

FUTURE CBAE EVENTS

ANGLESEY ABBEY. A Sunday in March (date to be confirmed). CBA East will be leading a tour of the archaeology in the grounds of the National Trust's Anglesey Abbey near Cambridge (entrance charges apply). Details to be confirmed. If you are interested please contact us at CBAEast@archaeology.org for further details.

GUIDED TOUR OF THE BARROW CEMETERY ON THERFIELD HEATH (Royston). This will be at 2.00 pm on **Saturday 18 April**. Further details will be published on the CBAE website : <http://cbae.archaeologyuk.org/events.2020/> nearer the date and e-mailed to Members whose e-mail addresses are on file.

THE CBA EAST AGM 2020 will be held on **Saturday 16 May** at Chelmsford Museum, and we hope that many Members will be able to attend this year. The AGM at 2.00 will be followed by short presentation from the curator and a tour of the newly revamped Museum galleries, which have received a complete makeover during a £2.6 million redevelopment supported by the Heritage Lottery Fund. A number of significant objects are on show for the first time, including the Little Badow Diadem and artefacts from the "Broomfield Burial" which had been in storage at the British Museum for over a century. Members will also be able to see the temporary exhibition celebrating the centenary of the Dame Nellie Melba broadcast from Marconi's New Street Works in 1920. Further details will be sent out later, but please mark the date in your diary now.

GUIDED TOUR OF CLARE, in Suffolk, including known archaeological features and a visit to the current Cotswold Archaeology excavation. This is advance notice of our visit arranged for **23 September 2020**. Included will be a visit to the archaeological excavations taking place in the bailey of the Norman motte and castle. This is the final year of a three year community dig under the leadership of Cotswold Archaeology Suffolk which is looking for traces of the medieval castle and the Saxon minster which preceded it. Also included in the visit will be a walking tour of the town taking in the ?Iron-Age earthworks and the remains of the 13th Century priory. Regretfully, parts of the walking tour are not suitable for wheelchairs, and a certain level of mobility is required to explore the earthworks and climb to the top of the motte. Full details of prices, times, and booking details will appear in the June Newsletter. Put a note in your diary now!

Please check the website for event updates: <http://cbae.archaeologyuk.org/events.2020/>

E-MAIL ADDRESSES

Quite a few Members have not provided us with an e-mail address. If you have received this Newsletter by post, PLEASE let us have your e-mail address at CBAEast@archaeologyuk.org. This will be used purely for contact purposes and will not be passed to other organisations. **Without a current e-mail address, you may not receive details of CBAE events.**

RECENT CBAE EVENTS

CBA East Conference in honour of Council for British Archaeology's 75th Anniversary

In honour of CBA's 75th anniversary, CBA East Groups conference drew on the wealth of archaeological discoveries and research that has and continues to be made across our five counties (Norfolk, Suffolk, Essex, Cambridgeshire, Hertfordshire) and unitary authorities (Peterborough). We also had cake – specially made to mark the occasion!

The Council for British Archaeology was born towards the end of WW2 in 1944. It succeeded the Congress of Archaeological Societies, founded in 1898, but in 1943 archaeologists began to consider the huge task (and opportunity) that the devastation of cities would present. Sir Alfred Clapham, then President of the Society of Antiquaries of London, called a meeting of the Congress of Archaeological Societies "to discuss the requirements of archaeology in the post-war period". As a result, it was agreed to form a Council for British Archaeology to promote, both collectively and through its members, British archaeology in all its aspects. At the first meeting in March 1944, the Council initiated local excavation committees in war-damaged towns, began to seek information about reconstruction projects, and set its Regional Groups the task of watching sites of all kinds. Today the CBA brings together members, supporters and partners to give archaeology a voice and safeguard it for future generations. The eastern region group CBA East grew out of two groups - CBA East Anglia and CBA Mid Anglia and is committed to giving archaeology a voice in our archaeologically rich and diverse region.

