

Group 4

NEWS



The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere;
Boughton; Wereham
August 2014

WELCOME



Hope you enjoy this latest edition of G4N.

Once again, there are so many events taking place in the villages and surrounding area we are spoilt for choice. If you are able to attend any of those advertised the organisers will be more than pleased and appreciate your support.

Enjoy the Summer.....

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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‘FROM THE RECTORY’



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Dear All,

What could be better than spending a summer afternoon chatting with friends over a pot of tea? Spending time with our friends is important – catching up with news or maybe discussing the latest episode of your favourite soap - it doesn't really matter; it's finding the time to be together that is important. And without time and togetherness it is almost impossible to sustain a friendship, let alone give it a chance to grow. Just as this is true of human relationships so it is true of our relationship with God. We need to spend time with him if our relationship is to grow but it is the one relationship that we often take for granted and we allow all sorts of things to take priority. I wonder how God feels when we spare him a few minutes of our precious time only if something more "important" doesn't come along? I am reminded of a poem by Adrian Plass entitled The Phone Call:

O Jesus – Don't come round tonight,
I'm busy at the hall,
And the chances of a chat with you
Are really rather small.
So many people need me,
And I can't deny them all,
So! It looks as if I won't be in,
If you decide to call.

I hope you will have time for ALL your friends this month, including God, the most special friend of us all. He is one friend who will never let you down.

Yours in His service

Barbara

BENEFICE NEWS

The Bishop of Ely enters the House of Lords



The Bishop of Ely, the Rt Revd Stephen Conway, has today (7th July 2014) been introduced into the House of Lords and now takes his place as one of the 26 Lords Spiritual.

Bishop Stephen was introduced by the Bishop of Truro, the Rt Revd Tim Thornton and the Bishop of Chelmsford, the Rt Revd Stephen Cottrell. At a short ceremony he read an oath of allegiance and was invited to sign the membership register.

The short ceremony should be viewable on BBC Democracy Live www.bbc.co.uk/democracylive/ in the House of Lords section

Bishop Stephen said: "It is a great honour to be summoned to Parliament to serve as a member of the Lords Spiritual. I make sense of this call as I hope to speak not

just for the Church and faith interests, but as a spokesperson for the concerns of citizens of our region. I have a particular passion to speak about education, mental health and disability."

1. 26 bishops of the Church of England sit in the House of Lords. Known as the Lords Spiritual, they read prayers at the start of each daily meeting and play a full and active role in the life and work of the Upper House.

2. Further information about the role and work of the Lords Spiritual in Parliament can be found here: <http://lordsspiritual.wordpress.com/> and here: <http://www.churchofengland.org/our-views/the-church-in-parliament/bishops-in-the-house-of-lords.aspx>

3. For further information, please contact the Diocesan Communications Manager on 01353 652728 or 07957 522178 or sarah.williams@ely.anglican.org

BENEFICE NEWS

Bishop of Ely Celebrates Women Bishop Vote

The Bishop of Ely, the Rt Revd Stephen Conway, responding to today's General Synod vote (14th July) on the consecration of women to the episcopate, said: "The clear vote for women bishops by the General Synod is the culmination of years of prayer, study and debate. It is a joyous and thrilling breakthrough for the Church of God and in particular for the Church of England. I am excited by the prospect of our being able to move as swiftly as possible to the consecration of the first women as colleagues within the College and House of Bishops.

"The fulfilment of the hope of a large majority of us in the Church of England, myself included, makes me all the more aware of the headship and traditionalist catholic clergy and parishes who are disappointed by this outcome and who are concerned about their future place as honoured Anglicans.

"I am committed to the practical outworking of the Five Guiding Principles, and I am sure that as we try to live in hope rather than just hurt with each other, that there will be opportunities for working out some kind of customary of our common life. We can make this work, we must make this work. We shall make this work through the abiding love of God for all of us."

For further information, please contact the Diocesan Communications Manager on 07957 522178, or sarah.williams@ely.anglican.org

Votes:

Draft Amending Canon No 33

House of Bishops – 37 for, 2 against, 1 abstention

House of Clergy – 162 for, 25 against, 4 abstentions

House of Laity – 152 for, 45 against, 5 abstentions

Bishops and Priests Measure

House of Bishops – 37 for, 2 against, 1 abstention

House of Clergy – 164 for, 24 against, 3 abstentions

House of Laity – 153 for, 40 against, 8 abstentions

Websites which may be of interest:

www.facebook.com/elydiocese

www.churchofengland.org/media

www.churchofengland.org/about-us/structure/general-synod/agendas-and-papers/july-2014-group-of-sessions.aspx

RECIPE OF THE MONTH

Sticky Toffee Pudding

Cake

6oz chopped dates
1/2 tsp bicarbonate of soda
6 fluid oz boiling water
1/2 tsp vanilla essence
2 tsp coffee essence
3oz butter
5oz sugar
6oz SR flour
2 eggs



- Soak dates in hot water, vanilla essence, bicarbonate of soda and coffee essence.
- Cream butter and sugar together, beat in eggs a little at a time and gently fold in flour.
- Add dates to cake mixture and mix well.
- Grease Ramekin dishes and pour mixture in each, leaving enough room for puddings to rise.
- Bake in preheated oven (Gas 4; Electricity 180 or 150) for 20 - 30 minutes until well risen and firm to touch.
- Leave for a few minutes before turning out carefully.

Sauce

6oz soft brown sugar
4oz butter
6tbsp double cream

- Make this whilst the puddings are cooking.
- Place ingredients in a saucepan and heat until sugar has melted.
- Simmer gently for 5 minutes.

Eileen Powell

COUNTRYSIDE NOTES

WW1.....THEY ALSO SERVED

When war broke out the British Army had only 25,000 horses, immediately the War Office were faced with the task of finding another half a million to go into battle.

As well as serving the cavalry they were needed for transporting weapons and supplies and to carry casualties to the hospitals. Although recruited from farms the main source came from the USA with 1,000 being shipped to Britain every day. The British Army created special veterinary hospitals which improved welfare, vets treated two and a half million injured animals of which 75% returned to service. The horses were vulnerable to appalling weather conditions as well as being killed in action and losses were comparable to human losses. Of one million sent to the Western Front more than 900,000 didn't return. It's estimated that eight million horses, donkeys and mules died in WW1; 7,000 horses alone were killed at the Battle of Verdun in 1916.

By 1918 the Germans were employing 30,000 dogs with Britain, France and Belgium using 20,000 and Italy 3,000. They needed to be of medium size, intelligent and easily trained; many breeds were used with Doberman Pinschers and GSDs proving most popular. They performed many different tasks working not only as guard dogs but also as scout dogs doing reconnaissance to detect the presence of enemy which they indicated silently by raising their hackles instead of barking. They were called upon to transport munitions and messenger dogs carrying vital messages proved reliable, quick and agile enough to cross all kinds of difficult terrain and offered a smaller target to snipers than a human. Casualty dogs, also known as 'mercy' dogs, were equipped with medical supplies and would seek out wounded soldiers or stay and comfort those who were beyond helping themselves. Terriers were also kept in the trenches to kill rats and dogs were adopted as mascots which improved morale in the lines.

100,000 pigeons were used in WW1 to deliver messages from the Front Line and battle fields with a remarkable success rate of 95%. There was a £100 fine or six months imprisonment for killing, wounding or molesting a homing pigeon but the biggest threat came not from humans but birds of prey such as falcons. At Marne the French had 72 pigeon lofts which were moved forward as they advanced. Often this was done when pigeons were out on missions but they still found their way back to the lofts.

Continued on page 9

GARDENING TIPS

For a change everything in the garden 'looks rosy', at least it does in mine! After such an early start to the gardening year I really thought some things would be looking a bit blousy by now, but all in all we have had a big slice of luck this year, at least as far as the gardens are concerned. We had a nice early start and no unwelcome late frosts to speak of, reasonably warm conditions with enough rain to keep things going without too much additional watering. Although I no longer have a vegetable garden myself I understand most things are cropping well, if a bit earlier than usual. The roses seem to be even better than ever, early it has to be said, but if they are dead headed regularly a good second or, this year, even a third crop may be in line. What is even better my climbers are producing good strong new growth for next year. It is advisable to keep these tied in just in case we get an early autumn gale later in the month which, I think, is quite on the cards.

Towards the middle of the month areas of the vegetable garden will be cleared of the early crops. In view of the early start to the season it may well be worth trying to get in a second crop of some quick maturing varieties. The soil is nice and warm so germination would be quick. Having taken out a drill carefully water into the drill and allow the water to drain away before sowing your seed thinly to avoid overcrowding. A successional sowing of carrots or beetroot could give you a nice young crop towards the end of September. I have even known potatoes planted now to crop towards the end of September or early in October – it may be worth a try if you have any seed or even old potatoes left from last year's crop. The early season raspberries will more or less be finished by now so don't delay in cutting out the old canes and starting to tie in the new young growth. At this early stage tie them all in, you can always cut out any of the weaker growth later in the season when you see in total what you have. If you haven't already pruned your soft fruit bushes get them done quickly, any delay now will only detract from next year's harvest.

There is really little to be done in the flower borders at this time other than to cut off the dead heads and cut out any broken or dying stems. Leaving the latter will only encourage disease. However, this is the ideal time to survey your flower beds be they holding perennials or annuals. Are there any plants that are unhappy in their current positions and need moving later in the autumn or even next spring to a new spot? Are there any gaps that need to be filled with an additional plant? Whilst the flowers are in full growth it is much easier to see what needs to be done to improve or strengthen the border.

GARDENING TIPS

I sowed my pansy and polyanthus a little earlier than recommended in my July article but towards the end of July I shall follow with the wallflowers sown in seed trays, and by the time this article is published they will probably be ready for pricking out. This year I sowed my pansy and polyanthus at the time of a waxing moon and true to form, the germination was fantastic. I sowed the polyanthus straight from the packet without the recommended cold treatment and I am now confident that for this variety the latter is really quite unnecessary. I am equally confident that sowing your seeds during the period of a waxing moon, as I was told by my Grandfather, really is very beneficial indeed. Perhaps next year I will try to germinate primroses in the same routine.

