

THE TIDE MILL

LIVING MUSEUM

Patrons of the Tide Mill: Lord & Lady Framlingham



Features This Month:
Maple Farm Kelsale
Organic Spelt Loaf Recipe
2019 Tide Mill Helpers



EDITORIAL

Many of those readers who have managed to get this far into the newsletter will have noticed a slightly new look, principally with the big picture on the 'front' page.

Whilst considering the bigger picture of what could enliven our newsletter and, perhaps, make it more appealing, I realised that a big picture could help. If you have a nice, preferably unusual, picture of the Tide Mill, that you would like us to use, please send it to me and it will be used if it is good and I like it and we have room.

Other changes include the font, which is now Helvetica Neue throughout, in keeping with the 'corporate image'.

Over there, on your right, you will see a new list of live contacts, designed to assist you to assist us. The contacts are all friendly and if you use a link you will find someone you like, and maybe someone who likes you, if you are likeable.

We start the open season with a complete list of all the helpers on Page 5. If you would like your name to be in it, please let me know.

And that's about it - you will still find all the regulars, plus the occasional one-off, hopefully with a few more pictures. We have a new puzzle, which is a little picture.

We do not have a page of letters from readers, for the simple reason that we never get letters from readers, so the solution to this is entirely in your hands.

Please let me know if you like the new look, or if you don't like it, of course.

Ed.

WTMeditor@gmx.com

VIEW FROM THE BRIDGE

by John Carrington

The **Friends of Woodbridge Tide Mill** are very important in providing support for the Mill in both financial and, for some, volunteering terms.

In 2019 we shall be focussing on the Friends both in terms of attracting more people to become members and also with exclusive events at the Mill and other locations.

We are reintroducing membership cards which will be sent upon renewal of membership or when new members join.

We look forward to meeting Friends at the Tide Mill and at our events.

If you know someone who might like to join it's simple and can be done by using the link in the 'Contact Us' column next to this, or the one in the blue 'Post-It' on the final page of this newsletter, or via our website (under the 'Support Us' tab).

It costs us at least £5,000 per month to run the Mill so every little helps.



CONTACT US

Here are live links to send emails to the contacts needed for those readers who want to contribute to the life of Woodbridge Tide Mill by volunteering for one or more of the various interesting, and fun, jobs that need doing...

If you want to be a Guide:
Wendy

If you want to be a Miller:
Dan

If you want to be a Flour Bagger:
Bob

If you want to be a Warden:
Dan

If you want to be an Engineer:
John W

If you want to be an Leafleteer:
Bob or John W

If you want to help with Marketing:
Simon

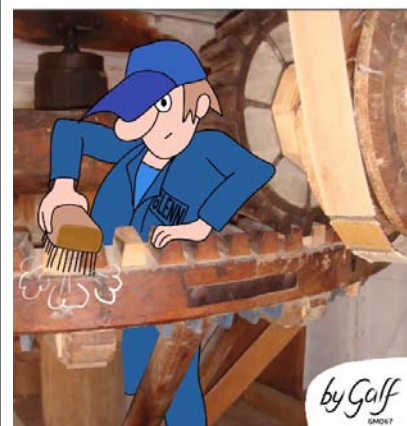
If you want to help with something we have not thought of:
Bob

If you would like to contribute to our Collection or Archive:
Fraser

If you want to contact our Chair of Trustees:
John C

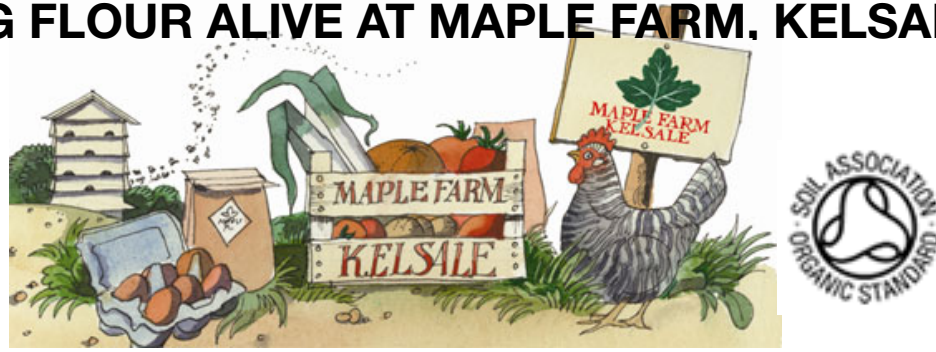
If you want to be a Friend of Woodbridge Tide Mill:
Be A Friend

REWARDING WORK AT THE MILL



THE REWARD HERE,
FOR A JOB WELL DONE,
IS MORE WORK!