The Conference

Our conference organiser Alice Lyons put together a very interesting and thought-provoking line up of wide ranging topics that attempted in one day to showcase projects from every county and period. The morning session was ably chaired by Keith Wade.

First up, Liz Popescu (Oxford Archaeology) revealed some of the fascinating details of discoveries made at Stoke Quay south of the river Orwell in Ipswich in 2012. Putting the site into context she described how Ipswich has its roots in the Anglo-Saxon emporia – a trading place of royal power within the eastern kingdom with commercial and diplomatic relations with the Frankish empire. The details of the excavation were then revealed – remains that attested to organised properties and streets on a par with the other major wics with finds showing strong influences from Frankia and Scandinavia. Ipswich has long been known as the home of Ipswich Ware pottery. At Stoke Quay, an exceptionally well-preserved Ipswich Ware kiln was found, showing that the industry was widespread across the town. The history of the site was further revealed by the discovery of a 7th- to early 8th-century barrow cemetery and the Late Saxon to medieval Church and Cemetery of St Augustine, lost for 500 years. Fascinatingly the church and cemetery (with over 1100 burials) appear to have served a diverse, mobile and mixed population, many of whom may have been sailors, traders or other 'migrants'. The full details of this fascinating site will be available in the near future in the East Anglian Archaeology report series.

Faye Minter (Suffolk County Council) followed on with the theme of Anglo-Saxon Royal sites with her account of the work that has been going on for over 10 years at Rendlesham in Suffolk. Suffolk is, of course, well known for the very famous Sutton Hoo site, but ongoing research at nearby Rendlesham is producing fascinating results. CBA East is pleased to be one of a number of supporters for this project so were delighted that Faye was able to give us an update on the finds that have been made, largely by a stalwart group of dedicated metal detectorists, and importantly what we have and can learn from this high-status Anglo-Saxon site, the 'vicus regius', a royal settlement, as identified at Rendlesham by Bede. The work to date has clearly demonstrated what a unique site Rendlesham is for its size, wealth and complexity. Faye summarised the work for us admirably with plenty of

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photographs showing the treasures found and how it showed strong links to continental Europe. However, she made very clear that there is still plenty to be learnt and we heard about plans for future investigations. We look forward to hearing more as this story unfolds.

Philip Crummy's (Colchester Archaeological Trust) presentation certainly lived up to its title, From Camulodunum before Cunobelin to Colneceaster after the Romans: a breathless review of recent studies. Philip positively romped through the evidence found at many sites in and around the town. Beginning in the Middle Iron Age (Camulodunum before Cunobelin) with a look at the key sites of Stanway, Gosbecks, Sheepen and Colchester Garrison. We had little chance to catch our breath before he took us into the cemeteries and public buildings of the Colonia Vitricensis looking at more than 1000 burials found at Colchester Garrison and the romantically named Street of Tombs alongside the Circus, public baths and the monumental arcade of the Temple of Claudius. He reminded us that all things come to an end by taking us on a journey around the sites that show the last days of the Colonia Vitricensis. But Colchester didn't end there, its history continued as shown by burials of Anglo-Saxon date and the rise of the new Anglo-Saxon and medieval town that used the materials (as in Colchester Castle), streets and monuments (relict Roman gates) left by the Romans to reinvent itself for a new age.

Having stuck fairly closely to the last two millennia in the morning, our afternoon sessions bounced about in time like gleeful children on a trampoline. All perfectly orchestrated by our second discussant Tom Williamson (University of East Anglia).