I am becoming very concerned at the lack of bees in my garden and all my close neighbours have the same problem. One gentleman has a mass of lavender in full bloom but hardly a bee in sight and similarly hardly a butterfly. Last year the plants were alive with both! With this in mind it may mean that we shall need to give the runner bean flowers a very light spray with clean water to effect a set. I have, however, noticed a type of bee that I have not seen before. Their size is about half way between a honey bee and a bumble and they have a mass of brown fur on the back of their head and shoulders. I wonder if the latter is a form of disease as I have only ever seen these bees crawling along the ground or, perhaps they have spread here from the continent. I am not well versed on the subject of bees and I wonder whether any of my readers can throw any light on my findings.

My final thought for the month – at the time of writing we are experiencing pleasantly warm and calm conditions but beware, I fear we may have some autumn gales rather earlier than usual this year! **Roy Coughtrey**

COUNTRYSIDE NOTES

The Imperial Camel Corps Brigade was a camel-mounted infantry brigade raised by the British Empire in December 1916 for service in the Middle East. With the grave shortage of horses at home in Britain to work the farms and provide transport even circus animals helped out. Camels were put to work and in Sheffield an Indian elephant named Lizzie transported machinery and scrap across the town and was said to be the equal of three horses. Meanwhile in Surrey elephants were working on farms ploughing the land and pulling loaded wagons. **Jill Mason**

FROM THE SMALLHOLDING IN SUMMER

Home thoughts from....well from southern Greece actually. Giorgios with his order pad reeled off the dishes of the day in his seaside restaurant, terraced down to a rocky shore line; "We have green beans with zucchini and garlic in tomato sauce, we have chicken with lemon On that evening we went no further, green beans it was and the chicken too. The beans were stunningly good, good enough to order again two evenings later. The great thing about that meal was that we chorused "we can do this at home" from our own garden produce. French beans freeze well and most years tomatoes, garlic and courgettes are readily available. What home couldn't provide was the sun setting behind a mountain leaving an orange rosy glow over a rather unquiet sea.

That and other similar experiences led us to look much more closely at the productivity of comparatively small garden patches. Aubergines, peppers, courgettes, tomatoes and beans all grown close together in well protected patches near to a house. Water should have been a problem but wasn't, each row of plants, with their supports being surrounded by low bunds of soil which held the moisture from watering every few days. I thought it best not to enquire too deeply about the fertility!

Back at home the directly sown vegetables had not flourished during the dry May. Watering and some organic N pellets got them, and the weeds, going again. Earlier sown broad beans have done well.

In the fruit cage there is a good crop of currants, red, white, and black and the Glen Moy raspberries introduced last year are getting a hold and proving very worth while. The unwritten share – crop agreement with the birds is made possible by the weeds obscuring the best fruit; it also is one possible reason for our gardens being the best habitat for song birds. Bird song at Eastmoor compares very well with that on the organic olive groves of southern Greece. It is sad to record the demise of many song birds where real progress has been made in the production and export of organic olive oil; perhaps a trail of shot gun cartridges tells the tale.

The other side of the hedge

The hedges which mark the boundaries of the smallholding, and which are in constant need of attention separate us from farm land and the many associated activities. The part of the landscape visible from an upstairs window is of, this year, potatoes grown on lease (for chips) and then Birch wood and the lane

FROM THE SMALLHOLDING IN SUMMER

leading to the bridge. Those who farm our surrounding acres are a part of the landscape; we can tell the time of day by their movements and of course the seasons, each has his speciality – for land and plants and harvested crop. So with the passing of Henry there will be a change in the 'landscape' but there will always be the memory of meticulous care with the spray boom and the lone figure walking along the ditch beside Birch wood, to feed the pheasants.

Back inside the hedge things bode well for a good crop from the orchard, both apples and plums with some pears looking quite good too. Time now to provide some support for the lower branches and to take courage and thin some plums. The clearly received message from Greece is to remember that small is beautiful and can crop well too! **Robin Blackall**

CALLING ALL BRECKLAND ARTISTS!



Breckland Council is calling on local artists to get in touch to take part in the 2014 Breckland Art Trail.

Following the success of the 2012 and 2013 Trails Breckland Communities Officer, Sam Patel, has started work on the 2014 event to recruit local artists and create a class and demonstration programme - a new edition to the art trail this year. 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.

With 850 visitors calling in at studios and exhibition spaces over the nine days in 2013, resulting on over £4,500 worth of art sales, being part of the Trail last year was very worthwhile for participating artists. One artist commented that the Trail had brought her more visitors than Norfolk Open Studios and that most of her visitors were planning to visit all the venues in the leaflet.

Breckland-based artists have until 26 August 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.

The dates of the Trail are 8 - 16 November 2014. Artists who are interested in taking part should email samantha.patel@breckland.gov.uk to request a registration form. The cost to participate is £10 per artist or £30 per group. More details will be at www.breckland.gov.uk/arttrail

ELECTORAL REGISTRATION

There is an upcoming major change in voter registration that may affect some of the residents living in this area. This change could mean that they can't vote in elections and referendums in the future unless they take action to join the new register. All eligible electors are to make sure that they are on the new register.

The biggest change to the way people register to vote in over 100 years is taking place this year. The transition to Individual Electoral Registration means that everyone will register to vote individually, rather than by household as they do at the moment. Most people will be transferred automatically to the new register but around 10.5 million people will need to re-register and there are at least another 6 million who are not registered at the moment but should be.

The electoral commission have been running a TV campaign from 2nd July for 6 weeks. Please note the poster on the opposite page in this magazine and the article in last month's G4N.

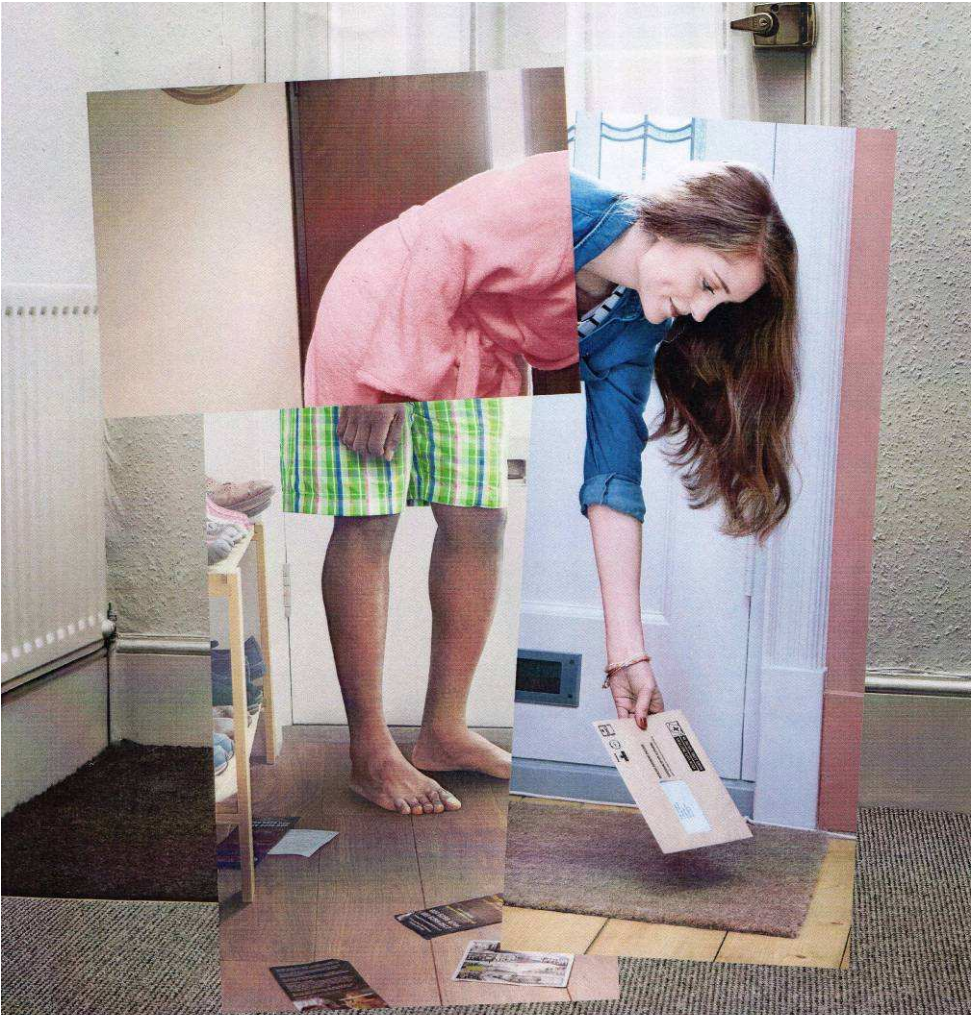
More details about the change can be found at gov.uk/yourvotematters

SOMETHING TO THINK ABOUT

If you're not familiar with the work of Steven Wright, he's the famous erudite scientist and humorist who once said: "I woke up one morning and all of my stuff had been stolen and replaced by exact duplicates. His mind sees things differently than most of us do. Here are some of his gems.....

1. I'd kill for a Nobel Peace Prize.
2. Borrow money from pessimists -- they don't expect it back.
3. Half the people you know are below average.
4. 99% of lawyers give the rest a bad name.
5. 82.7% of all statistics are made up on the spot.
6. A conscience is what hurts when all your other parts feel so good.
7. A clear conscience is usually the sign of a bad memory.
8. If you want the rainbow, you got to put up with the rain.
9. The early bird may get the worm but the second mouse gets the cheese.
10. OK, so what's the speed of dark?
11. How do you tell when you're out of invisible ink?
12. Depression is merely anger without enthusiasm.

HOW TO REGISTER YOUR VOTE



The way we all register to vote is changing.
Look out for your letter that will tell you more.

