

# Official Opening of the Grain & Bin Floors

On Saturday October 6th 2007, Norman Lamb MP, North Norfolk officially opened the upper two floors of the mill. He was presented with an honorary membership to Friends of Letheringsett Mill in recognition of the help and support he has given to Mike and Marion in their battle to open the upper two floors to the public following a dispute between the Fire Service and English Heritage over suitable fire escape precautions. At one stage the whole mill was under threat of closure. Eventually plans were approved by all parties and all the necessary fire safety measures were installed allowing the public access to the upper floors, hence the celebrations!

The wooden water-driven wheel worked all day turning the millstones to grind locally grown spelt into spelt flour.



*French burr millstones turn to grind the spelt*

A choice of two warming home-made soups and Letheringsett rolls were served to be enjoyed at tables set out in the waterside garden. Tea, coffee and spelt flour scones, made to Mike's award winning recipe, topped with jam and cream were also enjoyed by the many visitors and members.



*Bridget and Anne serving soup, rolls and scones*

Norman Lamb cut the ribbon to officially open the upper two floors, the grain and bin floors, the newly opened educational and exhibition centres. He spent time talking to Mike and Marion as he inspected the newly mounted displays showing the renovation work since Mike and Marion started in 1987.



*Mike and Marion talking to Norman Lamb*

Also on display are old stone dressing hand-tools, sieves etc. and an old flour dresser machine. Displays will be increased as items acquired or those currently under renovation reach completion.

The school room with its new television and DVD player, showed recordings of milling past and present. The comfy wheat bag cushions were a great success, as was the mouse trail, which received lots of favourable comments from younger visitors.



*The fourth floor schoolroom with benches and wheat sack cushions*

#### SPELT FLOUR

*'Spelt flour is loaded with minerals and protein. It is a tasty alternative for those sensitive to wheat. Constipation, colitis, and poor digestion are some of the conditions spelt can help. It's the only grain that contains mucopolysaccharides which stimulate the immune system. It's a good source of constant energy.'* From 'You are what you Eat' by Dr Gillian McKeith

Although both areas are now open to the public, both floors will be under on-going development. This is where your help is still needed to fund raise or in practical ways like devising/making/renovating models etc. or maybe learn to guide a tour. Details from the Mill 01263 713513 and ask for Mike.

*The Eastern Daily Press attended the event and filmed Letheringsett mill working, with a commentary by Mike. This footage can be viewed on the EDP website. [www.new.edp24.co.uk/content/PlaceinHistory/content/68letheringsett](http://www.new.edp24.co.uk/content/PlaceinHistory/content/68letheringsett)*



### Friends of Letheringsett Mill Pre-Christmas Meal

Just a quick reminder, you all should have received a letter inviting you to join us at the Earle Arms at Heydon on Friday 7th December. An opportunity to meet other members over a glass of wine and meal from a specially selected menu. We'd love to meet you all. Places are limited so if you haven't already done so, please return the form to Bridget as soon as possible to reserve your place.

Any queries, please telephone:

Bridget 01236 587564 or Anne 01603 754623.

Look forward to seeing you on the 7th!

### CHRISTMAS IDEAS!

Christmas is just around the corner now. If you are still struggling for stocking fillers, a gift that's a little bit different or for those people who have everything, here's a couple of ideas that might just be the solution!

#### GIFT FLM MEMBERSHIP

Purchase a Membership to Friends of Letheringsett Mill as a gift for Christmas. Pay the usual annual membership.

Individual £10, Joint £15, Family £20

The membership will be valid from 1st January 2008 expiring in April 2009! 15 months for the price of 12, three months FREE! All the usual benefits - free admission to the mill, newsletters and the opportunity to become involved with the mill in practical projects, taking part in events and fundraising.

#### A MILLING SESSION

A one to one milling session with Mike. Mill your own bag of flour to take home. Approximately an hour and a half of expert practical tuition in starting and operating the mill, mill stones, filling the grain hoppers all under the guidance of Mike to produce your very own bag of flour.

All this for only £25 with the proceeds going to Friends of Letheringsett Mill.

A voucher will be provided to give to as a gift. This allows the recipient to arrange a convenient date and time.

For more details or to purchase a gift membership or a milling session voucher, please telephone:

Bridget 01236 587564 or Anne 01603 754623.

#### Gt Doddington Watermill

We've just returned from a relaxing weekend break at Gt Doddington Watermill near Wellingborough. Mentioned in the Domesday book, a corn mill given to Judith, the niece of William the conqueror and was the hiding place for Excellent standard of accommodation, views over water from all the windows and roof lights to watch the stars by night. [www.watermillholidays.co.uk](http://www.watermillholidays.co.uk)

### Friends of Letheringsett Mill

#### CONTACT DETAILS

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#### Letheringsett Watermill

The Only Working Watermill in Norfolk

Riverside Road, Letheringsett, Holt, NR25 7YD

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Website: [www.letheringsettwatermill.co.uk](http://www.letheringsettwatermill.co.uk)

## EDP Norfolk Food Awards 2007



The Eastern Daily Press Norfolk Food Awards 2007 - Outstanding Achievement Award proudly on display at the mill

At the recent EDP Norfolk Foods Awards ceremony held at the Ramada Jarvis hotel, Norwich, the winner of the Outstanding Achievement Award was won by Mike Thurlow of Letheringsett Mill. This award aims to recognise a high level of performance and standards, fresh thinking and by inspiring the development of their skills in others by mentoring. Quotes from the EDP - 'Mike's passion for his mill and his product is infectious, making his school tours popular, time spent with him inspiring, and leading him to win last years UKTV Food Hero Award. Mike has reinvested the proceeds of that win in a new education room, improved facilities and a new set of millstones to help increase production' Congratulations, well done Mike!

### FLM Members News

A big thanks goes to everyone who was involved in any way with the Official Opening on October 6th.

From local businesses displaying posters to the local radio stations who mentioned the event and particularly Justin from the EDP for producing a video clip about Letheringsett and Graham Lewis from North Norfolk Radio for recording and broadcasting an interview prior to the event and then lots of reminders on the day. His personal love of the mill became apparent as he shared childhood memories of the mill with us. Special thanks to Norman Lamb MP for all his help in the past which has led to us being able to celebrate with him being present and cutting the ribbon at the official opening of the upper two floors. Special thanks also to Bridget for making and serving two delicious hot soups. Thanks to everyone involved on the day enabling us to raise £250.00 and recruit a further 8 new members.

We are busy organising events for 2008 and hope to be much active than this first year. Events under discussion are a barbeque on Letheringsett Mills lawn, a cheese and wine evening, a three part walk along the River Glaven to locate and record sites of any remains of the 16 original water mills along the river plus exploring one or two ideas approaching other mills or organisations and arranging joint activities. However, as members, please let us know if you have any ideas for activities.

We, as a group, are watching with interest the developments within Norfolk Mills Group and their proposed reforming and at this stage support their efforts and look forward to the possibility of maybe being able to organise some joint events or functions with them in the future.

On behalf of all of us, I'd like to send you best wishes for the festive season and wish you all a very happy, healthy 2008.

Anne