We kicked off with one of the most amazing discoveries of recent times, Must Farm Bronze Age Settlement. Mark Knight, (Cambridge University Archaeological Unit) is getting rather used to talking about this uniquely preserved site. A village caught at a single moment in time by the tragedy of a fire, this site has provided thousands of everyday Bronze Age objects that are extraordinary for their preservation. The Must Farm pile-dwelling settlement was built, occupied and destroyed by fire in c. 850 BC in relatively quick succession. A slow-flowing watercourse situated beneath the settlement provided a safe burial environment for the debris of construction, possibly a matter of weeks, occupation for maybe only a few months and then disaster that perhaps took days or even hours, whilst the catastrophic manner of destruction provided a definitive timeframe. The remarkable finds from this site provide a snapshot in time that is only matched by those from disasters such as the eruption of a volcano as at Herculaneum or Pompeii. In a relaxed, informative and entertaining manner, Mark described the context and circumstance of a short-lived, but fully provisioned, Late Bronze Age domestic setting and let us into some of the secrets of how the assemblage had been analysed – setting out all the materials across a floor in exactly the way they had been left 8,500 years ago!

You would think it would be hard to follow such exciting projects but Sarah Inskip (Cambridge University) managed it by taking us on a completely different path with her *Exploration of Leprosy in East Anglia and the Surrounding Regions: Squirrels, Trade and Migration*. I knew nothing about leprosy and the link to squirrels before I heard Sarah's talk, but at the end I was a lot more informed and a lot more interested. Sarah explained how Hansen's disease, otherwise known as leprosy, has been affecting humankind for thousands of years. Due to the seriousness of the disease it has been recorded in some of the earliest writings and has been viewed as a highly stigmatising condition. However, research by archaeologists, biomolecular scientists and palaeopathologists is now seriously challenging what we thought about leprosy, where it came from and how it spread. Researchers have found a high diversity of Hansen's disease strains in early Medieval Europe, and the disease has been found in modern red squirrels in Scotland and Brownsea Island, Dorset. Sarah's work has been looking at new evidence from the UK, and especially from the East Anglia region, and how multidisciplinary analyses have been key in transforming our knowledge about the disease in England, and Europe more widely. She cited some fascinating connections between the disease in

squirrels and in people and discussed the possibility of being able to sample squirrels in museum collections to further research.

The discovery of 400 burials of c. 1200 -1511 at St John's Hospital, Cambridge cemetery was the subject of Craig Cessford's (Cambridge Archaeology Unit) talk. The skeletons are now forming the basis of a major interdisciplinary academic research project 'After the Plague: health and history in medieval Cambridge', which is applying osteoarchaeology, palaeopathology, stable isotopes, ancient DNA and geometric morphometrics. The skeletons from the site, plus other cemeteries in Cambridge that the project is also analysing, now represent the most intensively and extensively studied human remains from a High/Late Medieval British town. Craig's description of the excavation and of the results so far provided a fascinating insight into the lives and health of people over a period of 300 years.

Kris Lockyear took us back to the 1st millennium in his time machine and with the aid of geophysics survey. In this talk we heard about the Community Archaeology Geophysics Group (CAGG) that has been undertaking geophysical surveys on the Roman city of Verulamium (St Albans, Hertfordshire) since 2013. Roman Verulamium has the advantage of sitting outside the medieval and later town, thus lending itself to remote sensing techniques. Starting with a magnetometry survey of Verulamium Park in 2013, the work expanded in size to include the whole intramural area and has begun to examine some extramural areas. It has also expanded to include both Earth Resistance and GPR surveys. Kris's presentation not only shared some of the highlights of the work, and how it might change ideas about development of the Roman city, but also highlighted the valuable work that can be done by anyone with an interest in their archaeology and a willingness to get involved.

For our final presentation of the day Nick Ashton took us back 800 millennia to around 800,000 years ago! The recent discovery of flint tools and human footprints at Happisburgh in Norfolk is enormously significant. Finding signs of human life so close to us hundreds of thousands of years ago is a spine-tingling thought, with the discovery of human footprints being particularly poignant. The discovery has led to new questions and ideas about the first peopling of northern Europe. The biological data suggests winters colder than East Anglia today, which prompts questions about how they survived the long winters. Did they have clothing, shelter and the use of fire, or did they seasonally migrate? Were they hunters or scavengers and what species were these early humans? These are all questions that Nick is asking and starting to find answers to as research continues along the Norfolk coast.