For more information visit gov.uk/yourvotematters

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN



COULD YOU HELP A YOUNG PERSON WITH A DISABILITY TO THINK ABOUT THEIR FUTURE?

The CSV Futures Project supports young people with learning disabilities to explore their options as they think about leaving education.

Volunteer Mentors provide one to one support to a young person to help them develop a personal profile of their skills and interests, their likes and dislikes and their future goals. The Mentor can then support the young person to start working towards these; this can include accessing work experience and training opportunities plus the chance to try out volunteering and new social activities.

CSV needs volunteers who can offer a couple of hours of their time each week to mentor the young people as they make choices about their futures, raising aspirations by exploring together the young person's skills, interests and abilities.

We are looking for people ages 16+ - Mentors can come from all walks of life and no experience is needed but patience, the ability to listen and a sense of humour are all useful skills. Mentors receive full training and support and out of pocket expenses are paid.

If you would like to find out more about becoming a Volunteer Mentor for the CSV Futures Project please contact:

Vicki Howling, the project co-ordinator for an informal chat.

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

CSV (Community Service Volunteers) is the UK's leading volunteering charity. Social justice is at the heart of what we do; empowering people to have a positive stake in society and tackle barriers to community participation through creating volunteering and learning opportunities.



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

Like CSV UK' on Facebook: www.facebook.com/CSVUK

Follow @CSV_UK' on Twitter: www.twitter.com/@CSV_UK

Volunteers Needed!

Do you remember those early years?

Sleepless nights, tantrums & teething.

Home Start

Support and friendship
for families

If you have parenting experience Home-Start Swaffham & District would love to hear from you. We have families waiting for support and all we ask is for a couple of hours a week commitment. We offer a prep course accredited through the Open College Network which takes place one day a week for 10 weeks. Term time 10am-2pm.

So, if you think you can make a difference to a family needing a little help call us today to find out more.

Volunteers will be subject to an enhanced CRB check. We are also looking for trustees, for more info contact us on:

Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB

Tel: 01760 721271 Email: admin@homestartswaffham.org.uk



**“You don’t look anything like the
long haired, skinny kid I married 25 years ago.
I need a DNA sample to make sure it’s still you.”**

‘LIGHTS OUT’ 4TH AUGUST 2014 10 - 11PM,



“The lamps are going out all over Europe, we shall not see them lit again in our life-time”. Words spoken by Sir Edward Grey, Foreign Secretary in August 1914, as Britain’s ultimatum to Germany was about to expire

What is LIGHTS OUT?

LIGHTS OUT is an invitation to everyone in the UK to turn off their lights from 10pm until 11pm, leaving on a single light or candle for this shared moment of reflection.

In a dramatic nationwide event, the UK will plunge into darkness between 10pm and 11pm on 4th August 2014: upon this darkened canvas single lights will appear across the four nations, marking the hour that Britain entered World War 1 one hundred years ago.

LIGHTS OUT is a headline project of the cultural programme 14-18 NOW and was initiated by the Department for Culture, Media & Sport; 14-18 NOW is a curated programme of new art works across the UK that forms part of the official commemorations of the Centenary of the First World War and is hosted within Imperial War Museums. LIGHTS OUT complements a candlelit vigil to be held at Westminster Abbey from 10pm-11pm on 4th August.

Every member of every community in the UK is invited to respond to LIGHTS OUT bringing their own personal thoughts and reflections to the occasion. We understand many civic buildings, city landmarks, war memorials and other gathering places within local communities are to become natural assembly points during the LIGHTS OUT hour.

How local community organisations can take part in LIGHTS OUT. Is there a local war memorial near you?

Many community groups are organising candlelit gatherings at local war memorials as part of LIGHTS OUT. Some are researching the history and lineage behind the names listed on memorials. We are working closely with the Royal British Legion whose volunteers are organising candlelit gatherings: to connect with local Royal British Legion volunteers please go to:

<http://www.britishlegion.org.uk/membership/counties-and-branches/branches>

Could your organisation do something unique?

Some local community groups and arts organisations have incorporated LIGHTS OUT in a very individual way; e.g. some choir rehearsals that night will be done by candlelight; book groups may gather to explore WW1 poetry and literature by candlelight; arts organisations have invited local artists to engage with LIGHTS OUT by creating an artwork in response and displaying it by candlelight; some performing arts events on 4th August have incorporated a LIGHTS OUT element, for example, concerts or other performances taking place by candlelight, or by incorporating a single light display into the evening's events.

Could your local businesses take part?

Every building can take part in LIGHTS OUT. Offices and businesses can ensure all lights are switched off (where safe to do so) and that a single light of any kind (e.g. a lamp, stairwell light, outdoor uplighter etc.) is left on.

Links into local history

Some LIGHTS OUT participants have organised local events which draw upon local history, for example a display of local WW1 artefacts and/or research into local WW1 history.

How will LIGHTS OUT be executed?

- In the months before the public launch, LIGHTS OUT seeks the support and participation of UK local authorities, organisations, community groups, businesses and iconic buildings. LIGHTS OUT moments and affiliated events are uploaded on the LIGHTS OUT website.
- For public launch (early July, tbc), LIGHTS OUT invites members of the public to participate between 10pm and 11pm on 4th August. Moments and events of public interest are advertised on the LIGHTS OUT website and will be publicised regionally and nationally.
- Artists have been commissioned to produce large-scale outdoor artworks on 4th August in response to LIGHTS OUT. Each one will take place in a carefully selected location and members of the public will be invited to experience them in person.
- A digital artwork has been commissioned in response to LIGHTS OUT which will be free to download by all.
- Working closely with the BBC and other media, LIGHTS OUT will be brought into people's homes and hands on 4th August.

For more information and to register your participation in LIGHTS OUT please email: lightsout@1418now.org.uk



FROM 1914

If I should die, think only this of me:
That there's some corner of a foreign field
That is for ever England. There shall be
In that rich earth a richer dust concealed;
A dust whom England bore, shaped, made aware,
Gave, once, her flowers to love, her ways to roam,
A body of England's, breathing English air,
Washed by rivers, blest by suns of home.

And think, this heart, all evil shed away,
A pulse in the eternal mind, no less
Gives somewhere back the thoughts by England given;
Her sights and sounds; dreams happy as her day;
And laughter, learnt of friends; and gentleness,
In hearts at peace, under an English heaven.

Rupert Brooke

NHS BLOOD AND TRANSPLANT

Give Before You Go

With the school holidays here, people are being asked to give blood before they go away, especially if they have the blood groups B Rh negative and O Rh negative.

NHS Blood and Transplant is reminding people to donate ahead of their breaks to help maintain stocks for hospital patients over the summer.

B Rh negative blood is in demand because certain ethnic groups are more prone to particular diseases that require blood, such as sickle cell anaemia and thalassemia and a higher proportion of these ethnic groups are Group B Rh. Group B Rh negative blood can be given to B negative or B positive patients. Donors with blood group O Rh negative are typically known as the “universal donor” as their blood can be given to patients with a different blood group. This can prove vital in an emergency situation when there may not be time for an immediate blood grouping test to be carried out.

Derek Carr, Lead Donor Relations Manager for Anglia, said: “We know people are busy and especially in the summer but we’re asking that they remember those hospital patients who need blood to save or improve their lives. We’re asking our donors to please make an appointment to donate before they go away.

“If you’ve never given blood before, why not make this summer the time you join our donors and make a difference to others? Each blood donation can potentially save up to three lives.”

Patients in need of blood in accident and emergency situations, patients undergoing surgery and receiving treatment for cancer and blood diseases, and women haemorrhaging in childbirth rely on blood donors.

You can find out whether we’ve got a session coming up in your area on www.blood.co.uk and book an appointment online to donate.

You can also register to become a donor on our website. 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.

For additional information and any other requests please contact the NHSBT press office by calling 01923 367600

For urgent out-of-hours enquiries please contact the on call press officer on 0117 969 2444.

SUMMER READING CHALLENGE

Summer holidays are just around the corner and Norfolk County Council's libraries are giving the county's children the chance to replace maths for myths in their annual campaign to keep children reading during the summer break.

The sixteenth annual Summer Reading Challenge is aimed at four to eleven year-olds and will run in all County Council-run libraries, including mobile libraries, throughout the school holidays.

The theme for the 2014 Summer Reading Challenge is 'Mythical Maze'. Children who take part can choose and read any six books during the summer and receive stickers, top trump cards and a medal and certificate for completing the challenge. They can pick any kind of story or factual book including audio books, all of which can be borrowed for free from the library. Last year over 14,000 children took part.

All 47 of the council's libraries will be holding events throughout the holidays, with launch events across the county during the next two weeks. Staff and young volunteers at Earlham, Downham Market and King's Lynn libraries will be dressing up in Mythical Maze themed outfits, Great Yarmouth Library are putting on arts and crafts activities and allowing free entry to the Tolhouse Museum next door and a whole host of local libraries will be decked out with Mythical Maze books, displays and challenge packs.

Once again a special summer mobile library specially decorated in the Mythical Maze theme will reach families who may not be near a library or regular mobile stop. It will be stopping across the county during the first three weeks of the holiday at RAF Marham and Robertson Barracks and play schemes and children's centres in towns including Belton, Gorleston, Outwell and Thetford. Once aboard there will be quizzes, colouring, stories and other things to make and do.

As an added bonus children doing Mythical Maze and picking up an Arts Award Discover pack for £2.50 at Dereham, Fakenham, Swaffham and Thetford libraries will get free entry to Ancient House Museum and Gressenhall Farm and Workhouse during the summer.

Cllr Paul Smyth, Chairman of Norfolk County Council's Communities Committee, said: "Reading is a weather-proof way for kids to have fun during the summer break and once again our libraries are providing local opportunities for children to develop life enhancing skills outside of school.

