

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

August 2017

WELCOME

Thank you to the people who help make this magazine and its sister magazine, Fincham Group News. Without the advertisers, G4N would not exist, as it is distributed free to more than 750 homes in the four parishes. The FGN goes to nearly 250 subscribers, as its funding is organised differently. Thank you also to the people who valiantly produce copy every month and record the events of our village life. The four villages are lively and vibrant places to live, with many events to attend and support. Thank you also to the people who help to distribute magazines around their villages. (Offers of further help always welcome!) We also need to thank Alan Pickering, who prepares the advertising and keeps the accounts for G4N, and Gary Bainbridge who does the same job for FGN. They present us each month with a template complete with adverts and all we have to do is collate the contributions and produce the finished articles! (We are also fortunate in having very understanding and efficient printers at Limetree in Downham Market.

Thank you, everyone!

The editors, 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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Please submit all information through your Village Contacts.

**Deadline for copy for the
September 2017 edition:**

11th August

ADVERTISING

Alan Pickering 16 Tinkers Way,
Downham Market PE38 9TQ

Tel: 07779 787499
e:mail: group4news@gmail.com

If you use any of the advertisers in the magazine, please mention where you have seen their advertisement.

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224

‘FROM THE RECTORY’



Contact details:

Revd Ken Waters

01366727220

ken.waters@btinternet.com

August, the time for holidays.

Sea, sand and sangria. Or it could be a boat on the Broads. Or at home doing days out or DIY (ugh). Or, my favourite, walking in Norway, which we've just come back from. It's a great place for holidays (except for the cost of everything – that's why I have Norwegian friends as it's a lot cheaper to stay with them). In July we can be in T-Shirts in the morning and travel twenty minutes up the road and be in snow. Whatever your holiday is I hope you enjoy it and take time to refresh your batteries ready to face whatever life throws at you. While you are away enjoying your holiday you might want to think about buying a ticket for a "Ritz Cream Tea" event at Boughton church on August Bank Holiday. There are a limited number of places available – so book early to avoid disappointment.

God Spot: In one of our recent services we looked at when Jesus sent out his disciples on their mission to proclaim the Gospel throughout the world. He didn't make it sound easy or even very attractive. The tough nature of their job was spelt out in honest detail. In Matthew's gospel, Jesus warned them that they were not to expect any better treatment by the world than he received. I think if Jesus were alive today, he would be advised to repackage his message to be more attractive. A PR expert would say, "less heavy on the potential suffering angle, Jesus, more on the eternal reward". Disciples these days might be asked to carry out Risk Assessment appraisals, fill in Insurance forms. If anything confronted them which was difficult, or caused them pain, they might be advised to seek counseling or a 'no win no fee' lawyer. Mentors would advise them not to burn themselves out, or tell them how to set boundaries to protect them from the people they were commanded to serve. What a sad society this appears. Let's not forget that Jesus told us to live our lives and live it abundantly. Being worried about what "might" happen shouldn't stop us trying or doing new things. Enjoy the summer because – Christmas is on the way...! (YIPPEE)

God Bless,

Ken Waters

Joke Spot: *Little Johnny was 92 years old and was driving down the M11, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Little Johnny, I just heard on the news that there's a car going the wrong way on the M11. Please be careful!" "Blow me," said Little Johnny, "It's not just one car my love. It's hundreds of them!"*

BENEFICE NEWS

APPOINTMENT OF NEW RURAL DEAN

The Revd Canon William Burke has been appointed as the new Rural Dean and will be living in Fincham Rectory from the early autumn. He has already visited several churches and attended the Deanery Synod in July. He spent some time in the army and has lately been a parish priest in north Cambridgeshire. He has agreed to take the Remembrance Day service at Fincham on November 12th. This will be a group service and we hope many of the old benefice will attend, together with any churches from the new benefices which wish to join us.

"PUTTING ON THE RITZ"

Boughton PCC

*invite you to treat yourselves to an
Afternoon Tea "Ritz" experience without
having to go all the way to London.*

*We will be serving finely cut sandwiches together with freshly baked
scones served with cream and strawberry preserve followed by a
delectable selection of cakes. We hope you will come along and join
us on Bank Holiday Monday from 2:30 pm to 5:00 pm.*

£9 per adult and £5 per child

supporting families since 1869

COME ALONG AND TRY BEGINNERS CARPET BOWLS

STARTING TUESDAY 18TH JULY 2017 FOR EVERYONE 18+



12.30 - 1.45PM

COST £3 PER PERSON PER WEEK

Buxton Room Swaffham Community Centre

ampinglands Swaffham PE37 7RB

NEWS FROM THE FOUNTAIN AT SHOULDHAM!

July has been a good month here in Shouldham with several great events happening before things start to wind down for the summer holidays. Our main family event took place on Sunday 9th July with our annual BBQ Party at Shouldham Playing Field. The weather was wonderful and around 60 people attended the afternoon event, with children playing various games and enjoying the play equipment while the adults chatted. It was a great time together and a good chance to spend time building community among us.



The other event in July was our evening 'Worship in the Woods' on Tuesday 11th July which, due to heavy rain all day, had to relocate to the beautiful All Saints Church in Shouldham! As there has hardly been any rain before or after I don't believe this was a coincidence!...a group of about 10 of us had such a wonderful time spending time with God in this historic place of worship - something we hope will continue in the future.

Our activities pause for the summer holidays but will resume on Sunday 17th September with our next Forest Church at Shouldham Warren at 10.30am. Please pray for us and for those who attend, to be filled with an overwhelming sense of God's love and purpose for ours and their lives.

Thanks for all your support! For more info please contact Angela Caley on angelajcaley77@gmail.com.
God bless you, Angela x

ROASTED VEGETABLE LASAGNE

The following quantities make a lasagne approximately 20cm by 30cm.

Ingredients

2 red onions
2 medium aubergines
3 courgettes
3-4 tablespoons olive oil
250g chestnut mushrooms, halved or quartered, depending on size.
1 tin or carton of chopped tomatoes (400g)
2-3 teaspoons dried oregano
salt and pepper
25g butter
3 rounded tablespoons plain flour
1 ¼ pints milk
pinch cayenne
50g parmesan cheese, grated
50g cheddar, grated
about 12 sheets of lasagne

Method

1. Heat the oven to 200°C/ 180°C fan / gas mark 6.
2. Cut the onions, aubergines and courgettes into large chunks (approximately 2cm cubes). Toss with the olive oil, spread in a large roasting tin, and season. Roast for about half an hour, turning once.
3. Meanwhile, make a white sauce. Melt the butter, stir in the flour and cook for a few minutes over a low heat. Gradually add the milk, beating well to avoid lumps. Increase the heat and bring almost to the boil. Cook until thickened slightly. Once the sauce coats the back of the spoon, remove from the heat, stir through the parmesan and cayenne, and check seasoning.
4. Add the mushrooms to the roasting tin and continue to roast the vegetables for a further 10-15 minutes. Remove from the oven and stir through the chopped tomatoes and oregano. Check seasoning.
5. Cover the base of the lasagne dish with a thin layer of white sauce, then a single layer of lasagne sheets, cutting some to cover the base as completely as possible. Spread over half the vegetables, a further layer of lasagne, the remaining veg and a final layer of lasagne. Finally, top with the rest of the white sauce and sprinkle the cheddar over the top.
6. Bake in the oven for about half an hour until the top is golden. Rest for at least five minutes before attempting to serve! *Kirstie Urquhart*

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday	Beachamwell	Post Office	10:15 am
1st and 29th	Drymere	Telephone Box	10:40 am
August	Boughton	Mill Hill Road	14.20 pm
	Barton Bendish	Hatherley Gardens	9.55 am
Monday 14th August	Wereham	The Pond	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, COMMUNITY and PARISH HALL BOOKINGS

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

VILLAGE BUS SERVICES

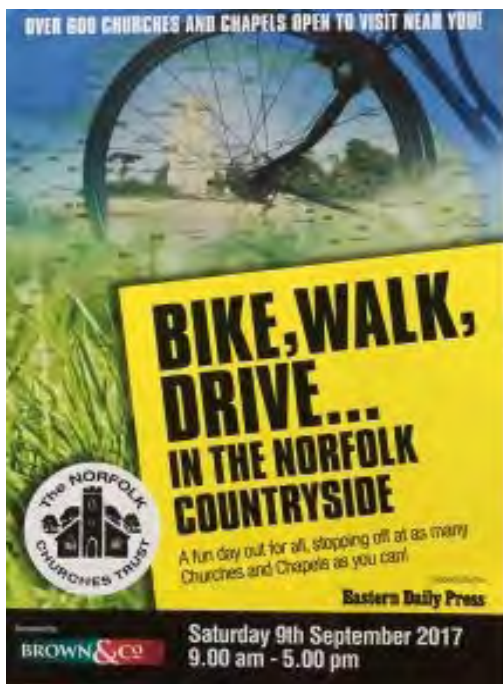
FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	31 (Saturday)	Lewis Coaches	Swaffham
Beachamwell	31 (Saturday) 18 (Tuesday)	Lewis Coaches Eagles Coaches	Swaffham King's Lynn & Swaffham
Boughton	18 (Tuesday)	Eagles Coaches	King's Lynn & Swaffham
Wereham	28 (Mon to Sat) 40 (Mon to Sat)	Coach Services Coach Services	King's Lynn 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	First Thursday 12.00pm to 5.00pm
Swaffham	Second Saturday

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



Stow Hall Gardens

Fincham Road,

Stow Bardolph

Open Sunday 23rd July
and every Wednesday

10am to 4pm.

