

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

December 2017/January 2018

WELCOME

It's hard to believe that another year has gone round. Soon the days will start to lengthen again and we'll look forward to spring. However you plan to celebrate Christmas, there are plenty of services, concerts and other events to enjoy.

Merry Christmas and a Happy New Year to all our readers.



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
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11th January

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‘FROM THE RECTORY’



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God Spot.

For some, the weeks before Christmas can be the busiest ones of the year, as they look forward and make all kinds of preparations for family celebrations. For others, it can be a time of sadness as they look back at Christmases past and they miss, more particularly, those they have lost. For Christians it's a time of looking back and looking forward and, of course, being in the present. An important step for all of us is to take time out to prepare spiritually. Everyone is welcome to any or all of the services around our group of churches – come and feel warm from the inside and give thanks for all our blessings. Let's spend a little time to thank God for the birth of Jesus and the hope that it gives us all when we accept him and I pray that you may receive Christ with joy this Christmas.

You know what would be good? Why not this Christmas give something to someone who is worse off than you. Why not donate something to Jimmy's Homeless Shelter in Cambridge (www.jimmyscambridge.org.uk) or to the Shoebox appeal (www.smileinternational.org/christmas-shoeboxes.htm) or the foodbank.

This time of year we also look forward to a new year. Some of us may attend parties to welcome it in or others may see it in through closed eyes and maybe a little snore; but whatever way you do New Year's Eve I hope and prayer that it will be a most excellent year for you and your loved ones.

Hope to see you at one of the services over the Christmas period in a church near you. Merry Christmas to one and all. ("Has he been yet? No go back to sleep")

Love and God Bless *Ken Waters*

Ken Waters

The Christmas TV adverts are out and I have found that my favourite, which I have a soft spot for, is the Virgin telephone one on the station (I'm an old romantic really). Do you have a favourite?

Joke Spot: *Little Johnny and his son were putting out cookies for Santa on Christmas Eve, he accidentally dropped one. "No problem," Little Johnny said, picking it up and dusting it off before placing it back on the plate. "You can't do that," argued his four-year-old son. "Don't worry. Santa will never know." He shot Little Johnny a look and said, "So he knows if I've been bad or good, but he doesn't know the cookie fell on the floor?"*

Growing old is inevitable, growing up is optional.

Remembrance Day November 12th 2017

A group service for Remembrance Sunday was held at Fincham church, for the parishes of Beanchamwell, Boughton, Fincham, Shouldham and Shouldham Thorpe. More than sixty people attended the service, taken by the Rural Dean, the Revd Canon William Burke. It followed the format which has become traditional, where representatives of each village presented their wreaths at the altar and later read out the names of the lost from each village. It was very moving to hear the repetition of some names from some villages. After the service, refreshments were served. Thanks to Fincham for hosting the service.

Lest we forget

Remembrance Day services are, by their very nature, emotional occasions. Somehow this year's service at Barton Bendish was made deeply personal and more meaningful, even for those of us not born in the village. This was largely owing to the wonderful book which David Mason has compiled, giving us details of the lives of those people named on the village memorial. These were read out during a fascinating service which took place partly in the church and partly in the crisp air by the War Memorial. In the moments of silence around this part of the service, many of us noticed a robin standing to attention on a nearby gravestone, seemingly absorbed by our unusual reflection. The sound of pigeons was all that could be heard. These sounds and sights will have been much as they were when our brave soldiers left, never to return. The thought of their gallantry, and of young lives so cruelly taken away, is unbearably poignant. Our thoughts would also have been with the people we know, or have known, who served in the Armed Services. In particular, I thought of John Hayward Hunt, who died in German South West Africa in 1915, and who has no known memorial.

We Will Remember Them

At the time of printing, we do not have the services for January, so cannot publish them as usual. I can try to send them out with the pew sheets and they will be available at the churches later in the month. Pam Wakeling

SPECIAL SERVICES FOR CHRISTMAS

Tuesday 12th December

7.00 pm Boughton Nine Lessons and Carols

Thursday 14th December

7.00 pm Shouldham Carol Service

Saturday 16th

6.00 pm Barton Bendish Carols followed by Victorian evening

Sunday 17th December

3.00 pm Fincham Family Carol Service

4.00 pm Wereham Carol service

7.00 pm Methwold Carol service

Monday 18th December

6.30 pm Shouldham Thorpe Carol Service with handbells

Friday 22nd

6.30 pm Beachamwell Carols by Candlelight

Sunday 24th December

3.00 pm Wretton Christmas Eve

3.00 pm Stow Bardolph Crib service

3.00 pm Stow Bardolph Crib Service at Church Farm

3.30 pm Watlington Crib and Carol Service

4.00 pm Boughton Crib service

4.00 pm Methwold Christingle

11.00 pm Methwold Midnight Mass

11.00 pm Wereham Midnight Mass

11.30 pm Shouldham Midnight Mass

11.30 pm Beachamwell Midnight Mass by extension

11.30 pm West Dereham Midnight Mass by extension

Monday 25th December Christmas Day

9.30 am Shouldham Thorpe Christmas Day Communion

10.00 am Fincham Christmas Day Communion

11.00 am Boughton Christmas Day Communion

No Thursday service on Thursday 28th December

Beachamwell WI



Christmas Fayre

Saturday December 2nd
12 noon – 3.00pm
Beachamwell Village Hall
Crafts, gifts, festive foods
Pop up café