"This Reading Challenge is a county-wide effort so if parents are wondering

SUMMER READING CHALLENGE

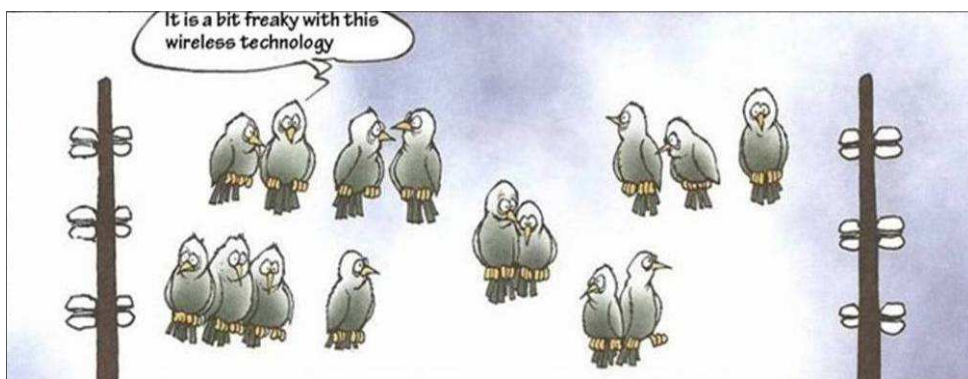
what to do with their kids during the holiday period I hope they will remember to visit their local library."

The Summer Reading Challenge is a national initiative run by The Reading Agency and was set up to help children keep up their standard of reading during the long summer break as well as simply to read for fun.

The challenge officially launched on Saturday 12 July and on the same day the Reading Agency launched their #PassABook social media campaign, asking people to suggest great mythical books for others to read. There was also a chance for people to tweet about their involvement in Summer Reading Challenge using the #SummerReadingChallenge hashtag.

Also launched on Saturday is ImagiNation, a new summer challenge created by libraries to get 11-16 year-olds reading over the summer holidays. As part of the campaign, Norfolk's youngsters are joining with young people from nine other authorities in the east of England to share creative and artistic ideas about books that they've read.*

To take part in the Summer Reading Challenge, children and parents can go along to any library in Norfolk now, or at any point during the summer holidays, and receive a Mythical Maze pack and be given information about events and activities planned over the summer. To find out where your local library is and to see what events they are holding throughout the holidays, visit www.norfolk.gov.uk/libraries



My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!!! Blow this, I thought, I can get one cheaper off the web.

'Coasthopping'



To continue into autumn 2015 as agreement is reached to secure bus service

The future of a popular coastal bus service has been secured, following agreement between Norfolk CC and Norfolk Green. The Coasthopper service runs from King's Lynn to Cromer every half an hour, via Hunstanton, Wells and Sheringham and last year carried over 500,000 passengers.

The Council's longstanding investment in Coasthopper, building the route from scratch, has provided the platform for the summer elements to be operated on a commercial basis. Norfolk Green will operate the summer period without council subsidy. The County Council will still invest in the winter service to provide journeys all year around. The decision was finalised following a public consultation about the service in November 2013.

The agreement between the two parties means that the Coasthopper service will continue to run at the current frequency levels for both the summer and winter until at least autumn 2015, with discussions planned for future developments. Toby Coke, Chairman of Norfolk County Council's Environment, Development and Transport Committee, said: "The Coasthopper represents a vital means of transport for many residents in West Norfolk and across the North Norfolk coast, so I'm very pleased that between us and Norfolk Green, we've been able to secure its future for the medium term.

"The fact that the County Council has managed to make savings in its contribution to the service while allowing the route and frequency of the Coasthopper to remain unaffected for at least another year means this is not just good news for passengers but the Norfolk taxpayer as well.

"Our next step is to investigate viable options to allow the Coasthopper to continue to run beyond autumn 2015 and we are hoping to secure further private investment."

Andrew Dyer, MD of Norfolk Green, said "Coasthopper is a superb example of partnership working between public and private sectors. The effort and investment put in by both parties since the service started in 1996 has produced the success story that we see today.

"I am delighted that we have been able to secure the future of the service with the current summer and winter timetables until late next year and I am confident that the route will have a bright future beyond that."

KIDS IN CHURCH

1. A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary." The teacher then asked, "Who knows what Jesus' father's name was?" A little kid said, "Verge." Confused, the teacher asked, "Where did you get that?" The kid said, "Well, you know, they are always talking about Verge n' Mary."

2. A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."

3. After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home and I wanted to stay with you guys."

4. I had been teaching my three-year old daughter, Caitlin, the Lord's Prayer for several evenings at bedtime. She would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word, right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us from E-mail."

5. A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."

6. Six-year-old Angie and her four-year-old brother, Joel, were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."

7. A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'" Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

8. A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, "Would you like to say the blessing?" "I wouldn't know what to say," the girl replied. "Just say what you hear Mommy say," the wife answered. The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"



CHILDREN'S PAGE

Summer Holidays

Words may go vertically and horizontally in either direction

B	N	G	H	J	P	I	V	V	U	J	B	M	K	T	Y
U	Y	B	C	D	L	S	I	E	R	Z	X	C	V	R	B
H	E	D	I	S	A	E	S	G	S	D	F	G	H	A	A
W	E	R	Q	X	Y	V	I	N	I	O	P	Y	B	I	E
H	Y	U	C	V	I	C	T	I	C	G	M	M	J	N	J
T	R	X	C	A	N	C	I	R	F	G	H	Y	A	J	Y
F	R	O	G	V	G	I	N	O	C	V	F	L	V	O	B
U	T	Y	V	B	H	J	G	L	V	G	P	D	F	U	G
P	C	V	I	C	T	O	R	P	Y	O	U	R	A	R	E
O	I	I	Y	V	Q	U	E	X	R	A	R	I	T	N	S
U	Y	C	F	T	B	H	L	E	E	M	J	Y	U	E	W
J	U	G	N	V	B	G	A	C	A	V	G	B	D	Y	I
Y	T	C	T	I	C	F	T	C	D	A	D	D	Y	O	M
M	U	M	M	Y	C	V	I	V	I	V	B	G	H	T	M
H	Y	F	T	G	H	S	O	V	N	F	G	D	R	T	I
D	R	A	I	N	T	H	N	E	G	A	R	D	E	N	N
L	A	Z	Y	D	A	Y	S	W	A	L	K	I	N	G	G

Seaside
 Lazy Days
 Aeroplane
 Exploring
 Picnics
 Walking

Train Journey
 Visiting Relations
 Reading
 Playing
 BBQ
 Swimming

QUIZ PAGE

1. Why is a stand-in doctor called a locum?
2. How did South Africa's currency, the rand, get its name?
3. What is Sing Sing in NY State?
4. Is Timbuctoo a fictional place?
5. According to the well-known saying, any publicity is what?
6. January gets its name from the Roman God Janus. What is unusual about his face?
7. What is the connection between Silence of the Lambs actor Anthony Hopkins and Hogmanay?
8. What is a "wee doch an' Doris"?
9. In which athletic event do the winners all move backwards?
10. Who was the first Roman Catholic to become President of the USA?
11. What is the main ingredient of partan bree?
12. What do the queens hold in their hands in a pack of cards?
13. What can be an alcoholic drink, a biscuit and a European Royal Family?
14. What is a grandad on a shirt?
15. Did Sherlock Holmes really exist?
16. Why is it impossible to play the card game canasta with a standard pack of playing cards?
17. Which American honour bears the inscription 'For Military Merit'?
18. Should real tennis be played on an indoor or outdoor court?
19. Is a butterhead a cabbage, cauliflower or lettuce?
20. Identify the fictional bears - London Railway Station, Nutwood Resident, Jungle Book star, Roger De Courcey's sidekick.

Answers: 1. It comes from the Latin phrase locum tenens which means 'holding the place. 2. It's an abbreviation of Witwatersrand, the gold mining and industrial area in south Transvaal. 3. A prison. 4. No, it's a city in Mali, Africa. 5. Good publicity. 6. He has two faces - one looking to the past and one to the present. 7. It is his birthday. 8. A last drink, one for the road. 9. Tug-of-War. 10. John F. Kennedy. 11. Crab - it's crab soup. 12. A flower. 13. Bourbon. 14. A style of collar. 15. No - Arthur Conan Doyle created him. 16. Two packs are needed including four jokers. 17. The Purple Heart. 18. Indoor. 19. Lettuce. 20. Paddington, Rupert, Baloo and Nookie

Summer Holiday Club

Open Monday, Wednesday & Fridays each week throughout the school holidays.



On Wednesday's we will be having a **SPECIAL** day with fun activities



30th July Science experiments

6th August Little oaks "Bake off" competition

13th August Movie themed day, dress up, act out, bring DVD's and eat popcorn

20th August Let's get messy (Old clothes are a must)

27th August Building obstacle course

3rd September 100's of things to make with sweets

Catering for ages 2 to 8, even if they do not attend Stoke Ferry school

£2.90 per hour, lunch provided for **£1.60**

SPECIAL OFFER book 4 hours in one week and receive the 5th hour free



Call Little Oaks **01366 502150**



or pop in to pick up a booking form but hurry as places are on a first come first serve basis



Oxburgh Hall

Oxborough, King's Lynn, Norfolk PE33 9PS
 Telephone 01366 328258 Email
oxburghhall@nationaltrust.org.uk

AUGUST 2014

Oxburgh Servants' Exhibition Daily

Follow the stories of the servants who worked at Oxburgh Hall and learn how a busy household was run in the early 20th Century.

Normal admission

National Gardens Scheme Sunday 17 August 11am – 4pm

All proceeds from garden-only entry go to the National Gardens Scheme. At 2pm join Graham Donachie, the former Head Gardener, to hear his stories of 30 years at Oxburgh Hall. The Parterre will be looking at its best at this time of year.

Normal admission

Throughout August

House open 7 days, garden games and other activities, including '50 Things to do before you're 11 ¾'.

