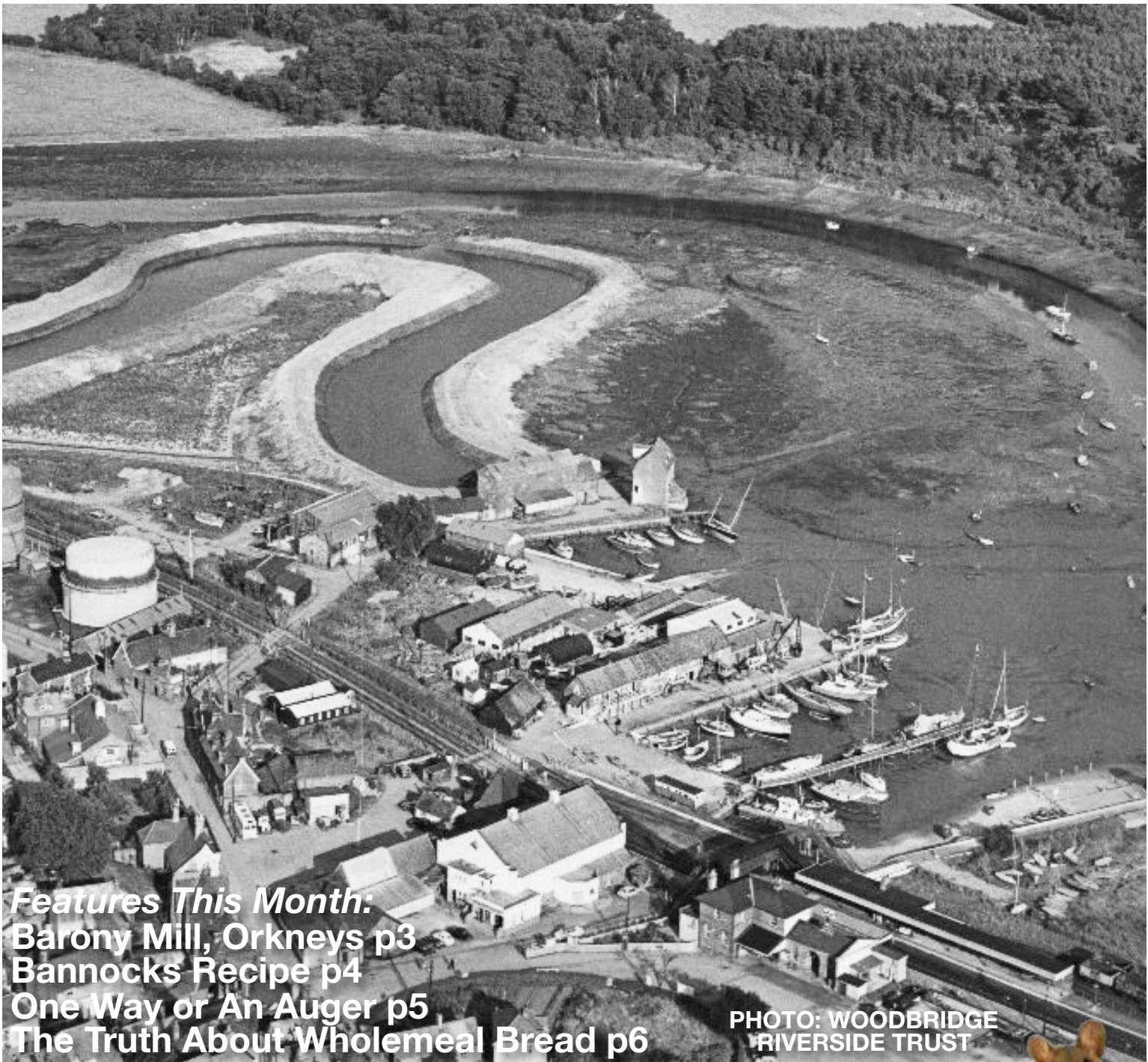


# THE TIDE MILL

## LIVING MUSEUM

Patrons of the Tide Mill: Lord & Lady Framlingham



*Features This Month:*  
Barony Mill, Orkneys p3  
Bannocks Recipe p4  
One Way or An Auger p5  
The Truth About Wholemeal Bread p6