KEEPING FLOUR ALIVE AT MAPLE FARM, KELSEALE



This month we are taking you to a competitor, in the sense that they are a local company that produces stoneground wholemeal flour. However, whilst we at Woodbridge Tide Mill limit ourselves to perfecting wheat flour (and have received enough plaudits to be confident about using the word 'perfecting') the folks at Maple Farm have no such limitations, and deal with many organic wholefoodstuffs. So, next time you visit us, first buy a bag of our flour and then pop up the road to Kelsale and spend the rest of your outings cash on everything you could wish for, including another bag of flour - why not, you're on a spree!

The Kendall family has been farming at Maple Farm in Kelsale, Saxmundham, for over 50 years.

Unlike a lot of farms, it has not changed much during this time, and some years ago, they converted Maple Farm Kelsale to organic production.

They use modern farming methods, which have taken away many of the back-breaking jobs but otherwise Maple Farm would seem remarkably familiar to our ancestors. Fields of wheat and rye stand next to meadows with cattle and sheep. Pigs live in small groups and have plenty of opportunities to forage. Hens live on rich pastures that were planted for them - their delicious eggs with dark yellow yolks are proof that they are finding a good diet. The market garden produces a wide range of fruit and vegetables grown in soils fertilised by natural composts and plants such as clover.

The Maple Farm van is a familiar sight on the roads of East Suffolk, delivering eggs to farm shops and outlets within a 15 mile radius.

THE GIFT THAT ALWAYS PLEASES:
A BUNCH OF FLOURS



Soil Association and DEFRA have some exacting standards, and to retain their organic certificate every year the farm and its procedures undergo a thorough inspection. The Maple Farm office team work hard throughout the year to ensure that the paper trail on all produce is kept to the very highest degrees of accuracy.

As for flour production, Maple Farm have been at pains to point out that their mill is not the same traditional type as ours, but is a modern stone mill that they found being made in the traditional way, in Austria. Stone mills run at slow speeds so the flour does not overheat and few of the essential nutrients are lost. Their flours are fresh, contain no preservatives and do not undergo any bleaching processes:

Made from organic wheat:
Unbleached white - Wholemeal

Made from organic spelt:
Unbleached white - Wholegrain

Made from organic rye:
Rye flour

*(Although refined **grains** are enriched — they have some of the nutrients added back — they may not have exactly the same composition as **whole grains**. If you prefer the taste and texture of **white bread** but want the natural nutritional benefits of **whole wheat**, choose **white whole-wheat bread**.
But be sure to read the label. Ed.)*

A note about home-milling Maple Farm's organic spelt crop. Spelt is an ancient grain which is winning renewed popularity. It is naturally high in fibre and contains significantly more protein than most wheat flours (but not ours!). Spelt flour is not gluten-free, but it is known to be digestible by some people with wheat allergies.

Mike Mallett is farm manager and an engineer so covers all things to do with milling. He will be delighted to answer any questions from visitors (especially about his de-husker), but he is always very busy, so don't be a pest!



Organic Spelt Loaf recipe for your Breadmaker

Spelt has a great nutty flavour and although it is not gluten free many people find it easier to digest than standard wheat. There is a touch of Rye in the recipe for added flavour but a 50/50 split of white and wholemeal spelt works equally as well. Olive oil is used instead of butter and no sugar is required! Total flour content 500g makes a medium size loaf.

Ingredients:

- 240g (8oz) White Maple Farm spelt
- 240g (8oz) Wholemeal Maple Farm spelt
- 25g (1oz) Maple Farm Rye
- 1½ tsp Dry fast acting yeast



- 1½ tsp Salt
- 340ml (3/5pt) Tepid Water
- 1½ tbsp Olive oil

Put the yeast into the breadmaker first. Mix the flour and salt together then pour over the yeast. Add the water then the olive oil.

Spelt flour proves (or rises) much faster than ordinary wheat and when we used the recommended breadmaking cycle for spelt flour, we found that the bread would collapse. Spelt flour also requires less kneading so we selected the shortest cycle which on the Panasonic happened to be the gluten free programme. Panasonic SD-2501 programme 12 Panasonic SD-2500 programme 11 or find the equivalent rapid-bake programme on your breadmaker. Total time 1hr 50 mins.