Barton Bendish Christingle Service By Candlelight

Sunday 3rd December
3pm
St Andrews Church

Come and join us at this special
Christmas service for all ages.
Everyone is very welcome.
Refreshments will be served after the
service

Enquiries:
01366 347849 or 01366 347563

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 WI



**An anthology of poetry and prose
performed by Three's Company**

Thursday, December 7th
7.30
Beachamwell Village Hall

Visitors are very welcome.
01366 327023

Beachamwell Book Group

Tuesday 5th December

7.30

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'Cousins' by Salley Vickers

Annual Subscription £15.00

NB there is no meeting in January
Date of next meeting 6 Feb 2018

New members welcome

Enquiries: 01366 328536

Barton Bendish Film Club

Proudly Presents:

'In Bruges'

A British-American black comedy
crime film

Saturday 9th December

7.00pm

Barton Bendish Village Hall

Tickets £4

Raffle and refreshments

Box Office: 01366 347849

email: cinemabarton@gmail.com

www.bartonbendishfilmclub.btck.co.uk/

Beachamwell Creative Writing Group



Monday
December 11th
2.30pm

Everyone with an interest in
putting pen to paper welcome.

Enquiries: 01366 328895

or

james@jamesknoxwhittet.plus.com

Beachamwell Children's Party Disco



Saturday 16th December

4.00 — 6.00

Village Hall

Tickets £3.00

Enquiries: 01366 328968 or
01366 328099

Barton Bendish

**A Victorian Evening of Christmas
Entertainment, Music and Carols**



Saturday 16th December 6pm

Victorian dress is optional for the audience but if you have any 'suitable costumes' you could lend us for the 'cast' we would be very pleased to hear from you! If you would like to take part, we would also be very pleased to welcome you to the 'concert party'!

The entertainment will be followed by light refreshments and mulled wine. Entrance is free but donations are gratefully appreciated.

To book your seat phone

01366 347849 or 01366 347563

Beachamwell Carols by Candlelight



A service of readings and
carols for Christmas

St Mary's Church
Friday December 22nd
6.30

Mulled wine and mince pies af-
ter the service

Beachamwell WI



**New Year Resolutions
Debate**

Thursday, January 4th
7:30

Beachamwell Village Hall

Visitors welcome

01366 327023

Beachamwell

Parish Council Meeting

Monday 8th January
7.30pm

Beachamwell Village Hall
Enquiries: 01366 328648

Beachamwell Local History Group

Annual General Meeting
Tuesday 9th January 7.30
Beachamwell Village Hall

Visitors Welcome

Enquiries: 01366 327023

Beachamwell Quiz



**Saturday January
13th
7.30**

**£3.00 per person
Beachamwell Village Hall**

Bring your own refreshments
There will be a 50/50 Raffle
All proceeds to The Newly formed
Friends of St. Mary's Church,
Beachamwell

Beachamwell and Fincham Family History Group

Tuesday 16 January 2pm

Beachamwell Village Hall

New Year's Resolution – draw
up a plan to
actually sort out those family
papers, photos etc.

Enquiries: 01366 328536

Barton Bendish Traditional Burns Supper



**Saturday 27th January
7.30pm for 8.00pm
Village Hall**

Tickets TBA

Includes "a wee dram" to toast the
Haggis

Scottish Raffle

Wear a token piece of tartan!

**Enquiries:
01366 347849 or 01366 347563**

Beachamwell Craft Group

Wednesday 31st January

There is no meeting in December
2.00 - 4.00

Beachamwell Village Hall

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

£2.00 + Bring and Buy

All welcome.

Enquiries: 01366 328536

NEWS FROM THE FOUNTAIN AT SHOULDHAM!

It's been a few months since I last contributed to the Group News, and since then we've had a few events that I'd like to tell you about.

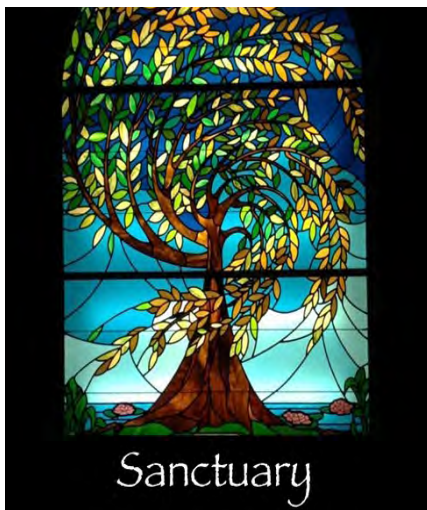


Firstly, we had a lovely **Forest Church** gathering on **Sunday 1st October**. This was our last outdoors event of the year as it's gradually getting cooler! We learnt all about Moses' life - how he was rescued by Pharaoh's daughter as a baby, how God spoke to him through a burning bush and how God used him and the plagues to try to free the Israelites from slavery in Egypt under Pharaoh. The event was attended by around 50 people including around 25 children, and we had lots of fun!

