

Group 4

NEWS



The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere;
Boughton; Wereham

August 2013

WELCOME

As the magazine is prepared in July, we are in the middle of the longest prolonged heatwave for several years. Even if you don't enjoy the heat, the bright weather makes us feel more cheerful. We are hearing of possible difficulties the heat might cause to the very old, the very young and those who are sick and vulnerable. Please look out for your neighbours and take care yourself when out and about in unusual heat. Water safety in an area like this is always a priority and we have included some advice from the Royal National Lifesaving Society. Enjoy the summer holidays and the chance to be outside. The gardens are suffering, but lawns and most established plants will recover. Take care with fire as dried vegetation catches fire very quickly.

As always, 'Happy Reading'
The Editorial Team
Eileen and Pam

Thanks to all contributors and apologies to any whose work has not been shown in this issue.

We promise to include your articles wherever and whenever possible. Please do keep them coming.

Many thanks to the distributors, we couldn't do without you!!!

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ADVERTISING

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'FROM THE RECTORY'



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PE33 9AP
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Dear All,

On 15th August the Church celebrates the life of the Blessed Virgin Mary, the Mother of Jesus. Very few examples of Christian art survive from the first three centuries, but in the catacombs of Rome there are a handful of images, or icons, of Mary, which have been the subjects of much study. In the Orthodox Church, icon painting is a great tradition. The process is a solemn ritual, every step accompanied by prayer and fasting. The artists are only allowed to innovate within certain limits, and mainly see themselves as making faithful copies of their predecessors' work. Mary is known in Greece as the *Panagia*, which means the all-holy woman. Each of the styles of icon painting shows different aspects of her motherhood, such as an image of her kissing Jesus, or touching him tenderly.

In the Western Church, images of Mary produced over the last couple of hundred years have sometimes been in rather poor taste, but modern artists have produced portraits which are simple and graceful and which seem fully worthy to honour the Mother of Jesus. The feminist movement has led to a re-evaluation of Mary's importance to modern women. Now we are beginning to see Mary herself as an icon: a symbol for all time of the importance of motherhood.

Yours in God's service

Barbara

BENEFICE NEWS

BISHOP OF HUNTINGDON APPOINTED TO DIOCESE OF ST EDMUNDSBURY & IPSWICH

The Bishop of Huntingdon, the Rt Revd Dr David Thomson, has been appointed interim bishop for the Diocese of St Edmundsbury & Ipswich, following the appointment of the Rt Revd Nigel Stock as Bishop at Lambeth. The Archbishop of Canterbury has invited Bishop David to serve in Suffolk until a permanent bishop is selected. Bishop David will take up the role at the beginning of October, and step aside from most of his duties in the Diocese of Ely during the secondment, but will keep up his personal work in public engagement and historical projects and continue to serve as Vice-chair of the National Society. He will remain in office as Bishop of Huntingdon and he and his wife Jean will continue to live in Ely, but will have use of a flat in the Bishop's House at Ipswich, from which David will also work. His office in Ely will remain open to support the work of the Warden of Readers and to facilitate future diary planning. Speaking at the announcement, Bishop David said: "It's a great privilege to be asked to work as a shepherd for Christ's people in the diocese of St Edmundsbury & Ipswich as they wait for a new diocesan bishop. I pray that I will be able to help them to continue to grow in faith, deepen in discipleship, and share richly the good things God has given us with the communities we serve." The Archbishop of Canterbury, the Most Revd and Rt Hon Justin Welby, said: "I am delighted to have commissioned Dr David Thomson, Bishop of Huntingdon, to care for the Diocese of St Edmundsbury & Ipswich during the period until a new diocesan bishop is chosen and arrives. Bishop David combines the gifts of a bishop with long experience as a parish priest and archdeacon."

Bishop Stephen said: "I am delighted and honoured that the Archbishop has invited Bishop David to care for our neighbouring Diocese of St Edmundsbury & Ipswich during its forthcoming vacancy. Bishop David will be a wise and trusted bishop next door as he is among us. We shall miss him; but we know that we shall get him back in a year or so. "He and I will continue to support one another, and David will continue to participate in our senior staff residential meetings. As he enters the lively story of life and mission in Suffolk, he will still be part of our story under God, too. David will continue to be the Bishop of Huntingdon and I understand that Bishop Nigel will make me an assistant bishop in Edmundsbury & Ipswich, so that David and I can actively help one another."

One-liners!

My husband and I divorced over religious differences. He thought he was God and I didn't.

I don't suffer from insanity; I enjoy every damn minute of it.

Some people are alive only because it's illegal to kill them.

I used to have a handle on life, but it broke.

Don't take life too seriously; No one gets out alive.

Shouldham Flower Festival

Saturday, 24 to Monday 26 August over the Bank Holiday period,

10.00am - 5pm each day.

On Sunday, 27th, a **Songs of Praise** service will be held at 7pm.

This year's theme is:-

"With these hands"....

All the usual refreshments, bric-a-brac stall and raffle will be available. New flower arrangers are especially welcome, as are helpers (in any capacity) who can spare a couple of hours across the event. Please contact Ann Hullah on 347814 or annhullah@btinternet.com if you wish to help.

GIFT AID

All donations made in a gift aid envelope are currently being treated the same as before. However at the start of the current tax year 6th April 2013, HMRC are allowing gift aid to be claimed on any loose cash collected in the church plate during services etc.

There is a £5000 limit per church per tax year so as long as the cash is shown separately on any banking sheets from that of the donations in envelopes (and needs to be a £20 note or under) the revenue will allow me to claim the gift aid element.

If you would like further information the "Parish Resources" website is very helpful on this subject and is updated regularly.

BOUGHTON

AN EVENING'S PASTORALE BY FINCHAM CHORUS

SATURDAY 21ST SEPTEMBER

7.30 P.M BOUGHTON CHURCH

£5.00 per person

CHEESE & WINE REFRESHMENTS (INCL. IN TICKET)

TICKETS LIMITED SO PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT!

ENQUIRIES – SANDY REID 01366 500743

WATER SAFETY

There have been several tragic accidents in recent days. This advice is slightly adapted from the Royal Life Saving Society UK's website.

Rivers are natural channels of water normally flowing towards the sea or other bodies of water such as lakes or reservoirs. Tributaries, which are supply channels to rivers, are smaller flows of water created from rainfall, surface run-off and ground water. There are a number of names given to tributary water flow including streams, brooks and creeks. Rivers can provide great fun, proving a relaxing environment and places to swim. However, some rivers can be very dangerous due to the force of water, eddies and undercurrents that are created by obstacles, uneven banks and river beds and cold water. Flat or Still water is defined here as water that has minimal movement, except for locally induced wind currents. Examples include lakes, lochs, ponds, quarry pool and reservoirs. Flat water found in lakes and lochs is the safest open water natural environment. However, water is by its very nature hazardous and care must always be taken when being near water margins.

Lakes and Lochs can vary considerably in size, but they are commonly large expanses of deep, cold water, formed when natural basins fill with water flowing from rivers and streams or from the water table.

Controlled recreational activity is permitted in many lakes, lochs and reservoirs, particularly fishing and boating. Swimming in these water bodies can present risks and should only take place where adequate safety management and supervision is in place.

The conditions at open water sites change constantly:

Always look for warning and guidance signs.

Check the tidal activity when at the coast.

Take guidance from Lifeguards about the safest areas to enter the water where adequate safety management and supervision is in place.

Safety consideration should be given to:

Slips, trips and falls, deep and cold water, fast flowing water

Underwater objects, such as rubbish and debris

High banks where getting out will be difficult, unstable banks that can collapse, either creating a fall into the water or collision onto people underneath

Collision with other water users

Water quality; Toxic algal blooms; Industrial/agricultural pollution

Underwater hazards creating entrapment, such as weed growth

Recirculating currents at the foot of weirs

Unstable river bed creating trips and falls

Stay safe:

Let someone know where you are going

Take notice of warning signs

Stay clear of bank edges and do not enter fast flowing water

When crossing slow moving rivers/streams be careful of uneven river bed

If in trouble try not to panic and go with the flow of the river and swim towards and exit point

If someone is in difficulty in the water shout reassurance to them and shout for help and ensure the emergency services are on their way (call 999 or 112). Without endangering yourself see if you can reach out to them, extend your reach with a stick, pole, item of clothing, lie down or stay secure. Alternatively throw something buoyant to them such as a ring buoy, part filled plastic container, ball or anything that will float. Keep your eye on them all the time and shout reassurance urging them to propel themselves to safety

Remember to slip on a t-shirt, slop on sun cream and slap on a hat and try to avoid being exposed to the sun during the hottest part of the day

Swimming, Paddling and Playing

Only enter the water in areas with adequate supervision and rescue cover (indicated by the red and yellow flags)

Swim parallel with the shore (not away from it)

Avoid drifting in the currents

Get out of the water as soon as you start to feel cold

Never enter the water after consuming alcohol

DO NOT IGNORE WARNING SIGNS!

Children

Always keep children under close supervision

Ensure that children's buoyancy aids fit and are worn correctly

Go Together

Always take someone with you when you go into or near water. If something goes wrong they will be able to get help

At Grange Farm Whittington

Games, River Rides, Stalls, Duck Race, Raffle,
Horse Drawn Carriage and Afternoon Tea

Come along for Fun & Frolics

on Sunday 11th August 2013 from 2 – 5pm



In aid of Christ Church Whittington

COUNTRYSIDE NOTES

This year there seems to have been an exceptional number of bumblebees. They go under the scientific name of Endopterygotes Hymenoptera Bombus. Endopterygotes means they are insects that undergo a complete metamorphosis beginning life as eggs, then turning into larvae before developing into pupae. There are 24 different British species but identification is not always easy because of regional variations in colour and markings.