Admission - Adults £5,
Children free.

Season tickets available.

Church Farm,

Shouldham Thorpe

Wanted - two friendly apple
pickers in September

8.30am to 3.00pm each day

If interested please contact: Hoff
01366 347230

Also, apples for sale at half the
price found in supermarkets.



Long eared bat found in a
Boughton garden and taken to East
Winch rescue centre. He was
nursed back to health and released
near where he had been found.

Boughton Fen at the Community Biodiversity Awards 2017

When the Norfolk Biodiversity Partnership invited nominations for the Community Biodiversity Awards, the categories this year included "Watery Wildlife and Habitats". Having read the criteria for this subject, it seemed tailor made for Boughton Fen, and the recent work that has taken place there, so in an attempt to get some recognition for the hard work put in by the volunteers, I entered a submission.

We were delighted some weeks later to receive an invitation for Mark, as Chair, and three other guests to attend the award ceremony on 18th July at the Abbey Conference Centre in Norwich. After some consideration, the committee agreed that the guests should include Dave Cooper and Brynmor Jenkins, who has completed two seasons of voluntary work for his D of E awards, as well as Mark and myself.

We arrived for the evening, and were treated to an excellent buffet supper, accompanied by live musicians, which we were able to enjoy in the dining area, and lovely gardens at the conference centre. All the attendees were then invited into the venue for the awards, when each category was explained, and the presentations made to each group by it's respective sponsor. The sponsor for our group was Pensthorpe Natural Park, and Deb Jordan was there in person to make the award.

It seems that our section had received the most nominations, and we were privileged to receive a 'Highly Commended' award, and a framed certificate. It was interesting to see the other categories, and what had been achieved by the very varied organisations. Out of the projects listed in the programme, Boughton Fen was the only one situated in the west of the County.

The it was back to the garden for official photographs, for all award holders, as well as the individual prizewinners, followed by a selection of cakes, tea and coffee with further musical entertainment. We had the opportunity to chat to the organisers and sponsor, before setting off home, having had a very enjoyable evening.

Sue Pogmore

ASPIRES DAY SERVICE

for adults with learning difficulties and/or physical disabilities

The staff decided it was high time we did some fundraising of our own for the special people who attend Aspires. We put our thinking caps on and came up with the idea of a sponsored walk.

Initially it was to be walking the north Norfolk coast checking out the fine hostellers along the way (yes, we know this is traditionally called a 'pub crawl'!) However, we came to our senses and to make life more interesting we decided to try Geocaching.

For the uninitiated, Geocaching is a kind of treasure hunt designed to get everyone walking more and further.

We downloaded the App onto our mobile phones and decided on a route – Old Hunstanton to Thornham – we soon saw there were plenty of caches to find. Full of enthusiasm we got our staff team plus friends and family together, 12 in all, and met at the lighthouse on Saturday 10th June.

Luckily, before the walk, we printed off instructions from the Geocaching web site to help us locate the caches, unfortunately these proved to be far more cryptic than we anticipated. At the first cache, we searched and searched but came away empty handed. Luckily, we are not the types to give up at the first hurdle and we marched on to the next location. We found the church and the pond, now, we had to find the cache! Oh, how we searched. Feeling somewhat despondent we eventually heard a cry from the bushes....FOUND it! The cache turned out to be a small plastic clip box speckled with mud and algae, but inside we found a small scroll of paper and pencil for us to record our details and the date. The sense of achievement was immense and after much back-slapping and high-fiving we walked on to the next potential cache with hope and enthusiasm.

Some caches proved impossible to find and we soon realised that we had to keep moving on or we'd never get to the pub for lunch!

The caches are placed by local people in conjunction with the Geocaching website and someone obviously thought that placing a camouflage cache in a tree full of ivy was a good thing. We begged to differ....we did find it though. The caches came in all shapes and sizes from plastic clip boxes, a fake log, a plastic turtle, a wooden pine cone and when we got back to the start we found the elusive first cache which turned out to be a biro lid covered in black tape with a

magnet attached and this was placed on nail head on a fence amongst some ivy!

Geocaching is not for the faint-hearted but with a good team and a bucket full of determination it can be great fun.

Oh, and we did make it to the pub for lunch and a well-earned drink!

We would like to thank our sponsors for helping us raise the amazing sum of £460 which will go towards fun events for the special people who attend Aspires.

Our Go Fund Me page is now closed. However, if you would like to make a donation please contact Milly or Janice on 01366 347721 for further details.

~ FRIENDS OF ASPIRES CHARITY NEWS ~

Sheila James of Clenchwarton held a Psychic Supper in aid of Aspires and after a lovely evening and a fish and chips supper she donated £300 to the Friends of Aspires charity. Thank you, *Sheila*.



ASPIRES DAY SERVICE



for adults with a learning difficulty and/or physical disability

Aspires offers work experience in a sheltered environment, packing and assembling many different items for local companies.

Open Monday to Friday from
09.30am to 3.30pm

Parties, Birthday celebrations,
Fun Day, Pantomime, Christmas etc.

Friends of Aspires – *Let's Go*
Registered charity No. 1166036

Chapel Farm, Downham Road, Fincham, Norfolk PE33 9HF

Tel: 01366 347721

For more information please call and ask for Milly or Janice

Email: aspres.daysservice@btconnect.com

www.aspiresfincham.co.uk

Facebook: [aspresltd](https://www.facebook.com/aspresltd)

Norfolk County Council approved



Community Defibrillator Seminar

Tues 22 August from 4-6 pm
in the Wereham Village Hall.

To Book a place contact Parish Clerk via
werehampc@gmail.com or 07795006811

The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

The more people that know how to use the portable defibrillator installed in our community, the more chance there is of saving the life of a victim of Sudden Cardiac Arrest

Everybody is welcome, and no special skills are required, just your willingness to play an important role in the event of a medical emergency

Copyright The Community Heartbeat Trust 2014

JARGON

Does your hobby have a language of its own? The poem on the right applies to ringing church bells and comes from the ringing chamber of St Mary's, Rolverden, Kent.

Ice skating has some confusing terms: The six most common **jumps** in competitive figure **skating** can be divided into two categories: toe **jumps** — the toe loop, the flip, and the Lutz — and edge **jumps** — the Salchow, loop, and the Axel. The cool **names** like Salchow, Lutz, and Axel came from the **skaters** who invented them.⁵ Feb 2014.

Snowboarding and skiing;

Moguls: Moguls are bumps set out on a slope - usually found on black runs and used by advanced skiers.

Monoski: A type of ski with both boots attached to a single ski.

Mute Grab: Whilst in the air, grabbing the toe edge of the snowboard between the bindings with your front hand.

Does your hobby have a language of its own? It's not just ringers, you see. Come along and see us at Fincham or Shouldham.

A Guide to Non Ringers

When GO is called we don't depart,
At STAND its time to sit.

Our HUNT does not involve a fox,
By BLOWS no one is hit.

ROYAL for us involves no kings
Though QUEENS may there be found.

No one is tempered to revolve
When comes the call GO ROUND.

When STRIKING we are hard at work,

Our COVERS don't conceal;
Fine COURSES do not make a feast
But just a QUARTER PEAL.

A SINGLE ringer may be spliced-
A SPLICED one still unwed,
And when we shout to someone
"BOB"

It may be Jo or Fred.

When LEADING WRONG we may be right,

When IN we're not at HOME;
DELIGHT may bring us all to grief-
SURPRISE may be well known.

So if you watch us at our task
And hear the words we call

There's only one you'll know and love:

The merciful "THAT'S ALL!"

Marham Village Pre-school



We are a small and friendly Pre-school and place a strong emphasis on

Play With A Purpose

Opening Hours 8.30am till 3pm Daily Term Time

Places Available for children aged 2-4years

Contact us on 07950753877

or marhamvillagepreschool@hotmail.com

For more information visit our website

www.marhamvillagepreschool.co.uk



ESTABLISHED
44 years



We hold a monthly Bingo on the
3rd Wednesday of the month
please see our website for next
Bingo Date.

All proceeds go to the pre-school.