We followed on this theme on **Sunday 5th November** when we held our **All-Age Church** event at Shouldham School. This time we focused on the last plague God sent to the Egyptians, the death of the firstborn, and how God protected the Israelites from this through the **Passover**. We shared the Passover meal together and it was led by two lovely ladies, Amanda and Karen from the ministry 'Your People My People'. It was a really lovely event which connected the Passover to the work of **Jesus** through the cross. We ended the afternoon with fireworks on the School field which was great! The event was attended by 45, about 23 of whom were children.

Since I last wrote, we have also started a new type of event at The Fountain called **Sanctuary**, just for adults. We held the first one on Tuesday 17th October at Boughton Church, in the evening. The aim of this event is to give people a chance to get away from it all, have some time out and be still in God's presence. It was a lovely evening. After the event I received this email, which I wanted to share with you.

*Dear Angela,
What a truly beautiful evening last night! I didn't know what to expect, but had such a warm welcome as soon as I arrived .*



Boughton Church looked lovely as usual and this was enhanced by the soft guitar music and the candles. I enjoyed the mix of lovely modern hymns, the musical accompaniment, the short video about the importance of taking time from our rushed lives to...BE STILL, and also the time given for quite reflection. I came away in a honey bubble and feel enriched by it all, by the words, the music, the friendly company, the setting and the silence. I know the friends who came with me felt the same.

Having talked about this event to others, they said they would like to know of future events like this.

*Thank you and your helpers so much
Chris xxx*

We hope to hold these events on a monthly basis, and we have an e-mailing list to notify people of the upcoming dates. If you would like to come, or would like more information, please contact me so I can add you details to this list on angelaicaley77@gmail.com, or 01366 348371. We would love to see you there!

Our final family event of the year will be **Christmas Church**, held on **Sunday 10th December** from **10.30am - 12pm** at **Shouldham School**. There will be lots of fun, carols, crafts and festive food so please spread the word! The more people the merrier!

And looking to the new year!....we are hoping to run a three week course at **The King's Arms cafe, Shouldham**, called **CAP Money**. The course is for anybody, whether you have lots of money or not a lot! It's aim is to help manage the money you do have in a more effective way. I've done the course and have found it really practical and beneficial to us as a family. So if you know of anyone who might benefit, please do let them know. We are hoping to run it on a **Tuesday morning** from **10am - 11.30am**, starting on **23rd January**.



That's all for now! We hope you have a wonderful Christmas and New Year!
With lots of love,
Angela Caley

ALTERNATIVE FRUIT CAKE

4oz butter

7oz tin of pineapple chunks, crushed

12oz mixed dried fruit

4oz glacé cherries - halved

1 teaspoon mixed spice

6oz brown sugar

8oz self raising flour

2 eggs - beaten

Put butter, sugar, cherries, fruit and pineapple into a pan and heat gently until butter is melted.

Increase heat until mixture boils and remove from heat and leave to cool.

Once cool, add flour and spice and beaten eggs and mix really well.

Tip mixture into a greased 2lb loaf tin or 7" greased cake tin

Bake for 1 hour 40 mins at 150C /300F/gas mark 2

Claire Willetts



SUNDAY SERVICES IN DECEMBER (Priory/Northern group)**Sunday 3rd December First Sunday of Advent**

10.00 am	Shouldham	Morning Prayer
10.30 am	Marham	Café Church (Methodist Chapel)
10.30 am	Stow Bardolph	Holy Communion
11.00 am	Tottenhill	Holy Communion
3.00 pm	Wimbotsham	Holy Communion

Sunday 10th December Second Sunday of Advent

10.00 am	Shouldham Thorpe	Holy Communion
10.30 am	Stow Bridge	Holy Communion
11.00 am	Watlington	Holy Communion
6.00 pm	Fincham	Evening Service

Sunday 17th December Third Sunday of Advent

10.00 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (MC)
11.00 am	Runcton Holme	Holy Communion
3.00 pm	Nordelph	Carol Service
5.00 pm	Wimbotsham	Carol Service

Sunday 24th December Christmas Eve

9.30 am	Fincham	Holy Communion (said BCP)
10.30 am	Marham	Holy Communion (Holy Trinity)
3.00 pm	Stow Bardolph	Crib Service at Church Farm
3.30 pm	Watlington	Crib and Carol Service
7.30 pm	Wimbotsham	Holy Communion
11.30 pm	Shouldham	Midnight Mass

Sunday 31st December First Sunday after Christmas

10.30 am	Wimbotsham	Holy Communion
11.00 am	Wormegay	Morning Service (lay led)

THURSDAY SERVICES at 10am

HOLY COMMUNION Fincham 7th, 21st Boughton 14th, not 28th.

Marham Village Pre-school



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

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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 13th December 2017

doors open 6.45pm eyes down 7.30pm

Refreshments Available

At Marham Sports Club

Greetings by Oscar Pop- Up Cafe

Our next pop-up will be on Wednesday 17th January 2018. We will be serving a light lunch of homemade soup and a roll from 11 am to 1:30 pm at All Saints' Church, Boughton. Our New Year Sale will be in full swing, for every card purchased at full price (remember they are only £1.00 each) you can buy the second card at half price. Stock up for all those forthcoming birthdays and celebrations in 2018.

