



Bears are about.

HORNINGSEA Herald

Issue #136 May 2020

For further information on Horningsea
visit our village website at:
www.horningsea.net

To contribute to the Herald, please
contact the editor by the 25th of the
month at:
horningseanews@googlemail.com

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

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.



Gayton Farm diary - May 2020

Carolyn and Robin Truss - Gayton Farm

Well as lock down continues for us the livestock are enjoying being released from their winter quarters. All the cattle young stock that live in the barn at the farm for the winter are now out in the meadow at Gayton Farm and front park at Eye Hall. The final ewes have lambed giving a total of 65 lambs. The last one had triplet girls (in the



photo) and has joined the rest of the flock at Eye Hall. Sadly the little lamb that we managed to resuscitate at Easter and was thriving died suddenly in the field yesterday. It was very sad as he had done so well but it was not to be.

Robin has been busy spraying and fertiliser spreading but the crops desperately need rain now to make use of it.

The rest of the cows and the bull have a ride booked to take them to the summer grazing at Great Chishill next week. A local farmer with a lorry will take them for us as it would be several trailer loads!!!

Hopefully we will get released from our own lock down before too long.

Stay safe - Best wishes.

Village shops, pubs and services

Takeaways at The Plough and Fleece

Mary Corless

The takeaways will still be available on Friday and Saturday evenings 18.00 until 19.30. Until further notice.

Ring through on 01223 860795 during the above times to place your order. Please be respectful of others when picking up your order.

(menu attached to this email)

Emergency eye service

Stuart Gibbs

Spectacular Opticians, the new Opticians in Waterbeach, are running an emergency eye service during normal business hours to alleviate pressure on GP practices and the hospital eye service throughout the Covid-19 crisis.

The practice is closed for routine eye examinations and check ups at this moment until further notice.

The emergency service is reasonably wide ranging at the request of the NHS.

Anybody with what they perceive to be an emergency with their eyes, eg sudden loss of vision, sudden onset flashes and floaters with a blurring effect on vision, sudden painful red eye can contact the emergency helpline run by Optometrist Stuart Gibbs.

Initially a phone triage (consultation) will take place and then, if needed, they will be seen in the practice. A stringent hygiene protocol is in place.

Also any key-worker can gain access to essential eyecare for example new glasses/contact lenses.

Broken and lost specs or replacement contact lenses are considered an emergency situation by the NHS where an individual's quality of life is affected by being unable to see comfortably. Routine spectacle repairs are also available.

The emergency phone number is 07850 211138 during normal office hours if possible.

Stuart, who lives in Horningsea is also happy to provide a collection/repair/delivery service for people who are self isolating.

For all routine enquiries the practice phone number is 01223 967479. The practice email address is waterbeach@spectacularopticians.co.uk or stuart@spectacularopticians.co.uk. For the Horningsea collection/repair service please use the emergency number.

Local food deliveries

James Carruthers

It is surely safer to have your shopping delivered than to go to the shops. In an effort to try and avoid going to the shops some villagers have recommended companies that will deliver to our doors to compliment the more obvious supermarket deliveries. Some on this list will take telephone orders, but would obviously prefer online ordering where possible. Please send in more recommendations.

The list is updated regularly, but see the village website for the most recent list.

<http://www.horningsea.net/archives/3442>

From The Crown & Punchbowl:

- Fisher & Woods for Fresh Fruit and Vegetables and some Dairy. sales@fisherwoods.co.uk 08442092666. Delivery is free if you mention "Cambscuisine" or collection from Saffron Walden
- Stilton Butchers www.stiltonbutchers.co.uk. 10% discount using Cambscuisine code "CC2020" Home delivery available.
- Marrfish www.marrfish.co.uk Home delivery available.

From Morris, Brickfields; an ex-fish-monger:

- The Cornish Fish Monger www.thecornishfishmonger.co.uk 01726 862489. Home delivery available
- Cowlings Family Butchers, Ditton Lane www.cowlingsbutchers.co.uk 01223 295314 (home delivery not available).