Many thanks to **Aileen Connor** for this very detailed report!



CBAE VISIT TO CAISTOR ROMAN TOWN 20 JULY 2019

On 20 July a group of members met at Caistor St Edmund (Venta Icenorum) for a tour of the Roman town led by Alice Lyons. In spite of a sudden rain shower, for which some of us were singularly unprepared, we were able to circumnavigate the third century town walls, which stand impressively high in places (see photo below), before enjoying a cream tea in the church. After this Alice led us up the sloping ground to the east, source of the water supply for the inhabitants and site of a later Saxon cemetery. While returning to the car park we chanced to meet a local farmer, who told us about the finds on his land. This is known to be a temple site, probably within the town originally but left outside when the walls were constructed, and is currently subject of an ongoing programme of excavation by the Caistor Roman Project (see below). Our thanks go to Alice for arranging this event.



VISIT TO BARRACK STREET DIG IN NORWICH

8th NOVEMBER 2019

We were fortunate in being able to visit an active excavation in Norwich in early November. The site was previously occupied by Jarrold's printing works. Jon House, a member of our committee, supervised the excavation for Pre-Construct Archaeology Ltd.

The site lies between Barrack Street and a tight bend in the river, with the site of the Whitefriars' (Carmelite) Friary to the west. The team had put in a number of test pits and trenches, exposing both sides of the city wall, which bisected the development area.

Deeply stratified remains were present, including waterlogged deposits at the lowest parts of the sequence. The site presented evidence for the earliest medieval growth of the city and the influence of the nearby Friary, providing a unique opportunity to contrast and compare the inside and outside of the city in an excavation close to the river frontage.

The open day was well-attended, despite being held during the week in dismal weather, with approximately 80 people visiting on the day. There were guided tours, delivered by Jon House, plus a display of the finds and an accompanying slideshow in the main Hill site office. Thanks go to Hill for providing refreshments and a venue and to the staff at Pre-Construct Archaeology for their good humour despite a month of almost continuous rainfall.

Thanks to Hill Group, RPS Consulting and Pre-Construct Archaeology Ltd, and especially to Jon House for making the arrangements.

MEMBERS SHOULD NOTE THAT SUCH OPPORTUNITIES ARE OFTEN AVAILABLE AT VERY SHORT NOTICE. PLEASE ENSURE THAT WE HAVE AN UP-TO-DATE E-MAIL ADDRESS TO AVOID MISSING OUT!



COMMITTEE MEMBERSHIP

Please consider standing for membership of the Committee. The requirements are not onerous, with four meetings a year plus the AGM. Committee functions are shared across the Membership of the Committee. We should particularly welcome new faces from Norfolk and Suffolk, but all members of CBAE and its member organisations are welcome to join us.

COURSES

House History – Researching and Understanding Your Historic Building.

This course is aimed at house owners, heritage consultants, architects and anyone interested in researching the history and development of historic buildings. The morning will be split into two sessions. The first talk will look at what sources are typically available for understanding the origins and development of historic buildings. This talk will focus on how archival sources can inform appropriate alteration to structures and the information used to accompany a listed building consent application. The session will finish with a tour of the ERO which will show you how to access their collections for your own research, and include a display of historic maps and other documents, and a peek behind-the-scenes at how the collections are cared for.

Date: 21 February 2020

Venue: Essex Record Office, Chelmsford

Price: £49

To book this course go to <https://www.placeservices.co.uk/courses/conservation/house-history-researching-understanding-your-historic-building/>

Details of **further courses** in the series are at

<https://www.placeservices.co.uk/courses/conservation/>

University of Leicester Short Courses: Details and booking at <https://shop.le.ac.uk/short-courses/courses-and-course-essentials/school-of-archaeology-and-ancient-history>

Introduction to Reading the Landscape. 25 January £20.00

How to Process and Identify Archaeological Finds. 8 February £20.00

How to read and interpret Historic Buildings. 15 February. £20.00

Introduction to Photogrammetry. 29 February. £10.00 (half day course)

How to Write up and Archive your Archaeological Project. 14 March. £20.00

CONFERENCES

Cambridge Antiquarian Society Spring Conference:

Cambridgeshire and Huntingdonshire in Early Photography and Films.