PHOTO: WOODBRIDGE  
RIVERSIDE TRUST





**EDITORIAL**

As this column is being written an image has come to mind, from 50 years ago to the night, of watching a marvel of modern technology, i.e. a portable television (no smart phones, nor tablets, nor even PCs in those days), with two young kids asleep in a holiday caravan, as another marvel of modern technology enabled Neil Armstrong to make his 'giant leap for mankind' on the Moon, with Buzz Aldrin about to follow him and Mike Collins waiting to take him home - together with the whole horde of helpers at NASA waiting to welcome them home.

And two comparisons came to mind:

Firstly, when each of the three Woodbridge tide mills were built they were marvels of the modern technology of their times, and the latest one, built in 1793, still is an awesome machine to see; such complex components and so well coordinated, still making such splendid flour.

Secondly: that a whole horde of helpers are on hand to keep this fine old mill, er, fine (even if we can't do anything about the 'old'). With another whole horde of supporters from afar, yes you, our Friends of WTM!

Who needs the moon when we've got WTM? Well, maybe. Regardless of whether or not you agree, thanks to everyone, for doing whatever you do.

Ed.

WTMeditor@gmx.com

# VIEW FROM THE BRIDGE

by John Carrington

Thanks to the hard work of all our millers, baggers and marketing and distribution staff, sales of our Tide Mill flour are as important a part today of keeping the Mill alive as they have ever been. A new government proposal, to add folic acid to all flour made in the UK, may put that at risk. The cost and complexity of accurately adding folic acid to our few tonnes of flour per year would be prohibitive. The government is, however, giving the public a chance to air their views. There is a survey that can be completed online at <https://consultations.dh.gov.uk/flour/ef256a11/consultation/> and I would ask as many as possible of you to complete it. I have no wish to sway your opinions on the addition of folic acid to bread, but leaving the decision whether to add it to wholemeal flour to small manufacturers seems a fair and sensible way to prevent the likely demise of such producers of stoneground product, like the Tide Mill. The important part of the survey, in this regard, is the second section "Which products should be included". Please take the time to complete the survey. Thank you.



## 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**

### MAKING A POINT



I ALWAYS GIVE 110%!  
(OOPS! LEFT OUT THE DECIMAL POINT.)  
I ALWAYS GIVE 1.10%.





*We are on our travels again, this month, though still within the British Isles - but only just...*



**The Barony Mill** is the only working watermill in the Orkney Islands and is believed to be the only mill in the world to grind Bere, an ancient barley. Milling over the winter and open to visitors in the summer, the Barony Mill is going from strength to strength.

The “*Barony*” is an area of good farmland located in the north-western point of the Orkney mainland in the parish of Birsay. The land here has been a prime estate of the rulers of Orkney since medieval and Viking times. Built in 1873, the Barony Mill has changed little since. Like most northern mills of this period, a kiln for drying the grain is integral with the building. Unusually however, the grain, or corn, ground here is Bere, an ancient form of four to six row barley which is tolerant of the cool temperatures and short growing season of Orkney. Bere has been found in the world-renowned Neolithic settlement remains on Orkney which date back to 4000-5000 BC.

Beremeal is low in gluten and a high source of fibre and protein. Well known as the main ingredient for the traditional Orkney bannock, Beremeal is also perfect for all kinds of baking and cooking. Totally organic with nothing added in and nothing taken out. Bere is also great for brewing and distilling with Orkney’s Swanney Brewery producing a Bere beer and

Bruichladdich and Arran distilleries having produced a Bere malt in recent years.

The Barony Mill’s Bere is all grown locally by nearby farmers to the mill with a record eighty acres sown for 2019. Harvested in September, Bere is roughly 50% less yield in comparison to harvests of two-row barley on Orkney. Following harvest, the grain is stored and dried down to 15% moisture content on a nearby farm. The Bere is then dried down to 7% moisture content for six hours in the kiln of the Barony Mill. Following drying the grain is passed through the shilling stone to remove the outer coat. The outer coat, called ‘scrubs’, is blown away from the clean shelling grain by two fanners. The scrubs are put to good use as the only fuel source for the kiln! Two grinding stones grind the Bere into grap then finally as Beremeal. The Barony Mill holds six mill-stones altogether with three bed-stones and three top-stones, some of which are the originals from 1873.