We all know that honey comes from bees, but these are honey bees and bumblebees behave somewhat differently to them. They are larger and more colourful, some have broad yellow stripes and they quite furry. Only a few mated females survive each winter and they are one of our first insects to become active in spring. In March as soon as the sun has got any warmth to it the 'queens' will be gathering nectar from early flowers and searching for a suitable place to nest. This is often underground, sometimes in an old mouse or vole hole, or maybe in the base of some tall grasses, a sunny bank being the favoured location. There she will build a nest of grass and moss with wax cells inside where she will lay her eggs. These hatch into larvae that feed on the nectar and pollen she collects. After changing into pupae her first offspring are small and develop to become 'workers'. The queen continues to lay eggs. Later hatched broods, because of better quality and quantity of food being available and assistance from the workers, are more developed and become males (drones) and females. The drones die after having mated with the females leaving them to search for a place to hibernate for the winter ready to emerge as new queens the following spring. Six of the 24 species are cuckoo bumblebees which do not have a queen, instead the female, like her namesake, will hijack a true bumblebee nest, displace the queen and leave her hosts to do all the work in raising the next generation.

While honeybees live in huge colonies of up to 50,000 a bumblebee family will only comprise of between 20 and 200 members. The quantity of honey they produce is insignificant compared with that of their cousins. From March onwards bumblebees play an important role in pollinating flowers and those of fruit trees and vegetable fruits such as tomatoes, cucumbers and beans. Scientists have estimated that 80% of our crops depend on pollination by bumblebees. Pollen they have gathered from visiting different flowers is visible in sacs attached to their hind legs.

Even though bumblebees are one of the first insects to be about in spring they are also one of the last to be active in autumn. Ivy is one of our latest flowering plants and until the end of October bumblebees will be attracted to them. Although, like their smaller and more crotchety cousins the honeybees and wasps, they can sting it is extremely rare for them to do so.

Bumblebee survival is precarious and perhaps their biggest threat now comes from the increase in badger numbers for they dig out the nests to get at the honey and larvae.

Jill Mason

MY GRANDMOTHER DREADED THURSDAY NIGHTS

When I was 8 and 9 years old, I lived with my Grandparents; their house backed onto a churchyard, in which, unsurprisingly, there was a church. Not the church we went to, which was a strict Presbyterian (Granny's father was a Presbyterian Minister, from Galashiels). No, the church so close to the back garden was a Church of England Church and had bells in the tower. On Thursday nights at 7.30 on the dot they would start to ring. (We didn't hear them on a Sunday morning or evening; presumably the ringing happened while we were at church.) No one told me that there were people doing this, I thought the bells were doing it on their own and had some nightmarish vision of huge metal objects clanging and banging away without any human intervention. So the back bedroom was the last place I wanted to be. My grandparents' quiet evening listening to the radio in the front room was invariably disturbed by a small girl close to hysteria.

Move on another six or seven years and you find me in a different location; at school at break one day a friend was looking at a small blue book, which had lots of squiggly coloured lines in it. 'What's that?' I asked 'Kent' said Gill. That's one of those answers which brings conversation to a close, since it was clearly not a map of the county, but she relented and said 'It's bellringing; would you like to come and watch?' So I went, on my bike, as we all did then, to the next village and watched an evening's ringing, about which I remember absolutely nothing. Gill's mother was a ringer, so she had grown up with it, much as my children did. Reunited with my family by now, we attended a CofE church, where the ringers rang on a balcony at the west end, but I don't remember taking any interest in this. Then, for some reason, I took it up, ending up one evening a week on the end of a rope, with a little old man teaching me. I was a very slow learner, there were four or five others from the same school learning at the same time, but they were much quicker than me at mastering the basic bell-handling. I am mystified, fifty-five years on, as to why I continued to do something that came close to terrifying me and that I was demonstrably the worst at. However, out of all of that batch of learners I am the only one who has done any significant ringing for the last 40 years.

Anne Carpenter

Why not do as Anne did and come along to see what it's all about? We are currently teaching new recruits in the area. Contact Pam Wakeling for details or see page 23.

GARDENING TIPS

It was such a beautiful, typically English country summer morning scene here in the region of the Great Ouse today (now 11.00 am). An almost luminous wispy mist draped from the trees with the sun just starting to break it up. A sure sign of a beautiful day to come. A day to laze in the garden and admire the fruits of one's labours (providing you have carried out the necessary early morning tasks)!

August – the real start of the main summer harvest which will now continue until the vegetable gardens are once again clear of the year's produce, ready to be dug over once again and planted up with next seasons early brassica crops – spring cabbage, early and late crops of purple sprouting, white sprouting and, what were always known in the old days, as May queen cauliflowers.

The main quantity of soft fruit, other than some of the late fruiting raspberries, have now finished and it is time to prune the bushes. If you can, it is advisable to take out about one third of the old fruited wood, thus opening up the bushes for the new growth that will come next year. Pruning complete, give the bushes a generous quantity of water and mulch if you have, or can obtain, the necessary materials – your own compost, well rotted farmyard manure even small bark chippings, all to keep the moisture that you have just applied in the ground and avoid it being evaporated away. If the current warm, dry weather continues it may be advisable, dependant upon where you live, to water the later fruiting raspberry canes, firstly to help the fruit crop to swell into well formed berries and secondly to encourage the new growth that will come on fast given the right conditions once the old canes have been pruned out.

Deadheading your flower plants will encourage further flowering, that is, if you have already had flowers! Many of the bedding plants that I set out early in June to produce the summer display have still not produced any blooms at all and I'm beginning to wonder if they ever will! My sandy garden soil is so dry, even with the addition of plenty of moisture retention material in the ground. The plants have just not 'got away' despite much more watering than is normally the case. The geraniums I bought as plugs and brought-on myself are the worst affected, probably due to the abnormally cold seasonal conditions early this year. The strange thing is that the perennials, which one would have thought to be the worst affected, seem to have got over it very quickly, and in some cases even seem to have benefited. The good news is that there are certainly fewer aphids about but the bad news is that there are far fewer bees to pollinate the flowers and other crops. The latter means you may need to apply a very light water spray to the runner bean flowers to achieve a set. However, talking to

people at the Downham Market Summer Show last Saturday seemed to suggest that the number of bees about in various areas differed greatly so perhaps you may be one of the lucky ones and at least have a few of these wonderful creatures in your garden. I seem to have quite a few wild bees but the bumbles are in very short supply! Hopefully you are, by now, picking your own tomatoes. A little movement of the stake to which the tomato plant is secured will normally shake the flowers adequately to pollinate any remaining, alternatively a light spray with clean water over the flowers as for the runner beans.

Wallflower and winter pansy seed, if sown last month in seed trays, will now be ready for pricking out. In the case of wallflowers I suggest forty to a standard seed tray but with winter pansy seedlings I always prick these out into individual small 2¹/₂ or 3 inch (6 or 7 cm) pots. To move pansy plants twice before they develop a good root structure can cause them to be retarded. They will establish well in their pots and be ready to plant out in October. You need to keep an eye out for aphids – they seem to love getting into the centre of a developing pansy plant. The wallflowers on the other hand will need to be potted -on into 5 or 6 inch (12 or 14.5 cm) pots to allow them to mature with good root growth before they are planted out in their flowering positions towards the end of October. If you have sown the latter into the garden they will probably need a little longer before they can be planted out into their nursery bed.

This time of the year provides a good opportunity to study the structure of your garden and note where any alterations need to be made when the opportunity occurs later in the year. *Roy Coughtrey*

ANSWERS to quiz on page 71	11. Bark	22. Fuchsia
1. Busy Lizzie	12. California Redwood	23. They are poisonous
2. Transplant seedlings and small plants	13. Deciduous	24. Snapdragon
3. Venus Flytrap	14. Xylem	25. Lotus
4. Tomato	15. In the pollen grain	26. Belladonna
5. Mushroom	16. Rice	27. Perennial (deciduous)
6. Pistil	17. Wheat	28. Nectar
7. Orange	18. Ovary	29. Number of rings
8. Staple winter food for Reindeer	19. Seed	
9. Roses	20. Topiary	
10. Shamrock	21. Mountain Ash	

