady

So many of us are buying items online that the postlady (Jade) is finding her workload increasing enormously. If you see her, say "Thank you" to her for keeping things going.

Events past

Two Horningsea shopkeepers of times past

John Wilson

I would think we all wish we still had the village shop where we could just pop in for essentials. The two photos are of shopkeepers when Horningsea did have a village shop.

The older photo is of Katura Pamplin who owned and ran the village shop on the high street from about 1914 until 1944. It was then taken over by Annie Fromant, her daughter, until the mid fifties.

The shop was on the high street and is now a thatched cottage half of which has recently been rethatched. There was recently a photo on the herald showing it with Mr Lewins cows passing by.

The next owner was Mrs Walters, after this it was bought out by Maud Hart who ran the post office next door.

The post office closed in the 90s, leaving us shopless.

There is an old story that a rival tried to set up a shop in Linco cottage. Maud on hearing this ran down the road and threw the counter out onto the road, so ending any of competition

I wonder how she would have reacted to a large garden centre!



Katura Pamplin

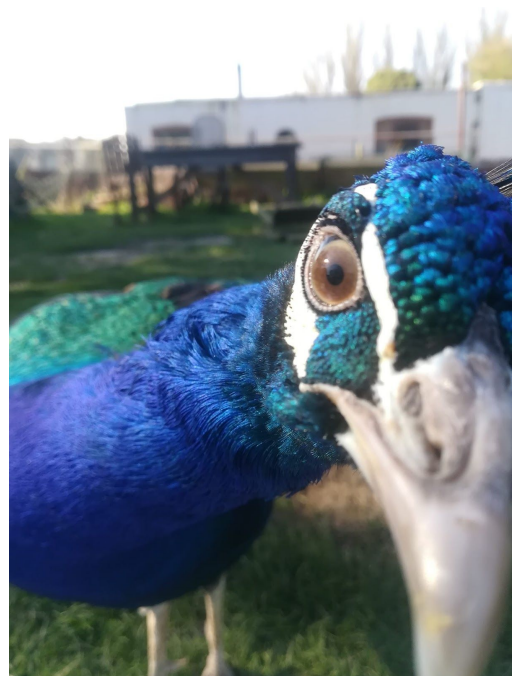


Annie Fromant

How Alphonso (Horningsea's premier peacock) met Mata Hari - part 1

Kate Anders

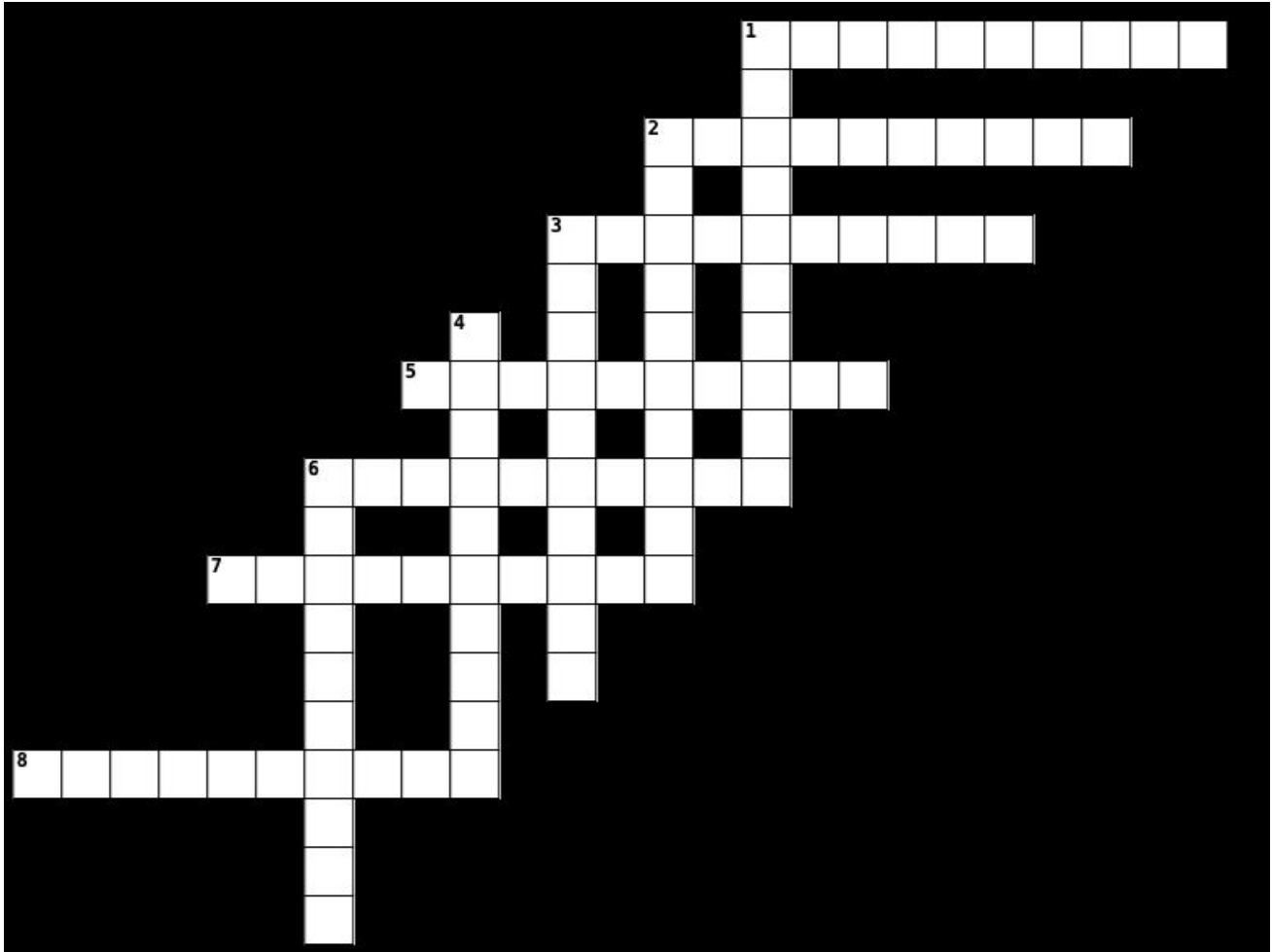
It was a night like any other. The yellow cabs hustled and chased each other along alphabet street. A cold New York spring can sap the will to live from even the toughest gumshoe. I turned my collar up against the worst of it and waded into the fetid darkness. Just another day mundanity. But then I saw her. It was as though god himself had aimed a halo at her opalescent head. The sea of human detritus parted as she slowly wriggled through the crowd. An angel, or peahen?...