Hope to see you there!

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

Wereham Village Hall

'Buy a Brick' Campaign

Britain's First Passivhaus Village Hall



This is no ordinary 'Buy a Brick' campaign (largely because there are no bricks) but this is no ordinary village hall! It's your village hall to support you, your events and your activities.

We're so close – our community fundraising is going well but we've not yet reached our target of £20,000 so please support us by visiting our website <http://www.werehamvillagehall.co.uk> and follow the link on the home page to our dedicated 'MyDonate' donations page.

Your donations will buy:

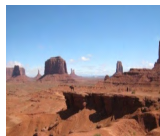
- £10 three breeze blocks
- £100 timber cladding
- £250 internal fire door
- £500 Passivhaus certified window

For further details contact Trustee John Millard on [01366 500790](tel:01366 500790)

Thank you – Together, we'll do it!

Beachamwell and District Women's Institute welcomes new members !

This friendly and informal group meets in Beachamwell Village Hall on the first Thursday of each month at 7.30. Becoming a member of the WI is a really good way to get to know people and to make new friends. If you think you may be interested in joining us, why not come along for an evening to see what goes on? We can arrange for one of our members to pick you up or meet you, if you would rather not come alone.



2018 Programme of talks



Jan 4th New Year Resolutions

Feb 1st "From Arizona to Alaska" – Slide show

March 1st "Art Deco – from Architecture to earrings"

April 5th "Know your shape, enjoy your assets !"

May 3rd "Woodland Burials at Greenacres Colney"

June 7th Celebration meal out (FREE to all members)

July 5th Bollywood evening – try the saris, learn the moves !

August 2nd "Get sharp, stay sharp"- demonstration of traditional tool sharpening



September 6th Illustrated talk on Fungi

October 4th "Votes for Women!" – dramatic presentation

November 1st "Margaret Fountaine – Love among the butterflies".

December 6th Christmas Party with entertainment from "West End Waiters"



PLUS a monthly craft evening, trips and visits

Enquiries : Helen Ranger 01366 328589 or Maggie Mackenzie 01366 327023

VOLUNTEERING IN ZAMBIA WITH 'INTERNATIONAL CITIZENS SERVICE'

I am now half way through my 12 weeks of volunteering in rural Zambia. It has flown by in a whirl of lessons in school, helping out at the clinic and engaging with the community at every possible moment. I am in a team of four girls: two Zambians, one Welsh and myself -luckily we live and work really well together.

In some ways, Munyama, where I am based, is similar to Beachamwell - we're surrounded by fields, although these often contain wandering goats and the community is very supportive and helpful. But there are some stark differences: we regularly have to kill scorpions in our house, we have to collect water daily, and an 18 year old student asked us what the difference was between circumcision and condoms for preventing HIV transmission. Knowledge on sexual health is very low here, which means we can really make a difference.

We had our first big community event on 9th November: we held a fundraising concert for a new grade 10 classroom to be built (as without it, students often leave school, or have to travel to town which is very expensive). The event was a great success, the atmosphere was amazing, the students all performed really well, including a mini play on early pregnancy, a song about AIDS, and a poem about peer pressure; the Department for Education visited to show their support, and we raised over £60. This money will go really far in Munyama.

In a few weeks' time we are also planning to hold an event at the clinic around



condom use, aimed at youths, as teenage pregnancy is the biggest issue here.

This has been an incredible experience so far and I would recommend the ICS programme to anyone eligible (18-25 years old, UK resident). Thank you again to everyone who donated when I was fundraising, I'm very grateful that they made this

possible. **Emma Lewins (Beachamwell)**



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

K.J.Catering Services

Contact Steve Bartram on

01842 828505

or 07542 923909

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

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And
**Hog Roast &
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& Holiday Club

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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
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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



**Freedom
from
Despair**

Families Surviving
Alcoholism

Find understanding and support in Al-Anon Family Groups

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 Roloh
01366 500798

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 or 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 .

COUNTRYSIDE NOTES DECEMBER 2017

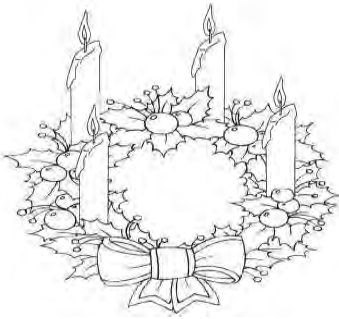
Along the A1122 to Swaffham there was a field of lettuces. A gang of people set out the small plants on August 12th and I marvelled afterwards at not only how quick they grew but how perfect they all seemed. Nine weeks later picking began and three weeks after, the field had been cleared. Anybody who's tried growing fruit and vegetables in their garden will know only too well that it's near impossible to get a uniformly perfect crop. Pest, disease and variations in the weather all take their toll. I'd love to know how growers achieve such success. I don't suppose hardly anyone purchasing fresh food ever gives a thought as to how it's produced. We just take so much for granted these days. When I was a child fruit and vegetables in the shops was seasonal. Salads and soft fruits in summer, plums and cherries a bit later, sprouts, parsnips and swedes in winter and so on. Oranges, dates and nuts were Christmas treats. Now supermarket shelves are packed throughout the year with a huge variety of fruits and vegetables from around the world - and it nearly always looks perfect. The 'country of origin' may well be South Africa, Egypt, Chile, Kenya, Spain, New Zealand or Australia. Nowadays we just expect to be able to buy what we fancy when we fancy it. We can have strawberries at Christmas and parsnips all summer.

