



Kettlestone & Pensthorpe Parish News February 2022

If you would like to include an article for publication in the Parish News, please send your item by 25th of the preceding month to the Editor: kettlestonepc@googlemail.com.

Kettlestone Parish website: <https://kettlestoneparishcouncil.norfolkparishes.gov.uk/>

Kettlestone Parish Council

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Do contact the Clerk (details above) if you have anything that you wish to bring to the attention of the Parish Council.

The next meeting of the Parish Council is on **Monday 14 March 2022 at 7:00 pm** in the Village Hall. Members of the public are invited to attend.

Kettlestone Church

The following letter was sent to the PCC advising us of the Diocese's Church Buildings Commission, which we mentioned when we met in the Church last summer. I am sure we will be contacted again with the survey mentioned in this letter; we will need to ensure a positive response!

Erica Bishop

Date: Wednesday 12th January 2022

Dear all,

I wanted to write to you to let you know about the launch of the work of our Church Buildings Commission.

The Commission has been set up by the Bishop and Bishop's Council (to which it will report) with a brief to look at our church buildings. More specifically we will look at the way in which they are both gift and burden, the resources available, and then hope to offer a range of options for the future.

This will be challenging work as many of our churches are not only centres of mission, worship, and community, but also a part of the nation's heritage (although largely maintained by PCC funds). The Commission's aim is to look at sustainable options for the future. However, it will also be important to ask difficult and searching questions.

There will be the opportunity for clergy, lay people, PCCs and many others to contribute to our discussions in a variety of ways and I will contact you separately about that in due course.

The Commission will be gathering information and comments throughout the year. The first way to comment is through a dedicated email address which will also be available to the general public, churchbuildingscommission@dioceseofnorwich.org. Or you can write to the Church Buildings

Commission, Diocesan House, 109 Dereham Road, Easton, NR9 5ES. There will also be surveys sent out in the near future.

Your contributions are particularly important. The situation with regard to buildings, grants and volunteers is very different in many parishes than it was a few years ago.

There will be a central information point about the Church Buildings Commission on the Diocese of Norwich website, when this news has been made public later this week. I will send you the specific link in due course. I wanted to write to you first before that happens.

This note is being distributed only by email so if there are members of your PCC who do not receive material electronically, do please make them aware of this.

With all good wishes,

The Venerable Steven Betts, Archdeacon of Norfolk

100 Club Winners

November:

1st Pauline Bassenthwaite;
2nd Gareth Bidewell; 3rd Martyn Proffit

December:

1st Helen O'Donnel;
2nd Liz Snell; 3rd Erica Bishop

Christmas Draw bonus:

Francis Dewing

Poppy Appeal

I am pleased to say that the sum of £352.70 was made in respect of the poppy door to door collection made in Kettlestone. As usual my sincere thanks to all for your generous support and apologies to those who were not at home when I called.

Alec Peck

Village Hall News

The Village Hall Re-opening

I am very pleased to say, all other things being equal, we will re-start the regular Friday evening bar evenings from 4 February (7.00pm – approx. 9.00pm). Carpet bowls and snooker will be available as demand dictates.

As they involve fewer people the yoga classes on Tuesday mornings (9.30am – 10.45am) have already re-started. Table tennis on Wednesday evenings (7.00pm – approx. 9.00pm) and yoga sessions are open to anyone wishing to join so please don't hesitate if you feel the need of some exercise post-Christmas. We have arranged several new dates for your diaries, which are: (PTO)