Continued on next page...





...Continued From previous page.

Milling at the Barony Mill takes place over the winter from September until late Spring.

Fed by the nearby freshwater Loch of Boardhouse, the Barony Mill is operated by a 12-foot diameter, fully functional overshot waterwheel. Key mechanisms powered by the waterwheel across three floors include the operation of three top millstones, a set of sieves, two fanners and a central hoist.

Today, the Barony Mill is operated by the enthusiastic volunteers of the Birsay Heritage Trust. Formed in 1997 to preserve the operation of the Barony Mill, the Birsay Heritage Trust has now expanded into the preservation of other historical sites including a WWII aerodrome, HMS Tern.



Alister Marcus, kindly supported by Historic Environment Scotland, has been our Barony miller since 2017 and was mentored by the late Rae Philips. Rae was central to the running of the Barony Mill after 1997 being the son and grandson of former Barony millers. Historic Environment Scotland are now supporting the employment of a crafts-fellow apprentice at the mill starting this summer.

The Barony Mill has recently featured twice on national television screens. James Martin took his first episode

of ITV's new Great British Adventure series to Orkney and the Barony Mill and later baked some Beremeal brandy snaps. BBC Alba's The Kitchen Coves also took their new series to the Barony Mill for an episode long special on Beremeal. Summer 2018 saw over 4000 visitors to the mill where a team of local tour guides, including some local young people employed over summer, show visitors round the full mill in demonstration.

This year we launched our new website and online shop which can be found at [baronymill.com](http://baronymill.com). We sell 1.5kg bags of Beremeal online but anyone interested in larger, commercial orders we kindly ask to get in touch with us at [orders@baronymill.com](mailto:orders@baronymill.com). Keep up to date with the Barony Mill on our Facebook, Twitter and Instagram pages – and please drop past if you are ever in the beautiful Orkney Islands, we look forward to welcoming you.



## Orkney Beremeal Bannocks

by [Elizabeth](#)

A wholesome, flavourful bannock made with Orkney beremeal. Yield: 4 large bannocks

### Ingredients

- 2 cups Orkney beremeal
- 1 cup plain flour
- 1 tsp baking soda
- 1 tsp cream of tartar
- pinch salt
- 3/4 – 1 cup buttermilk

### Instructions

1. Mix together the dry ingredients in a large bowl.
2. Make a well in the centre and add enough buttermilk to make a stiff dough.
3. Roll out on a floured surface to form one large bannock, or cut into quarters.
4. Heat an ungreased griddle pan until moderately hot.
5. Cook the bannocks for about five minutes on each side, and for a few minutes on the edges to seal. Practice makes perfect!
6. Serve warm with plenty of Orkney cheese.

### Details

Prep time: 10 mins  
Cook time: 15 mins  
Total time: 25 mins

PHOTOS:  
ELIZABETH'S KITCHEN  
DIARY



# CURATOR'S CORUSCATIONS

By Fraser Hale

## One Way or An Auger

Once upon a time, long, long ago, in a small town in Suffolk, lived a humble museum curator. This curator had an equally humble, but heartfelt, ambition – to build a collection for the museum of millwright's tools; hand tools that would have been used to construct the museum back in the 18<sup>th</sup> century. One day, while on his daily stroll through Interweb Woods, he spotted something that looked like it might form part of the tool collection. He crept closer, anxious not to startle the thing, to get a closer look. Unknown to our hero, however, the object had a spell upon it that made it appear to be something else. At first the curator was confused, and almost turned away from the object. Just then, the sun broke through the trees and bathed the object in a different light.