7th March 2020 @ 10:00 am – 4:00 pm

LG17, Law Faculty Building, 10 West Road, Cambridge

Cost £10.00

For further details see the CAS website: <https://www.camantsoc.org/meetings-and-events/>

LOCAL EVENTS

A selection of events hosted by local Societies in our region. We can only print a selection of the most relevant events here. Please see individual Societies' websites for further information. Please contact the Editor at CBAeast@archaeologyuk.org if you have material for the June Newsletter.

SUFFOLK INSTITUTE

Saturday 8 February

Dr Robert J. Wallis (Professor of Visual Culture, Associate Dean of Communications, Arts and Social Sciences, Richmond University, The American International University of London.)

'As the Falcon her Bells' at Sutton Hoo? Falconry in Early Anglo-Saxon England.

This lecture re-examines the earliest evidence for falconry in England and proposes that falconry may have been introduced from Scandinavia to the region of East Anglia around the late sixth to early seventh centuries, and that falconry and falconry birds may have played an important social role in this emerging kingdom.

Saturday 14th March 2020

George Barlow (Independent historian)

'The Digital Beyond: Visualising Domesday East Anglia'

What new insights into the Eleventh Century East Anglian landscape can be gained from mapping the Domesday entries for Suffolk and Norfolk using GIS and modern statistical analysis and how can this snapshot inform the historical debates on the landscape and settlement development across the region during the Anglo-Saxon period?

All lectures are held at the Blackbourne Hall in Elmswell, between Stowmarket and Bury St Edmunds. They start at 2.00 pm and generally finish by about 3.30 pm. There is an entrance fee of £5 for non-members.

<https://www.suffolk institute.org.uk/activities>

NORFOLK AND NORWICH ARCHAEOLOGICAL SOCIETY

Saturday 1 February. Recent Work on the Archaeology of Nottingham

Dr Gareth Davies (Head of Operations, Trent & Peak Archaeology).

Saturday 7 March. Recent Viking Age Excavations in Scandinavia – Jelling, Gamla Uppsala, and other sites.

Brian Ayers.

2.15pm in the Town Close Auditorium, Castle Museum, Norwich. See

<http://www.nnas.info/activities.html>

ESSEX 20/20 A YEAR OF SCIENCE AND CREATIVITY

A year long, county wide celebration of Science, Technology, Engineering, Arts and Mathematics (STEAM) in Essex. Many events are being organised by different groups. See www.essexfuture.org.uk/essex-2020 for further details.

FEN EDGE ARCHAEOLOGY GROUP

Meetings are held in various Cambridgeshire Fen Edge locations – see individual entries.

Thursday 4 March ‘Conington: The excavation of a Mercian king’s enclosure’

Richard Mortimer (Oxford Archaeology East, President of FEAG)

Tony Cooper Suite, Cottenham Village College. 7.30

Wednesday 1 April

‘The South Georgia Archaeological project: Exploring Britain's overseas territories’

Marcus Brittain (Cambridge Archaeology Unit)

Landbeach Village Hall. 7.30

Wednesday 13 May

‘Stepping into Britain: Happisburgh and the earliest occupation of northern Europe’

Nick Ashton (British Museum)

Tony Cooper Suite, Cottenham Village College. 7.30

Monday 8 June

‘The old stones’

Andy Burnham (Founder and Editor of the Megalithic Portal web resource. Editor and lead Author of *The Old Stones*, Current Archaeology Book of the Year 2019)

Histon Baptist Church. Joint meeting with HIAG.