'Come and have a mardle'

Saturday 22nd July, 2-4pm

Wereham Village Hall

A successful *Wereham Heritage Group* event returns

Enjoy browsing our collection of old photographs, postcards,
newspaper clippings and original film footage

Refreshments available



In collaboration with a Wereham School Reunion

WEREHAM

SHORT MAT BOWLS CLUB

Thursdays 7.00pm

at the Village Hall

Come and meet our friendly club,
find out what's involved, try a new
activity, help grow our club and
have some fun!

For more info or for a chat contact

Phillip on 501330

WEREHAM'S POP-UP CAFÉ

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd Tuesday)

from 10.30am till 1.00pm

The café will continue to serve
a hot drink and a pastry or
slice of home-made cake for just

£1.50

PLUS

a light lunch 'dish of the day'
for an additional £2.50

Fincham W.I.

Twenty members met in the Memorial Hall for the July meeting, Mrs C Dungay presiding.

Birthday posies were presented to R McClean, A Turnball and C Dungay. Christine presented Judy Fuller with a bouquet as she is the regular posy maker and it was her birthday last month.

The table flowers, given by P Wood, were given to the raffle.

Speaker for the evening was Anita Morton, who, in the 1990's set up a tea room in Heydon village, which is still going strong. She demonstrated how to make some of the more popular dishes on the menu, such as leek and potato soup and cheese and potato pie and gave handy hints on how to simplify making quiche (no need to bake blind, use eggs and no milk to make a firm pastry,) and crumble, (use melted butter with flour to create a shortcake taste.) She brought several samples to taste, all of which were eagerly devoured by the members.

Raffle prizes were won by S Williams, C Hammond and W Riches.

The competition – A Jar of Home-made Strawberry Jam- was won by J Fuller, 2nd -S Amies, 3rd – I Delderfield.

Refreshments were served by L Catchpole, P Wood and R McClean.

History group

Well known local resident, Roger Farmer, gave a very interesting and informative talk on the history of Oxburgh Hall. The meeting was well attended, as usual, everyone listening attentively as Roger showed slides and told of the lives of the Bedingfield family who have resided at the hall for 500 years. The hall has survived several difficulties – a large part was destroyed by the Roundheads during the civil war and, more recently, a dormer window was destroyed in a fire, which has resulted in large amounts of scaffolding being erected to investigate the safety of the other windows.

At present there are 23 members of staff and 331 volunteers. Last year there were 80,000 visitors to the hall. This number is likely to increase this year as the property is about to open 7 days a week.

The whole evening was most enjoyable, Mr Farmer passing on his obvious enthusiasm to an appreciative audience.

Sue Westwood

SWAFFHAM AND LITCHAM HOME HOSPICE SUPPORT

This being my first report since retiring from the Fundraising Committee, I am heavily reliant on those in the Office to inform me of any relevant news and I must say they have been excellent in ensuring I receive the draft before the cut-off date for publication to all the contact points we have.

Although it has been very quiet recently, the Office itself continues to ensure the weekly events continue within the building. Understandably there is always an element of pressure but nothing seems to faze those wonderful members of staff who continue to offer what can only be termed as an excellent service to all their patients.

The Hospice received notification a few weeks ago from Olivia and Sandy Leeper, Olivia is the daughter of Sir and Lady Roberts of Cockley Cley Hall, that they were competing in the Norfolk Superhero Challenge which was held on the 17th June and that all donations were to be given to the Charity. The event consisted of a 1mile swim, 4mile Kayak, 45mile cycle ride and an 8mile run and the venue was North Norfolk. It is with pleasure we announce they amassed a marvellous total in excess of £6,000.00. All those connected with the Hospice thank them for their hard fought efforts during the event.



The photo depicted was taken before the event and shows LtoR Sarah Leggett, Alan Collinson, Wendy Martin, Olivia and Sandy Leeper and myself.

Our next event is our attendance at the Narborough Summer Fete 30th July, so if you are there come and seek us out, we always enjoy a mardle.

On September 9th 7 for 7.30pm the Rotary and Lions are staging a Race Night at the Assembly Rooms, Swaffham.

The ticket price is £10.00 with a percentage of the monies coming to the Charity; further details will follow in next month's Newsletter and Magazines.

I must make a correction from last month's drafts that were submitted and that was the date of Peter Harris's proposed Coastal Walk, it will take part on 23rd September and not as published last month. Peter is presently organising his trip and I hope to publish further details next month hoping that many of you will support him as the monies raised will be shared between ourselves and the Rugby Club.

SWAFFHAM AND LITCHAM HOME HOSPICE SUPPORT

By popular demand we have secured The Bluebirds Ladies Choir and the King's Lynn Male Voice Choir to our Concert of Choirs on October 7th at the Assembly Rooms, Swaffham 7.00 for 7.30pm. Tickets are available from the Home Hospice Office on Swaffham 01760 722937 or Ceres Bookshop in the Town priced at £10.00. We advise you to obtain your tickets as soon as possible as we are limited to the number of people, who can attend.

If you would like to know more about the services we provide or would like to become a volunteer, please contact the Home Hospice Team at 17-19 Brocks Road EchoTech Business Park. You may also like to view our web page

www.swaffhamandlitchamhomehospice.co.uk

David Gulliver



Free Grapes

Any winemakers
requiring white or
red grapes please
contact 01366 328525



August Birthstone: Agate or onyx

Flower: Gladiolus or poppy

Zodiac signs: Leo and Virgo History: In the original Roman calendar the month of August was called Sextilis. This was because it was the sixth month of the year. Later, after January and February were added to the calendar, it became the eighth month of the year. At the time the month had 29 days. When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honour of the first emperor of Rome, Caesar Augustus.

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

We meet at the Village Hall at 10.00 am
FIRST WEDNESDAY OF EACH MONTH
*Walks last between one and a half to two
hours*
All, including dogs on leads, are welcome

Some paths may be rough underfoot,
there may be stiles or fields may be
ploughed: come at your own risk and
please wear suitable clothing and shoes
for the outdoors

Further details please telephone
01366 328452 or 01366 328536

Beachamwell Book Group

Tuesday 1st August
7.30

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'The Secret Life of Bees'
By Sue Monk Kidd

Annual Subscription £15.00

New members welcome

Enquiries: 01366 328536

Beachamwell Afternoon Tea and a Chat.....

Wednesday
August 2nd
2 - 4pm

Beachamwell
Village Hall



Enquiries
01366
347673



Beachamwell WI Craft Evening

Learn, improve and share a
wide range of yarn and fabric
crafts

Tuesday 15th August

7.30 - 9.30

Beachamwell Village Hall

Non-WI members and
beginners very welcome
£3 inc refreshments

More details: 01366 328589

Marham Village Pre-school



We are a small and friendly Pre-school and place a strong emphasis on

Play With A Purpose

Opening Hours 8.30am to 3pm Daily Term Time

Places Available for children aged 2-4years

Contact us on 07950753877

or marhamvillagepreschool@hotmail.com

For more information visit our website

www.marhamvillagepreschool.co.uk



We hold a monthly Bingo and all proceeds made go to the pre-school.

Next Bingo 20th September

doors open 6.45pm eyes down 7.30pm

Refreshments Available

Nails By Caron

Mobile Nail Technician

* 15 mile radius of Necton

* Fully Qualified & Insured

* Nail Extensions/Enhancements

* Gel Fingers/Toes

* Manicures

* Pedicures

Tel: 07 800 800 995

Nails-by-Caron@email.com

Beachamwell

Barn Dance & Hog

Roast

St John's Farm

Beachamwell

PE37 8BE

Friday 1st September 7pm

Licensed Bar & Dancing to our Live Band

Tickets £12.50 available from

Caroline Sanderson 01366 328244

or Susie Rix 01366 328249

Any proceeds made from this event will be shared between

Beachamwell Village Hall and St Mary's Church Beachamwell



An event organised by The Beachamwell Memorial Hall Committee

WEREHAM'S POP-UP CAFÉ

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd Tuesday)

from 10.30am till 1.00pm

The café will continue to serve
a hot drink and a pastry or
slice of home-made cake for just

£1.50

PLUS

a light lunch 'dish of the day'
for an additional £2.50

Wereham Weekly Cash



Wereham Village Hall

Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries: Doreen Rolph
01366 500218

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

SPECIAL EVENT PLANNED?



**NEW Range cooker
and spacious larder
fridge/freezer
available when you
hire**

WEREHAM VILLAGE HALL!

Contact Doreen on
500218 for Book-
ings



Wereham

Indoor/outdoor
car boot sales and cafe.

**The last Sunday of every month
excluding December.**

9am until 1pm

**Cafe serving bacon rolls,
sausage in a roll or egg in
a roll, with plenty of tea and
coffee.**

**A warm and friendly welcome
is given to everyone.**

**Please contact Philip on
[07759033492](tel:07759033492) or [01366501330](tel:01366501330)
e-mail
rosemary.pease@btinternet.com.**

**The dates for the rest of the
year are Mar 26th, Apr 30th, May
28th, Jun 25th, Jul 30th, Aug
27th, Sept 24th, Oct 29th and
Nov 26th**

Free magazine inspires families to get active this summer

Together with Active Norfolk, NCC Public Health has launched a free magazine which aims to inspire families in Norfolk get more active this summer.