Normal admission



CHURCH FARM

STOW BARDOLPH



Open Daily 10am-5pm
13th Feb-2nd Nov 2014
 Plus Winter Opening Thurs-Sun

- Indoor "Treehouse" Playarea
- Under 5's Playarea
- Pedal Tractors
- Adventure Playground
- Straw Play Barn
- Undercover Sandpit
- Climbing Wall
- Tractor & Trailer Rides
- Lots of Friendly Farm Animals
- Homemade Lunches & Cakes

FAMILY FARM FUN




Telephone 01366 382162
www.churchfarmstowbardolph.co.uk
 Just off the A10 near Domesday Market, Norfolk, PE34 5HT

Shouldham

Ploughman's Lunch

Saturday August 2nd

Shouldham Village Hall
 12-2pm

Two courses for £4

Enquiries:
 Emma Gibson 01366 348199

Barton Bendish

WW1 Commemoration Evening

In Aid of Help For Heroes

Saturday 2nd August 7pm

Village Hall

A social evening including WW1 themed food from countries involved, WW1 quiz, songs of the era, presentations and factoids.

Entry £5 by ticket only so please book early to avoid disappointment.

Tickets can be booked from
Maureen Buck 01366 347703
Val McAllister 01366 347570

Kindly sponsored by
The Commemoration WW1 Fund via
Norfolk Community Foundation

Beachamwell



Family Fun Day

Sunday 3rd August

11am onwards

Beachamwell Village Centre

Fully Licensed Bar, Hog Roast, BBQ, Static Birds of Prey Display, Climbing Wall and Water Games, Tug-of-War (Teams needed), Candy Floss and Popcorn Cart, Cake Stall, Craft Stalls, Raffles, Bouncy Castles, Balloon Animal Maker, Face Painting, Glitter Tattoos and Nail Bar, Lots of other activities and fun things to do,,,

Come And Join In The Fun

Enquiries 01366 328321

Wereham

Pop-Up Café



**Tuesday
August 5th
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.

Beachamwell

Book Group

Tuesday August 5th

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed at this meeting

'The Unlikely Pilgrimage of Harold Fry'

Rachel Joyce

£2.00 + Bring & Buy Bookstall

New members welcome

Enquiries:

Leah Spencer 01366 328536

Beachamwell Wednesday Walkers Wednesday August 6th

Meet at 10.00am outside
Beachamwell Memorial Hall

Walk will be approximately
2 hours

Dogs to be walked on a lead

Enquiries:
Sue Pennell 01366 328452

Wereham Weekly Cash



**Wereham Village Hall
Wednesdays**

Doors open 6.45 pm

Eyes down 7.30 pm

*Raffle and Refreshments
with complimentary biscuits*



**Enquiries: Roger Collins
01366 500088**

All proceeds go to Village Hall
Registered Charity Number 1151336 Wereham Village Hall



Beachamwell WI Thursday August 7th

2.00pm
Old Rectory Garden

‘Garden Meeting’

Enquiries:
Jenny Gabrielsen 01366 328297

Shouldham Village Cricket Weekend

Saturday August 9th
and
Sunday August 10th

**King George Playing
Fields**

Enquiries:
Nigel Walsh 01366 347933



The Breckland Society

'Summer Stroll'

Sunday August 10th

Join us at 11.00 a.m. to follow the circular walk across part of the medieval Mildenhall Warren and see inside the 600 year-old warren lodge, recently conserved with a new roof of Douglas Fir from East Anglia's Forest.

The walk is about two miles
Bring a picnic.

Enquiries:

Sue Pennell 01366 328452

info@brecsoc.org.uk

Fincham

Coffee Morning
Wednesday August 13th

10.00 - 12 noon

St Martin's Fincham

Enquiries:

May Pinches: 01366 347228

Beachamwell

Scrabble
Wednesday August 13th

2.00 - 4.00

Orchard House, Beachamwell

Enquiries:

Sonia Williams 01366 328774

Beachamwell

Wednesday Walkers Evening Walk

Wednesday August 13th

Meet at Village Hall at 7.00 pm

(not if its pouring with rain)

No dogs please

Wine/beer/etc in Village Hall
afterwards - cost: £2.00 per head

Street to West End, St John's Lane,
Beachamwell Road, Long Drove,
Footpath 4 to Brick Kiln Gate,
Footpath 6 to Swaffham Road,
Bridleway 16 to Shingham, Shingham
Road to Chapel, Footpath 15 to
Footpath 14 to Pub

Enquiries: Sue Pennell 01366 328452

Beachamwell Horticultural Society

Annual Show

Sunday August 17th

Beachamwell Memorial Hall

Entries to the hall

8.30-10am

Open to the public 2pm

Free Admission

Raffle + Light Refreshments

Enquiries:

Carole Wilson 01366 328628

Oxborough Dog Show

(By kind permission of the Kennel Club)

Sunday August 17th

Oxborough Village Green

All entries taken from 10.00am

£1.50 per class

Judging starts at 10.30

Pedigree & Novelty Classes 12

No dogs with CC, RCC, J W &
BIS winners.

Refreshments in Village Hall

Car parking around the ring.

No bitches in season & no dogs under
6 months.

Enquiries: 01366 728854

Beachamwell Afternoon Tea and a Chat.....

**Wednesday
August 20th
2 - 4pm**

**Beachamwell
Memorial Hall**

Enquiries
Graham & Sonia Williams
01366 328774

Beachamwell

Wednesday Walkers Evening Walk

Wednesday August 20th

Meet at Village Hall at 7.00 pm

(not if its pouring with rain)

No dogs please

Wine/beer/etc in Village Hall
afterwards - cost: £2.00 per head

Old Hall Lane, RB 19 to Gooderstone
Road, Caldicote Barns, Oxborough
FP 1 to Eastmoor Road, Oxborough
Footpath 1, Caldicote Barns,
Gooderstone Road, RB 19, Footpath
12 to Old School – Village Hall

Enquiries: Sue Pennell 01366 328452

Shouldham Flower Festival

**Saturday, Sunday and
Monday
August 23rd 24th and 25th**

**Shouldham All Saints'
Church**

Enquiries:
Jenny Malby 01366 347420

**Nar Valley Ornithological Society
(NarVOS)**

Tuesday 26th August, 7.30pm

Barn Theatre, Sacred Heart Convent
School, Swaffham. Access and parking
from Sporle Road.

'Saving the Spoon-billed Sandpiper'

Illustrated talk by Dr Debbie Pain
Wildfowl & Wetland Trust's (WWT)
Director of Conservation. She will talk
about the amazing international project
attempting to save the Spoon-billed
Sandpiper from extinction. Fewer than
100 pairs remain in the wild. The project
has made two expeditions to Far East
Russia. Also, a small flock is now under
specialist care at WWT's headquarters in
Slimbridge, Gloucestershire.

Visitors most welcome. Admission £2 on
the night if you are not a member.

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

**Beachamwell
Craft Group**

Thursday August 28th

2 – 4.30pm

11 West End

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

£1.50 + Bring & Buy

All welcome.

Enquiries:

Leah Spencer 01366 328536

Wereham

**Indoor/Outdoor
Car Boot**

Sunday August 31st

Wereham Village Hall

9am - 1pm

Café from 8am

Bacon butties, cakes and drinks

Children's playground,

Book Stall

To book a pitch call

Nikki and Chris 01366 501111

07789695783

Beachamwell

Fete and Country Fair

Sunday 31 August

12 noon – 5pm

Lamb Racing, Dog Show, Bric-a-Brac

Barbecue, Tombola, Coconut Shy,
Games, Art and Craft Stalls, Real Ale,
Bouncy Castle, Books, Cakes, Plants,
Refreshments and much, much more.

A fun day for all the family!

Enquiries

Susie Davis 01366 328249

*A Beachamwell Memorial Committee
Event*

Beachamwell

Wednesday Walkers Extra Walk

Saturday September 6th

Meet at Village Hall at 10.00 am

(not if its pouring with rain)

No dogs please

Village Hall, Pub, Stambles
Plantation, Shingham, Langwade,
towards Folly Barn, Gooderstone
village, Oxborough to Bedingfeld Arms

LUNCH – buy your own!

Eastmoor Road, back along beside the
stream, Caldicote Barns,
Gooderstone Rd, RB 19, Old Hall Lane,
Village Hall

Enquiries: Sue Pennell 01366 328452

Shouldham

Ploughman's Lunch

Saturday September 6th

Shouldham Village Hall
12-2pm

Two courses for £4

Enquiries:

Emma Gibson 01366 348199

Wereham

Village Fayre

Sunday 7th September

10am – 4pm

Dog Show, Car Boot, Classic Cars,
Tractors, Static Displays, Bouncy Castle,
Face Painting, Games,
Children's Activities, Fish and Chip Van
and much, much more.

A great day out for all the family so come
and join the fun!

All proceeds to Wereham Village Hall
Reg. Charity 1151336

Enquiries
Victoria Gray 01366 501277

Shouldham

Beer and Music Festival

September Friday 12th

Saturday 13th

Sunday 14th

Kings Arms

Shouldham Village Green

Enquiries: Ian Skinner
ljskinner@btinternet.com

Beachamwell

"Pop Up" Pub

Friday September 26th

6.30 - 11.00 Last Orders 10.45



Beachamwell Memorial Hall

Bring your friends

Licensed Bar with selection of beers,
wines and bar snacks

Enquiries

Susie Davis 01366 328249

*A Beachamwell Memorial Committee
Event*

BARTON BENDISH

Art, Photography & Craft Exhibition & Sale

September 27th & 28th

Saturday 10.00am - 5.00pm

Sunday 11.00am - 5.00pm

In the Village Hall and

St. Andrew's Church

Barton Bendish

PE33 9GF

Admission Free

Refreshments and light lunches
available

Proceeds to St Andrew's Church and
the Village Hall

For further details contact:

01366 347849/347563

Wereham

Indoor/Outdoor Car Boot

Sunday September 28th

Wereham Village Hall

9am - 1pm

Café from 8am

Bacon butties, cakes and drinks

Children's playground,

Book Stall

To book a pitch call

Nikki and Chris 01366 501111

07789695783



'Top Brass'

Brass Quintet

Sunday September 28th 3.00pm

Swaffham Assembly Rooms

£7.00 for members

£10 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries

01366 328648

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Village Open Gardens

Our annual Open Gardens this year took place on June 29th with a record breaking 16 gardens open to the public. During the days and weeks leading up to it, the village gardens were hives of activity and the village as a whole looked wonderful. After weeks of sunny weather, with perhaps the odd shower, we couldn't believe our luck (or lack of it!) when on the morning of the 29th, early sun turned to grey clouds that got darker and darker and then just before we were about to open, the shower turned to a deluge and the road outside the village hall flooded! Thankfully after a while this passed and the afternoon saw many visitors pour into the village as the sun made an appearance. Thank you to those hardy souls who donned all manner of wet weather gear and came to support us no matter what at lunchtime - you were a sight for sore eyes!

