

# THE TIDE MILL

## LIVING MUSEUM

Patrons of the Tide Mill: Lord & Lady Framlingham



*Features This Month:*  
Heron Corn Mill, Cumbria p3  
Bellina Bread (aka The Grant Loaf) p4  
Well Governed p5  
Beowulf & Friends p6  
School Report p7



## EDITORIAL

An eventful month, starting with the Friends' Evening on 3 May preceding the Beowulf Festival that weekend. Then the National Mills Weekend the next week. Not to mention all the usual 'stuff' that goes on to keep our Living Museum, er, living. You don't need to be told that all this 'stuff' requires an army of volunteers, guiding, milling, bagging, selling, delivering, wardening, curating, engineering, mediaing (if such a word exists), administrating, etc., etc., but I have told you, anyway. If you can think of a way you can help out with one or more of these tasks, then please don't be shy, and look over there in the right for the contact you need.

Now we are part of the Woodbridge Heritage Hub you may be interested in the poster on Page 8, telling you about the Photograph Exhibition at the new Longshed.

Some of you will remember the article in last October's newsletter from Pete Taylor, an enthusiastic bread-maker from Cumbria, whose slogan is "Make Tea Not War". Pete told us then about his shepherd's hut bakery and his local corn mill and he has now been persuaded to enlarge on the subject and you will find a very interesting article about Heron Corn Mill on Page 3, together with a baking challenge he has set us on Page 4.

Finally, you may be excited to find School Report back, on Page 7. After all, education is a vital part of our rôle as custodians of this Tide Mill.

Ed.

[WTMeditor@gmx.com](mailto:WTMeditor@gmx.com)

## VIEW FROM THE BRIDGE

by **John Carrington**  
Chair, Woodbridge Tide Mill Trust

We have had a good start to the season despite the changeable weather. Our aim has been to enhance your visit to the Tide Mill with more milling demos and wheel turnings. Seeing the mill in action is a really exciting event. We are planning more special events as the season goes on to entertain and showcase the history of the mill with special displays created by our Curator, Fraser Hales.

We have also had a special event for members of our Friends group which went well despite rain. We owe special thanks to Vernon Blackmore and his team for providing great refreshments on the evening and to Hatti Benett of the Sudbourne Quartet who provided the music (See Page 6. Ed.). We are planning more events for the Friends over the summer so, if you are not a Friend already, please do join up. You can do this via our website (Or use the link on the right. Ed.). The financial help from the Friends is a vital part of sustaining our wonderful Grade I listed icon.



## 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 put something in the newsletter (or comment on it):

**Ed.**

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 Leafleter:  
**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**

MISTAKES CAN BE MISTAKEN



IF OUR BOSS MAKES A MISTAKE  
IT'S OUR MISTAKE.

# KEEPING FLOUR & OTHER TRADITIONS ALIVE IN CUMBRIA

Newsletter 73

June 2019

## History

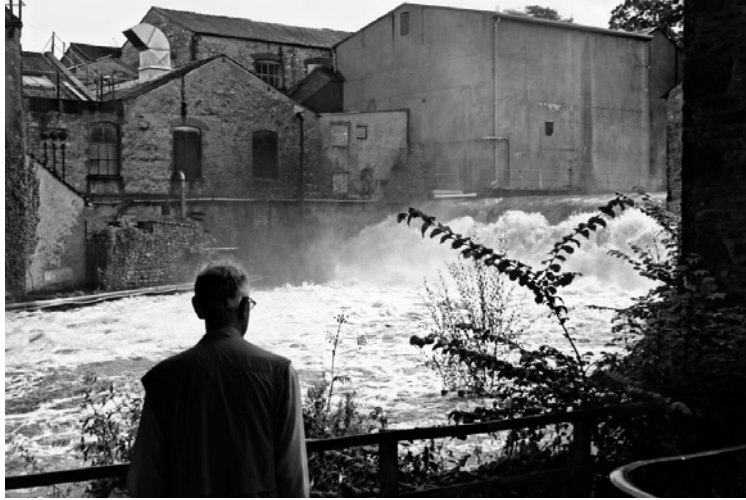
Milling on the site of the Heron Corn Mill in Beetham, Cumbria dates back to at least 1220. The mill is ideally situated on a natural limestone fault which creates a good head of water.



A fish pass allows salmon, sea trout and brown trout to get up the river which now stocks itself.