DIARY DATES

1. **September 3rd** Tuesday Beachamwell Book Group 7- 9pm
Leah Spencer 01366 328536
2. **September 4th** Wednesday Beachamwell Wednesday Walkers 10.30 BMH
Sue Pennell 01366 328452
3. **September 5th** Thursday Beachamwell WI 7.30 Memorila Hall
Jenny Gabrielsen 01366 328297
4. **September 11th** Wednesday Fincham Coffee Morning
May Pinches 01366 347228
5. **September 11th** Wednesday Beachamwell Scrabble
Sonia Williams 01366 328774
6. **September 13th** Friday Harvest Supper Fincham
Babs Porter 01760 444116
7. **September 18th Wednesday** Beachamwell Afternoon Tea, BM Hall 2 - 4pm
Sonia Williams 01366 328774
8. **September 20th** Friday Barton Bendish Ordinary Parish Council Meeting 7pm
Ian Berchem 01366 347759
9. **September 26th** Thursday Beachamwell Craft Group 2 - 4.30
Leah Spencer 01366 328536
10. **September 28th & 29th** Saturday & Sunday Barton Bendish Art & Craft Weekend
Mhari Blanchfield 01366 347849 & Linda Webster 01366 347563
11. **October 5th** Saturday Group Harvest Supper Boughton All Saints' Community Centre
Pam Wakeling 01366 500429 & Sandy Reid 01366 500743
12. **October 11th** Friday Wereham Quiz 7.30
John Eastgate 01366 500766
13. **October 27th Sunday - November 2nd Saturday** Boughton 5th Annual Scarecrow Festival. Peter Agate 01366 500044 Kevin Fisher 01366 500224
14. **November 15th Friday** Beachamwell 'The Western Isles' Presentation by David Mason 7.30
Sonia Williams 01366 328774
15. **November 21st & 22nd** Thursday & Friday Barton Bendish Christmas Wreath Workshops
Mhari Blanchfield 01366 347849 & Linda Webster 01366 347563
16. **December 1st** Sunday Beachamwell WI Christmas Fayre TBA BMHall
Jenny Gabrielsen 01366 328297

RECIPE OF THE MONTH

Rhubarb and Strawberry Crumble

6 sticks of rhubarb - chopped and cooked (sweetened to own taste and do not cook to a mush)

Dozen or so strawberries cut in half

Place both fruits together into a shallow baking dish (about 10") omitting the rhubarb juice.

Crumble mix:-

6 oz SR Flour

3 oz Butter/marg

2 tablespoons sugar

2 tablespoons porridge oats

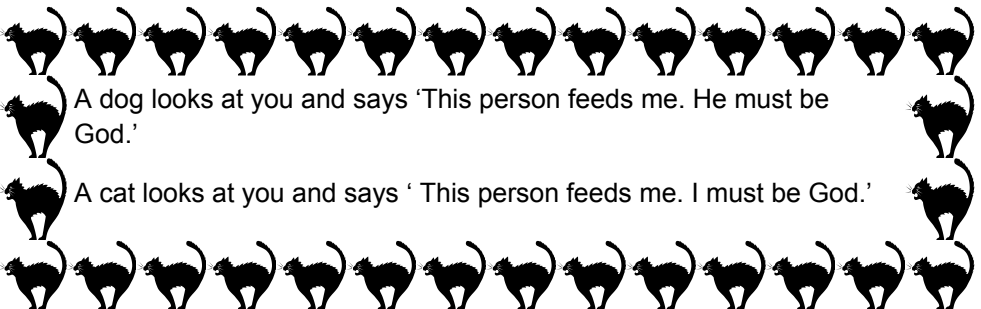
Rub together the flour and butter and then add the sugar and oats - combine well and spoon over the fruit.

Bake for about 1/2 hour. (The retained juice can be used to pour over if added moisture is desired)

Nice with ice cream/cream/custard /creme fraiche.

ENJOY!

Angela Packer



Beachamwell Book Group

Tuesday August 6th

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed at this meeting

'The Handbags and Wellies Yoga Club'
Lucy Edge

£2.00 + Bring & Buy Bookstall

All welcome

Enquiries:

Leah Spencer 01366 328536

Beachamwell Wednesday Walkers

Wednesday August 7th

Meet at 10.30am outside
Beachamwell Memorial Hall
then by car to Drymere

Walk will be approximately
2 hours

Dogs to be walked on a lead

Enquiries:

Sue Pennell 01366 328452

Beachamwell

Scrabble

**Wednesday
August 14th
2 - 4pm**

Orchard House,
Beachamwell

Enquiries:

Sonia Williams
01366 328774

Beachamwell Horticultural & Craft Show

Sunday August 18th

Take items for the show to the
Memorial Hall
between 8.30 and 10am

Doors will be open to the Public at
2pm for viewing and prize giving

For extra schedules and enquiries

Please contact
Carole Wilson
01366 328628

Beachamwell 'Afternoon Tea and a Chat'

**Wednesday
August 21st
2 - 4pm**

**Beachamwell
Memorial Hall**

Enquiries
Graham & Sonia Williams
01366 328774

Beachamwell Craft Group

**Thursday August 29th
2 – 4.30pm**

Beachamwell Memorial Hall

Bring along something you are
Already working on or start a new
hobby in a friendly group of like
minded people.

£1.00 + Bring & Buy
All welcome.

Enquiries:
Leah Spencer 01366 328536

Beachamwell Wine and Canapés Evening Friday August 30th

7.30 onwards

Park House

Tickets £10.00

**Available from St Mary's PCC
Members**

In aid of St Mary's Church, Beachamwell

Enquiries
Gill Sanderson 01366 328818

Nar Valley Ornithological Society (NarVOS)

**Tuesday 27th August 2013
7.30pm
'Arizona'**

Illustrated talk by Neil Coe

Neil Coe is a NarVOS member who lives
locally. Neil loves his overseas birding
trips and he always takes his camera. So,
Neil should give us a fascinating insight
into the birds of Arizona and he will have,
very probably, a surprise or two in store
for us.

Barn Theatre, Sacred Heart Convent
School, Swaffham

Access and parking from Sporle Road.
Visitors most welcome.

Admission £2 on the night if you are not a
NarVOS member.

For more information about this
meeting or NarVOS call Ian Black on
01760 724092

BRECKLAND COUNCIL NOTICES

Calling all Breckland artists!



Breckland Council is calling on local artists to get in touch to take part in the 2013 Breckland Art Trail. Following the success of the 2012 Trail Breckland Communities Officer, Sam Dawson, has started work on the 2013 event contacting public spaces throughout the district and arranging for them to display the work of local artists; these spaces could be shops, businesses or public buildings. Last year saw a fantastic range of exhibits on show from over 70 local artists including paintings, prints, photographs, ceramics, textiles and sculpture; organisers are hoping for a similar range this year.

Breckland-based artists have until 23 September to get in touch with Sam to find out more and to register to take part. Although Breckland will publicise the event by producing and distributing a brochure featuring all participating artists, the onus is on participating artists to promote the Trail and their work.

Breckland Council can help you promote your community events.

If you've been on the Breckland Council website, you may have noticed that local events are listed on the home page. Breckland is happy to promote community events on their website free of charge. Events must be happening within the district and be open to everyone. We promote a huge range of events - village fetes, local concerts, flower shows, talks, walks, exhibitions, historical events and more. So, if you're organising a community event and would like us to promote this on the Council website, please email the details to communications@breckland.gov.uk. We need the name, date, time and venue of the event, plus a brief description and a phone number or email address that people can contact if they want more information. Please title your email 'Community event for Breckland website'.

Breckland Council Communications Team: 01362 656813

Garden Waste Bins 2013

Now that the warmer weather is here at last, many residents have been turning their attentions to their gardens, and the brown bins are coming into use again.

Did you know that residents recycled an amazing 7,801 tonnes of garden waste last year? This diverted it from land fill, produced masses of natural compost and helped to keep your Council Tax levels down. Thanks to everyone for doing your bit!

Here are a few points to remember about using your brown bin.

- No bagged waste
- No pet waste or bedding
- No ash
- No large tree pieces or fencing and wood
- No flower pots or rubble
- Please do not overfill, it can damage the bin or the lifting mechanism
- Remember to have your bin out by 6.30am

If you don't have a brown bin for garden waste, but would like to subscribe to the scheme, please call Breckland Council on 01362 656878 or visit our website at www.breckland.gov.uk. The cost for 26 collections per year is currently £40.

There is a similar scheme in 'West Norfolk. Contact the council offices in King's Lynn.

Have your say in Breckland ward boundary changes

The boundaries for some or all Breckland Council wards will change in 2015. The Boundary Commission for England has accepted Breckland Council's recommendation, submitted earlier this year, that the number of wards in the district be reduced from 54 to 50. This will mean that some or all of the present district council ward boundaries will have to be redrawn. Parish Council boundaries will not be affected.

Any Breckland resident who wants to put their views forward about where the new Breckland district ward boundaries should be can visit the Boundary Commission website, www.lgb.org.uk, to take part in their consultation. Residents have until 23 September 2013 to submit their views.

A Select Art Exhibition

An exciting new Art Exhibition and Art Sale will be taking place on **Saturday 24th -31st August** in the **Bedingfeld Chapel, next to Oxborough Church, Oxborough, from 1030-5pm.**



Exhibits will be on display by local village artist Colin Mason of original oil and acrylic paintings, prints and cards.

A special selection of art work will also be on sale at reduced prices. Also exhibiting is contemporary artist Kevin Turton, showing his unique style of texture and deep glazes enhancing the illusion of moving through the landscape.

Various other works of art and sculptures will be on exhibition and available to purchase.

Entrance to the exhibition is free, but a donation towards the Church placed in the donation box will be greatly appreciated.

A preview of the exhibition will be taking place on Friday 23rd August from 7pm-9pm in the Bedingfeld Chapel. **Entrance will be by ticket only at £3.00 each.** If you would like to purchase a ticket for the preview evening, please email: enquiries@colinmasonfineart.com or call 01366 328874.

SPECIAL EVENT PLANNED?

NEW Range Cooker
NEW Larder Fridge
Music System....



All available when you hire

WEREHAM VILLAGE HALL!