Talking about taking things for granted, we do the same with people. For no charge each month our parish magazine, packed full of news and information, appears through our letterboxes, but how many people spare a thought as to how it gets there? It doesn't just happen. Many people contribute to the finished article. It takes a lot of their time and none get paid for the work they do. To begin with village representatives gather together the news and submissions from their respective villages. Next it's the turn of editors Pam and Eileen to compile the whole magazine - articles, village news, adverts etc, which doesn't always turn out to be straightforward. Once finished the copy is sent off to printers in Downham. When completed it has to be collected and distributed by those kind people who trudge round our villages delivering our G4s. It's also so easy to take for granted the anonymous unpaid army who help preserve the community spirit. They organise and help at events. They make cakes galore, do a bit of painting where needed, clean the church and village hall. Here in Barton we should thank Albanwise Ltd for keeping our village looking neat and tidy, Ernie who has kept St Mary's churchyard spic and span, and David who provides and tends the tubs of flowers by the seat. We should never take people like them for granted. If you're not already a helper but would be willing to lend an occasional hand please contact your local village representative listed inside the front cover of your G4.

Happy Christmas everyone

Thanks, Jill . Ed.

SYMBOLISM OF THE ADVENT WREATH CANDLES



Set on the branches of the Advent wreath are [four candles](#): three purple candles and one pink candle. A more modern tradition is to place a white candle in the center of the wreath. As a whole, these candles represent the coming of the [light of Christ](#) into the world. Some churches use four red candles and one white, while some use solely white candles.

Each week of Advent on Sunday, a particular Advent candle is lit. Catholic tradition states that the four candles, representing the four weeks of Advent, each stand for one thousand years, to total the 4,000 years from the time of [Adam](#) and [Eve](#) until the [birth of the Savior](#).

On the first Sunday of Advent, the first purple candle is lit. This candle is typically called the "Prophecy Candle" in remembrance of the prophets, primarily [Isaiah](#), who foretold the [birth of Christ](#):

Therefore the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Immanuel. (Isaiah 7:14, [NIV](#))

This first candle represents hope or expectation in anticipation of the coming Messiah.

On the second Sunday of Advent, the second purple candle is lit. This candle typically represents [love](#). Some traditions call this the "[Bethlehem Candle](#)," symbolizing Christ's [manger](#):

"This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." (Luke 2:12, NIV)

On the third Sunday of Advent the pink, or rose-colored candle is lit. This pink candle is customarily called the "Shepherds Candle," and it represents joy:

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. (Luke 2:8–11, NIV)

The fourth and last purple candle, often called the "[Angels Candle](#)," represents peace .

COMMUNITY NOTICE BOARD

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 or 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.

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BARTON BENDISH & EASTMOOR VILLAGE NEWS

Trafalgar Night England Expects



It seems that patriotism is far from dead, at least in Barton Bendish where Shakespeare, the Monarchy, Our Sceptred Isle and, now, the Battle of Trafalgar have been celebrated in style. Barton people know how to enjoy themselves and a splendidly politically incorrect evening was enjoyed by some forty people in the Village Hall. Special mention must be made of the choir, whose Captain was delayed on

naval business at the dockyard in Portsmouth and whose musical accompaniment was prevented, due to illness, from attending. Never dismayed, this talented, and very attractive group, performed with the poise and flair we have come to expect. Nelson's life, and the Navy, were remembered and toasted with great dignity. But, above all, the villagers came out to enjoy another great event and each others' company. It was reported that Lord Nelson himself was seen enjoying a snifter in the Berney, later in the evening. No one batted an eyelid. *Andrew Stephen*

Halloween Night.

David and I were not at home on Halloween Night so weren't sure whether Barton had once again been invaded by ghouls, ghosts and witches as has happened in previous years. We had our suspicions though, because a bag of sweets left hung on the front door handle had mysteriously disappeared while we were out. These were confirmed when I received this submission for G4 from Anne Parker.

'Having moved to the village in September 2015 we missed out on the delights of our first village Halloween Night (not quite sure why but nobody called). However for the past two years we have been delighted to see all the effort put into this night by parents and children alike. The 'costumes' and 'make up' must take so much time and effort to do and always look fantastic. So thanks to the parents and Robin, Janine and Lee for escorting them and please keep up the good work. The children are a credit to you all, always so polite and never forget

to say 'thank you' for their treats.