Packed with ideas for cheap, fun activities and days out, **Get into Summer** aims to support cash-strapped families struggling to keep kids entertained during the summer holidays.

From free outdoor gyms and guided cycle rides, to park theatre and pond dipping, the magazine features activities to suit all ages, abilities and budgets.

Pick up your copy to find out more about a FREE six-week programme of family activities, starting this summer, with courses like Family Dance at The Garage, Norwich; Cycle Confidence on the Great Yarmouth seafront; and Swimming at St James, King's Lynn.

There's also a chance to win Halfords bikes for a family of four and a glamping holiday in West Norfolk courtesy of West Lexham, as well as money-saving vouchers to help you cut the cost of keeping your family active.

Launched in the Eastern Daily Press and some of Archant's weekly titles on June 26, copies of the free magazine are also available at Norfolk libraries and children's centres.

Part of a joint campaign by Norfolk County Council Public Health and Active Norfolk, **Get into Summer** is being launched in response to the falling levels of activity in Norfolk among adults and children and the impact of this on their health and wellbeing – now and in the future.

You can find out more and view the magazine online at www.norfolk.gov.uk/getinto

Free home assessments on offer

Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services.

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life.

The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes.

Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

The assessors will also be able to advise whether any grant funding is available for any works required. To book an appointment call the Careline Community Team on 01553 760671.

YOGA

All abilities welcome

Stretching, postures and breathing help to improve mobility and strength.

Please wear loose clothing and bring a warm rug and/or yoga mat (there will be a few mats available for loan/buy).

British Wheel of
Yoga Tutor,
Ann Lewing
Contact number:
01366 328350

**STOKE
FERRY
VILLAGE
HALL**

Mondays
7.00pm—8.30pm
Please arrive no
later than 6.55pm

£5.00 per session
(pay as you go)
Under 18 yrs old must
be accompanied by
an adult

COMMUNITY NOTICE BOARD

All event boxes to be single line 1.25pt weight

All events to be in date orderVillage News Press release Feb 2017

Swaffham Museum

Swaffham Museum reopened in February after a busy six weeks. Behind the scenes work included **two new exhibitions, a new activity** for adults and children 'Do you know how to use a 1930's typewriter?' , **additional dressing-up options** and **a new museum trail**.

The first new exhibition 'Philo's diary' has extracts from a diary written in 1850 by James Philo (1810-1877) who worked as a boot and shoemaker from his home at 8 London Street – approximately where Blaine's shop is today. He revisited the diary in 1873 and he describes the changes in Swaffham over the 19th Century. Besides his own personal sentiments, there are references to Education, Emigration, Local Government, Unions and Entertainment in Swaffham.

Our second exhibition is a display of paintings from our store. This is mostly paintings from the Carter family – Samuel John (father to Howard Carter), and Harry Carter who is well respected for his village signs. There are some copies of Harry's original designs. There are also some works from the graphic designer, Max Mueller. Max was a graphic artist and printer in Leipzig before becoming an unwilling conscript in the German army during WW1. He surrendered to the American army and eventually came to live as a prisoner of war in the camp at Cockley Cley. After his release he remained within the locality working for a funeral director before setting up his own printing press.

30th Anniversary of Swaffham Museum

This year is the 30th Anniversary of the Opening of Swaffham Museum. It was opened on March 14 by Dick Joice, well known and respected presenter of regional television and of the 'Bygones' programme. The Museum started with two rooms in the Town Hall, and there were over 1000 artefacts which had been collected during the previous 10 years. Mrs Merle Boddy was a prime mover in the establishment of the Museum. We will celebrate our 30 years in September on one of the Heritage Open Days.

Open Mon – Sat 10am to 4pm. More information on our website(www.swaffhammuseum.co.uk)

Veronica Hutchby – Publicity Officer

MAGPIE CENTRE CRAFT AND COUNTRY FAIR OFFERS DELIGHTS FOR ALL THE FAMILY

Now holiday time is here, the puzzle is how to keep the whole family happy, throughout the long summer days. Whether you are in West Norfolk on vacation or 'staycation', the one date you need to earmark is Sunday August 20, 10.00 am to 5.00 pm. That's the date of the Craft and Country Fair, staged by the Magpie Centre, home of West Norfolk Riding for the Disabled Association, at Wallington Hall, South Runcton, PE 33 0EP. Find us on the A10, about three miles north of Downham Market.

Motor vehicle fans are well catered for, with displays of classic cars, tractors and motorbikes, while art and design enthusiasts will be spoilt for choice by the 30 stands in the indoor school.

A Shire horse, complete with harness, will be on show, and a carriage driving demonstration sets out to prove that carriage driving is for everyone, not just the select few. In addition, Susi Rogers-Hartley, remember her from the Lloyds Bank TV ad? illustrates how, as a wheelchair user, she transports, tacks up and mounts her lovely horse, Summer.

Children's attractions include a Pets' Corner featuring llamas and alpacas, and our feathered friends will be well-represented by a falconry display. Rumour has it that "Hagrid" of Harry Potter fame, is to put in an appearance, and there will be plenty of face-painting and bouncy castle activities, plus rides on the lovely Magpie Centre ponies.

If you have a competitive streak, you might like to make up a Tug o' War team to vie for a trophy, plus a cash prize, to be donated to the charity of your choice. Teams of eight (ladies or gents) are welcome. Just call Graham on 01366 388478 or 07957 335104 to register your interest. A mobility scooter race is also on the agenda: managing one of these is not as easy as it looks. Come along and have a laugh, or have a go yourself.

Sampling all these attractions is sure to work up an appetite, but there's plenty of delicious food on offer, including Sergeants' sausages and burgers, plus pizzas freshly-baked in a wood-fired oven, as well as a variety of home-made cakes.

Admission is £5.00 for adults; Children under 5 free; Children 5 - 16 £2.50; Family ticket (two adults plus three children £15), Concession (Disabled and Seniors) £4.00 – plus plenty of FREE parking.



Desert Rats Association

Companion Dog Show

Sunday 27th August 2017



(by kind permission of the Kennel Club)

On Oxborough Village Green, PE33 9PS

All proceeds to Desert Rats Association

All Entries taken from 9am to 1pm

Judging starts at 9:30am Pedigree and Novelty 11am

Rosettes to 5th Place in all classes

£1.50 per class

PEDIGREE CLASSES to be Judged by Cathy Connelly

(Please no CC, RCC or JW to enter)

Class 1 AV Puppy 6 - 12 months

Class 2 AV Hound

Class 3 AV Gundog

Class 4 AV Terrier

Class 5 AV Toy

Class 6 AV Utility

Class 7 AV Working

Class 8 AV Pastoral

Best Pedigree and Best Pedigree Puppy for Pedigree Classes

NOVELTY CLASSES to be Judged By

Class 5 AV Veteran over 7 years

Class 6 Best Short Coat

Class 7 Best Long Coat

Class 8 Best Condition

Class 9 Best Movement

Class 10 Best Rescue Dog

Class 11 Best biscuit catcher

Class 12 Most Handsome Dog

Class 13 Prettiest Bitch

Class 14 Waggiest Tail

Class 15 Happy Families (all dogs in family) only price of one dog.

Best Novelty Dog in Show for Novelty Classes

Overall Best in Show, Best Veteran and Best Puppy

No Dogs with CC, RCC, JW and BIS winners

Raffle and Refreshments available in village Hall

Car Parking around the rings



Church Road, Barton Bendish



Traditional village Inn offering luxury accommodation and restaurant with AA Rosette.

Real ales, good food and a warm welcome.

Open 7 days a week, Monday to Saturday 12 noon to 11pm, Sunday's 12 noon to 10pm.

Locally sourced, home cooked food served every day.

Enjoy our extensive gardens & unique Children's Play Church Tower, traditional deck chairs & large multi-coloured bean bags.

Free WiFi available in the pub, gardens and rooms.

**Check out the website for details of all the menus and the diary of events
www.theberneyarms.co.uk or call 01366 347995.**

The team will be happy to help with any enquiries.

Marham Village Pre-school



We are a small and friendly Pre-school and place a strong emphasis on

Play With A Purpose

Opening Hours 8.30am til 3pm Daily Term Time

Places Available for children aged 2-4years

Contact us on 07950753877

or marhamvillagepreschool@hotmail.com

For more information visit our website

www.marhamvillagepreschool.co.uk



ESTABLISHED
44 years



We hold a monthly Bingo and all proceeds made go to the pre-school.

Next Bingo 20th September

doors open 6.45pm eyes down 7.30pm

Refreshments Available

YOGA

All abilities welcome

Stretching, postures and breathing help to improve mobility and strength.

Please wear loose clothing and bring a warm rug and/or yoga mat (there will be a few mats available for loan/buy).