From James & Rachel, Church End:

- The Gog Magog Farm Shop www.thegog.com: make a list and turn up for contactless, stay-in-car service. The usual Farm Shop fare of greengrocery, deli, dairy and butchery are available.

- Culinaris www.culinaris.co.uk An artisan foodie shop on Mill Road for general food and ingredients with home delivery available.

From Brian & Val, Church End:

- Kale and Damson <https://www.kaleanddamson.co.uk> 01223 632111. Greengrocery and dairy with free delivery for orders over £30.

And of course, Rosemary Newsagents in Waterbeach who have been looking after us for years. They can be contacted on 01223 571646.

Fundraising for the Plough and Fleece - community pub

Robert Balm, Chairman, Horningsea CIC

As you probably know, the Horningsea community bought the Plough and Fleece in 2012 through shared investment. To manage and maintain the property, the Horningsea CIC looks after the investment for its shareholders.

This month the Horningsea CIC have started a GoFundMe campaign to raise some funds for refurbishments in the Plough and Fleece. "Why?", you ask. Well, during the current coronavirus pandemic, we are having to complement our usual income. Because the pub is closed, normal income is not coming in. During this time the Community Interest Company is of course still responsible for making sure that the building is kept in a good condition.

To help towards getting things done the CIC have started a GoFundMe campaign to raise £2000. With some help from the community I think we can do it. So if you feel that you could help out, please help us to keep the building in the condition it deserves to be in.

The Gofundme page can be found here:

<https://www.gofundme.com/f/plough-and-fleece-pub-horningsea>

You can donate securely through the GoFundMe website.

Thank you for supporting the Plough and Fleece.

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 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. Please ensure that your neighbours are well. A phone call can make a difference to somebody alone.

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

<http://www.horningsea.net/archives/3442>

Horningsea cooks and bakes

Please send in your recipes to share with your neighbours

Traditional Tiramisu

Glynn and Alessia

<p>Ingredients:</p> <p>250 gr. Mascarpone cheese</p> <p>3 tablespoon of sugar</p> <p>3 eggs</p>	<p>300 ml. of strong coffee</p> <p>175 gr. (1 pack) of Savoiardi (sponge fingers)</p> <p>3 tablespoon of cocoa powder</p> <p>Chocolate drops (optional)</p>
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First of all make the coffee (I use an Espresso machine), you can add a bit of sugar if you like and let it cool.

Take a bowl and whip the egg whites until stiff. In another bowl whisk the yolks with sugar, when ready add mascarpone cheese and whisk all together. Now add stiffen egg whites and mix with a wood spoon from bottom to top until it’s smooth and creamy.

Briefly dip Savoiardi into coffee (don’t allow them to soak otherwise Tiramisu will turn out very soggy). Arrange a layer of Savoiardi tightly together in a ceramic or glass cooking pan, spread mascarpone cream on top, add



another layer of Savoiardi and cover with more mascarpone cream.

Finally sprinkle with cocoa powder, you can also add chocolate drops on the top.

Let it rest for 3 hours in the fridge before serving, even better if you prepare Tiramisu the day before, letting it rest all night in the fridge. Another option is to freeze Tiramisu and take out from the freezer a few hours before serving.

PS. Savoiardi are available in all big supermarkets, I normally buy them in Waitrose but I also saw them in Tesco.

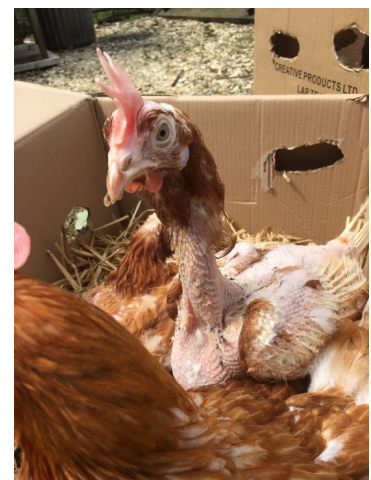


Lockdown thoughts

Hens and Eggs

Tessa Pleasants.