ACTIVE WOODBRIDGE TIDE MILL VOLUNTEERS & TRUSTEES 2019

Ansell, Brian	Stonemason	Chapman, Maggie	Flour Sales	Malpass, Dave	Miller
Attwell, Stephen	Trustee	Clark, Ann		Molyneux, Steve	Warden
Auber, Tom	Bagger	Day, Michael	Town appointed Trustee	Moore, Rod	Miller
Ballard, Hana	Marketing	Ed.	Newsletter	Morter, Anna	Fundraising
Ballard, Simon	Marketing	Falconer, Veronica	Guide	Moss, Pippa	Administrator & Friends Coordinator
Barratt, Anne	Fundraiser	Freeman, Karen	Flour Sales	Politowicz, Leon	Miller
Barratt, Nigel	Everything & Trustee	Freeman, Richard	Flour Sales	Pritchard, Greg	Bagger
		Garraghan, Gerry	Warden	Readhead, Alan	Flour Sales
Bellingham, Victor	Bagger & Flour Sales	Gartley, Anne	Fundraiser	Reid, Wendy	Bagger, Guide & Guide Organiser
Booth Smith, Margaret	Guide	Gurney, Carol	Bagger & Leaflets	Riggs, Judy	Bagger, Fundraiser, Guide & Leaflets
Bolton, Keith	Bagger, Guide, Leaflets, & Maintenance	Hale, Fraser	Trustee, Mill History Curator, Engineer, Guide & Talks (& Apprentice Miller)	Sheehan, Heather	Education Officer
Brackley, Ann	Leaflets	Harvey, Stephen	Guide	Singh, Rockey	Warden
Brackley, Brian	Bagger, Leaflets & Flour Sales	Heath, Peter	Engineer	Smith, John	Engineer & Trustee
Brereton, Dil	Leaflets	Holdcroft, Geoff	Trustee	Spillett, Bob	Everything & Trustee
Brereton, Steve	Engineer	Hunt, Ian	Warden	Tarrant-Willis, Dan	Mill Manager & Visits Organiser
Bull, Richard	Engineer	Leming, John	Trustee (Vice Chair)	Truzzi-Franconi, David	Warden
Buxbaum, Tim	Trustee	Luxmoore, Peter	Bagger & Maintenance	Were, Ann	Fundraiser
Carrington, John	Trustee (Chair) & Talks	Lynam, Jane	Fundraiser & Guide	Whitaker, Ron	Bagger
Chapman, Rick	Engineer	Macfarlane, Rachel	Trustee	Wood, John	Engineer, Guide, Leaflets & Miller

Please do arrange to have your name added to this list. You are missing a great opportunity until you do.



CURATOR'S CORUSCATIONS

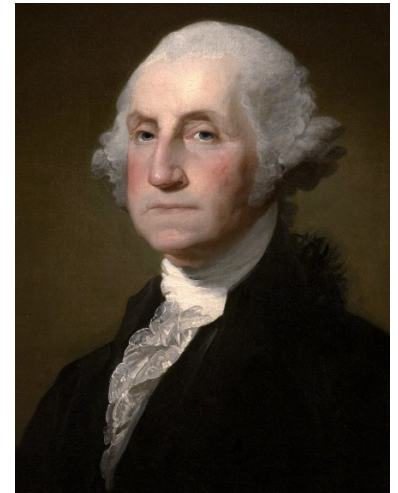
By Fraser Hale

Woodbridge; Twinned with Washington?