British Wheel of
Yoga Tutor,
Ann Lewing
Contact number:
01366 328350

**STOKE
FERRY
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Mondays
7.00pm—8.30pm
Please arrive no
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£5.00 per session
(pay as you go)
Under 18 yrs old must
be accompanied by an
adult

K.J.Catering Services

Contact Steve Bartram on

01842 828505
or 07542 923909

kjcatering@btconnect.com

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**Fully Licensed
for all occasions**

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family business based on
quality food and service

Little Oaks

Preschool

& Holiday Club

Ofsted Registered EY246821

**A Warm, friendly welcome is
waiting for you.**

Accompanied sample sessions for you and your
child the first Wednesday of every month 9:30-11:00

Term time age 2-5
Holiday clubs for
age 2-8
year olds

Open 50
weeks of
the year

15hrs a week
funded places
from the
age of 2

A Variety of hot
and healthy
meals
provided

Places available
for special
educational
needs

Contact Debbie - 01366 502150

47 Wretton Road, Stoke Ferry, Kings Lynn, Norfolk, PE33 9QJ

www.little-oaks-preschool.lk.org

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Organ Recital

St Andrews Church will be hosting an afternoon of Music, Singing and Organ Playing on Sunday 27th August from 2pm - 4pm. Anyone interested in playing during the afternoon would be made most welcome.

Please contact Linda or Mhari for more information on 01366 347563 or 01366 347849. Refreshments available all afternoon.

Proposed Literary Event September 9th

I had intended to launch my latest book at this year's Art, Craft and Photography Exhibition but unfortunately this has been cancelled. Instead the launch will now take place on the weekend of September 9th. Whether it will be merely a coffee morning/afternoon tea or a full blown literary weekend remains to be seen as we're sounding out as many people as we can to find out if any of them are published authors and would like the chance of coming along to promote their own book/books at the same time. Self publishing, a route more and more people are taking, is very difficult to market because advertising is so expensive and there has been quite a lot of interest in the idea of holding some form of literary event. We'd also welcome unpublished poets who would like to read out some of their poems.

Are you, or anyone you know, interested in promoting your/their own work, meeting other authors, taking a look at other peoples' work or learning more about self publishing?

If so please contact me as soon as possible at jill.events@btinternet.com

Depending on the response we will decide on which line to take. This is an entirely new project for us and we're not sure how it will work out so please let me know what you think.

Jill Mason

Barton Bendish Film Club

Barton Bendish Film Club will be presenting 'Churchill' on Saturday 16th September at 7pm,

Art, Craft and Photography Exhibition

The Art & Craft Committee have, sadly, had to make the decision to take a year out from holding the Exhibition this year. The Exhibition will be back afresh in 2018. There will be a meeting in January to discuss the organization for 2018

and if you would like to join us and be a “hands on” organizer/volunteer please do get in touch. We would love to hear from you.

Mhari & Linda.

Your Village Needs You

Tonight's (July 11th) inaugural meeting of the Barton Bendish Brainstormers raised several points about the need to coordinate village events based on the Church, the Village Hall and the Berney Arms. It was agreed that it is equally important to raise money and to involve as many people from the local community as possible in supporting events and in helping with their organisation and running. The village is full of talented people, all of whom have a valuable role to play in community life, using their skills to ease the workload of those few people who currently take on the responsibility for most of it. Everyone has something to offer, whether it be painting the phone box, helping with catering, emailing, publicity or setting out and/or clearing up after events. These events benefit us all as a community. If you are willing to help or are interested in helping to run a rich variety of events, please come along to our next meeting at Wits End, Hatherley Gardens on August 1st at 7.30pm or contact acstephen@hotmail.com

Andrew Stephen

Farewell to the Gadget Man

When Liz and I first looked round Wits End, I made the assumption that the house opposite, which seemed to be hidden behind a Land Rover scrap yard and a wall of sound, must be a small business or a gypsy encampment. As I was mid sentence to Liz, explaining why we couldn't possibly live here, an earnest young man came across the road, awash with apology, explaining that he normally had the road to himself! He stayed with us as we explored the locality and enjoyed the stunning acrobatics of the Red Arrows performing for the Family Day at RAF Marham. When we left, he presented us with a box of eggs laid specially by his chickens and ducks.

Last week he set off on his latest adventure, with his new partner, to a kind of small holding in Stow Bridge. He is also going to a new job. His new place will offer plenty of work and challenge but he is used to that.

Your neighbours are important people and Ashley Cawley has been insistently helpful during the year we've been here. Whenever he has seen me struggle, and that has been often, he has been straight over and pitched in alongside me. He has been a man of Barton for ten years and

a fine advertisement for it.

Another fine advertisement for Barton Bendish is Jill Mason who, having published a number of fine factual books, has now written her first novel. On September 9th it is hoped that we will have a bit of an event to celebrate its launch. As one of Barton's most influential and talented residents, her first novel deserves a proper celebration. I hope we shall all support the Book Festival and get our books signed!

One disappointment we have had was the cancellation of the Arts and Crafts Event due, I suspect, to too much of the load falling on the shoulders of a few. I believe that Barton needs a bit of a committee to organise its social events and to delegate tasks. There are plenty of people from which to choose.

Finally, the next Air Display is due on July 20th. If you enjoy such things, come and watch from our patio. You'll have a great view.

Just as a little postscript to the words about Ashley Cawley: as I spoke to him on the phone tonight, he revealed that the very aggressive snake he was transporting had escaped from its box. He thought that it might have insinuated itself behind the dashboard. If ever a story could be said to typify its protagonist!

Andrew Stephen

FORTHCOMING EVENTS 2017

SUNDAY AUGUST 27th from 2-4pm Organ Recital and Singing in St Andrews Church

See advert

SATURDAY SEPTEMBER 9th Literary Event

SATURDAY SEPTEMBER 16th Film 'Churchill at 7pm

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Andrew Hill

It is with great sadness that we have learned of the death of Andrew Hill of Drymere on 23rd May 2017. Andrew, who was 56, was a well known figure in the area and was often seen gardening and grass cutting. He was a regular walker in the forest before his illness and he loved his dogs. He was very knowledgeable about and had a great respect for all wildlife in the countryside. He will be greatly missed by mum Tina and the family. Tina would like to use this opportunity to thank all the people who sent her messages of condolence which were very much appreciated.

Peggy English

Alan W Paterson - 21 June 2017

I want to thank you all for your cards, emails and letters to me and the family which have flowed in. Your kind words, wishes and care have been tangible.

What an amazing village you are!!

Gay Paterson, The Barn, Shingham

Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40



Parish Council

Dates for future meetings are:

2017: September 11th (Venue St John's Farm)

2017 November 13th (Venue Village Hall)

2018: January 8th, March 12th and May 14th

If you have any items for the agenda please give them to me in writing at least a week beforehand.

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

The Parish Council website is beachamwell-pc.norfolkparishes.gov.uk

Eileen Powell (Parish Clerk)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church

This year's Beachamwell Open Gardens day was held on June 25th. Fortunately we had reasonable weather with only a couple of very light showers which did not dampen the enthusiasm of our visitors to get around as many gardens as possible.

First of all, a huge THANK YOU to the garden owners for volunteering to open and present such terrific gardens to view, without whom, none of this would be possible.

There are many others to thank for making it a successful day:

For the lunches in the village hall we have to thank Judith Blatchford and her team for providing a splendid array of freshly made quiches, ploughman's and salad.

The teas in Carole and Brian Wilson's garden at the Old Rectory were as popular as ever, with comments about the excellent quality and value. Once again, we had the extremely popular musical entertainment from Joe and Val, which seems to be becoming a regular feature of the open gardens event. I know



there were a number of helpers at The Old Rectory so thanks to them for all their hard work. Thanks also to Carole for getting us a very good plug on Radio Norfolk.

Thanks to the ticket sellers, Eileen Powell, Trudy Pocock,

Sonia Williams and Marie Simmonds for greeting people so warmly. The car parking was managed again by William Bird and most of the successful advertising was handled by Sonia Williams.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The raffle organisers, Pat and Maurice O'Donnell, deserve thanks for a well-prepared raffle with quality prizes.

Traditionally, many make a beeline to the cakes stall provided by Gill Sanderson at Park House, which again provided many delicious cakes for sale. These take a lot of work to prepare, so a big thank you to Gill and all the bakers.

Pat Clarke organised the money floats for the event, thanks Pat. Thanks also to Steph Brown who provided the artwork for the Admission Programme and to The Sacred Heart School, Swaffham for the programme printing.

More thanks to Eileen Powell for arranging for the flowers in the church and the green to be cut and thanks to the village hall committee for the use of the hall and the Parish Council for the use of the green.

Allan Butler, Tim Hudson and John Sanderson provided some much-needed muscle and organisational skills, helping to put up the tents, tables, chairs, etc. on the green (and take them down again).