We all love eggs, but do we know where they come from? You look at the box and see the happy hens grazing in a beautiful meadow. But in reality, sadly it isn't like that. Over the past few years I have rescued probably one hundred so called happy hens. The picture shows what they look like when they are collected from the inhumane barns where they have spent 18 months laying probably at least two eggs a day each. Because of the unnatural lighting they can do this. The farmers destroy them after 18 months because they have been worked so hard, they can no longer lay eggs and they are no good to eat. But thanks to the British Hen Society who organise pick up points all over the country these hens are



rescued by animal lovers, often as many as 750,000 in a weekend. You go along with your box full of straw, to the appointed place, stand in a line until it is your turn to pick up your hens, you just pay £5 per hen to help support the BHS or you can give a yearly subscription to help if you are unable to rehome any yourself. And you can give them a loving home in your garden. For the first time many of these hens feel grass beneath their feet and sun on their heads. And it is just wonderful to see them gradually start to trust you, grow their feathers back and turn into the beautiful birds in my second picture. And they do lay lots more eggs for you because they are happy.



WaterBnB at Eyehall Farm Cottages

Frank Hopkirk

Floating Duck House for short stays

Duckhouse FDH Tern is currently available for short term let. Spacious ground floor verandah with easy access to and from water. Compact covered living room area suitable for nesting and egg laying. Smaller visitors bedroom in loft.

Expansive water area (8 x 4 m) for dabbling.

Good aerial clearance for take off and landing.

Within easy flying distance of River Cam and reservoir at Gayton Farm. Plentiful food supplies.

In a safe area with no known predators.

Respectable neighborhood - crows, pigeons, owls, magpies and small birds.

Prospective tenants please note:

FDH Tern will shortly be undergoing an overhaul in dry dock in order to effect: Minor roof repairs. Buoyancy upgrade to correct list to starboard

Rates reflect the current state of repair.

Interested parties please contact by Twitter: @fdhtern

Only ducks, coots or moorhens need apply.



Letter from Lockdown

Richard Pleasants

An old university friend wrote on a WhatsApp group the other day that he had learned more about himself in the last four weeks than in the last fifteen years. Oddly, nobody asked him to expand on this hypothesis. Perhaps, like me, they all understood what he meant.

I have occasionally said that should anyone feel the urge to write an epitaph for me when I die, it need only consist of four words: Architect, vegetarian, atheist, motorcyclist. These have been the defining parameters of my life.

The architecting bit is now probably over. This is partly because my most recent project - the design and construction of a house for my daughter - was so fulfilling that it would be difficult to follow, but also (and probably more crucially) because the ageing computer that I used to run the long-obsolete (and probably pirated) drawing programme that I use is broken, and I am too old and too mean to buy a new one and learn how to use a new programme. So that about wraps it up for architecture.

My wife did not persuade me to become vegetarian. She simply educated me to the point where it became inevitable. Now, I could as easily consume a slice of lightly sauteed human being as I could a rasher of bacon. To me, they are basically the same thing. We should not forget that the current pandemic is likely a result of (illegal) human exploitation of animals.

My lifelong atheism has been based simply upon the total absence of any tangible evidence of the existence of a deity. If one is lucky enough to have faith (which is what one has in the absence of evidence - should one feel the need) then it must be tempting to ask why the great Architect would deal out some of the stuff that He - or indeed She - has. What's with earthquakes, for example? If He (or She) was the creator of the world, why make it wobble? If my buildings had wobbled, I'd have been sued, and rightly so. But then again, there's this pandemic. I could almost be persuaded that it's a correction. A shot across our bows from an Almighty who is reminding us of the 'God's creatures' bit. If you want to see a bit of 'thinking' graffiti take a stroll under the east side of the A14 river bridge as part of your daily exercise ration. It's not me, by the way. My handwriting is nowhere near that good.