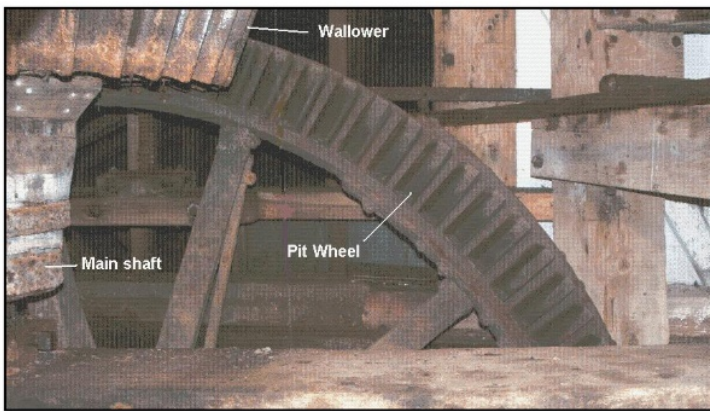
Last month the engineering team had to undertake a spot of dentistry. As many of you will know, although the 'wheel' of the Pit Wheel is made of cast iron, it's contrate teeth (teeth that project at right angles to the wheel) are made of wood. The gear with which the Pit Wheel meshes, the Wallower, is made solely of iron. Everywhere in the Tide Mill iron teeth only mesh with wooden teeth. There are several reasons for this. It's safer – iron on iron could cause a spark. In an all wooden building filled with grain dust, this is best avoided. It is quieter – particularly when all four sets of stones were running, there would have been noise enough without adding the grind of metal on metal gearing. It prolongs the life of the running gear

– although the wooden teeth wear away over time (they're sacrificial, in engineering speak), they reduce the wear on the metal teeth, and are easily replaced. It is this latter feature that prompted the dental work – several of the teeth in the Pit Wheel were showing their age and needed to be changed. The technical details of the process I'll leave to our Chief Engineer John Wood, who I'm sure will feature the repairs in this or a future newsletter. What is interesting for me is that the tooth replacement constitutes conservation from a curatorial standpoint. The running gear of the Tide Mill is a Collection in and of itself. Each of the elements of the power train are individually inventoried, and any work required to keep the parts operating correctly is recorded. For me, then, the replacement of Pit Wheel teeth

represents a cross-over between curation and engineering, and as we set about the task thoughts of wooden teeth led to thoughts of Washington. There are two long standing myths associated with



George Washington, one being that he wore dentures made of wood (he didn't, they were rather badly stained ivory) the other, that he chopped down a cherry tree in his father's garden. Washington was President (America's first) in 1793, when the current Tide Mill was built and, while his replacement choppers weren't actually wooden, the cherry tree story also links him to our bit of dentistry. Though the Pit Wheel teeth were probably always, as they are now, made from oak (or elm), internal mill gear teeth were traditionally made from fruit wood – apple and pear would have been favourite, but cherry also. Fruit wood is close grained and self-lubricating, so works well in this application. George may not have benefitted from applewood gnashers, but the Tide Mill probably did.



BUSKER'S CORNER

They brought me back from the war zone, It's just that I'm not quite complete, I've still got all of my marbles, but I'm minus both of my feet.
 They flew me back in an amb'lance, I hear I was in quite a mess,
 They held back most of the pain, though, and helped me out well with the stress.
 They soon tidied up all the loose bits, and evened up both of me legs,
 And helped me to get on the move then, think 'pozzes' and no longer 'negs'.
 And at last here came my prosthetics,
 two nifty bits of leg kit,
 I'm tall and can now get a move on,
 and I must say they have a good fit.
 But one puzzle hasn't been solved yet,
 it really is one of them posers,
 Whomever I'm going to meet now,
 I have to go out in short trousers!



WHAT IS THIS, AND WHAT DOES IT DO?

Answer on last page



SIMON BALLARD



This will undoubtedly upset some of you, so please do not read it if you are sensitive to mortality.

Some of you have been wondering how Wendy Reid can not only be a Guide but can also organise the Guides Rota when she lives in Australia so much of the time. I will let her tell her story herself...

“One lovely day in June 2014 I was so excited, as my daughter Fiona and her boyfriend Morgan, were coming to spend time in England.

He was the 'one'; they were devotedly in love and he wanted to meet her family. I was busy in the garden trying to make it as beautiful as possible, laying slabs round the raised beds, my hands filthy and sweat dripping into to my eyes, when I heard a Skype call coming from the kitchen. I rushed in quickly to take the call. I saw my daughter's face - never shall I forget that vision of desperation and despair. Tears were sheeting over her face as she told me that a huge mass had been found in Morgan's brain. I flew to Melbourne a week or so later and stayed for months until after their wedding.

I made three trips over during the course of his illness and was there when he died 21 months later.

During all those months with him and his family I began to make friends and find a life here but I wanted my own space. So I have had a home here since 2015.

Now I really enjoy my time in Australia the people are friendly, open and accepting. I have some wonderful friends to hang out with, I go to the gym, dance and climb walls, and I escape the English winter.