Thanks to Pam, Kate and Lily who provided Pimms and other liquid refreshments at April Cottage.

The final sum raised for St Mary's fabric fund was £1540.07, which is a fabulous result considering we were the last of the G4 to have our gardens open this year!

We have recently received results of the latest quinquennial inspection of our church. This is a detailed survey carried out on all church buildings and commissioned and financed by the Diocesan Board of Finance. The survey has confirmed that there is a problem with the thatched roof ridge and recommended that this area be repaired within the next 12 months.

We are planning to convene the first meeting of the Friends of St Mary's Church in the early Autumn in order to consider ways of raising funds for these works, as well as other ongoing church building maintenance issues. We will be contacting those of you who have already expressed an interest in the new group and would love to hear from others who are willing to assist us in keeping our church weather-tight and sufficiently maintained in order to avoid irreversible deterioration.

We hope you can join us at one of the forthcoming services - the next service is Holy Communion at 11am on Sunday 6th August with Reverend Ken Waters. On August 20th there will be a Family Service lead by Reverend Brian Redgers.

Dick Wainer and Vesna Hudson on behalf of St. Mary's PCC

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall (Charity registration number 303900)

Accessibility Project: When building works begin in August, the hall will be out of action until October while cloakroom/WC areas are remodelled and disabled access is improved. This is part of a long line of improvements and developments that successive Village Hall Committees have carried out over the years.

The committee raises money through a number of events e.g. Barn Dance, Summer Fete and Country Fair, Pop up Pubs. That money is then used to improve facilities, and the better the facilities, the more the hall is used and in turn the whole community benefits. If you have ideas for ways to develop the hall, please let us know.

Look out for Autumn events in the September and October editions of Group 4 News. ***Beachamwell Village Hall Committee***

Contact: Leah Spencer 01366 328536 or leah@wissey.co.uk

Wednesday Walkers

The day was warm, well, hot really, as seven of us walked the seven miles from Swaffham to Beachamwell. The path took us down Shoemaker's Lane and between fields where the tractors were busy planting potatoes (we think), to Town Farm.

Town Farm has an interesting history. In *Ribbons from the Pedlar's Pack*, Ben Ripper tells us that in 1487 a certain Simon Blake of Swaffham left the farm in chantry so that the priest could receive financial recompense for saying mass for Simon's soul for ever. The revenue from Town Farm also was to be used to repair the highways about Swaffham and other charitable gifts. Swaffham continued to benefit from this bequest over the centuries: it was from the revenue from Town Farm that the churchyard path was repaired in the mid-twentieth century.

The walk continued along Shouldham Lane to Castle Bottom and through cool forest rides. We stopped for cold drinks and snacks before crossing the Warren to get back to the village. We all felt rather hot, but pleased at the speed that we managed on such a hot day, walking at 2.7 miles an hour!

Next month we shall walk the Caldicote-Shingham circuit which is not nearly so far. We shall start at 10.00 am from the Memorial Hall, and will look forward to you joining us. For further details please telephone 01366 328536 or 01366 328452. ***Leah Spencer and Sue Pennell***

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Giant Onions

Hope your Onions are growing nicely. I saw Ivan's today and it is MASSIVE. Don't forget you have until Sunday August 13th to grow your Onion as big as possible. The Grand Weigh-in will take place at 3pm at The Old Rectory. Prizes for the biggest. See you there.

Brian Wilson

WI

There were not as many Members present at the July Meeting, possibly holidays prevented them attending. Such a shame because the speaker, Kate Barns, gave a most interesting talk on The Blickling Belles. Kate is a very good speaker who is obviously passionate about her work as a Tour Guide at Blickling Hall, volunteering for the National Trust. She gave an informative digital talk about the Belles who lived at Blickling in the 17th and 18th Century and included many paintings too. There was certainly some "goings-on" at that time! An outing is being arranged to visit Blickling on August 3rd and we look forward to finding the paintings. It was a most enjoyable evening. If any Member would like to go on the outing please let a Committee Member know, also if they need transport.

Carole Wilson

Barn Dance and Hog Roast 7pm Friday 1 September

NON-DANCERS WELCOME!!

If you hate the idea of donning your dancing shoes, don't let that stop you from coming to the Beachamwell Barn Dance on Friday 1 September. It is perfectly OK to just enjoy listening to live music, sitting with friends supping a pint of Real Ale or a glass of wine as the sun sets behind St John's ruin and savouring a tasty hog roast ... and all this within easy distance of your home!!!

If you enjoy dancing, dust down those shoes and get ready for action ...

Tickets are £12.50 (children under 12 free) and can be obtained from committee members or by contacting Caroline Sanderson 01366 328244 or Susie Rix 01366 328249.

Proceeds from this event will be shared between Beachamwell Village Hall and the Church of St Mary the Virgin, Beachamwell.

Tom and Caroline Sanderson

CHURCH SERVICES IN AUGUST (Northern group)

Sunday 6th August The Transfiguration

10.00 am Shouldham Morning Prayer
10.30 am Marham Café Church (Methodist Chapel)
10.30 am Stow Bardolph Holy Communion
11.00 am Wormegay Holy Communion

Sunday 13th August Ninth Sunday after Trinity

9.30 am Shouldham Thorpe Holy Communion
10.30 am Marham Morning Prayer
10.30 am Stow Bridge Holy Communion
11.00 am Watlington Morning Prayer (lay led)
6.00 pm Fincham Evening Service

Sunday 20th August Tenth Sunday after Trinity

10.00 am Shouldham Holy Communion
10.30 am Marham United Worship (MC)
10.30 am Nordelph Holy Communion in the Village Hall
11.00 am Runcton Holme Morning Prayer (lay led)

Sunday 27th August Eleventh Sunday after Trinity

9.30 am Fincham Holy Communion (said BCP)
10.30 am Marham Holy Communion (Holy Trinity)
10.30 am Wimbotsham Holy Communion
11.00 am Tottenhill Morning Prayer (lay led)

THURSDAY SERVICES at 10am

HOLY COMMUNION Fincham 3rd, 17th, 24th and 31st
MORNING PRAYER Runcton Holme (lay led) 3rd.

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES IN AUGUST (Southern group)

Sunday 6th August

9.30am Methwold
 9.30 am Wretton with Stoke Ferry
 11.00 am West Dereham
 11.00 am Beachamwell
 6.00 pm Wereham

The Transfiguration

Service of the Word
 Holy Communion
 Family Service
 Holy Communion
 Evening Service

Sunday 13 th August

9.30 am Methwold
 9.30 am West Dereham
 10.00 am Boughton
 11.00 am Barton Bendish
 6.00 pm Whittington

Ninth Sunday after Trinity

Service of the Word
 Service of the Word
 Morning Service
 Family Communion
 Songs of Praise (at the river)

Sunday 20th August

9.30 am Methwold
 9.30 am West Dereham
 11.00 am Beachamwell
 11.00 am Wereham

Tenth Sunday after Trinity

Holy Communion
 Service of the Word
 Family Service
 Holy Communion

Sunday 27th August

9.30 am Methwold
 9.30 am West Dereham
 10.00 am Whittington
 11.00 am Boughton
 6.00 pm Barton Bendish

Eleventh Sunday after Trinity

Holy Communion
 Service of the Word
 All Age Service
 Holy Communion
 Evening Service

THURSDAY SERVICES of HOLY COMMUNION at 10am

Boughton:13th

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish:

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	Vesna Hudson	07854 261273
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BOUGHTON VILLAGE NEWS

What about that then?

It was a sunny Monday morning in June when we met up to discuss tactics for the forthcoming open gardens day and as we walked around the garden, we noticed movement on the lawn. As we moved closer, we decided it was a frog as it was



hopping across the lawn, but no, it was not a frog, so perhaps a sparrow fledgling unaware of its limitations. Then on closer inspection, i.e. sitting in the palm of a hand, we both identified it as a bat in a very, very sorry state.

The bat was taken to the RSPCA in East Winch who explained that we had rescued an adult Long Eared Brown bat weighing only 5 grams (for comparison a 20 pence coin weighs 5 grams). A lucky find for Boughton as the Long Eared Brown bat

are not as common as the Pipistrelle. The vet at East Winch said there was little hope of his survival as he was seriously underweight, dehydrated and his long ears were actually stuck to his back hence making flight totally impossible. If he were to survive, the vet asked if he could be released back into the environment in which he was found, we agreed yes that would be possible and left the bat in their care expecting never to hear from them again.

Two weeks later the call came through with the good news that he had pulled through and was ready to be released. His ears had been unstuck using Fuller's Earth; he was rehydrated and had put on weight – in all the excitement we forgot to ask his release weight! An adult long eared brown bat should weigh between 6 to 12 grams.

He was collected from the sanctuary one Saturday morning housed in a small cardboard box with water and mealworms. We were advised to keep him in a cool room and release him at 9 pm. At the appointed time we opened the box and we all peered in, managed to take a few photos and then with a gentle nudge he flew in to a beautiful warm summer evening.