And then there's the motorcycling. It's been the lifeblood of my existence since my sixteenth birthday. It's killed someone dearest to me, and it's nearly killed me. And yet I found myself explaining (at a safe distance) to a near neighbour and fellow biker a week ago that since the lockdown started I have felt no urge to use petrol-driven devices. I have felt cleansed by the quieter, cleaner air, and the lack of choices open to us all. Walking, cycling and reading, I explained, were all I felt that I needed. I had changed. I didn't even miss social contact. I realised that I may have been a closet introvert all my life, and that the decades of partying were just a front. I was content. I was sleeping. Oddly, he didn't seem to be convinced. He admitted that he was finding it more difficult.

A few days later I rolled some machinery out. I did some stroking. I did a little light polishing. I ran a few engines - just to check the batteries. I saw the neighbour again later that day. We didn't speak. We didn't even wave. He was banking hard into a sweeping left-hander and I passed him as I powered out in the opposite direction.

Thank God for essential travel.

Horningsea past

My Horningsea adventure - part 2.

Vee Saunders.

I had been living in Horningsea for several months when I decided it was about time I did some decorating. I casually mentioned this to Rose at work one day and much to my surprise and delight, she volunteered to help me. I hadn't really got a clue how to go about decorating, so to have Rose on board was a great relief.

Rose lived in the village next door to Maggie and John and owned a beautiful dog called Benson. He was either a Golden Retriever or a Golden Labrador, to my shame I never could remember. Rose would tease me about it, but Benson didn't seem to mind and we became good friends. He was a very intelligent dog, almost human in fact and I witnessed this for myself, on the day Rose and I decided to decorate my kitchen.

The weather was particularly warm that spring day, so I had left the back door open to give us fresh air. As I was fiddling around with paint brushes etc trying to look as if I knew what I was doing, I was pleased to see that Benson and my cat William were

getting along very well and seemed to be making friends. That was a bonus I thought as you never quite know with cats and dogs!

If you happened to read my instalment in the last issue , you may have noticed that my ex-employer was also called William. Pure coincidence I hasten to add, my ex boss was a very pleasant man but I wasn't inclined to name my feline friend after him. Being told what to do by a Boss is one thing, but a Cat - how wrong was I!

There were definitely similarities, very demanding and both expected punctuality. These demands were irritating in a Boss , but from my dear feline friend William they were endearing and he became a comforting companion.

Rose and I were progressing well that morning or to be exact Rose was progressing well ! I looked at my watch after a sudden hunger pang and as it was about 1 pm decided to inform Rose of this uncomfortable situation. Rose agreed. It was time to eat and announced from the top of a ladder having just painted the ceiling , that the best Fish and Chip Shop was in Milton. It was agreed Rose would set off for Milton , leaving me to finish off the skirting boards Having completed my task, I thankfully placed my paint brush in the pot of spirit provided , when I was aware that Rose must be approaching as the glorious aroma of Fish and Chips was wafting in the air.

We soon settled down to enjoy our meal when Rose suddenly asked "Where is Benson?" we looked at each other, then rushed into the garden called his name, there was no sign of him. William was sitting on the neighbours wall observing their garden, looking relaxed. He gave us an irritated look as much as to say "What on earth is wrong with you two , disturbing my tranquillity?" Rose and I rushed back into the kitchen, trying to compose ourselves, when in walked Benson as cool as a cucumber with his stainless steel bowl firmly gripped in his mouth. We burst out laughing , mostly I think from relief. I couldn't believe that Benson had actually taken himself home, to fetch his bowl, simply because he had heard the magic words 'Fish and Chips'. Benson dropped his bowl, at our feet giving a 'yulp' as much as to say 'where's mine?'

It didn't take William very long to wander in to see what all the fuss was about. He very soon realised that we had been eating 'Fish', his very favourite food, so the meows started , the slashing of his tail , the incriminating looks . My heart melted, so of course I shared my last piece of fish with my furry friend, what else could I do?