It was great to see such a variety of beautiful and interesting gardens open and there were many comments from the visitors about how impressed they were with all that could be seen. Our sincere thanks go out to all who committed themselves to the hard work that took place in order to open their gardens for us, we are truly grateful. Of course the event could not happen without the volunteers who sell the tickets, help with refreshments, provide and sell plants (thanks Olly for the best plant stall I think Open Gardens has ever seen!), cakes and raffle prizes, Fiona with her Phoenix cards and of course the unsung heroes who put up and take down the signs and who advertise the event. This is such a small village but as one visitor put it 'it stages an event that involves the community worthy of many times its size'.

Well done everyone and thank you.

Linda Webster and Mhari Blanchfield

Barton Bendish WW1 Commemoration Evening in Aid of Help for Heroes. Saturday 2nd August, 7pm at Barton Bendish Village Hall.

A social evening including themed food from countries involved, quiz, songs of the era, presentations and factoids.

Entry £5 by ticket only so please book early to avoid disappointment.

Tickets from Maureen Buck 01366347703 or Val Mc Allister 01366347570.

Kindly sponsored by The Commemoration WW1 Fund via Norfolk Community Foundation.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Art, Photography and Craft Exhibition

Our sixth annual exhibition will take place on September 27th and 28th in Barton Bendish. We welcome artists, photographers and crafts people who have exhibited before and are also keen to encourage new people to take part. If you would like to know more details please contact Mhari (347849) or Linda (347563). Exhibitors need not be local to our villages, so please do pass this on to anyone you know may be interested. We look forward to hearing from you.

Knitted Creatures!

Following the success of the knitted chicks and bunnies in the run up to Easter, we now have a new range of knitted creatures - still filled with a crème egg. We have mice, ladybirds, bees, hedgehogs and dressed mice for sale – ranging from £2 to £3. The Berney Arms has kindly agreed to sell them again and they can be seen sitting on their bars!!! The creatures will also be for sale at the Art Photography and Craft Exhibition. If you are a knitter and would like to help us, then patterns and wool can be provided or if you have any spare balls of wool you would be happy to donate please pass them onto Linda or Mhari. Thank you

Summary of Forthcoming Events

August 2nd	WW1 Commemorations Social Evening, Village Hall
September 27th & 28th	Art and Craft Exhibition, St Andrews Church and Village Hall
November 20th & 21st	Wreath Making Workshop in the Village Hall Optional Lunch at The Berney Arms on Thursday
December 6th & 7th	Hall of Stalls and Christmas Tree Festival St Andrews Church and Village Hall Christingle Service at 3pm in St Andrews Church on the
December 13th	Victorian Evening of Christmas Entertainment in the Village Hall

Jill Mason

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

The new Opening Hours are as follows:-

Monday and Thursday: 11.30 - 12.00

Tuesday, Wednesday and Friday: 11.15 – 12.00

Church August Flower Rota

3rd Sonia Williams, 10th Carole Wilson, 17th Brenda Branch, 24th Karen Butler and Jeanne Flynne [Bank Holiday Weekend], 31st Jenny Gabrielsen

Any queries please contact me.

Eileen Powell

Wednesday Walks

On Wednesday 1 July, we parked at Larchwood and enjoyed a circular walk along sunny forest rides, ancient tracks and footpaths. We missed Sue Pennell's expertise with naming flowers and butterflies this month. Nevertheless, she had made sure that we would not miss the bee orchids growing in a small clearing on our route through the forest – they were very special.

Our next walk is on Wednesday 6 August, leaving the village hall at 10am and there will be two more evening walks this month, leaving the hall at 7pm on Wednesday 13 and 20 August. There is a small fee of £2 for the evening walks, so that we can have a drink together in the hall when we get back. Hope you can join us. (No dogs on evening walks please.)

Sue Pennell and Leah Spencer

Parish Council

The Councillors discussed the suggestions by Mrs Leah Spencer to improve the appearance of the bus stop. Whilst it was agreed that the bus stop could look more welcoming, it has yet to be decided who would take on the role of Warden. If any members of the public wish to volunteer for this role please contact me. Any suggestions for improvement will also be considered.

The next meeting will be held 8th September. As always, everyone is welcome to attend. If you have a query or a problem, you can consult any of the Councillors at any time – they are more than willing to listen and help if they can.

Eileen Powell (Parish Clerk)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

WI

At the July meeting it was good to have Vesna, our President, back and we thank Irene for doing a sterling job as Vice President in her absence. Vesna welcomed two visitors this month and noted that Pauline had now joined us.

Jenny thanked Ann on behalf of the Members for organising a very successful Crochet afternoon. Members were reminded about the Village Fete and help needed for the Festival of Flowers later in the month.

The Speaker for the evening was Claire Dunne, owner of Ceres Bookshop, who gave a most interesting talk about her involvement as a Rotarian. She told us that the movement was founded in 1905 in Chicago and there are 1.2 million members throughout the World. In Swaffham a Rotary Club was formed in 1969 with 27 Members. Their aim is to have fun, make friends and raise money for

local and international organisations. Claire gave a very interesting and emotional account of her involvement in the Immunisation Project against Polio in 2006 which took place in India. We were all very moved with what she told us. Claire is an excellent Speaker and we enjoyed the talk very much.

There were two Birthdays to celebrate Brenda and Anita.



Flower of the Month was won by Vesna, Competition Jenny and the Raffle by Brenda our lucky visitor.

Eileen gave the Thought for the Month 'Every day is wonderful if only you could see how the threads are woven on the looms of destiny. Some day you will understand how time is working out – a plan and purpose for your own good. Believe and never doubt.....

Next Meeting is August 7th and will be held in the Old Rectory Garden at 2 pm. New Members would be most welcome.

Carole Wilson (Photograph Eileen Powell)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Memorial Hall (Charity registration number 303900)

Our next big fund raising event will be the Fete and Country Fair on Sunday 31 August 12noon – 5pm. There will be old favourites like the Lamb National, Clay Pigeon Shoot and Dog Show; live music from the Downham Swing Band; the marvellous Beachamwell Bric-a-Brac marquee; plenty for you to eat and drink – tea and cake, real ale, Indian snacks, barbecue, ice cream van, homemade fudge; lots of games and activities for all ages and more craft stalls than ever. What better way to end the summer holidays than at a traditional Fete and Country Fair on our village green – an afternoon of fun for all the family!

The weather was fine again for the Pop Up Pub on 4 July and it was great to see lots of villagers meeting up for a chat over a drink. The next Pop Up will be on 26 September – look out for posters, emails etc. nearer the time.

Beachamwell Memorial Hall Committee

Contact: Susie Davis, secretary (suedavis@afiweb.net)

Horticultural Society Annual Show

The show will take place in the Memorial Hall on Sunday 17 August. Please bring all entries to the hall between 8.30 -10am. Don't forget the show now includes preserves and handicrafts, as well as vegetables, fruit and flowers – so if you don't grow potatoes, onions etc. there will probably still be something you can enter. If you need a schedule they are available in St Mary's Church and in the foyer of the Memorial Hall.

The Annual Show is open to the public at 2pm and cups are presented at 3pm. Do join us and enjoy one of the highlights of the village year.

Carole Wilson and Leah Spencer

The Great Family Scarecrow Competition



All families with children/grandchildren of school age living in the readership area of Group 4 News, are invited to make a scarecrow for this year's Annual Show. Let your imaginations run wild – the only rule is that the scarecrow has to be on a broom handle.

Bring your finished scarecrow to the Memorial Hall between 8.30 -10am on Sunday 17 August. The results will be announced in the hall at 3pm. Entry forms from me.

Leah Spencer 01366 328536

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday August 26th	Barton Bendish	Hattersley Gardens	9:55 am
	Beachamwell	Old Post Office	10:15 am
	Drymere	Telephone Kiosk	10.40 am
	Boughton	Mill Hill Road	14.20 pm
Monday August 4th & 18th	Wereham	The Pit	9:30 am
		Queen's Close	16:20 pm

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
Fincham	Memorial Hall Thursday - every month from 3rd July 9.00am –1.00pm

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Bill Tasker	01366 347432
Beachamwell	Leah Spencer	01366 328536
	Jayne Frost	01366 328893
Boughton	Pam Wakeling	01366 500429
Wereham	Doreen Rolph	01366 500218

CHURCH SERVICES

August 2014

DATE	TIME	LOCATION	SERVICE
3rd August (Trinity 7)	09.45 am	Shouldham	Holy Communion
	10.30 am	Marham	Café Church
	11.00 am	Beachamwell	Holy Communion
	6.00 pm	Wereham	Evensong
10th August (Trinity 8)	09.30 am	Shouldham Thorpe	Holy Communion
	10.00 am	Boughton	Breakfast Church
	10.30 am	Marham	Holy Communion
	11.00 am	Barton Bendish	Family Communion
	6.00 pm	Fincham	Evensong
17th August (Trinity 9)	09.45 am	Shouldham	Morning Prayer
	10.30 am	Marham	Holy Communion
	11.00 am	Beachamwell	Family Service
	11.00 am	Wereham	Holy Communion
24th August (St. Bartholomew)	09.30 am	Fincham	Holy Communion
	10.30 am	Marham	United Morning Worship
	11.00 am	Boughton	Holy Communion
31st August (Trinity 11)	6.00 pm	Barton Bendish	Evensong
	10.00 am	Fincham	Holy Communion
			Group Service

THURSDAY COMMUNIONS

7th Fincham, 17th Boughton, 21st Fincham, 28th Fincham

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
Wereham	Sheila Smith 01366 858165

BAPTISMS AND WEDDINGS

Please contact the Rev'd. Barbara Burton or the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

Boughton Fen Wildlife Walk - Official Opening 21st June 2014

On a glorious sunny afternoon Boughton villagers, invited guests and visitors assembled down at Boughton Fen to celebrate the opening of the Fen Wildlife Walk.