Having moved here from Kent where 'Trick or Treaters' were teenagers who almost demanded money it is really nice to see youngsters taking part and really enjoying doing so. Keep it up!' *Anne*

Bonfire at the Hall

It was quite a cold evening on the tenth of November but the warmth of the hospitality and the huge bonfire, which this year must have broken the record for size, soon dispelled the chill. Thank you very much to Luca for hosting the evening and providing the wine and delicious hot dogs. The 'Bonfire at the Hall' has become a very popular annual event which, more than any other, unites the village. It affords a welcome opportunity to catch up with village folk that one seldom has the chance to have a chat with.

Thanks to all concerned who made it such an enjoyable evening.

Christingle Sunday 3rd December at 3pm

Rev Ken Waters will be taking the Christingle service in St Andrews Church on Sunday 3rd December at 3pm. Everyone will be most welcome. Festive refreshments will be served after the service.

Barton Bendish Film Club Barton Bendish Film Club Presents 'In Bruges' Saturday December 9th at 7.0pm

As the dark nights draw in, so our film choice for December also darkens. In a departure from our normal family friendly films we will be showing the 18 classified, dark comedy drama 'In Bruges'. With a BAFTA award for the screenplay and a Golden Globe Best Actor for Colin Farrell, this 2008 classic deserves another airing. Brendan Gleeson and Ralph Fiennes also star in this story about two hitmen hiding in Bruges after a failed hit in London, awaiting their next instructions.

Please be aware that the film does contain some moderate violence and some bad language, but nevertheless is an entertaining meditation on purgatory and the struggle for absolution. The quality of the direction and the excellent performances from some of our best character actors make this a film that should be on everyone's bucket list to see.

Running Time - 107 minutes

As usual, please reserve your seats by calling 01366 347849 or through the Barton Bendish Film Club website. (Join our mailing list using our 'contact us' webpage for details and timings of all our screenings.)

Victorian Evening Saturday 16th December at 6pm

To get us all in the mood for Christmas, Barton Bendish Victorian Evening of Christmas Entertainment is being held in the village hall on Saturday 16th

December at 6pm.

New acts are always very welcome so don't be shy. Variety is the spice of life as they say! If you would like to tread the boards and perform please get in touch with Mhari or Linda.

The entertainment will be followed by light refreshments and mulled wine. Entrance is free but donations are gratefully appreciated.

For more information and to book your seat, please contact Mhari 347849 or Linda 347563.

A Big Thank You

Mhari and Linda would like to thank everyone who has supported our various projects in 2017. Without your help none of our fundraising and village events would be possible. We both appreciate all your hard work, your enthusiasm and your willingness to be involved with whatever mad cap idea we have!!

We wish you all a very peaceful and enjoyable Christmas and send our best wishes for a happy and healthy 2018.

With many thanks! *Mhari & Linda*

NB I'm sure everyone will agree that thanks are also due to Mhari and Linda themselves for the 200% they put into the organisation of all their events.

Jill

2018

Burns Supper January 27th

The New Year is not far off (quite frightening isn't it!) and the first event Barton has planned for 2018 is our ever popular Burns Supper which this year takes place on Saturday 27th January gathering at 7.0pm for 7.30pm. Everyone is welcome but it is essential to book your tickets in advance from Mhari 347849 or Linda 347563.

Village Hall

The trustees of Barton Bendish Village Hall are very pleased to say that the new lease with Albanwise has now been signed. This ensures, that for the next twenty years, we will continue to have a place in Barton where we can host the wide variety of social events for which the village has made quite a name for itself. We have a few fund raising events in mind for 2018 but the floor is in poor repair and at some stage will need replacing. This will mean that for several weeks we will temporarily be unable to use the Village Hall.

Jill Mason On behalf of the Barton Bendish Village Hall Trustees

A VIEW FROM THE MARSH from Janet and Alan Reid

Well here we are happily residing in Lydd on Sea in the area known as Romney Marsh. We couldn't imagine anywhere more different to West

Norfolk. The local people seem very keen on bird watching the local parish magazine has reported on the autumn migration which features common sandpipers, golden plovers, dunlin, plus the pectoral sandpiper and grey phalarope, there are lots of wintering birds including widgeon and teal.

About 100 yards from our front door are the "Listening Ears" better known as acoustic sound mirrors. These were built in the 1920s and were very sensitive listening devices designed to provide early warning of approaching aircraft using a variety of reflector shapes to funnel the sound waves to a microphone which was connected to headphones enabling the operator to plot the direction and distance of incoming aircraft. There is a local story that one operator was deafened when a milkman rode his horse and cart along the road in line with the mirror! The system was superseded and helped inspire radar.

A 100 yards in the other direction from our home is the Romney Hythe and Dymchurch railway line started in 1927 as the dream of two rich eccentrics. It's a 15 gauge railway using real steam engines. It is compulsory to wave at the train and passengers as they go past - well we do!

Following on from Alan's view.

Dog walking with Fleur has given me the opportunity to observe the beach in particular on our daily walks with species of flowers and sea cabbage strewn along our path. This area is known as the 5th continent with a microclimate which will enable me to grow more exotic plants. Our garden is our new project and we will use the money from our friends in Barton for a suitable garden statement piece.

We do seem to be eating fish rather a lot, but it is so fresh here and so tasty.