Contact Doreen
on 500218 for
Bookings

Wereham Car Boot

WEREHAM PLAYING FIELD
STARTING FROM SUNDAY 26TH MAY
FROM 9.00 AM - 12.00 PM



Last Sunday Every Month
May - Sept
£5 Per Pitch



**Refreshments &
Bacon Rolls Available**



Enquiries: Victoria 01366 501277 or Helen 500174
All proceeds go to Village Hall

Coffee Morning Boughton Church



Monday 19th August

The event is in joint aid of
Wereham Village Hall &
Boughton Church, which both
are in much need of funds.

Tea, coffee & homemade cakes
will be available from 9.30- 11.30
am + a raffle on the day.

**Please come & support us & help
make it a fun morning !**

Wretton Car Treasure Hunt

Sunday 18th August 2013

Departing Village Green
Between 10am and 12noon

Cars (with as many passengers as
will fit!) cost £5 per vehicle

The Hunt is in aid of All Saints Church

Refreshments for the journey will be
available to purchase at the
departure point

It is a scavenger hunt around villages in
West Norfolk (not a long distance) and is a
chance to discover some local gems

Enquiries Lydia Beatty 01366 501168

Wereham Weekly Cash



**COME ALONG AND SUPPORT
OUR NEW ORGANISER ROGER**

**Wereham Village Hall
Wednesdays**

Doors open 7.00 pm

Eyes down 7.30 pm

Starting from Wednesday 3rd April



Enquiries: Roger Collins 01366 500088
All proceeds go to Village Hall

Wereham

Pop-Up Café



**1st Tuesday
every month**

10.30 to 12.00

Fresh coffee/tea, home-made
cakes, sit and read papers or
have a natter....

Just £1.00.



All proceeds go to Village Hall.



DONATE BLOOD BEFORE YOU GO GO

Blood and Transplant

In the summer months, as many of us head off abroad in search of sun, sea and sangria, NHS Blood and Transplant would like to remind people in (INSERT AREA) about the importance of taking time to donate blood before you go away. Hospitals in England and North Wales need around 7,000 units of blood every day to treat patients with a range of health issues, so the need for blood is constant. So please donate now, before you pack your suitcase and jet off to sunnier climes. This is especially important for those donors who are O Rh negative (O-) and B Rh negative (B-), as these blood groups are most vulnerable. Donated blood is used not only in accident and emergency situations, but also for patients undergoing surgery and receiving treatment for cancer and blood diseases, such as leukaemia. Blood stocks can dip in the summer and with red blood cells only having a shelf life of 35 days and platelets a shelf life of seven days, it is important that NHS Blood and Transplant maintains vital blood stocks by collecting enough blood to meet patient needs. Derek Carr, Lead Donor Relations Manager for NHSBT, said: "Summer is the time of year that everyone looks forward to. The longer days, warmer weather and the plethora of outdoor events puts everyone in a good mood. But with some people jetting off to exotic countries, we like to encourage eligible donors to donate before their holiday, rather than afterwards, to ensure that the blood stocks are kept healthy." Anyone aged between 17 - 65, weighing more than 50 kg (7 stone 12lbs) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for donors who have donated in the last two years. To book an appointment call the Donor Line on 0300 123 23 23 or visit www.blood.co.uk

For more information or to book an appointment visit www.blood.co.uk or contact 0300 123 23 23.

Advice on drug safety and disposal

Providing prescriptions for repeat medications forms a large part of the work undertaken at doctors' practices. Safety is a priority when prescribing. Regular reviews of repeat medication are carried out and it is sometimes necessary to ask patients to see a doctor or nurse for review. There are several ways to request your prescription. Tick the relevant boxes on your last prescription and: post it or drop it into the repeat prescription box at the surgery.

Unused Drugs: The NHS is throwing away an estimated 1,500 tonnes of unused medicines every year – at a cost to the taxpayer of £370m. Sadly, unused medication cannot be re-used or sent to third world countries it has to be destroyed. Wasted medicine is everyone's responsibility and there are small changes you can make to help reduce the amount of medicine being wasted. These savings could be reinvested into more front line care and services for the benefit of all. Please check your medication regularly and do not just order it because it is on your repeat prescription.

Only order the medicines that you need Please let your GP know if you've stopped taking any of your medicines or are suffering any side effects.

- Check what medicines you still have at home before re-ordering
- Discuss your medication with your GP on a regular basis
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need (we can usually supply medication within 48 hours if required, so you do not need to stockpile)
- If you don't need the medicine please don't order it! If you need the medicine in the future you can still request it.
- If you need to go into hospital, please remember to take all your medicines with you in a clearly marked bag.
- Please also remember that your medicines are prescribed only for you; it's not safe to share them with anyone else.

Remember that unused medicines cannot be recycled Even if you never open them, once medicines have left the Dispensary, they cannot be recycled or used by anyone else. Please bring your unused medicines to the Dispensary for safe disposal. NEVER dispose of your unused or unwanted medicines down the toilet

Unused medicines are a safety risk Return out of date medicines to the dispensary for safe disposal. If your medicines change - return your old medicines to the pharmacy for safe disposal to avoid mixing them up with your new medicines. Don't stockpile medication - it is a safety risk for children and others who might take them. Store medicines in an appropriate place out of reach of children

For further information please contact your local surgeries.

Missing my Glasses

If only I could find them I'd see them straight away,
Oh, how I wish my glasses would never ever stray,
I leave them on the table, they turn up on the chair,
I place them on the sideboard, and find them on the stair.

It's very plain my glasses sneak off each time I doze,
they're off, and on the razzle, instead of on my nose.
So please come back, dear glasses, no more we'll every part,
For on a chain I'll wear you, for ever near my heart.

Submitted by Babs Porter

Swaffham Free Festival



it's a Music Festival, it's Free...and it's in Swaffham!

Saturday August 24th

2pm until 8pm

Campingland
bands include

Novinka! Folskaband

Blarney Rovers

And many more



Sunday August 25th

2pm until 8pm

Market Place
bands include

Midnight Circus

Hey Rudi

And many more

Swaffham Free Festival organised by Root Music & Iceni Partnership (Charity No.1101814)

Saturday October 5th

Group Harvest Supper

This year hosted by Boughton.

We hope to hold it in the All Saints' Centre, so tickets will be at a premium! For further details see next month's magazine or contact Pam Wakeling (01366 500429) or Sandy Reid ()1366 500 743) If you've enjoyed Breakfast Church, come along to the Harvest Supper.

Book the date now!

Coffee Mornings

Fincham coffee morning in aid of St Martin's Church
Wednesday August 14th 10 am-12 noon

Boughton Coffee morning in aid of the All Saints' Centre

Saturday August 3rd and
Saturday September 8th

In the church in aid of the All Saints' Centre
10 am-12 noon

Learn bellringing

If you've read Anne's article on page 9 or seen some of the leaflets we've been putting out, why not come along to one of the local towers (Fincham and Shouldham) and see what it's all about? We have several new recruits who seem to be enjoying themselves, so you wouldn't be alone. It's not about brawn, but skill and technique, which can be taught. 'Finesse and elegance' is the phrase used by one of the ringing masters. It is musical and mathematical and mentally stimulating. The ringers come from all walks of life and have a variety of interests and levels of skill. Contact Pam (500429) Stewart (347672) or Brian (347814)

Fincham and District WI

The next meeting will be on
Wednesday August 14th at 7.30 pm
in the Memorial Hall, Fincham

There will be a cookery
demonstration.

Everyone welcome

It's a friendly, welcoming group of people not only from Fincham but from surrounding villages. Come along and meet us.

Contact Sue Westwood 347305

ST MARTIN AT SHOULDHAM SCHOOL

New National Curriculum

Parents will be aware that there has been a great deal of talk about the National Curriculum. The staff team have been working on a review of curriculum topics in light of the new class being created for September 2013. Over the summer the staff will be looking at the new curriculum requirements and proposing a way of addressing these, in the light of our school's and local needs. This will provide a good opportunity for the school to ensure that our pupils are prepared for High School and as young citizens of the wider world.

Academy Conversion Proposals

The Governing Body are still discussing converting to an Academy and will be meeting the Director of the Diocese of Ely Academy Trust to further their discussions this week. We are proposing to have more definite news for you in the new academic year.

And finally.....

A big thank you to everyone who has supported the school, the pupils, the Governing Body, the staff and Friends of the School over the past academic year. As usual we have had a very busy year and the school has gone from strength to strength, with your continued support and positive feedback. As well as the school achieving the "Outstanding" Ofsted grading, the Governing Body also achieved an award from Norfolk County Council for their Outstanding contribution to Governance this year. Our Key Stage 2 SATs results were back today and we are delighted that pupils achieved very highly once again. Congratulations to all concerned.

Maths (out of 17 pupils)

94% of pupils achieved level 4 and above (Nationally 80%, 2012)

61% of pupils achieved level 5 (Nationally 35%, 2012)

6% of pupils achieved level 6 (Nationally no figures for level 6)

English Reading (out of 17 pupils)

95% of pupils achieved level 4 and above (Nationally 81%, 2012)

67% of pupils achieved level 5 and above (Nationally 34%, 2012)

English Spelling & Grammar (out of 17 pupils)

94% of pupils achieved level 4 and above (No National comparisons for 2012)

50% of pupils achieved level 5 (No National comparisons for 2012)

Figures may not total 100% because of rounding.