The object's true nature was revealed to the curator, and he knew he had to possess it. Approaching closer still, the curator perceived that the object – a hand auger from the 18<sup>th</sup> century; used to drill holes in timber before the advent of power tools, and certainly a denizen of any Georgian millwright's tool bag - was tethered tightly to a frightening looking crone seated nearby. This,

he later discovered was Sad Mad Gill. Sad Mad Gill had once been a lady of power and influence in the land. In her dotage, though, she had become proud, fickle and bad tempered.

Our hero approached with caution. "Good morrow, madam", he offered, "might you be willing to part with that fine auger that you have?" "Who are you to come asking for my auger, said the crone, "Don't



you know that I am Sad Mad Gill? I don't deal with just anyone". "Well, I am just a humble Suffolk curator ma'am, and I meant no offence", quoth our hero, "I promise, however, that I would take very good care of the auger – it belongs in a proper setting, not wasting away here in this dark wood".

"Very well", said the old lady, "I will consider giving you the auger. But first you must complete a challenge. I need to

know that you mean what you say, and that you will keep and care for my auger". So Sad Mad Gill set the curator a series of tasks. They took many days to complete and at times the curator felt like they might never be completed. Finally, though, he delivered the proof of the final task to Sad Mad Gill. "You have done well", she said, to the curator's surprise, "I will think long and hard, now, about whether I can bring myself to part with my lovely auger". 'More waiting?!' thought the curator. 'More uncertainty. It's almost too much to bear.'

Some weeks later the curator received a message from Sad Mad Gill – the auger would be his! The curator was overjoyed and immediately made arrangements to collect the auger, so that it could come to Suffolk and live happily ever after in the museum.

*Author's Note: It has come to my attention that a similar, though marginally less*

*dramatic, story has recently unfolded. Woodbridge Tide Mill Museum has acquired a hand auger from one of the collections of the Science Museum Group. The auger will soon be on display in the Tide Mill and represents the beginning of a new collection of objects associated with the building of the current mill. The trustees and management of Woodbridge Tide Mill Museum are grateful for the help and generosity of the SMG registrars in affecting this transfer.*



You might think the ready-made wholemeal bread you buy contains only wholemeal flour, but that is rarely the case. *By Shefalee Loth 2 Apr 2018 Share on Facebook Share on Twitter Share by email.*

Scan the ingredients of your wholewheat pasta and you'll only see wholewheat flour. Do the same for your wholemeal bread and there are sometimes up to four flours listed. We compared the ingredients of eleven wholemeal loaves, including the big four supermarket own-brands and leading brands Allinson, Hovis and Warburtons. Every loaf contained soya flour. We also found fortified wheat flour, fermented wheat flour and barley flour. That's even though regulations state that the name 'wholemeal' can only be used on bread if all the flour used as an ingredient in preparation is wholemeal.

Hovis told us that its loaf complies with the regulation, and that the wheat flour is being used as a carrier or bulking agent, not as a 'flour ingredient'. And that 'soya is classified as a legume, not a cereal, so again would be outside of the scope of the regulation'. Soya flour is apparently added to give bread better volume and crumb softness.



IMAGE: SHUTTERSTOCK

Allied Bakeries, the makers of Allinson's and Kingsmill, told us: 'We use fermented wheat flour in our Allinson's Classic Wholemeal loaf for flavour and to help the loaf remain fresh for as long as possible.' In both of these cases the manufacturers claim that the non-wholemeal flours are not used as an 'ingredient' but fulfil another purpose, such as texture or to maintain freshness.

Our findings mirror those found by Sustain's Real Bread Campaign in 2013. Real Bread Campaign co-ordinator Chris Young said: 'There is no place for white flour, soya flour or linseed oil in a wholemeal loaf.'

This latest study highlights that we still need what we call an Honest Crust Act of improved and properly-enforced loaf labelling and marketing legislation to protect people from being misled'.

If you want to know exactly what flour is being used in your bread, you can always make your own. With four ingredients – flour, water, yeast and salt – it's very straightforward, especially if you use a Best Buy bread maker. Fibre content Rest assured though, even with the addition of other flours, a slice of shop-bought wholemeal bread contains around 2.5g fibre per slice, compared with the 1.1g of fibre per slice of white bread, so it's still a healthy option to choose, especially as recent evidence shows that few of us achieve our daily recommended fibre intake. While in the UK there is no legal definition for wholemeal, it is generally flour from the entire wheat grain, which contains the bran and the germ.