Thursday 15 October

Vindolanda, a Roman Fort and Community Constantly in Transition

Andrew Birley (Director of Excavations, Vindolanda Trust)

Tony Cooper Suite, Cottenham Village College. 7.30

See www.feag.co.uk. Any last minute changes will be posted on <https://feagblog.wordpress.com/>

EVENTS IN CAMBRIDGESHIRE: JIGSAW

A useful roundup of local lectures can be found at <https://jigsawcambs.org/news>

Click on “Jigsaw Community” for a list of local groups in Cambridgeshire.

HISTON AND IMPINGTON ARCHAEOLOGY GROUP

Meetings are held at Histon Baptist Church. 7.30.

Monday 17th February.

Bronze Age settlement in East Anglia

Nick Gilmour (Oxford Archaeology East)

Monday 27th April.

Colonising Inlands: Later Prehistoric and Roman North West Cambridge

Chris Evans (Director, Cambridge Archaeological Unit)

Monday 8 June

‘The Old Stones’ Joint meeting with FEAG, see above.

<https://hiarchaeology.wordpress.com/>

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COLCHESTER ARCHAEOLOGICAL GROUP

Meetings are held at Roman Circus House, Colchester 7.30.

Monday 3 February.

Layer Marney Tower past, present, future

Shelia Charrington (Owner of Layer Marney Tower)

Monday 17 February

Reflections on Mucking: A landscape palimpsest

Dr Sam Lucy, BA, PhD, FSA

Monday 2 March

Archaeology of St Martin-in-the-Fields

Alison Telfer, Project Officer MOLA

<http://caguk.net/>

NORFOLK ARCHAEOLOGICAL AND HISTORICAL RESEARCH GROUP

Meetings take place at the UEA (Thomas Paine Lecture Theatre) at 2.30pm.

Saturday 18 April AGM and lecture

Mills of the Norfolk and Suffolk Broads

Alison Yardy (Senior Historic Environment Officer, Norfolk CC)

<http://www.nahrg.org.uk/>

WEST NORFOLK AND KING'S LYNN ARCHAEOLOGICAL SOCIETY

Marriott's Warehouse, South Quay, King's Lynn, 7.30

Tuesday 21 April

New Views from the Head of the River Deben – Mesolithic to Saxon Landscapes along the East Anglia One Cable Route

Andrew Peachey (Archaeological Solutions)

http://wnklas.greyhawk.org.uk/main.php?p=lectures/meeting_programme2019.htm#collapse7

ELY AND DISTRICT ARCHAEOLOGICAL SOCIETY

Meetings take place at 8.00 in Ely Methodist Church

Monday 16 March

Coins in the Late Medieval Countryside: The Rendlesham Project

Dr Richard Kelleher

www.elyarchaeology.org.uk

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FANE ROAD ARCHAEOLOGY GROUP (PETERBOROUGH)

Meetings take place at The Parkway Sports & Social Club, Maskew Avenue, Peterborough, PE1 2AS. 7.00

Monday 2 March

Warboys – an Important Iron Age Settlement.

Steve Graham (Project Officer, Oxford Archaeology East)

<https://peterborougharchaeology.org/>

DIGGING OPPORTUNITY

CAISTOR ROMAN PROJECT

Ongoing excavation of the temple site (last two weeks in August)

Details will be available later in the spring at

<http://www.caistorromanproject.org/excavation/4594661415>

Some other small excavations at Caistor St Edmund (Venta Icenorum) are also planned.

Many other local Groups have opportunities for their members to participate in digs, field walking and post-excavation work. These are usually advertised within the local groups.

GRANTS

CBA East awards individual grants of up to £250 in support of archaeological study. We are keen to support a broad range of activity, and particularly wish to promote education, research, public awareness and participation in archaeology in the region. The criteria are flexible and hence appropriate for individuals or newly formed groups who are seeking funding for training, help with investigation of potential sites, or informal publication of initial work. Applications from young people who live in the region are welcome. Further details at <http://cbae.archaeologyuk.org/grants/>.

COPY FOR THE NEWSLETTER

The next newsletter is due to be published in June 2020. Please send items for inclusion to CBAEast@archaeologyuk.org by the end of May.