This was the first year that this English Spelling and Grammar test has been set nationally. We are delighted that our pupils have done so well in it particularly, and in all SATs tests. A huge thank you to the staff, pupils and parents for all your dedicated hard work.

I'm not a complete idiot -- Some parts are just missing.
Out of my mind. Back in five minutes.

God must love stupid people; He made so many.
The gene pool could use a little chlorine.

Consciousness: That annoying time between naps.
Ever stop to think, and forget to start again?

Being 'over the hill' is much better than being under it!
Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.
Procrastinate Now!

A hangover is the wrath of grapes.

Songs of Praise Grange Farm Whittington Hill

(Dogs/ponies etc on leads, cats and others in secure cages or bowls please)



Refreshments after the service – for those standing on two legs only
although water available for our other friends



6pm 25th August



Festival Fun Day for all the Family

Festival on the Farm, Saturday 10 August, is a fun day out for all the family with activities for everyone. Come and say hello to the Gruffalo, pull up a cushion in the storytelling tent and listen to stories from children's authors Joyce Dunbar, Kevin Price and Sheridan Winn. Take part in the drumming, 'kiddy cook' and 'gruffalo' craft workshops. Have a go at the cycle track, archery and climbing wall. Get gardening and bee keeping advice. There's bunting aplenty, excellent live music and of course a fantastic array of food and drink from local exhibitors! For more information, contact Sarah Simpson on 01362 65687, email community@breckland.gov.uk or look on the Festival website www.festivalonthefarm.com. (At the time of printing, no further information was available.)

FROM THE NORTHERN HALF OF THE BENEFICE

All Saints' Church, Shouldham

Autumn Quiz - Now in its 16th consecutive year! - Saturday, 9 November, **7 pm** start, in the Village Hall. Tables of up to 6 persons, £3.50 per person. Please bring your own refreshments. Profits to All Saints' church funds. To book a table, contact Ann Hullah, 01366 347 814 or annhullah@btinternet.com

St Martin's Fincham

Harvest Supper at the Fincham Memorial Hall on Friday 13th September, at 7-7.30. it will be a Hot Supper & Desserts @ £6.50 per person. Tickets are now ready to be sold. Please contact Babs Porter (01760 444116 & May Pinches (01366 347228, Please try to obtain these in advance, and not at the last minute, so that we can purchase enough food for this event. *Babs Porter*

Christmas Flower Demonstration on Wednesday 27th November time to be arranged, including a meal and desert Price per person £10. We do hope that you will be able to come as the last one was a great success and was fully booked very quickly. Proceeds will to the St Martin's Church Funds.

Wendy Bell

History Society

As usual there was a good turnout for the History meeting. Local eel man, Pete Carter, gave an entertaining talk entitled "Eels, Punts and Willow – A Life on the Fens." His family of eel catchers goes back to 1470 and it was obvious that he is more than willing to carry on the tradition. The slides added to the understanding of his work and his talk, full of humorous anecdotes, was informative and compelling. Quite a character!

Sue Westwood

Fincham and District Women's Institute

Twenty two members and one guest met in the Memorial Hall for the June meeting. The meeting began with the singing of "Jerusalem," after several members wondered why we did not sing the traditional WI hymn. Hopefully, it will now become a regular feature.

Highlights from the National AGM Report were read out. The resolution, calling for action to save our High Streets, was passed – 5,266 to 758. This means that the resolution now becomes an official WI campaign with members encouraged to publicise their concerns and take action to support the cause.

Speaker for the evening was Ann Croucher, member of the King Goddesses belly-dancing group. She gave a brief history of the art form and, together with two of her students and a variety of sashes, fans and veils, demonstrated different forms of exotic dancing. She said that traditional Egyptian belly dancers did not actually show their belly buttons as this was classed as vulgar. Members were glad of this as at the end of the demonstration they were invited to join in the dancing. Almost everyone took part, donning colourful sashes, arms, legs and hips swaying to the rhythm of the music. A comical sight, but everyone thoroughly enjoyed letting their hair down for a change! Mrs J Fuller gave the Vote of Thanks.

Birthday posies were presented to M Riches and J Palgrave-Brown.

The table flowers were given to the raffle and won by J Tidy. The other raffle, provided by M Riches, was won by P Wood.

The competition, "A Favourite Ring," was won by C Hammond, 2nd – S Batterham, 3rd – R McClean, 4th- S Amies, J Tidy, A Bloy, J Palgrave Brown and L Catchpole.

Refreshments were provided and served by P Wood, C Hammond and J Lynskey.

Group4 News

1st August 1740	'Rule Britannia' sung for the first time in public, in Thomas Arne's 'Masque Alfred'
3rd August 1926	Britain's first set of electric traffic lights appear on the streets of London
4th August 1914	Britain declares war on Germany.
5th August 1962	Nelson Mandela imprisoned for attempting to overthrow South Africa's apartheid rule.
6th August 1881	Birth of Sir Alexander Fleming, Scottish discoverer of penicillin
7th August 1840	Britain bans the employment of climbing boys as chimney sweeps
8th August 1963	Britain's Great Train Robbery
9th August 1757	birth of Thomas Telford, Scottish civil engineer
10th August 1675 in Greenwich	King Charles II lays the foundation stone for the Royal Observatory
14th August 1945	Japan surrenders to the Allies, ending the Second World War
16th August 1977	Death of Elvis Presley
17th August 1896	Mrs Bridget Driscoll of Croydon, Surrey, became the first pedestrian in Britain to die after being hit by a car.
19th August 1646	Birth of John Flamsteed, Britain's first Astronomer Royal
20th August 1940	Winston Churchill, referring to the RAF pilots, says 'Never in the field of human conflict was so much owed by so many to so few.'
23rd August 1940	The first night of the Blitz as German planes bomb the city of London.
24th August 1875	Matthew Webb started his attempt to become the first person to swim the English Channel, finishing in Calais the following morning.
27th August 1900	Britain's first long distance bus service begins between London and Leeds. The journey time was two days.
28th August 1207	Liverpool is created a Borough by King John.
29th August 1897	Chop Suey is invented in New York as a dish to appeal to both Americans and Chinese.
30th August 1860	Britain's first tramway opens in Birkenhead, near Liverpool
31st August 1900	Coca Cola is sold for the first time in Britain.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Swaffham Community Hospital League of Friends

Maureen received this letter from Mr David Gulliver, Chairman of the above.

“The Swaffham Community Hospital League of Friends would like to take the opportunity in thanking Mrs Maureen Buck for her time in organizing the distribution and collection of the Charity’s Spring Envelope Collection which took place during the month of April. It was a fantastic effort on behalf of you all that a sum of £201.52 was collected during that period. This helped the overall total to a wonderful £6,723.18, another record for the League.

It ceases to amaze us during this period of austerity that individuals still give to worthy causes from the locality. The total will eventually be spent on either equipment or amenities for the patients and staff of the hospital. The League are about to fund the exchange of the present Ultrasound machine which we purchased some ten years ago. This will cost around £35,000 and is supported by a coloured monitor as to the present black and white one in use. The clinic itself is going from strength to strength with four sessions a month now being held.

Overall last year the League reinvested a total of £14,500 back into the hospital. This is only made possible by the generosity of the public who continue to support us and understand what an asset the hospital is to the town of Swaffham and local villages in its catchment area.”

Pot Luck Picnic

On Saturday 29th June Barton Bendish held a Pot Luck Picnic as part of the National Big Lunch movement to get neighbours socializing together. We were lucky to have a sunny day, and so could have our picnic outside the Village Hall where it belonged (last year we were confined to inside the Hall on the rainy Jubilee Sunday). Around 35 villagers and friends attended and we were able to catch up with neighbours we often only see in passing. There was a generous selection of tasty dishes to choose from and everyone ate well. After lunch there were games and competitions for the younger set. Emily Blanchfield won the Egg and Spoon Race, Zach Grant was first in the Bean Bag race and James Blanchfield was the winner in the Bean Bag Toss. A raffle was held to raise funds for the new plaque for the Coronation Commemoration Lime Tree and to defray the minimal expenses of the Picnic.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

A Big Thank You to everyone who contributed raffle prizes and also to Joan Eaves and Maureen Buck for their invaluable help in organizing and setting up this fun occasion.

Val McAlister

CYCLE RIDE

Sponsored Cycle Bristol to Reading - Vellore, Well Project

Thank you to everyone who was kind enough to sponsor and send good wishes on my recent successful 100 mile cycle ride from Bristol to Reading along the Kennet & Avon Canal. The ride was to raise money to sink a well in a primary school in Vellore, Tamil Nadu, India which is twinned with St Martin at Shouldham.

At the time of writing £800 has been raised towards the £1000 target.

Thank you.

Anthony Blanchfield

Details of Forthcoming Events in Barton Bendish

Working Parties

As you may remember our Quinquennial report in spring outlined a number of small tasks that we hoped to undertake ourselves so that hard earned money from fundraising could be spent on jobs requiring professional skills. We hope you will be able to come and join our working parties. We have lots of jobs both inside the church and in the churchyard suitable for all ages and abilities and we really need your help! Any time you can spare would be greatly appreciated, even just an hour or two. Are you available on

Saturday 17th August starting at 10am or Saturday 14th September starting at 10am?

If you are unable to come on either of those dates but would be willing to help please contact us as there are many jobs that can be done at any time.

All refreshments will be provided!