Alan feels quite at home here as Lydd airport is a few miles away (only light planes though) he misses the jets from RAF Marham.

Jill wrote a very kind piece about us in Group 4 when we left Norfolk. Thank you, Jill.

We do miss our friends, but, we WILL return for Barton events.

Janet and Alan

Tai Chi

Tai Chi classes are now being held every Wednesday afternoon from 2pm – 3pm in Oxborough Village Hall. The charge is £4.

Contact Jim Hitches on 01366 328395 for further details.

FORTHCOMING EVENTS 2017

SUNDAY DECEMBER 3rd	Christingle Service 3.0pm in St Andrew's
SATURDAY DECEMBER 9th	Film 'In Bruges' 7.0pm Village Hall See advert
SATURDAY DECEMBER 16th	Victorian Evening 6.0pm Village Hall See advert
2018 JANUARY 27th	Burns Night 7.0pm for 7.30pm See advert

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday and Thursday 12.55 – 13.15: Tuesday and Wednesday 11.10 – 11.40

Parish Council



We had quite a productive Parish Council meeting on Monday 13th November with some details on matters discussed and decisions made to go forwards.

There is still a vacancy on the Parish Council. If you or someone you know would like to get involved to help the community and be part of the continued process of maintaining Beachamwell - GET IN TOUCH! We meet every 2 months and the next meeting is on Monday 13th January 7.30.

Cllr Karen Bridge

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)

Message from your Breckland District Councillor

It is coming up to 3 years since I became the Nar Valley Ward District Councillor, thank you again for your support. It has been another busy year overseeing new housing applications with the problems they can bring. I have supported residents in acquiring their own fibre broadband cabinet for Shingham which will be installed 2018. My ward work ranges from helping residents with housing problems with landlords, finding homes for residents to helping with tax credit, planning issues, social care too. I am available 24/7 and have been. Whatever my residents problem I am here to help. If you need my help contact me at peter.wilkinson@breckland.gov.uk or 01760338819 / M-07788381796.

Thank you again and may I wish you all a merry Christmas + a happy new year.

Cllr. Peter Wilkinson

St Mary's Church

Autumn sunlight streamed through the windows of St. Mary's during November's Holy Communion service. The funeral flowers for Ian Phillpot, with their fading scents, still adorned the wide window sills like the gifts of remembered beauty which the dead leave behind. Ian, as most of you will know, was Church Warden for many years. In addition to his Church Warden's duties, he initiated and organised the very successful Family Service which lasted for several years.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Our condolences to Betty and her family during this difficult time.

The new communion service sheet was used and proved popular with the congregation.

The service began with *Morning Has Broken*, a hymn I always associate with childhood as children often have more of a sense of the wonder and beauty of creation, as if seeing aspects of the world for the first time, than adults who seem to lose a sense of wonder along life's way, weighed down as they are with work, bills and mortgages. The words of this hymn were written by the poet and children's author, Eleanor Farejeon who was living in the East Sussex village of Alfriston and who was inspired by the peace and beauty of the English countryside in the early 1930's. Her words were set to a traditional Scottish tune called *Bunessan* which is village on the Hebridean island of Mull. It has some lovely lines such as the following: *Sweet the rain's new fall, sunlit from heaven / Like the first dewfall on the first grass.* After the constant rain of the previous day, outside St. Mary's, raindrops like jewels balanced on the blades of the wet grass between the headstones.

The same tune, *Bunessan* is used for the well-loved Christmas carol, *Child In The Manger, Infant of Mary* and on the subject of Christmas, St. Mary's will be holding it's annual *Carols By Candlelight Service* on Friday, 22nd December at 6.30pm. After the service there will be mince pies and mulled wine. Gill Sanderson (01366 328818) would be grateful if anyone could help in the provision of home-made mince pies for this special occasion.

James Knox Whittet

The Season of Advent:

Did you know that there is more to Advent than a calendar filled with little chocolates? Advent is also the time to prepare.... In the Christian calendar, the four weeks leading up to Christmas are set aside for getting ready. The term



Advent has its roots in the ancient Latin word for Coming: it's a time of expectation, to make arrangements for what will be - an opportunity to focus the mind on all that needs to be done, as if you were anticipating a visitor or going on a journey

Almost inevitably in our culture, that means shopping, spending, giving, receiving - and it could hardly be otherwise as we prepare to celebrate the birthday of Jesus. Christmas cards, presents and all that food and drink express our wonder at how

the spiritual and the material is joined together in the birth of Jesus.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

This means that in Advent we could try and do some spiritual work, as well as material preparation by deciding what our values are and who is to become our priority. There is an attitude of mind and of spirit to find an honest recognition of where we might have been wrong, to find a right way to approach what is coming; to live our lives with a heart that wants to give away as well as to grab, to receive what we long for as well as to always be responding to others' demands.

Wishing you all a joyful Christmas season! Vesna Hudson (Church Warden)

The Friends of St Mary's Church

The group has had a splendid start with an enthusiastic first meeting.



There are lots of fundraising plans which will be essential for the future of this unique church.

It's never too late to get involved either by running or helping with an event or making a regular donation.