in
a

Horningsea Crossword

Please submit puzzles (*otherwise you get more of this*):



Across

- 1. Has a world famous Horticultural show
- 2. HXXXXXSEA
- 3. A village between Clayhithe and Fen Ditton
- 5. Starts with "Horn" and ends with "sea".
- 6. Look at the side of a caravan and stay dry.
- 7. has two farms and a campsite
- 8. presses apples in autumn

Down

- 1. has two pubs called "the Plough and Fleece" and "The Crown and Punchbowl"
- 2. has a village peacock.
- 3. where you live.
- 4. a village with a garden centre and two pubs.
- 6. Sausages.

Advance Events

HRA Calendar of events for 2020

Forthcoming Dates for Diary 2020-21 (don't write in pen).

- 4th July Village Day
- 19th September Apple Pressing
- 1st November Bonfire Night
- 29th November Christmas Tree Lighting
- 20th January AGM
- 30th January International Night

VE Day Bank Holiday weekend in Horningsea

8 May 2020 postponed to August

Horningsea had been planning for the VE Day event "Make Do & Mend" in St Peter's Church on Friday 8 May and the VE Day Service and dedication of the window on Sunday 10 May. We have been overtaken by Covid-19 so the event has been postponed – it may be possible to have a VE/VJ weekend on 16 -18 August.

Our plans remain the same!

"Make Do & Mend" was a wartime theme which has become even more appropriate in the last few weeks. The plan is to look at what we can make and do now, in 2020.

"Make & Do" – you can start thinking and doing now – particularly as we are all self isolating at home. Can you knit or crochet? Can you teach your children to knit or crochet? If so, can you make a square for us to turn into a blanket? Have you got any odd balls of wool you could use or give to someone else to use?