Mhari (347849) or Linda (347563)

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Barton-Boughton Challenge 2013`

The Great Barton-Boughton Bread Bake Off!!!

This year's challenge will take place on Saturday 24th August at approx. 3pm at All Saints Church space in Boughton. It will be 'The best home baked loaf of bread'. Any size and colour is allowed and it may be decorated if so desired. There are adult and junior sections with prizes for each and the chance to win back the shield for Barton Bendish!!! There will be refreshments, funded by the proceeds from last year's challenge.

We know Barton has good bakers, and now is your chance to practise your bread making skills or to have a go if you've never tried before! WE NEED YOU!!!! All are very welcome to come and support our village, even if they are not taking part. Transport to the contest can be arranged. For more information please contact Mhari (347849) or Linda (347563)

Art, Photography and Craft Exhibition

Whilst this is not taking place until September 28th and 29th, we will soon be inviting artists, photographers and crafts people to offer their work for sale or exhibition at the event. If you have not taken part before and would like to know more please contact Mhari (347849) or Linda (347563)

There will be no Breakfast Church in August

FORTHCOMING EVENTS FOR 2013

SAT AUGUST 17th AUGUST 10am CHURCH WORKING PARTY

SAT AUGUST 24th BARTON/BOUGHTON CHALLENGE 3pm All Saints Church, Boughton

SAT SEPTEMBER 14th SEPTEMBER 10am CHURCH WORKING PARTY

SAT/SUN 28/29th SEPTEMBER ART and CRAFT EXHIBITION

THURS/FRI 21/22nd NOVEMBER WREATH MAKING (also possibly a daytime workshop)

SAT 14th DECEMBER EVENING OF ENTERTAINMENT 7pm

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday, Tuesday, Wednesday, Thursday and Friday: 11.15 - 12.00

St. Mary's Church

Open Gardens: We were very lucky that the rain that was forecast failed to arrive and, although this made for a slow start to visitors arriving because of



worries about the weather, by 1 o'clock there was a steady stream of people coming into the village. The rest of the afternoon proved to be a very happy few hours with everyone enjoying the respite from the weather and walking round the gardens, having a ploughmans' lunch and/or afternoon tea, listening to the The Novinka Folskaband Musicians in The Old Rectory. Visitors also enjoyed sitting in

the beautifully decorated church and listening to Mike Walker giving organ recitals during the afternoon. (I noticed a number of people holding bags of cakes or bread from Gill Sanderson's stall as they walked around),

The Churchwardens and the PCC acknowledge and appreciate all the support given by so many people to make the afternoon such a success and of course, a big thank you to all those who opened their gardens, without whom, none of this is possible.

I am delighted to tell you that we raised over £1,300 for St. Mary's Church funds. Some donations are still arriving so the final figure will be published next month. A very big thank you to everyone who helped and came to support us!

Flower Festival Saturday 27th and Sunday 28th July - 11 a m – 4 p.m.

By the time this magazine reaches you the Flower Festival will be imminent. As you know this year the Festival is being held in St Andrew's Church, Barton Bendish but it is a joint event and a lot of people from Beachamwell are making flower arrangements and helping in the church and the Village Hall so I do hope as many people as possible will support the event. The theme is "A Book Title" and there are a huge variety of arrangements being planned. Next year the event will, once again, be held in Beachamwell so come to Barton Bendish to see the flowers and get some ideas for next year! There is free entry to the

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

church and there are a number of interesting stalls and refreshments in the Village Hall.

Wine and Canapés Evening – Friday 30th August from 7 o'clock onwards at Park House in Beachamwell. As I said last month – definitely a date for everyone's diary. Tickets are £10.00 and available from members of the PCC and from Gill Sanderson on 01366 328818.

A Presentation by David Mason Featuring The Western Isles

Friday 15th November at 7.30 p.m. in Beachamwell Memorial Hall

David's presentations are always very popular and very enjoyable so please make a note of the date. More information on tickets will be available in the next magazine.

The next Scrabble Afternoon is Wednesday 7th August. We always welcome new people (and if you happened to pass our house on the second Wednesday in July you would have heard the constant sound of laughter through the open doors and windows despite everyone playing two good games of Scrabble). Please contact us on 01366 328774 if you would like more information.

The next Afternoon Tea will be held on Wednesday 14th August. Last year we didn't even manage one Afternoon Tea outside under the cherry tree but we are still hoping this year

Graham Williams (Churchwarden) (Photograph Nick Ford)

St. Mary's Flower & Brass Cleaning Rota

4th Sonia Williams; 11th Carole Wilson; 18th Brenda Branch

25th Karen Butler & Jeanne Flynnne *[Bank Holiday Weekend]*

If anyone is interested in joining the Flower Rota please contact me and I will explain what is involved.

Eileen Powell

Horticultural and Craft Show

We hope you have read the Horticultural Show Schedule by now which was included in the July G4N and decided what you could enter, we think there is something for everyone. Even if you have only one item that would make the show a success. If two people in the house are entering (and we hope there are) you will find additional schedules in the Church. Please make the show a success. See you there.

Carole Wilson and Leah Spencer

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

WI

What a nice change it was to have a sunny evening for our July meeting. The Speaker was Major Leigh Pinner from the Downham Market Salvation Army.



She gave us an insight into the Salvation Army history and her life as a Major.

It was good to welcome Vesna back from Croatia looking tanned and healthy. The Competition was won by Irene, who also won the raffle so she had a most successful evening, Vesna won the flower of the month.

Next meeting is our Garden Meeting held at Ann Lewings Ravens House, Eastmoor at

2pm on August 1st. New Members always welcome.

The thought for the month was given by Eileen.

Smiling is infectious

You catch it like the flu

When someone smiled at me today

I started smiling too.

If you feel a smile begin

Don't leave it undetected.

Let's start an epidemic quick

And get the whole world infected.

Carole Wilson (Photograph Eileen Powell)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

Weren't we lucky? The forecast was heavy overnight rain lingering into the morning. But when the Wednesday Walkers convened, although the skies were grey, there was dry. We walked to the Drymere end of the ancient track called



variously
t h e
Peddersty
o r
Salteresty
or the
Icknield
Way and
we admired
the floral
displays
along the
forest rides
n e a r
Larchwood.

In August (weather permitting) we shall explore the north end of the *Peddersty* to see the Cowell Stone that marks the boundary between the Saxon Hundreds of Clackclose and South Greenhoe.

Why not join us? Meet at the Memorial Hall at 10.30 am, we are then taking cars up to Forest Ride 105 along the Swaffham Road at Drymere.

Sue Pennell (01366 328452)

Parish Council

The next meeting will take place on Monday 9th September at 7.30 in the Memorial Hall. Everyone is welcome to attend. If you have any items for the agenda please give them to me in writing at least a week before the meeting.

As always if you have a query or a problem, please consult any of the Councillors—they are more than willing to listen and help if they can.

Eileen Powell [Parish Clerk]

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Thursday	Beachamwell	Post Office	10:05 am
1st, 29th August	Drymere	Telephone Box	10:40 am
26th September	Boughton	Sycamore House	15:20 pm
		Mill Road	15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Thursday	Wereham	The Pond	9:30 am
1st, 15th, 29th August		Queen's Close	16:20 pm
12th and 26th September			

For services to all 'Group 4' villages ring Mobile Library Information on 01603 222267 or look at the website - www.norfolk.gov.uk/Leisure_and_culture/Libraries/Mobile_libraries

VILLAGE BUS SERVICES

FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	31 (Saturday)	Lewis Coaches	Swaffham
Beachamwell	31 (Saturday)	Lewis Coaches	Swaffham
	18 (Tuesday)	Eagles Coaches	King's Lynn & Swaffham
Boughton	18 (Tuesday)	Eagles Coaches	King's Lynn & Swaffham
Wereham	28 (Mon to Sat)	Coach Services	King's Lynn
	40 (Mon to Sat)	Coach Services	Thetford/Downham

Timetable requests:- (01603) 228888, Traveline (08706) 082608 (www.traveline.org.uk)

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	Third Friday 9:00am to 2:00pm
Swaffham	First and Third Sunday
Watton	Sadly no longer trading

For information:- www.farmersmarkets.net or your local Tourist Information Office

VILLAGE AND PARISH HALL BOOKINGS

Barton Bendish	Bill Tasker	01366 347432
Beachamwell	Leah Spencer	01366 328536
Wereham	Doreen Rolph	01366 500218

CHURCH SERVICES FOR AUGUST

Sunday 4th August

Shouldham 9.45 am Holy Communion (said)
Beachamwell 11 am Holy Communion
Marham 10.30 am United Morning Service (HT)
Wereham 6 pm Evensong

Sunday 11th August

Shouldham Thorpe 9.30 am Holy Communion
Boughton 10.00 am Breakfast Church
Marham 10.30 am United Morning Service (MC)
Fincham 6 pm Evensong

Sunday 18th August

Shouldham 9.45 am Morning Prayer
Marham 10.30 am Holy Communion
Beachamwell 11 am Family Service
Wereham 11 am Holy Communion

Sunday 25th August

Fincham 9.30 am Holy Communion (said)
Marham 10.30 –12.30 Café Church
Boughton 11 am Holy Communion
Barton Bendish 6 pm Holy Communion
Shouldham 7 pm Flower Festival Songs of Praise

THURSDAY COMMUNIONS

Please note: due to a power cut in Boughton, the service on 8th August will be at FINCHAM: 1st, 15th, 22nd and 29th at Fincham as usual.