So that's the story. Bob knows it very well. He was very kind to me when we were bagging together and I was going through all this so I always ended up talking about a Morgan and Fiona and awful lot.”

people included. It seems I had been driving since March last year without tax and insurance. Like the UK their system is all on-line with nothing displayed in the car. My friend had accidentally gone two days over his registration when he was stopped by the police and fined \$800. So we had been lucky. Fiona had not received renewal notices for either of her vehicles, and yes, her van had no rego either (get the technical term there!).

More paperwork and an inspection called a 'Roadworthy'. Garry provided this at a bargain price of \$180. I filled in forms. I checked each item online for meaning. I made an appointment, \$18, but had to wait two weeks.

On the appointed day I had to take the car, the paperwork, a screwdriver and screws, plenty of money and Annie, of course, to VicRoads. With trepidation I waited for our number to be called. Had I missed something? Would they reject Fiona's doctor's scrawl, which passes for her signature, although it's really just a large ✓.

Many questions I didn't understand were left blank. Would they inspect the car and see the wing mirror held on with blu tak? However, a pleasant young woman accepted my money and handed me the precious plates. Thank goodness there was no question of coming outside to check the vin number and watch me attach the plates. I left clutching my prize feeling very relieved. I looked at the holes pre-punched in the plates and looked at the two holes from which the old screws had been removed when they were stolen - they didn't line up.

Back home, still without plates, we parked up and went for a drink. Tomorrow I would drill out new holes and fit anti-theft screws.

WENDINGS by Wendy Reid

Aussie Road Tax, a Taxing System

When in Australia I drive Fiona's old Astra and she drives her van. The deal is I have the car serviced and repaired and she pays to keep it legal.

One very hot day in Melbourne I went into the city to enjoy the aircon afforded by the cinema. I watched *Bohemian Rhapsody*, a great film. When I got home I notice the rear of the car had no number plate, neither did the front. Hmmm I thought and phoned Garry who had only serviced it the day before.

“Stolen” he said “phone the police”. I did, apparently it happens all the time. New plates could be bought from VicRoads so the car would have a different number.

I had to get Fiona to authorise someone to pick up new plates. It couldn't be me, I wasn't Australian enough, so I asked my friend, Annie, to come with me. We drove to VicRoads in the city and

took a number and waited. When our turn came I explained and handed over the papers. The assistant held out new plates, I was beginning to memorise the number, when they were suddenly withdrawn. “The car isn't registered” she said. I was shocked, Annie drove us home, we went for a drink. Registration is like our road tax but with third party damage to



ENGINEERING GAZETTE

By John Wood

As previously mentioned, the wooden gear teeth on the large Pit Wheel do eventually wear to the point when they need replacing. We have just replaced the first tooth of several which will have to be replaced in the near future.

Unfortunately the rectangular holes in the large cast iron Pit Wheel into which the teeth fit are not very rectangular. This is probably due to the age of manufacture.



John Wood & Fraser Hale still trying to look busy.

PHOTO: LEON POLITOWICZ



John Smith showing off his new tooth. With John Wood & Fraser Hale trying to look busy in the background.

PHOTO: LEON POLITOWICZ

This means that the spare oak teeth which we obtain are all oversize and

therefore must all be hand fitted to each hole. Once fitting properly in the wheel the contact faces also have to be adjusted to ensure correct meshing. This is time consuming work as the teeth are passed in and out of the Pit to be adjusted by hand until fitting is finally completed. Hopefully the new teeth will be in satisfactory service for many years.

THE MILLER'S CHRONICLE

By Dan Tarrant-Willis
dantarrantwillis@yahoo.com

Last month was busy with the milling demos that the tides allowed us to do every weekend. We also had some good media coverage, advertising this, which lead to the busiest off season month since I've been at the mill. As there were so many demos a greater amount of our monthly flour quota was ground using tidal power rather than our back-up electric motor. This is good for mainly two reasons: primarily that it lowers our carbon footprint and also importantly that the mill collects more contributions from the public as they are

watching us grinding the flour. This is a direction we would like to enhance and continue. As such I have included as many demos as we can manage for the 2019 season. With the weather becoming warmer we are also busy grinding enough to meet our open season

This year's production of our super flour to date is 1,056.8 kg.
 (2,329% lb Ed.)

monthly quota, during the open season we on average sell 700 kilos compared to 300 off season.