People started to arrive shortly after 2pm and by 2.30pm a large number had gathered, ready to walk the route which had been mowed and cut by volunteers a couple of days previously.



The guest of honour was Mrs Joy Boldero, who had been chosen to 'cut the ribbon' as she had presented Boughton Fen with the inaugural Boldero Award, in conjunction with the Campaign for the Protection of Rural England. This award was for access to the countryside and had been made in memory of her husband, Charles.

We all set off, accompanied by the committee members across the boardwalk towards Lower Fen. It seemed a long column of walkers that followed the route, laughing and chatting and passing Joy's dog, Tammy, from person to person as we went.

BOUGHTON VILLAGE NEWS

On arrival at the tall signboard on Highland Fen, we were met by a red ribbon across the path. Frank introduced Joy to the walkers. She gave a short speech before cutting the ribbon. Mark followed this with some more words, whilst the rest of the Committee were busy pouring out and handing around glasses of nice cold bubbly.

Andy Beeston's two grandchildren presented Joy with a gift and everyone enjoyed their drinks while Dave and Mark demonstrated the 'path cutter'. We set off again around the remainder of the walk and back to the cars. Everyone had enjoyed the afternoon and our visitors seemed very impressed by the achievements of Boughton Fen Committee and their willing band of volunteers.

Sue Pogmore (*Well done to all concerned - excellent work....Ed.*)



All aboard the boardwalk.....

The Boughton Fen Committee thank all who attended our official opening of Boughton Fen Wildlife Walk. We are immensely proud to have such a wonderful asset on our doorstep, which has provided the village with an award winning wildlife walk. Our awards include, CPRE Award, Boldero Award, Norfolk

BOUGHTON VILLAGE NEWS



Biodiversity Partnership Award and a Lloyds Bank Community Award.

We are aware that some of you were unable to join us on the day so if you would like an accompanied tour sometime in the future then please contact Angela on 501335.

Please remember, there is always the website www.boughtonfen.org.uk for further information. The website provides access to a gallery of photos showing the construction of the boardwalk and other working parties and where you can also view photos of the recent open day.

The Boughton Fen Committee

A plea for help

The church recently had its Quinquennial Inspection. As the name suggests, it's a five yearly inspection of the building and churchyard by the appointed architect

BOUGHTON VILLAGE NEWS

looking for repair work which needs to be done over the next five years. We are more fortunate than some churches, being a small and fairly modern building, but some things need to be done and the PCC and the architect have suggested that some of the work could well be done by volunteers. Although the building is now a community centre for the village, the actual church congregation is small in number and the majority are into their seventies or older. To do all the work the architect has suggested over the next five years would cost approximately three times the amount we currently have in church funds, without taking into account the regular running costs, such as our payment to the Diocese, oil, electricity etc. We have lost some of our previous collection sources in recent years as people have died or moved away. The sort of work which it might be possible to do with volunteers concerns drains, removing moss from walls, gutters, decorating the church gate etc, redecorating the weather vane and clearing the gutters in the tower, cleaning the silence chamber.

If you are able to help in any way, please contact Angela and Andrew Faherty 501335. The Annual Church cycle ride is on the second Saturday, so if you can't ride, you might be able to join a party of friends of the church/community centre. ***Pam Wakeling***

Dog Fouling.

As many residents will know dog fouling in our village and on the Fen remains an issue.

Please consider how offensive and annoying dog fouling is to other users of the public spaces in our village and the fen.

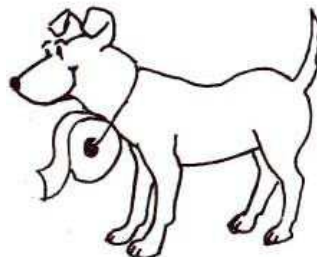
Jane Edwards our area Police Community Support Officer has been consulted and she has offered assistance. Jane now has extended powers to help deal with this problem and she will be providing us with information posters that we will make available.

Please help encourage responsible dog walking so that everyone can enjoy our village and Boughton Fen and spread the message:

"DOG WALKERS PLEASE REMOVE YOUR DOG FOULING"

Thank you.

***Boughton Parish Council and
Boughton Fen Committee.***



WEREHAM VILLAGE NEWS

Open Gardens at Wereham

It doesn't seem possible that we held our 12th Open Gardens on June 15th. Although the weather was cool and rather cloudy it stayed dry for the afternoon and we welcomed friends old and new from a large area to the event.

We had 10 gardens open including two new ones this year. Thank you to the gardeners who so willingly opened their gardens and provided such a friendly welcome which is always appreciated by our visitors. It couldn't be done without you. I hope we have perhaps persuaded others in the village to consider opening next year.

We raised our equal best total of £1084.00 which is brilliant.

Thank you to everyone who baked cakes or savouries which were served by the hard working lunch and tea ladies (Doreen, Marion, Pauline, Sheila and Wendy) in the village hall, not forgetting our waitress Ellie.

Thanks to Sara and Jane for selling maps and raffle tickets and Ivy for running a tombola.

A big thank you to Ronnie also who not only opened her garden this year for the first time but grew the majority of the superb plants on the plant stall and dispensed her vast knowledge to customers. She was helped too by Stina and Sara. Thanks ladies.

If I have forgotten to thank anybody publicly, it isn't because I don't value your contribution to the day, I do, and thank you.

Lizzie Baddock

Left at the Village Hall on Wereham Open Gardens Day.....

A pair of silver framed specs. Please ring 01366 500233

Mobile Post Office

As from Tuesday 22nd of July the Mobile Post Office will be changing its hours due to taking on Fincham.

Times will be:-

Fincham Monday -Friday 12-05 to 12-35

Wereham Monday to Friday 12-45 to 1-15

Flegg Green Post Box

I contacted Royal Mail about the removal of the Post Box from Flegg Green.

This is the reply I received:-

WEREHAM VILLAGE NEWS

'Thank you for your email dated the 10th of June regarding the post box Flegg Green, that had been relocated to the centre of the village.

On receipt of your email, I contacted the Collections Planning Manager concerned. He has looked into your request but has informed me that the mentioned area does not warrant the installation of a new post-box at this time.

As part of our regulatory requirements, we must ensure that there is a post-box within half a mile of at least 98% of all 'delivery points' (usually a customer's letter-box) nationally.

It was deemed that the post box in Flegg Green had to be removed due to structural damage with a new box to be installed on the other side of the main road. The distances between the boxes did not warrant so many.

As the current posting facilities in the mentioned area already met the guidelines under business and Ofcom regulation, I regret that the box had to be removed.

Thank you for contacting us about this and I'm sorry for any disappointment caused by this decision. If you need to contact us again regarding this matter, please remember to quote reference number [1-3036069223](tel:1-3036069223).

Regards

Sapna Teckwani (Customer Service Advisor)

That seems to be the end of the matter.

Viv Scott

July Update from Wereham Village Hall Committee

Update from our Ordinary meetings on 17th June and 7th July:

New trustee, Nikki Loake was welcomed to the meeting as a representative of the monthly Car Boot and Café. She is already getting fully involved, having just attended a workshop on the SPICE Time Credits Scheme. This is an exciting initiative to reward volunteers.....more details next month when she has completed the training!

We received notification that our application to the Love Norfolk Fund was successful; we have been awarded £2000 towards new heaters after the old ones were condemned earlier in the year.

The main achievement of the month was completion of the Design Brief for a new Village Hall, taking into account the opinions of all our focus groups. This is a big milestone as it enables us to start looking for and getting quotes from suitable architects etc.

WEREHAM VILLAGE NEWS

It was also decided that now was the time to submit a planning pre-application to the borough council as this will provide us with invaluable information and guidance as to what options we have without incurring the costs of a full planning application. This means that over the coming weeks, it is likely that various options will be discussed and consulted upon with the local community. We should make it clear that at this stage, there are no firm decisions, just different options that we are exploring with regards to both design and location of a new hall.

Update from the new build team

Committee members enjoyed a visit to Thornham Village Hall who were awarded Lottery funding in 2012. We were given a presentation on the very professional village cinema, then took the opportunity to freely investigate all the facilities from the loft storage to the oohing and aahing over the spacious kitchen facilities. This was followed by a chat with the Chair, Colin Venes, who as part of a team of four, achieved funding for the new build. Thanks to Chris from the Village Cinema and Colin Venes for enthusiastically giving up their time to support our project. Lots of ideas and solutions were picked up from the visit. We've welcomed Trustee Rachel Barron to the Team. While we respond to suggested amends on the Lottery application from the NRCC and WVNCA, we're also exploring options to deliver the needs of our community.

Victoria, Helen, Rachel and John

Thank you to all of our Friends of Wereham Village Hall volunteers who co-ordinated and supported several events during July.

The next FoWVH meeting will be held on Monday 4th August at 7.30 in the Village Hall.

For all the pictures and feedback from our events, log on to www.facebook.com/werehamvillagehall. By clicking on the 'Like' option, you will be kept up to date on events, pictures and the progress towards a new village hall

Wereham Village Hall Bonus Ball Club – The Winners of £50 each for the July Lotto draw were Janet Voutt and John Fuller – congratulations! If you'd like to be added to the waiting list, contact me on 07795006811. Many thanks,

Helen Richardson, Secretary.

Ink Cartridges & Bottle tops- collection boxes for ink cartridges are on the piano in the hall, open 10-12 Fridays. Or alternatively, leave them in a bag at

WEREHAM VILLAGE NEWS

the door of the village hall.