Service at 10 am, followed by coffee and biscuits. Everyone welcome, even if you don't wish to take communion.

CHURCHWARDENS

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	John Sanderson	01366 328818
	Graham Williams	01366 328774
Boughton	Pam Wakeling	01366 500429

BOUGHTON VILLAGE NEWS

Annual Boughton Challenge. 2013

Best home baked loaf of bread.

There are quite a lot of rumours going round about when the Challenge presentation is, what day, where, time. We can't imagine how such a variety of rumours get started, and spread so quickly. Must have been something that Geoff said.

But here it is :-

Saturday 24th August 3.00pm (Just checked the calendar – that's correct)

All Saints' Village Centre.

Adult & Junior sections. Also inter village vs Barton Bendish.

Adult donations will be very gratefully received. All entry donations will go towards cost of engraving of the trophies, refreshments, and a surplus for next years challenge. Money raised on the day, from a wager on winning loaf, and other activities, will go to the Church.

BBQ & Drinks will be provided also.

The Sin Bin will be erected, and no doubt the usual culprits and consistent offenders will be put in it.

We look forward to seeing you there. *Frank & Geoff.*

Is your Teddy Bear the adventurous type? I'm hoping we can have some teddies(or other soft toys) parachuting from the church tower on Challenge Day. There will be a fee of £1 (and you can seek sponsorship for your teddy as well) and all money collected will go to All Saints' Church. We can probably find a certificate for the Teddy who goes the furthest, but no prizes for getting stuck on the roof! *Pam*

Boughton Cricket Club - Latest News

After the disappointment of our first match of the season in May at Gooderstone being abandoned due to rain Boughton got into winning ways with a tremendous fight back to win at East Rudham. A great stand by Phil Koopovitz and James Webb brought Boughton back from the brink to secure a famous victory. We have since played two more matches on our home ground, one an evening T20 against Stow CC which ended with Stow triumphant in fading light and the other on Sunday 7th July against a Nomad side from Chatteris area. Unfortunately Boughton were also unsuccessful



BOUGHTON VILLAGE NEWS

and a little unlucky on the occasion but it was a beautiful day and well supported by visiting spectators and a 'home crowd'. Our fixture list for the rest of the summer is set out below and anyone wanting to come and watch and support would be most welcome to any of the fixtures whether at home or away.



21st July	Jesus Long Vacation XI, Cambridge (A)
28th July	East Rudham (H)
11th August	Gooderstone (H)
25th August	Lads vs Dads (H)
15th Sept	Farmers Match (H)

Please note in your diaries Paul Coultons Jazz Picnic on 20th July proceeds from which he is kindly making a donation to the cricket club.

I hope to see you over the season and let's hope the good cricket weather in 2013 continues and we continue to have a successful season at Boughton Cricket Club.

Steve Short Chairman

BOUGHTON SCARECROWS 2013

The fifth annual Boughton Scarecrow event takes place during the week 27th October to 2nd November 2013.

It's only a couple of months away so get your thinking caps on and turn out those old clothes and get ready to make yourself a scarecrow (or two!) to place in your garden. The BVC invite all parishioners to join in this event and make it the biggest and best yet, and to join us on the day for a celebration of the winners. We have arranged it to be during half-term week to give the children plenty of opportunity to join in and make their own scarecrows.

As usual we will be erecting 'Big Sam' Scarecrow on Bell Corner to advertise the week and to whet your appetite for the event. On Saturday 2nd November we shall have our Halloween themed prize-giving afternoon and of course the barbecue staffed by The Fabulous Bacon Boys, as well as light refreshments.

Make a note in your diary and start thinking about your scarecrow.

Boughton Village Caravan.

BOUGHTON VILLAGE NEWS

All Saints' news

Once again we had a very successful Breakfast Church last Sunday. Sandy and her team do a wonderful job and the tables looked wonderful as usual. In view of the hot weather, it was good to have a cold breakfast of fruit salad, smoked salmon and cottage cheese, ham, salami, bread, etc, plus copious amounts of coffee and orange juice. I don't live like that all the time! There were about thirty people there, from Boughton (although a few more would be most welcome), Wereham, Downham Market, Eastmoor, Germany..... Robin gave a thought-provoking talk based on the reading for the day—the Good Samaritan—which is one of the best known of all the Bible stories told by Jesus. He made us ask 'Who is my neighbour?' Thanks again to Sandy and Frank and to their regular team for what is now a much loved part of our worship and fellowship.

I'd also like to pay tribute to Angela for the beautiful pots of flowers and the garden which she maintains so regularly. It is a lovely approach to the church. Thanks also to Andy, Paul and Frank for mending the drainpipe which had unaccountably been detached. If you see anything untoward around the building, do let someone know about it. *Pam*

WEREHAM VILLAGE NEWS

Wereham on Facebook

To find out what's going on in the village and look at local and event pictures log into Facebook we are Wereham Village Group

Parish Council Meetings: The last meeting was held in July. If you would like a copy of the Minutes from that meeting, please contact:-

Mrs N E Clifford-Everett (Parish Clerk)

33 Lynn Road

Southery

Downham Market

PE38 0HU

01366 377799

The next meeting is Tuesday 10th September at 7.30 pm. All welcome.

WEREHAM VILLAGE NEWS

Wereham Tots Friday mornings from 10.00am to 12.00 noon. All welcome.
Angela

Bingo - Every Wednesday, at the Village Hall. Doors open 6.45 pm eyes down at 7.30 pm. Cash prize, raffle, refreshments with complimentary biscuits. Come along and support our new organiser, Roger. All proceeds to the Village Hall. Enquiries to Roger Collins on 01366 500088.

Car Boot Sale - car boot sale, last Sunday of every month, 9-12pm, from May to September, Wereham Playing Field. £5 per pitch, refreshments & bacon butties. Next date: August 25th.. All proceeds to the Village Hall. To book a pitch call Victoria 501277

Ink Cartridges and Mobil Phones - the collection boxes are located on the piano in the Village Hall. Alternatively, I'll collect - Victoria 501277.

Wereham Pop-up Café



July's Pop-up Cafe.- Well, another fantastic Cafe in the Village on Tuesday July 2nd. People came from the village and surrounding areas - to experience our hospitality and, may I add, FINE cakes.. We had a couple just pop in who were heading to Southwold from Nottingham - driving through on the

main road!!!

The date for the next cafe is Tuesday 6th Aug at 10:30 - (day after my birthday).. So come along and try us, children are on holiday and the cafe is open to all, Bacon rolls will also be available and, weather permitting, outdoor seating.

This Cafe is going from strength to strength so do come along for an hour or so to just sit and read the papers, kindly donated by the paper lady, have a cake and coffee, or just chill, chat and enjoy the atmosphere.

Once again thanks to July's cake makers, Doreen, Diane, Jess, Allyson and Lynda they were yummy and we await delights of August cake makers..

Come on lets all get together and have a fantastic Summer Holiday. We look forward to seeing new faces at the cafe.

Jacqueline & Nicki..

Slow Down!!

Please, for the safety of the residents of Cavenham Road, would you abide by

WEREHAM VILLAGE NEWS

the 30 mph rule. This road, and many others in the Village, is only one car's width and many cars etc., speed along ignoring the 30 mph limit. Many walkers use these small roads, as well as cyclists. Perhaps if we all parked our cars along the roads it would slow the culprits down!! (Just a thought!)

Many of the culprits are residents of Wereham. **PLEASE SLOW DOWN!!**

Open Gardens Wereham

Well it's that time of year again - our Open Gardens. All the usual worries about whether our plants and gardens had survived the Winter, who would be willing to open, advertising the event, printing the maps, catering for lunches and afternoon teas, cake makers and helpers, would we get the visitors...general panic by me.

But I needn't have worried!.....as usual you all came up trumps. Thank you to the eight garden owners for your inspiring gardens and the welcome you gave to our visitors. We couldn't do Open Gardens without your support. There were so many lovely comments from visitors who came from far and wide. It is always interesting to ask folk where they have come from and why those chose this particular event to support.

We had a superb selection of cakes, buns, biscuits and scones that had been baked for us. The lunches and teas were served by four willing pairs of hands, Sheila, Doreen, Pauline and Marion who worked so hard in the Village Hall during the day presenting the home-made quiches, sausage rolls and salads. Thanks ladies for your hard work and good humour. Thank you too for the donations from local companies towards these meals.

Thanks to Sarah, Pammie and Angela for greeting visitors and selling maps and raffle tickets at the church.

Thank you to Ronnie, despite all the bad weather, you managed to grow and to present an absolutely marvellous display of plants to go with the others that had been grown and kindly donated from gardeners in the Village. Your plant stall is gaining a well deserved reputation for quality plants and advice.

The weather stayed fine for us too, which was a bonus! How nice to see plants that would normally be over by our Open Gardens Day; but with this

WEREHAM VILLAGE NEWS

different weather they were looking perfect.

Of course I shouldn't forget to thank everyone who came to Wereham for the day and supported us so generously to help raise the brilliant figure of £1035.00, after expenses, for St. Margaret's Church.

Thank you all once again.

Lizzie

PS the winning raffle ticket for a Garden Voucher was number 299, won by someone from Wereham who incidentally has won before...perhaps I could persuade her to open her garden next year!