Our small team is smaller due to Rod taking a well deserved long distance holiday; we will just about manage yet we will miss him. This makes our usual need for more volunteer millers even more relevant. Please contact me if you would like, or know anyone who would like, the opportunity to carry on the tradition of milling in Woodbridge.



Did You Have A Good Visit?

If you enjoyed your visit to Woodbridge Tide Mill recently, or in the past, please let everyone know so that they can share experience your enjoyment by posting a message on [tripadvisor](https://www.tripadvisor.com)

We are planning to add a new feature in future, giving snippets of information provided by The Cake Shop in Woodbridge Thoroughfare, in continuance of our long association and cooperation. Unfortunately, this was not able to come into fruition in time for the (slightly) New Look Newsletter. Watch this space!

===== THE =====
CAKE SHOP
 ===== BAKERY =====



Don't forget that the best way to ensure that you continue to receive this newsletter (regardless of all the other benefits) is to keep up your membership of The Friends of Woodbridge Tide Mill. If you are not already a member, but would like to be one, use this link: [Be A Friend](#)

HAVING A PRIVATE DO?

Did you know you can book **Woodbridge Tide Mill** for your own private evening function, for as little as **£110.00** (see below), subject to availability in the mill's Events and Appointments Diary.

Contact Dan at enquiries@woodbridgetidemill.org.uk

(Friends of Woodbridge Tide Mill are charged £100.00 plus £10.00 for clearing and reinstating the counter area.

The general public are charged £125.00 + £10.00.

There are three optional extras, such as wheel turning, milling demonstration and guided tour, that total £35.00 if all are possible and included.)

(All hire charges under review during closed season)

Diary Dates for 2019

Wheel Turning and Milling Demonstrations

Water Powered Milling Demonstrations will take place in April at 16:30 on the 3rd; 09:00 on the 10th; 12:00 on the 13th; 15:30 on the 17th; 09:00 on the 23rd and 11:30 on the 27th.

Water powered wheel turning will **NOT** take place on the 7th, 8th, 9th, 20th, 21st, 22nd, 24th and 2th. Check this link for times on all other April days:

[Turning & Milling](#)

Other Events

2019 Open Season Starts with £1.00 admission fee on 29, 30 & 31 March

National Mills Weekend 2019 will be held on 11 and 12 May.

Woodbridge Regatta is to be held on 23 June

For full general mill working times use this link to the website: [Turning & Milling](#)

Correspondents: all copy for next month to be sent to WTMeditor@gmx.com by the middle of March please.

Other Tide Mills Worth A Visit

Woodbridge was the last commercially operating Tide Mill and, out of an apogee in excess of over 200 in the UK, is now one of only two Tide Mills still producing flour for retail to the public, the other one being at Eling, on the edge of the New Forest in Hampshire.

Use these links for more information:

[Eling Tide Mill, Hampshire](#)

[Battlesbridge Tide Mill, Battlesbridge, Essex \(converted for business\)](#)

[Carew Castle tide mill, Pembrokeshire](#)

[Thorrington Tide Mill, Thorrington, Essex](#)

[Three Mills tide mill, Bromley-by-Bow, London \(aka House Mill\)](#)

[Clock Mill tide mill, Bromley-by-Bow, London \(aka part of Three Mills\)](#)

Go to [Wikipedia](#) for more

WHAT IS IT? ANSWER



This is the vertical drive shaft of the water wheel stones. It sits on a movable beam which can be used to raise or lower the top stone, which sits on it. This is called "tentering", which affects the grade of flour being produced. When milling with these stones, the water wheel vertical drive shaft is connected to the stones by manually lowering a small gear wheel.

PURPOSE: The purpose of this newsletter is to support and advance the objectives of the Trustees of Woodbridge Tide Mill. The newsletter provides all supporters a forum of their own, together with information about current and future events and it is hoped it will foster a sense of common interest and shared identity; encourage increased participation and entertain.

EDITORIAL POLICY: The editor has full editorial responsibility for the newsletter. Articles that appear and views expressed are not the official position of the Trustees on any subject, unless specifically noted as such. Items submitted for inclusion may be edited for grammar, style and/or space requirements and contributors wishing to be alerted of any changes prior to publication must notify the editor at the time of submission.

IMAGES: Unattributed images are by the article author or Ed.

DISCLAIMER: The Glenn Miller gag cartoon does not make a comment about any real helpers at WTM.