- 11 March: Creative Arts East Live event – *Pepper and Honey*. Doors open at 7 for 7.30 pm start. Tickets: Social Club members £10.00, children £5.00, non-members £12.50. *Pepper and Honey* is a play for our times: So, what's "home"? That's the question Ana, a young Croatian woman, poses as she settles in the UK. Ana has been on a journey. Croatian born, she's arrived in the UK, determined to make it home. As she focuses on life in this new land, she is haunted by the voice of her Grandma-calling for her to stay true to national identity and yearning for Ana to come home. As Grandma bakes her traditional Croatian pepper biscuits (believed to bring a loved one back home), will this be enough to be reunited with her granddaughter? But what is "home" to Ana now?
- 20 March: *Sunday Breakfast* 10 - 12 noon. Come and meet up with friends and neighbours over coffee and croissants or a bacon butty.
- 19 April: *Seahenges* talk (postponed from January). Doors open at 7.00 for 7.30 start. This talk is about the Seahenges on the North Norfolk coast and will be given by David Robertson from Archaeology East Anglia. Tickets: Members £7.50, children £5.00 and non-members £10.00
- 17 May - Village Hall AGM
- 4 June - Queen's jubilee celebration - details to be announced.

I hope we will see you at some time once we are up and running again. If you have any queries please don't hesitate to get in touch (Erica – 878834, Graham - 878251, and Ken – 822081) and in the meantime, take care. Erica

The Wonders of a Truly Dark Sky

The first time that I saw a night sky untainted by artificial light or polluting particles, I was astounded by the vast numbers and brightness of the stars. Light pollution is caused by the inefficient or unnecessary use of artificial light in otherwise dark conditions. There are several types. *Light trespass* – when bright light shines from an outside source through one's window. *Glare* from headlights and *light clutter* from badly-designed street lighting. And *skyglow* – where light from an urban area reflects off particles in the air to form a dome of light above a city or a town, lightening skies and diminishing the contrast between stars and the night sky until many stars appear dim or become invisible. Light pollution not only affects the number of stars we can see but causes problems for professional astronomers. It also disrupts ecosystems and may even affect our health by playing havoc with our circadian rhythms.

Fortunately, we live in rural North Norfolk where there is less light pollution than in many areas of the UK. It is even better in our coastal Area of Outstanding Natural Beauty; there are two places – Wiveton Downs and Kelling Heath Holiday Park (which have 'Dark Sky Discovery Site' status) where occasionally it is even possible to see the *aurora borealis*.



In 2008, after an extensive consultation process in the village, our Parish Council published the *Kettlestone and Pensthorpe Parish Plan*. A copy of the Plan, an A4 colour booklet was given to every household. (I can provide a pdf or printed copy to anyone who wants one.)

One of the Plan's 'action plans' is about 'our local environment' – here there are fourteen actions for the Parish Council to coordinate. One of these is: '*preserve dark skies in the Parish by developing a dark skies policy*'. The Parish Council has acted on this issue in its comments on planning applications – for example, on the recent Church Farm Barns development, when it commented:

'Kettlestone has a Dark Skies policy and requests that all exterior lighting at the development should use movement-activated down lighting units. Although the number of exterior lights has been reduced in the amended plans the remaining number is still a cause for concern.'

We can all can take part in this year's Star Count organised by the Council for the Preservation of Rural England. CPRE wants the public's help to track how light levels are changing. Taking part will help us to reconnect with the wonders of a truly dark sky. The CPRE asks you to choose a clear night between 26 February and 6 March, and count how many stars you can see within the constellation of Orion. To register and receive further guidance see:

<https://takeaction.cpre.org.uk/page/95329/data/1?locale=en-GB> (a family activity pack is also available).

Happy stargazing! Barbara Wyvill (wecan@educari.com)

Hypnotherapy/NLP sessions



Has your New Year's resolution gone to pot, or your motivation slipped? Weight loss, what weight loss? You might prefer to not have something such as anxiety, pain or that cigarette! and are you getting a good night's sleep? Many conditions/ issues can be helped. I offer group and individual sessions. All from the comfort of your own home.

Sessions are currently over Zoom. If you don't know how to use Zoom, it's not a problem, I happy to help with setting this up too!

Wanting to know more? Book a Free consultation, www.rejuvenate-me.co.uk or email me at nataliejayne@rejuvenate-me.co.uk

Looking forward to meeting you.

Natalie-Jayne Sayer