Primary School Places for Wereham Children

We would like to thank everyone who took the time to contact the Norfolk County Council admissions authority regarding a Wereham child not getting a place at Hillcrest Primary School along with all the other reception children this year. For those who are not aware, Alistair Barron who starts primary school this year was not offered a place at our catchment school, Hillcrest and this is the first time that this has happened to a child from the village.

As anticipated we did not win the appeal, however, the support and concerns raised to the admissions authority have had the desired longer term effect. Their is to be a consultation with the village this Autumn via the Parish Council to review admission arrangements and try to resolve this problem for future years. It is really important that as many people as possible (and in particular those with pre-school children who will be directly affected) are involved in this process so that we ensure a satisfactory outcome for village families of the future.

Once again, thank you for all of your support – let's hope we can stop this happening again.

Rachel and Gerard Barron

Update from Wereham Village Hall Committee

Brief update from our last meeting on 18th June -

We had a guest speaker, Colin Venes, from Thornham Village Hall who were awarded £479k from the lottery last September. His informative talk opened our eyes to the level of commitment, research and man-time required to support

WEREHAM VILLAGE NEWS

our application for Lottery funding. They had a core team of 4 semi/retired professionals that started the project in September 2009, the new building should be complete by the end of August. Before tackling the village hall they had several other successful projects completed to evidence to the Lottery that they had a successful track record as part of a 5 year plan. Colin has offered the committee an opportunity to visit Thornham when the village hall is complete.

Welcome to our new Trustee, Roy Stevens, who joins as the representative of the Bowls Club. Graeme Key our Parish Council representative is moving out of the village shortly and has resigned from his position, hopefully to be re-filled at the next Parish Council meeting. Nicola Cooper, a co-opted member, has also resigned to spend time with her family but will still continue to support through the Friends Of Group - particularly as she is helping to organise the September Fayre. The committee would warmly like to thank Graeme and Nicola for their support.

After being unsuccessful in securing funding for repairs to the floor and roof - we have agreed to proceed with a builder and hope to confirm shortly when the repairs will be actioned. Our Health and Safety representative, and Treasurer, John Eastgate, has been a busy man - we now have new doors bars fitted to the fire exits and he's re-levelled the step at the front door.

Governance

For the benefit of the Charity, holding Trustees and funding applications, we are in the process of replacing our 1961 Trust Deed with an up to date version supplied by the NRCC. We are working with our Holding Trustees (the Parish Council) on this. Now subject to Parish Council approval, at the next available Meeting.

New Build Team

Hopefully, by the time you read this, you will have completed the Community Survey and entered you completed Survey into the prize draw on the 20th August.

If you have been missed, please call Victoria on 501277.

When we have collated the data from the Surveys, we will move to the next stage of research, focus groups and user groups.

Wereham Village Hall Bonus Ball Club

We have had our first two lucky winners of £50 - Janet and Karen! Thanks to

everyone taking part and supporting the Village Hall Charity. Due to the success of this club we are in the process of setting up a second Bonus Ball Club running alongside the current one. Janet Voutt has been great in organising this. The second club will also be drawn on the first Saturday of every month. I believe there are around 10 numbers left in the second Club. If you are interested please contact me quickly to buy a number by phone on 07795006811 or by email helenandadam82@btinternet.com. Each number is £2 per month, you can pay however you wish, per month or longer, and have however many numbers you like. The Club is for anyone, not just Wereham residents, family and friends. Many thanks.

Helen Richardson, Secretary, Wereham Village Hall.

A big thank you to -

- Everyone who supported the second monthly Car Boot, we raised £171.
- Everyone who supported the second Pop-up Café, 50 people attended - wow!! Over £56 raised.
- All the new and old 'Friends of Wereham Village Hall' who supported Trustees, Angela and Doreen, with the first 'Friends of' meeting.
- Janet Voutt, a member of our 'Friends of' who has requested a second set of the Wereham Bonus Ball and sold a lot of numbers already!

Coffee Morning

19TH August at Boughton Church, 9.30 - 11.30, proceeds to Boughton Church and Wereham Village Hall. See advert in the community section for more information.

Wereham Village Fayre

22nd September - Dog Show, Beer Tent, BBQ, Band - lots of other details to follow - save the date!!

Quiz Night

11TH October - details to follow - save the date!!

Wereham Village Hall Bonus Ball Club

10 numbers left, call Helen on 0795006811

Friends of Wereham Village Hall Group

If you would like to join the Friends of Group, or find out more, contact Doreen on 500218 or email doreenirolph@talktalk.net.

On behalf of myself, and the rest of the Committee, thank you for your continued support - *Victoria Gray, Chair, Wereham Village Hall.*

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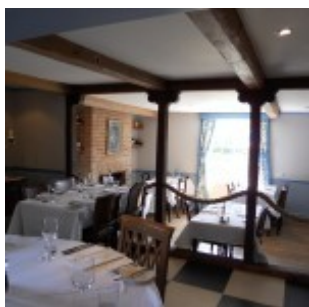


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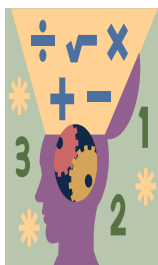
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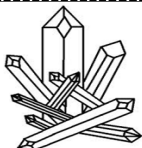
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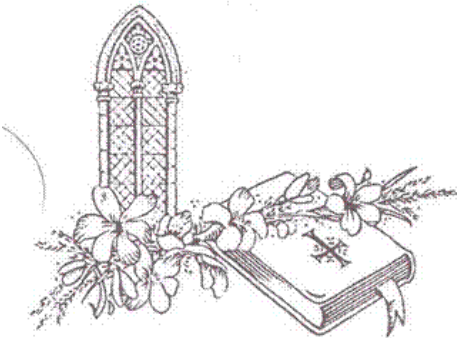
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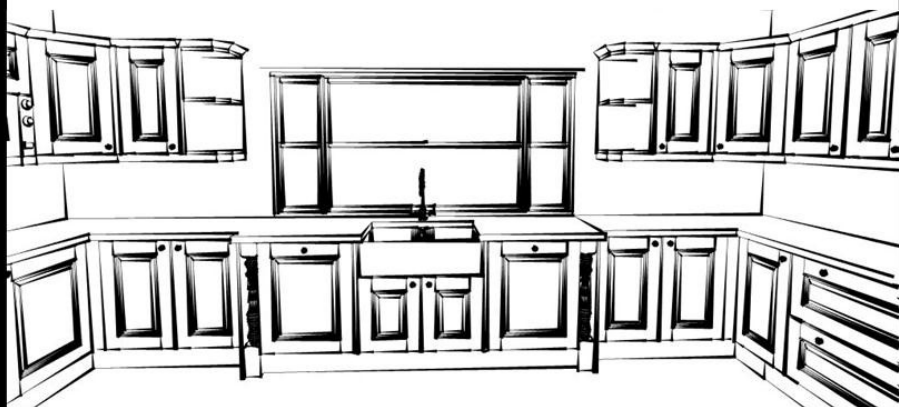
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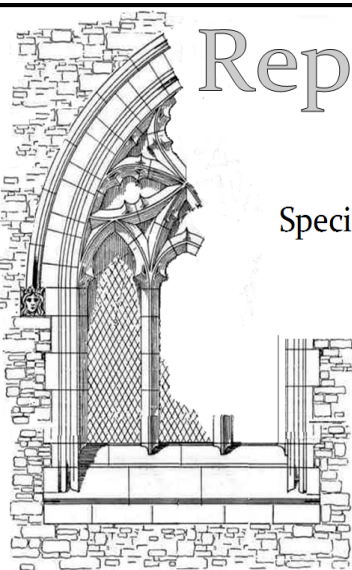
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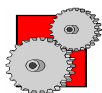
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CHILDREN'S PAGE

A picture to colour. Do you think this is an adventurous bear?



PUZZLE PAGE

1. What is the popular name for the flowering houseplant *Impatiens Walleriana*?
2. What would a gardener do with a dibber or dibble?
3. Charles Darwin described this carnivorous plant ? the most wonderful plant in the world?. What is the name of this plant?
4. The love apple is the original name for what?
5. The Death Cap is the most poisonous variety of what?
6. What is the name given to the female reproductive organ of a flower?
7. A Kumquat is a small Japanese variety of what sort of fruit?
8. Why is reindeer Moss so called?
9. Harry Wheatcroft was a renowned breeder of what?
10. What is the name of the 3 leafed clover associated with St Patrick's day?
11. Which part of a tree can be used to make cork?
12. What is the largest and tallest tree in the world?
13. What general term is given to those trees whose leaves fall in autumn (fall)?
14. Which tissue beneath the bark of trees forms wood?
15. Where in the flowering plant does the male gamete form?
16. Which cereal must be grown in water?
17. Which grain is used to make semolina?
18. Which part of a flower becomes the fruit?
19. Which part of a flowering plant is often used to make oil?
20. What is the name given to the technique of clipping trees and hedges into ornamental shapes?
21. What is another name for the Rowan Tree?
22. What flower is named after the Botanist Dr Leonard Fuchs?
23. What do Yew; Laburnum Seeds & Mistletoe berries have in common?
24. What is the popular name for the *Antirrhinum*?
25. What is the sacred flower of the Buddhist religion?
26. Which plant takes its name from the Italian phrase for Beautiful women?
27. Trees that shed their leaves every year are called what?
28. Which liquid does a flower, to attract insects, produce?
29. How can you tell the age of a tree?

Answers on page 11



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