Read more: <https://www.which.co.uk/news/2018/04/the-whole-meal-truth-about-wholemeal-bread/> - Which?

*Even more reason to buy our whole meal flour and bake your own bread! Ed.*

**BUSKER'S CORNER**

Those of you in 'Joy' mode may like to sing his one, to the tune of 'They're Changing Guard at Buckingham Palace'.

To get in the door costs a hundred old shillings,  
And when you get in you'll learn all about milling,  
The millers are seen running up and down stairs,  
With everyone smiling and nobody swears,  
Whilst milling.

The packers are busy with bags that need filling,  
The sellers are too, and everyone's willing,  
We all like to bake with our wonderful flour,  
The fine wholemeal bread that we love to devour,  
We're willing.

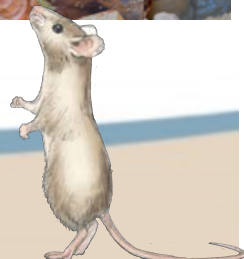
At the end of the day when our feet are just killing,  
We start to relax and get ready for 'chilling',  
We've all done our bit, to the best of our mettle,  
So now is the time to just put the kettle,  
Start chilling.



**ENGINEERING GAZETTE**

No Engineering Gazette this month, for the simple reason that the engineers feel that there is no engineering news to relate this month.

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



**THE MILLER'S CHRONICLE**

**By Dan Tarrant-Willis**  
[dantarrantwillis@yahoo.com](mailto:dantarrantwillis@yahoo.com)

This month we have seen the return of the weed that mysteriously plagues our mill pond. This has been a summer problem for the last few years. If we left the weed it would block the pipe that runs from the pond to the mill and eventually every-thing would come to a stand still. John Wood come up with our solution by designing and making some removable grills that catch the weed that can be changed and cleaned after each milling session. Another example that there is more to milling than meets the eye and that its not all dusty as some of it is just mucky.



PHOTOS: STEVE MOLYNEUX

**This year's production of our super flour to date is 3,655.86kg.**

(8,059<sup>4</sup>/<sub>5</sub>lb Ed.)

**WARDENS' DIGEST**

**By Dan Tarrant-Willis**

Many visitors remark after having a toured the mill that it's a pity that a country like the UK doesn't make more use of tidal energy to produce electrical power. Particularly, as we have such usefully large tidal ranges all around our coastline.

I wholeheartedly agree; before the industrial revolution we had over 200 tide mills and many more wind and water mills. With the advent of steam, diesel and nuclear old technologies became redundant.

Now, with the undeniable consequences of burning fossil fuel and the re-emergence of wind and solar as viable economic options, there may be a change in attitude and the effort, and also the will, required to nationally utilise the tides for their energy.

After all, before modern wind turbines were developed many old wind mills were kept operational as working examples of wind technology.

I feel that, by keeping our tide mill going as a working example we are making a meaningful contribution in the process of the tidal energy being used in a modern form. By keeping tidal energy present, in at least the minds of our visitors, we all might benefit one day from tides being used to produce electricity as the wind is being used now.



**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)





**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](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 on the 3rd & 4th of August @ 09:00, on the 7th @ 11:00, the 10th @ 14:00 & the 11th @ 15:00, the 17th & 18th @ 09:00, the 24th @ 12:00, the 25th @ 13:00 and the 31st @ 18:30 (yes, 18:30!)

Water powered wheel turning will **NOT** take place on the 2nd, 5th, 14th, 15th, 16th, 19th and 20th, 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**

(If you know of a forthcoming mill-related event that we have missed, please let us know)

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.**

**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 inside end of the square main horizontal drive shaft which comes from the water wheel.

The four steel hoops on the shaft hold the end bearing fitting in place. The bearing journal sticks out of the end of the shaft and sits in the bearing housing. The white flexible tube going into the top of the bearing is for the supply of grease.



**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.