## Volunteers and Lottery Funding

In the 1970s the mill was bought by the owners of the paper mill, who renovated it with lots of help from volunteers. A second thorough renovation happened early this century, with help from the Lottery Fund. This included building a turbine to generate income.



The mill was owned by the local Haverbrack manor. Haver is the old word for oats, which gives a clue as to the kind of grain grown locally. The later name Heron Mill comes from the heronry which still exists today a little way down river.

## Milling now

Stuart, our miller, has done lots of heavy duty work with a small band of helpers to get the wheel and mill machinery up and running again.



We mill once a month, with wheat and (when available) spelt and rye, using grain sourced from friendly organic farmers. The flour is available in the mill shop, and is used by our mill bread groups.



There is a drying kiln, so grain could be brought straight from the farm to the mill.

There were once about 40 mills in the area, with two corn mills on our site, one on each side of the river Bela. The mill on the other side later became a paper mill, and is so to this day.

As roller mills took over for flour production, the Heron Corn Mill concentrated on animal feed, finally closing in the 1950s. It reopened in 1974 as a heritage site, and started producing stoneground organic flour on a small scale a few years ago.



The barn is used for a variety of community and educational activities for all ages.



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[www.woodbridgetidemill.org.uk](http://www.woodbridgetidemill.org.uk)

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**Current activities**

The mill is open Wednesday to Sunday for free self-guided tours, and there are guided tours on milling days. The flour is on sale in the barn shop, where you can also get a cuppa and a light snack. Many groups meet in there as well - the Mill Hoppers clubs for the kids, Crafternoons and all sorts of workshops. This year there is a distinctly mediaeval theme with our celebrations of 800 years milling on site. There's paper making and mediaeval baking, and a number of activities involving flax, all the way from seeds to linen. Breadmaking happens in the shepherd's hut. We use as much of our own flour as we can, and are trying to encourage awareness about healthy cooking and eating generally.



**Plans for the future**

The Heron Corn Mill plans to become self-supporting within 5 years. The focus will be on becoming a community asset with increasing input from volunteers. And of course we will continue to produce great flour for bakers.

**WHAT IS THIS, AND WHAT DOES IT DO?**  
Answer on last page



*Now you have read and enjoyed Pete Taylor's piece about Heron Corn Mill, here's an adventure in cooking that he has prepared for us. Go on! Why not! Ed.*



**Bellina Bread**

This recipe came from my mother-in-law Bellina, who seems to have found it as the "Grant loaf" in a war time book "Your Daily Bread". It survives also in Elizabeth David's English Bread and Yeast Cookery (p 272).

Mrs Grant's "Barbados sugar, honey or black molasses" gives a beautifully crunchy crust. Bellina's masterstroke is the addition of caraway seeds, which transforms a good everyday wholemeal into a really fragrant loaf for a special occasion. The roller milled flour is my experiment which surprisingly seems to make the otherwise impossibly wet dough just about kneadable. Of course the stoneground flour is key to a hearty and flavoursome loaf.

- 375g stoneground wholemeal wheat flour such as Woodbridge Tide Mill or Heron Corn Mill
- 125g roller milled wholemeal wheat flour such as Carr's or Dove's
- 400g tepid water
- 7g fast acting dried yeast or 15 g fresh yeast
- 6g salt
- 5g dark brown sugar or a small teaspoon of molasses
- 5g caraway seeds
- 10g linseeds

Mix everything together well (using one hand) in a bowl. Leave to stand for half an hour or so. Then your big decision - to knead or not to knead! You could just tip the dough into a well greased or oiled tin and leave to rise for an hour or so, and do this as a single-rise loaf.

But if you are up for a challenge, turn the dough out onto a dry worktop and work it as best you can for 10 minutes or so. It is well worth trying the Bertinet method of kneading, which works really well with extremely wet dough.

You can watch an excellent video of how to do this here - [https://www.youtube.com/watch?v=sOjSp5\\_YiF0](https://www.youtube.com/watch?v=sOjSp5_YiF0)

Return the dough to the bowl and leave to rise for an hour or so. Turn out and fold a few times, just to tighten it up a bit. Then roughly shape the dough and get it in the tin as best you can.

Cook in a fairly hot oven - 220°C, or 200°C with a fan, roughly gas mark 7-8, for about 50-55 minutes. The bread will brown quickly, but as this is an extremely wet dough, don't be tempted to take it out of the oven too soon, or it will be soggy inside. Turn it out of the tin after 45 mins and see how it is doing. Put it back in the oven upside down for the last few minutes for a really good all-over crust.