The pattern is: squares 8 inches/20 cms, using dk wool and size 4 or 4.5 knitting needles.

Knitting: "Cast on enough stitches to make 8" (20cm), which should be anywhere from 35 to 40 stitches. Try to make your stitches neither too loose nor too tight to help ensure uniform squares. This may vary slightly depending on your tension. Note: Check your gauge (tension) after 3 or 4 rows. This will save you some frustration if the square is too wide or not wide enough. Adjust accordingly by starting with more or less stitches.

Row 1: knit; Row 2: knit. It's that simple! Continue knitting rows 1 and 2 until your square is as long as it is wide. To ensure your square is 8" (20cm), either use a tape measure or form a triangle by folding one corner of your square over to meet the opposite corner – if all sides are equal then you have a square! Cast off/bind off. Leave a 20" (50cm) tail (for sewing the squares together).

Crocheting: Note: Check your gauge (tension) after 3 or 4 rows. This will save you some frustration if the square is too wide. Adjust accordingly by starting with more or less stitches.

Chain 31. Row 1: Single crochet in the second chain from hook and in each stitch across. (30 stitches)

Row 2: Ch 1, single crochet in each stitch across. Row 3: Repeat row 2 until square measures 8" (20cm) long. If the square is smaller than 8" (20cm), add an edging of single crochet. At the corners, increase 3 sc in the corner stitch. Leave a 20" (50cm) tail (for sewing the squares together). Butterfly the tail to the square.

The Ration Book Challenge: As items in the shops are subject to rationing due to panic buying – take this challenge: Can you live on war time rations for a week? Choose a week – and see if you can live on war time rations!

This is a typical weekly food ration for an adult:

- Bacon & Ham 4 oz
- Other meat value of 1 shilling and 2 pence (equivalent to 2 chops)
- Butter 2 oz
- Cheese 2 oz
- Margarine 4 oz
- Cooking fat 4 oz
- Milk 3 pints
- Sugar 8 oz
- Preserves 1 lb every 2 months
- Tea 2 oz
- Eggs 1 fresh egg (plus allowance of dried egg)
- Sweets 12 oz every 4 weeks

Plus vegetables and fruit – especially if you grow your own. Oranges, bananas and other exotic fruit was unobtainable. No-one had avocados, pineapples or pizzas and hardly anyone ate pasta. "Google" for war time recipes ... Take a photograph of a Ration book meal you prepared to show us when we next get together.

Reports

Please send in reports and photos of Horningsea and relevant events to horningseanews@gmail.com

Traffic calming (LHI) grant application successful

Jessica Kitt - Horningsea Parish Council

The Parish Council is pleased to bring some good news during these difficult times. Horningsea PC has been successful with their recent LHI (Local Highway Improvement) bid. As a result we can look forward to new 40mph buffer zones at both the north and south ends of the village to help slow vehicles as they approach Horningsea. We will also be having white centre lines painted throughout the village plus better signage showing the

road narrowing outside Gingells Cottages. These two measures should help drivers better gauge the width and layout of the road through Horningsea and hopefully encourage them to adjust their driving accordingly. Cambridge County Council will let us know when they will be able to implement these measures.

Notes

Public Calendar of Horningsea events

There's a public calendar to share Horningsea events. This is a busy little village and it can be hard to keep track of all the different events. Anybody can view the calendar with this link:

<https://goo.gl/4592dL>

You can also add it to your own calendar directly using the following link:

<https://goo.gl/MrNWfg>

How to submit news to the Herald

The only guideline for news is for events and articles that are of direct relevance to the inhabitants of Horningsea. The Herald does not accept advertising, but one off "news items" may be used to publicise your "service". To submit news items either email "horningseanews@gmail.com" or submit them via Twitter.

<https://twitter.com/horningseanews>.

You must submit by the 25th of the month, the Herald being published before the first weekend of the month. Submission of any news items implies consent to any editing and the editorial team's decision is always final. Plain text sent via email is greatly preferred. If you send in a PDF or image of a poster/flyer then attach a paragraph of text to go into the Herald as well. The editorial team are not retyping out a poster!

Current NHS advice for Coronavirus/Covid-19

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus. You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get back home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- do not touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day