Living in Horningsea was turning out to be just as I had dreamed , but there was something missing I didn't feel I was contributing to village life. Several months went by when one day a flyer dropped on my door mat announcing the AGM for the Residents Association to be held in the Village Hall just opposite my cottage. Attending that meeting was really the beginning of true village life for me. I met many friendly residents and by the end of the meeting I was asked if I would like to join the Committee.

My real village life was about to begin and in my next instalment I will recall many happy Village Events with photos, there are so many it will be hard to know where to begin.



The road to Clayhithe

John Wilson

Leaving the village on the road to Clayhithe and passing Gayton farm there is a small clump of trees on your right before you reach the corner. If you were to venture into them you would find an overgrown pit, now nearly filled level.

This was named "Grubbage Hole", possibly a corruption of the word "rubbish hole", for in the days before council collections the villagers took all their rubbish for disposal. I remember Molly Marshall telling me she found references to it way back in the 16th century, so if you have time on your hands I am sure there are archaeological treasures there.

Incidentally the pit is the watershed for the drainage water which flows to the East and then on to the pumping station at Upware, while under the road the ditch drains to the west and on to the river, thus marking the ridge line of the "Horn into the sea" where our village name comes from.

Moving on to the corner where the road turns sharply you will see the layby on your right. This was the old road and as you can see it is a very tight turn. This was known as "forty foot corner", possibly the radius of the turn.

Leading off it is the track to Quay fen. Walking down it for about half a mile, past the sugar beet stand would have been the first of the remaining coprolite pits, and this was used by the RAF at Waterbeach during WW2 to destroy bombs which had not been dropped and were considered dangerous. The pit is now long gone.

Back on the road, at the end of the long straight, the road curves round to the right. This was another tight bend. It was decided to realign the road in the late 60s.

At that time the railway track to Mildenhall passing through Fen Ditton was closed and the Bridge across the track, identical to the one on High ditch Road was demolished.

The spoil and rubble from the bridge were used as the foundations for the new bend. You can still see the old road drains marking the tight corner in the grass closer to the hedge.

Just before you reach the large house on the left at Clayhithe there are the remains of the coprolite dock, where coprolites were loaded from the Fen. One pit is still there in a clump of trees across a field on your right.

Continuing on towards the bridge there is a small strip of land beyond the asbestos barn. This leads down to the river to the site of the old bridge crossing the Cam. The new bridge was built in 1939, while the old bridge was built in the 19th century to replace a ferry crossing.

Once you cross the bridge there is a layby on the left which was the old road leading to the old bridge.

Up until the 1960s there was a demolition box, hung beneath the bridge as a legacy of its war time past. It was said that when it was removed it still contained its demolition charge.

Now, that would have reduced the amount of traffic through the village!

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

Daily exercise competition

Lindsay Davies

How fast can you run from the playground, around Laney Meadow along the river and back again?

Shall we have a competition so that when the virus is over we can have a proper running race?

1. Go to the playground - check that there are no other families or walkers around - if there are, remember to keep your distance.
2. Set your timer
3. Run down to the river, around the field and back to the playground.
4. Check your time
5. Do this on as many days as you want.
6. Send your best time to [HH](#) - with your name and age
7. The best times will be published fortnightly in the Herald and on the village Facebook page.

Reports

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

Notes

Green bin collections to resume

Greater Cambridge Shared Waste Service <Waste.Enquiries@scambs.gov.uk>

Collections of our green bins will restart from the 4th May.

See the council's press release for more information:

<https://www.scambs.gov.uk/greater-cambridge-phased-return-to-green-bin-collections-from-4-may/>

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>.

In these lockdown days all villagers are invited to send in recipes, thoughts on lockdown, photos of the village past and present, your hobbies! If it interests the editorial team then it gets published!

You must submit by the 2nd or 4th weekend of the month, the Herald being published before the first and third weekends 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! Please do not send in formatted text as PDF, especially with photos.

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, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

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