We hope he is enjoying his new lease of life.

Angela Faherty & Sarah Francis (The Bat Team)

The RSPCA East Winch Wildlife Centre is open for the admission of wildlife casualties from members of the public from 8:00 am to 10:00 pm every day – all year round. Contact number 0300 123 0709.

“Putting on the Ritz”

Boughton PCC invite you to treat yourselves to an Afternoon Tea “Ritz” experience without having to go all the way to London. We will be serving finely cut sandwiches together with freshly baked scones served with cream and strawberry preserve followed by a delectable selection of cakes on Bank Holiday Monday 28th August 2017 from 2:30 pm to 5:00 pm at All Saints’ Church.

Booking is essential and tickets priced at £9 per adult and £5 per child can be purchased from Sandy Reid on 500743 or Angela Faherty on 501335.

BVC Social Evening - 15th July

Over the past year or so, a number of houses in the village have changed hands, and new properties have been recently occupied. The core members of the Boughton Village Caravan felt it would be a nice idea to hold a social evening, similar to that held two years ago, to get people together, and enable the new members of the village to meet each other as well as the longer standing residents.

Invitations were delivered, asking attendees to bring a plate of food for sharing, and the BVC would provide the drinks.

On the night, a lovely assortment of food appeared by magic, and in sufficient quantity that more tables had to be hastily erected. Surprisingly, there was virtually no duplication, so there was something for everyone, and definitely plenty of it.

The hall was soon buzzing, with people quickly getting chatting, fuelled by a fair quantity of wine. Interestingly, in the past, white wine has always been more popular than red, but this year the situation was reversed, and the red came very close to running out.

Sixteen of the new residents came to enjoy the evening, which was a third of the total. It was nice to have the opportunity to get to know them a little better than just a passing ‘Hello’ in the road, as well as giving old friends having a chance to catch up. People gave generously to the raffle and we took £82 in total.

In all it was very successful evening. Our thanks go to everyone who contributed food and raffle prizes, and to everyone who lent a hand in some way. As they say – many hands make light work, and we really did not have too much to do. *Sue Pogmore Boughton Village Caravan*

Church News

In spite of the holiday season, we had another successful Breakfast Church in July, thanks to Sandy and her team. We were pleased to welcome the new Rural Dean, the Revd. Canon William Burke, who joined us en route from Hilgay to Peterborough as he is getting to know the area. The next Breakfast Church won't be until September, but there will be a service of Morning Prayer on August 13th. In September, we will also be hosting the group Harvest Supper on Saturday 24th September.

The contract for replacing the church guttering has been given and we hope work will commence before the autumn. The north side of the church will be done, as we do not have the funds for the whole operation. We are hoping to revive the former option for supporting the church by Direct Debit, even if you don't come to services. The building is also used as the village space, so it is up to everyone to help keep it in good order. If you are able to consider making a contribution, please contact either me or Paul Coulten.

The annual Church cycle ride is in September. (Details on page 8) If you are willing and able to cycle, walk or drive on behalf of All Saints, please let me know. The church will receive half of all the money that you raise.

Pam Wakeling Churchwarden

Bottle in the operating theatre.

We were devastated when we discovered that our bottle had suffered a traumatic injury. A split has developed in a corner of the base. The immortal words of corporal Jones of Dad's Army came to mind " Don't panic, don't panic " so after a short period of panicking we collected our thoughts together and decided to contact Kings Lynn QE hospital; Plastic Surgery department. They were very helpful and advised us that they do not have the expertise to work on real plastic, and perhaps we had misunderstood what Plastic Surgeons in the NHS actually do. They did however provide us with the contact details of a world renowned Doctor in Zurich who may be able to help us. He does however command a very large fee. Worth a try we thought, so we made contact.

His response was amazing :-" Herr Herbert Von Polymervelder here - how can I help you?"

" We are calling from Boughton England, on behalf of All Saints Church. Our donation bottle has developed a split in the base, could you fix it for us ?"

“ Oh no! not ze bottle ! ve love your bottle here in Switzerland. Of course ve vill mend it”

“ Oh that is fantastic, but we would imagine that a world class plastic surgeon such as yourself will be very expensive “

“ No no, there vill be no fee, it vill be a huge privilege to be so close to ze bottle, ve vill operate free of charge “

Wow! how good is that ? .



Next thing we know the bottle is stretchered onto a Swiss Army helicopter, and taken off to Zurich. They were kind enough to send us a photograph of the Surgeons working on the bottle, which really did put our minds at rest.

The latest news is that the operation was completely successful and the bottle is

convalescing in a beautiful setting, with a spectacular view of the Alps. We hope it will be well enough to return very soon.

So, all's well that ends well as they say. We have placed a substitute donation bottle in the Church so that donations can still be gratefully received until the Bottle returns home.

Frank & Tim.



WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date Tuesday 12 September 2017 (Ordinary Parish Council Meeting)

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

The Parish Council have arranged a further Defibrillator Awareness Session for all during the summer holidays should families wish to attend. As you may be aware Lottery Awards for All funding was received earlier this year for a community defibrillator which has been installed in the red telephone box near the Wereham pond. This further training session is also fully funded. The session will be held on **Tuesday 22 August from 4-6 pm in the Wereham Village Hall. To book at place please contact the Parish Clerk details below. All are welcome.** The Community Heartbeat Trust who has worked with the Parish Council to bring the defibrillator will also facilitate this session which is informative and suitable for all ages.

Regards

Helen Richardson Wereham Parish Clerk and Finance Responsible Person

Email werehampc@gmail.com or Phone/Text: [0779 500 6811](tel:07795006811)

Wereham Craft Group.

We had another successful craft fair on 1st July which raised £391 on the day for the village hall funds. We have another pre Christmas fair [on November 4th](#) when we would love to see you all there. Our craft group meetings are always on the second Tuesday of the month in the village hall [at 10.30am](#), we would welcome any of you who would like to come and see what we are about, free tea, coffee and biscuits are always on offer. Please contact me if you would like to know more. Rosemary [01366 501330](tel:01366501330) or e-mail rosemary.pease@btinternet.com.

Car Boot and Cafe. The car boot Sundays continue to thrive, apart from the stalls, the cafe is open for bacon rolls, egg in a roll and sausage in a roll with plenty of tea and coffee. This is always on the last Sunday of the month and we would love to see you all even if you only visit the cafe. Come along and have breakfast with us. Times are [9am until 1pm](#) for the general public and stall holders arrive at about [7.30am](#). Contact details are Philip [01366 501330](tel:01366501330) or [07759033492](tel:07759033492) e-mail rosemary.pease@btinternet.com.

Wereham Short Mat Bowls. We are a small but very friendly group who play short mat bowls on a [Thursday evening at 7pm](#), we would like to see more players even if you have no experience you will be very welcome. The cost is £2 per player and tea, coffee and biscuits are served at half time. Former players with Stoke Ferry bowls group and Wereham bowls group will be very welcome. We have a mix of ladies and gentlemen who play. Contact Philip on [01366 501330](tel:01366501330) or [07759033492](tel:07759033492). E-mail rosemary.pease@btinternet.com.

July Update from Wereham Village Hall Committee

The Summer Craft Fayre was another success, with lots of interesting stalls and a lovely range of filled rolls for those who visited over the lunchtime period. The event raised £296.50, and in addition we received donations of £67 from the Crafty Folk for crafts they had made and sold on their stall, and £27.50 from the sale of donated fabrics and materials. A huge thank you to Rosemary and the Crafty Folk for all of their hard work and if you missed this one, never fear as the next is booked for Saturday 4th November from 10am.

Volunteering: if you would like to make new friends and have fun whilst helping our fundraising efforts, get involved with the Friends of Wereham Village Hall Group. We are always looking for new volunteers and there are jobs for everyone so contact Doreen on [01366 500218](tel:01366500218).

Update from the New Build Project Team

Assuming everything continues to go to plan, by the time you read this, the contractors will have been on site for a week or so, making a start on our new Passivhaus village hall! It has been a long time coming and there is still a lot of hard work ahead but this is a massive milestone and is testament to the many people who have supported the project in so many different ways. A very big thank you to all who have given to our Buy-a-Brick campaign. The total donated presently stands at just over £5,425, but although we are about to start the new build, we still do need donations please to achieve our target of £10,000. It's still not too late to 'Buy-a-Brick' – just logon to our MyDonate page (accessed from our website: www.werehamvillagehall.com). Victoria, John E, John M & Rachel

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in February were Carolyn Methven and Julie Eves – congratulations to you both! *Helen Richardson, Secretary.*

Events list

Bingo - Wereham Village Hall "Cash Prize" Bingo every Wednesday, doors open 6.45, eyes down 7.30pm. Teas/coffees available with complimentary biscuits. For enquiries contact Doreen on [01366 500218](tel:01366500218).