This is fantastic with cheese and chutney!

## CURATOR'S CORUSCATIONS

By Fraser Hale

### You Can't Do Enough for a Good Guv'nor...

In amongst the burly beams of the hurst frame; the whirling wheels and gears, hiding shyly behind the main shaft (or behind the water wheel, depending on where you're viewing the power train from) is the Tide Mill's governor (no, not Dan).

Governors were introduced into both windmills and water mills as an early form of automation. The governor in the Tide Mill is of the "fly-ball - lift tenter" type. When the control sluice was opened at the beginning of each milling session, and the water wheel began to turn, the governor spun up, it's weighted arms swinging out and up under centripetal lowered the runner stones into position as the wheel reached optimum speed (this application seems to have been developed by John Rennie in the 1780's, and is described in a letter from Matthew Boulton to James Watt, dated 1788). This meant that the mill started "off load" without the need for the miller to manually tenter each set of stones into position individually. Unless the miller wanted to "disable" one or more set of stones for a milling session, it also meant that the stone nuts could remain in place between sessions. As the water

wheel slowed at the end of a milling session the stones were lifted, so that the mill came to a halt off-load, as well.

This system also operated as a safety measure – if the drive belt to the governor broke the stones would automatically separate, negating any risk of damage or fire from friction. The mechanism is still complete, and the governor, which is driven by a flat belt on a wooden pulley on the main vertical shaft, just above the wallower gear, spins and extends, but the lever that transmitted the movement to the brayers (the hinged beams below the tenter beams that raise and lower the runner stones) are disconnected.

The current Mill was built in 1793, five years after the recorded description of Rennie's development, so it is quite possible that the governor was installed at the same time as the new mill was built and would have been an example of leading-edge technology.

The governor was probably disconnected in the period between the two 20th century world wars - from which time on the miller almost certainly only ran one or two sets of stones. The benefit offered by the automatic action of the governor when only managing one or two stone sets was probably outweighed by the need to maintain the mechanism and this is very likely to be the same reason that the governor has not been reconnected latterly.



## ENGINEERING GAZETTE

### By John Wood

Over the many many years that milling stones have been in use, it has always been necessary to regularly lift the top stone to inspect the faces and re-cut the grooving if necessary. Each stone weighs approximately 700kg (1,500lb) so how have they ever managed this lifting operation?

To do this, engineers in the past developed the Stone Crane. Ours can be found on the stone floor adjacent to the cut away display.

To gain access to the required stone the tun and all associated equipment must first be removed. The crane, which is extremely heavy, must then be dismantled, moved to its new required position and then rebuilt.

The cleverness of the crane can then be seen. It does not have a lifting hook but two arms which are curved to



form a semicircle with a diameter slightly larger than the stone itself. On the end of the two arms are pins which fit into holes in the sides of the stone to be lifted. The crane can then be used to lift the stone and, when high enough, the two pins can make it possible to spin the stone over so that the face can be examined. Clever Engineering.



### 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)





Just a few of the pictures from the Beowulf Festival. For more images go to [tidemillbeowulf](http://tidemillbeowulf)

**BUSKER'S CORNER**

The happy Tide Miller, with his Rule of Thumb,  
Was taught his trade by his Dad and Mum,  
He would work all hours, 'til his legs were numb,  
But always claimed that his job was a plum,  
He'd sing whilst working, though was known to hum,  
But would labour in silence if he had a chum,  
And would enjoy his bread, to the very last crumb,  
When he'd sit back contentedly and purr, "Yum, yum."



Dan and Kate Lacey, Town Clerk, at St Mary's School Woodbridge Exhibition at the Shire Hall on 15 May

And here are a few 'tasters' from the Friends' Evening held on 3 May, to show those of us who were unable to attend what we missed. A good crowd, so too many to show all the faces. I hope you like the ones selected. If you want to see more go to [fantastic-friends-drinks](http://fantastic-friends-drinks)



## SCHOOL REPORTS by Heather Sheehan

It's been a busy time for Education at the Mill. At the end of April, I submitted a grant application to the Suffolk Coasts and Heaths AONB Community and Conservation Fund and was delighted when a few weeks later heard that we'd been successful in receiving a substantial sum of money to help fund a project where we will work towards getting more schools from within the AONB to visit the Mill. I am currently contacting schools and hope to see many of them visiting over the next academic year. St Mary's CofE primary school in Woodbridge visited us a few weeks ago and were so enthralled with what they saw that they set about making models of the Mill (using sketches they'd made during their visit) and are proudly displaying them this week at the Shire Hall. It



just goes to show how the beauty of the Mill really captures the imagination of children!