We have had a fantastic response to our bottle tops collection. Unfortunately however, we are finding storage very problematic. The volumes required before they can be disposed of are enormous and the income they create is very small. If anyone knows of another local charity/collection point, we will happily donate our bottle tops to them and even continue to collect on their behalf. Please contact Rachel on 01366 502252 if you can help. If we cannot find a recipient in the next few weeks though, we will have to stop further collections before we all drown in a sea of brightly coloured plastic!

Events List

Bingo - every Wednesday, doors open at 6.45pm, eyes down at 7.30pm. Cash prizes, raffle, and refreshments with complimentary biscuits.

Enquiries to Roger on 500088.

Pop up Café – on the first Tuesday of the month, 10.30-12.00 noon. Next dates are Tuesday 5th August, then Tuesday 9th September. Join Jacqueline and friends for a slice of homemade cake & a hot drink for just £1. Join friends for a natter and a read of the daily papers.

Cake donations/queries to Jacqueline 500880



A friendly chat, a catch up with friends and the morning papers over a cuppa and scrumptious cake awaits at the Pop-up Café with Jacqueline and Karen.

WEREHAM VILLAGE NEWS

Indoor/Outdoor Car Boot – Next dates are August 31st and September 28th, 9am to 1pm. Café, bric a brac and book stall. £5 pitch, to book call

Nikki/Chris on 01366 501111



A friendly welcome awaits you at the monthly Car Boot with Nikki, Jordan and Chris in their smart matching uniforms!

Wereham Village Fayre

Sunday 7th September , 10-4. Including the ever popular dog show and car boot as well as tractors, vintage cars, static displays, fish and chip van, ice creams, games and activities, bouncy castle, face painting and much much more!

Contact Doreen on 01366 500218 or Nikki on 01366 501111

Quiz Night

Saturday 4th October at 7.30pm in the village hall. John's ever popular quiz night makes a welcome return!

Contact John Eastgate on 01366 500766 for more details.

WEREHAM VILLAGE NEWS

If you have any queries with regards to the plans to get funding for a new village hall, or anything we're doing, please contact

Victoria Gray, Chair, Wereham Village Hall Committee

Home: 501277 Mobile: 07725513583

Email: darren.gray@tesco.net or via www.facebook.com/werehamvillagehall

Charity Bingo 21st July: Roselyn and Roger would like to thank everybody who donated prizes, especially Joan who made us loads of home-made cakes which we sold at our event. Also special thanks to all who attended and supported us. We raised £300.00 for medical supplies for Boughton Surgery.

Pop-Up Café Tuesday Aug 5th : Please come along, open as usual with Diane and Doreen taking the helm...10:30 till 12:00. Best, Cheapest and Most welcoming Coffee Morning in Norfolk...We have been told!! See you there..

Jacqueline and Karen

Pop-Up Cafe Tuesday 2nd September. Strawberry Tea Café. Please, please come along to this Café - if you come once a year make it this one. We are doing this one as a Strawberry Tea Cafe, which is in essence a Breast Cancer fund raising Event, absolutely every penny is going to Breast Cancer. We will have a Raffle and some little extras so please, please bring some extra pennies and come along to support this cause - it means a lot to us, 10:30 - 12:00 Tuesday 2nd September - See you there.

Jacqueline and Karen (any cake makers - please contact me on 500880)

Wereham Parish Council

Minutes from the 8th July meeting are available from the Clerk on 01366 600527 or Werehampc@gmail.com.

The Parish Council acknowledges the resignation of Cllr Phil Norris and thanks him for all his hard work and dedication both to the Parish Council and other committees within the Parish. Please keep an eye on the Parish Council notice board (near the pond) for details of how to express an interest in filling the now vacant position of Councillor.

Wereham Parish Council now has its own Facebook page! Please check this for news of meetings and notices and use it as a forum to raise any concerns.

The **next meeting** will be on Tuesday 9th September, 7.30pm at Wereham Village Hall.



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www.wix.com/ryeholidays/theoldschoolhouse

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Beachamwell Lamb



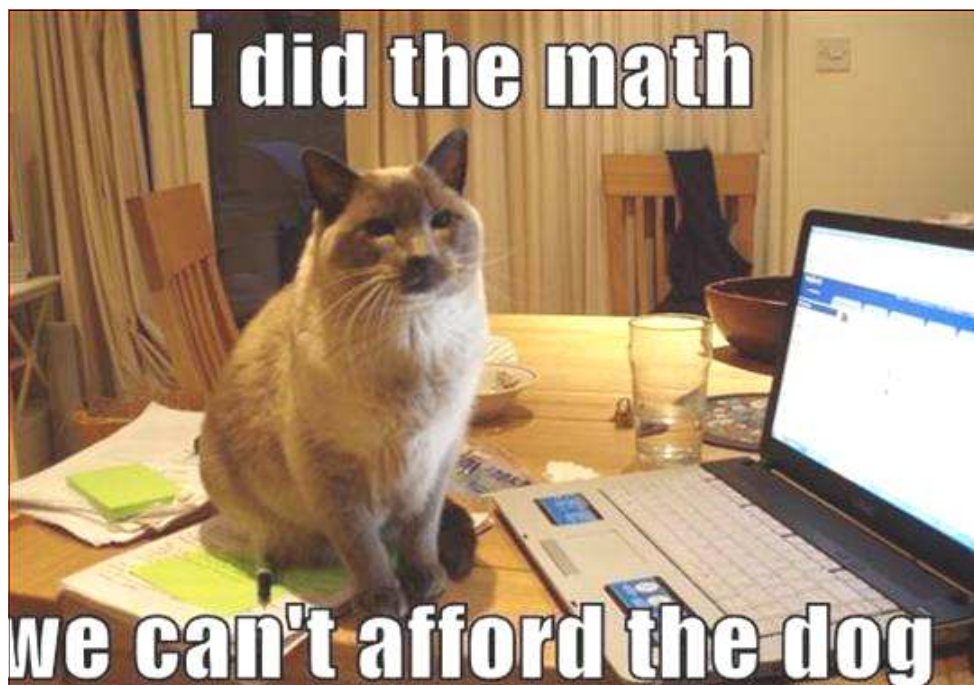
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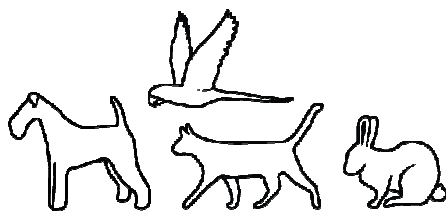
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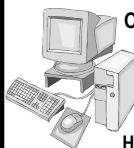
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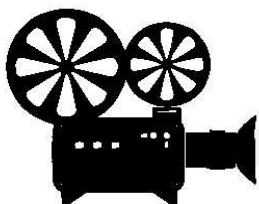
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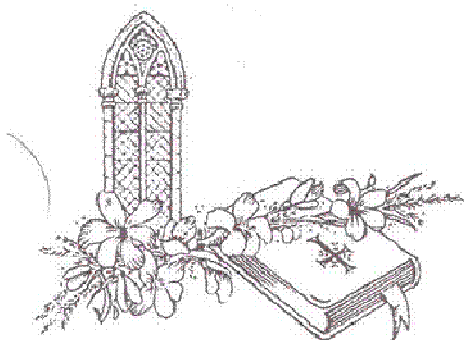
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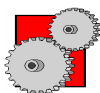
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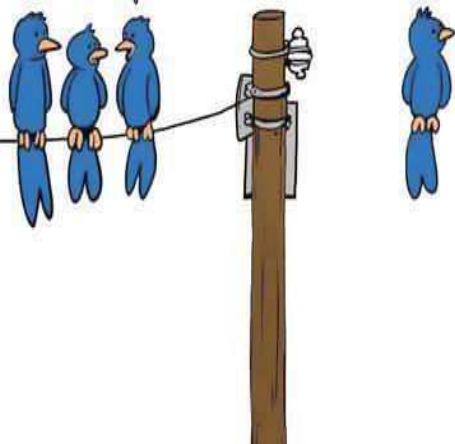
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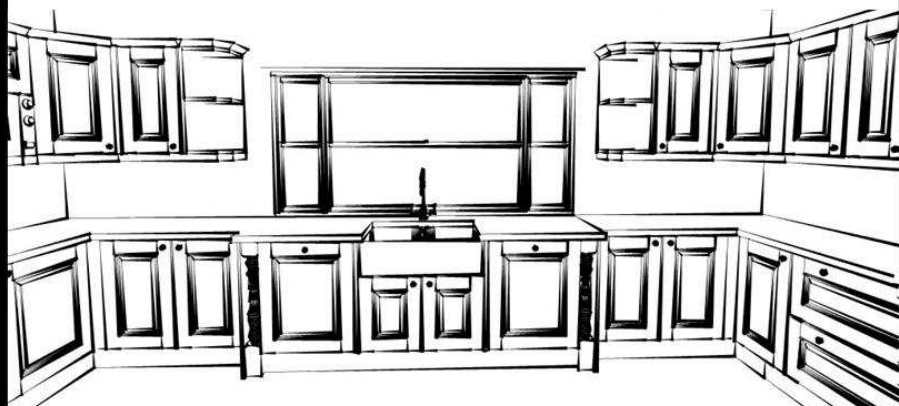
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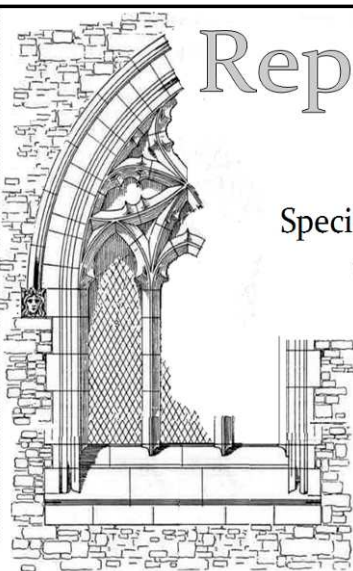
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