Pop up Café – first and third Tuesday of the month, 10.30-1pm. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available – look out for our monthly specials! Cake donations/queries to Doreen on [01366 500218](tel:01366500218). Next dates are Tuesday 1st and 15th August, and Tuesday 5th and 19th September.

Car boot and Café – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 27th August, Sunday 24th September. Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip 007759033492/01366 501330 e-mail rosemary.pease@btinternet.com.

Village Fayre – Sunday 3rd September 10am-4pm. Including the usual dog show, classic cars, tractors, craft stalls, bouncy castle, car boot, face painting, fish and chips, bacon rolls, ice creams, games, raffle, tombola, cake stall and a fly past by a Hurricane. Contact Doreen on [01366 500218](tel:01366 500218).

For all the pictures and feedback from our events, log onto 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.

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact Victoria Gray, Chair, Wereham Village Hall Committee

Home: 501277 Mobile: [07725513583](tel:07725513583)

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

Open Gardens at Wereham

It doesn't seem possible that we held our 15th Open Gardens here at Wereham on June 15th. The weather was exceptionally hot and we welcomed friends old and new from a large area to the event.

We had 10 gardens open including a new one this year. Thank you to the gardeners who so willingly opened their garden and provided such a friendly welcome which is always appreciated and commented on 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. You know who you are!!

We raised a total of £970.00 which is brilliant.

Thank you to everyone who baked cakes or savouries; for fear of forgetting somebody I won't mention you by name! Thanks go to the hard working lunch and tea ladies (Doreen, Wendy, Nicola and Pauline) who worked to prepare the excellent lunches and teas in the heat of the village hall, not forgetting our waitress Faye.

Thanks to Sara & Jane for selling maps and raffle tickets.

A big thank you to Ronnie also who grew the majority of the superb plants on the plant stall and dispensed her vast knowledge to visitors.

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*

Thank you everyone for your support again this year and in the circumstances I really appreciated it! The Open Gardens Gang did us proud!

Calling all music and poetry lovers

On September 8th at 7 o'clock

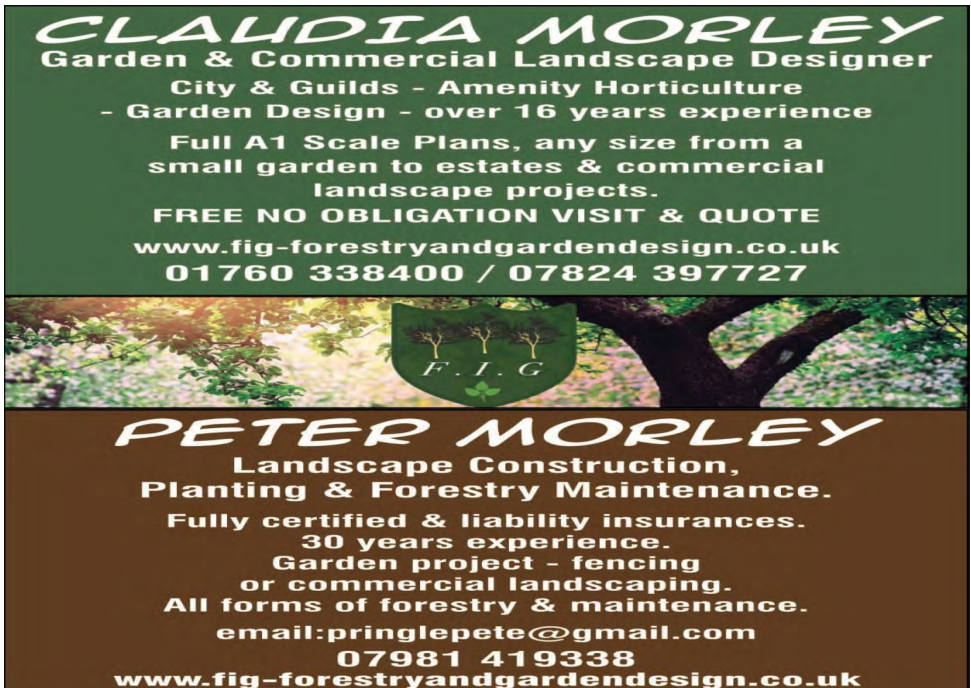
Saint Margaret's Church, Wereham will host a concert of music and poetry. We were honoured when local composer Elizabeth Lodge offered to perform her composition called "Alfresco" in our beautiful church. This will be complimented by specially selected poetry read by our talented band of Wereham performers. It promises to be a most enjoyable evening, a real treat and a unique opportunity to experience a composer performing her own work.

Don't miss it!


There will be no charge for the admission or refreshments but there will be a retiring collection in aid of the mental health charity Mind and a 50– 50 raffle in aid of the church

Put the date in your diary

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Oxburgh Hall Events

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Tudor Tuesdays

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Normal admission to house and gardens applies.

Wednesdays 2nd, 9th, 16th, 23rd, 30th August, 11.00am – 1.00pm

Wild in the Woods

Come and discover Oxburgh's woodland. Find your way to the den-building area in Home Covert and meet our team, who will inspire you to go exploring in the woodland. This is a drop-in session, no booking required. Please note there is a walk of about 20 minutes from the car park to the event area. There is no charge for this event but donations on the day will be welcome. Suitable for children aged 4 – 10 years. Children must be accompanied by an adult.

Normal admission charges to grounds apply.

Saturday 5th August & Sunday 6th August, 11am - 4pm

War of the Roses Re-enactment

What was life like as a medieval soldier in the 15th century? What did they use? How did they eat? What did they look like? Find out how members of the family would have lived as soldiers during the War of the Roses as Oxburgh Hall becomes a soldier's encampment for the weekend. Real cannon fired each day! Cannon ball not included!

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Oxburgh Hall

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1. Tennessee	1.	12. Gilbert Keith (1874-
2. Blood	2.	13. Direct Memory Access
3. Polyandry (a woman with more than one husband - Polygamy refers to male or female)	3.	14. Claude Monet 15. B5
4. Six	4.	15. 16. 15 (fifteen)
5. Passion-fruit	5.	16. 17. Guys and Dolls
6. Coconut	6.	17. 18. Irwell
7. Ho Chi Min	7.	18. 19. Weasel
8. West Sussex	8.	19. 20. Joseph Heller
9. Dog (called Laika - no, sadly she never made it back.)	9.	20. 21. Alaska
10. Snake	10.	21. 22. Big toe
11. Chico (real name Leonard Marx)	11.	22. 23. 1509
		23. 24. Louis XV (fifteenth)
		24. 25. Franco Zeffirelli
		25. 26. Egypt
		26. 27. 1956
		27. 28. Peter Blake

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View of Entrance



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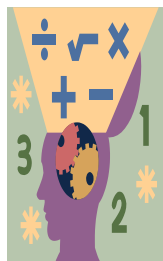
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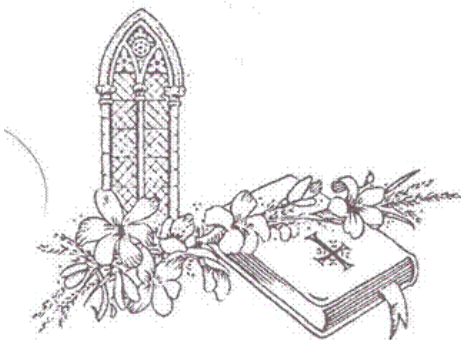
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QUIZ TIME!

1. Which US state is named on the label of a Jack Daniels bottle?
2. A phlebotomist extracts what from the human body?
3. What is the female equivalent of polygyny?
4. How many feet are there in a fathom?
5. Granadilla is another name for which fruit?
6. Nariyal is the Indian term for which nut?
7. Who was president of Vietnam from 1945-54?
8. In which county of the UK is Bramber Castle?
9. What type of animal was inside Sputnik 2 when launched into orbit in 1957?
10. Who was the eldest of the Marx Brothers?
11. What type of creature is a dugite?
12. What are the first names of English novelist G K Chesterton?
13. In computing what does DMA normally stand for?
14. Who painted The Water Lily Pool?
15. Which vitamin is also known as pantothenic acid?
16. A couple celebrating their crystal wedding anniversary have been married for how many years?
17. The song Luck be a Lady features in which musical?
18. In the city of Manchester (England) the Irk and Medlock join which river?
19. What type of animal is a Kolinsky?
20. Who wrote the book Catch-22?
21. Kodiak Island is in which US state?
22. In the human body what is the hallux?
23. In which year did Henry VIII become King of England?
24. The 1999 film Tea with Mussolini is based on whose autobiography?
25. Port Said is in which North African country?
26. In which year were premium bonds first issued in Britain?
27. Who designed the Beatles Sgt Peppers Lonely Hearts Club Band album cover?
28. Madame de Pompadour was the mistress of which French King?
29. What is the name of Moe's pet cat in the cartoon show The Simpsons?
30. Which country is known as the Pearl of Africa?

Answers on page 51

Traditional Values ...



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