As well as all this, on a rainy morning a couple of weeks ago, Myself, Dan, Bob and John W set off at the crack of dawn to Trinity Park ready to take part in the Suffolk Agricultural Association's Schools Farm and Country Fair. Fuelled by bacon sandwiches and copious amounts of tea (thanks to the hospitality of the event organisers) our stall was ready to welcome 5000 children from primary schools all around Suffolk. Our aim was to teach them about milling and flour production and to spread the word about what we offer at our lovely museum! Dan showed off our mini quern, Bob controlled the electric mill and John and myself taught the children through game playing about all the different types of grain that can be milled. It was non-stop for five hours and we were all exhausted by the end but we had great fun and it was well worth the effort to see so many children enthused about the prospect of seeing the real quern in action! During the morning we also chatted to many teachers and are looking forward to welcoming some of them and their pupils for an educational visit in the coming months.



### WARDENS' DIGEST By Dan Tarrant-Willis

We had a very good start to the season with warm weather at Easter. As the weather has cooled down for the beginning of May this had an affect and was reflected in a slight drop in visitor numbers although we are still slightly up on last year. We continue with our focus on selling local artists' work with Claudia Myatt's tiles, coasters and mugs, as well as her cards, selling very well. The flour is edging towards £3.00 a bag now - making becoming

a Friend of the mill even more attractive, as friends will receive a half price discount through their membership. As Wardens, our main and primary role at the mill is welcoming our visitors to the mill and their health and safety while visiting. Yet the sales from the shop are an important part of the mills revenue and therefore important to our overall effort. If you know any local artists who produce products that would be good for us to sell please let me know.

### THE MILLER'S CHRONICLE By Dan Tarrant-Willis

As you can see by the production figures this month we have been busy keeping up with demand. This is good for the mill and good for me as I love being a part of the milling team using the mill for its intended purpose. We are also

delighted to welcome two new milling volunteers Ian one of our baggers has decided to have a go and Mark a local resident has started attending milling sessions (watch for NFatTM next month. Ed.). This is good as we also have a full compliment of volunteer baggers. After a long cold winter this is heart warming.

**This year's production of our super flour to date is 2,406.4kg.**

(5,305<sup>1</sup>/<sub>5</sub>lb Ed.)



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](#)



**NATURE'S VALUE**  
Photographic Competition  
Entries close Noon 13<sup>th</sup> May 2019  
**FREE ENTRY to EXHIBITIONS**  
The Longshed, Tide Mill Lane, Woodbridge June 8<sup>th</sup> – 12<sup>th</sup>  
Ipswich County Library, Northgate Street, Ipswich June 17<sup>th</sup> – 29<sup>th</sup>

**Exhibition Opening Times**  
Longshed  
Saturday 8th June 15:00—18:00  
Sunday 9th June 10:00—16:00  
Monday 10th June 12:00—18:00  
Tuesday 11th June 12:00—18:00  
Wednesday 12th June 12:00—18:00  
Ipswich Library  
During library opening hours

[www.suffolkcoastandheaths.org/projects-and-partnerships/suffolk-marine-pioneer](http://www.suffolkcoastandheaths.org/projects-and-partnerships/suffolk-marine-pioneer)

**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](#)

[Thorington Tide Mill, Thorington, 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

**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](mailto: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.)

**Diary Dates for 2019**

**Wheel Turning and Milling Demonstrations**

**Water Powered Milling Demonstrations** will take place in June at 4:30 on the 1st & 2nd, at 11:00 on the 8th & 9th, at 4:30 on the 15th & 16th, at 11:00 on the 22nd & 23rd and at 4:00 on the 29th & 30th.

Water powered wheel turning will **NOT** take place on the 5th-7th, and on the 17th-21st June, because a tide mill has to work with the low tide, not with the time, and on these days low tide is not during our opening times.  
Check this link for times on all other May days: [Turning & Milling](#)

**Other Events**

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](mailto:WTMeditor@gmx.com) by the middle of March please.**

**WHAT IS IT? ANSWER**



At the front of the picture is part of the main water wheel looking from outside. At the rear you can see the two balls of the governor, which was originally fitted to control the operation of the millstones, but it doesn't.

*(Our small rodent friend here clearly did not read Page 5. Ed.)*

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**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.