Please do get in touch with me for further information.

carolinesanderson@btconnect.com 01366 328244

Caroline Sanderson

Beachamwell Village Hall is Back in Business!

Recent refurbishment work at this popular village hall is now complete and groups are back enjoying a regular programme of activities ranging from Book Group to Yoga. Not only will the new facilities mean that the hall is accessible to wheelchair users, it will also make life easier for a number of people within the community who have other mobility issues, some permanent, such as arthritis and multiple sclerosis, and others temporary, such as hip or knee replacement recovery.



The first public event in the re-opened hall was the popular monthly Afternoon Tea organised by Sonia Williams for St Mary's PCC. Villagers enjoyed a social get together over a cup of tea and a slice of delicious cake. To mark the occasion, a special celebratory cake, decorated with a disabled logo, was made by Harriet Garrod.

Leah Spencer, spokesperson for The Village Hall Committee, says 'We are delighted that the hall has reopened and very grateful to WREN for their grant funding for the

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

project. We could not have done it without their support. Our goal is to ensure that everybody has full access to all our activities.'

With that in mind, the committee has now started Phase 2 of their Accessibility Project, which includes laying a hard surface path to the front door of the hall.

Pop up Pubs: A big thank you to everybody for supporting our Pop up Pub on 20 October. It was lovely to see so many people out enjoying themselves on a Friday evening. Our next date will probably be in February, at the beginning of the half-term holiday. Watch this space.

Beachamwell Fete and Country Fair 2018: Please put Saturday 2 September 2018 on your new calendar and look forward to another great day out, where we will be raising funds for Accessibility Project Phase 2:

The village hall is at the heart of our village and the committee is focused on maintaining and developing this wonderful resource for everybody to enjoy.

Save The Date: Sunday, 11th November 2018 at 11am – Watch this space.....

Beachamwell Village Hall Committee 01366 328536 or leah@wissey.co.uk

Halloween and The Forthcoming Children's Christmas Party

A huge thank you to the amazing Beachamwell residents who opened their doors to all the families trick or treating in the village on the night of Tuesday 31st October. Everyone was so kind and generous in welcoming us, chatting and dishing out delights from huge tubs, trays and biscuit tins and grabbing any last reserves! Many will have been astounded to see close to 40 people surrounding their doors and paths. From babies aged just a few months old to children now at High School, it was fabulous to see so many youngsters turn out on a perfect night, with wispy clouds surrounding the moon. Some houses had really gone to town to invite us with some fabulous decorations for the children (and grown ups) to admire, including homemade willow broomsticks, goblins, ghosts, floating wall lights and even gravestones - eek! Some parents dressed up in some extra creepy costumes too, causing a few children to stop and double take. The scariest conclusion of the evening is that we believe there are now enough families in the village to reopen the school. Imagine that....

The Children's Christmas Party is now confirmed for Saturday 16th December from 4 - 6pm. We are really excited to offer all children and their families a fun filled disco this year with enjoyment for all guaranteed, as well as some old favourite party games! We hope to see you there.

Rachel Bond Green and Bridget James

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

I always enjoy our Wednesday Walks because of the company, the exercise and



the awareness of the seasons. The November walk was no exception. We started from Larchwood on the Cockley Cley Road and walked along forest rides, noting the wide range of fungi growing alongside the tracks. Sue Pennell showed us examples of the amazing earth-star fungus, a first for many of us. We circled around to Drymere, Warren Farm and back to Larchwood.

Our next walk will be on

Wednesday 6 December and will be shorter, allowing time for a seasonal mince pie and glass of mulled wine in the village hall afterwards. Meet at the hall at 10am.

Why not make joining Wednesday Walkers one of your New Year's Resolutions for 2018? **Leah Spencer**

Book Group

Russian Revolution Remembered ...On Tuesday 7 November, as Russians were celebrating the centenary of their Revolution, members of Beachamwell Book Group were listening to poems by Boris Pasternak, Osip Mandelstam and Anna Akhmatova. Hearing these pieces read in Russian was a rare treat and the group is very grateful to Victoria Macphail for her interesting and thought provoking talk. **Leah Spencer**

WI

As all the present Committee had agreed to stand for one more year, and there were no other nominations for Committee, it seemed a good idea to book Simon of Peter Beales Roses to come and give us a demonstration of "How to Make a Holly Wreath" the idea being we could have a session making them ourselves to sell at the Christmas Fayre on December 2nd. It was most enjoyable and a team look forward to making some. Simon made it look easy but we shall see.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

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Awards were presented to

Maggie Mackenzie – the Ruth Rix Crystal Vase for Craft Work

Helen Ranger – the Ann Bercham Vase for Flowers

Cathy Friend – the Silver Plate for Competitions

Officers for 2018 are President Maggie Mackenzie, Secretary Helen Ranger, Treasurer Cathy Friend, Vice President Vesna Hudson, Carole Wilson and Anita Horgan.

Next Meeting will be on December 7th “A Christmas Evening with Leah Spencer and Friends” an evening not to be missed. Visitors will be most welcome to come and join us.

Carole Wilson

Local History Group

On November 9th, a good audience was in Beachamwell village hall for a most interesting and entertaining talk on the History of Oxburgh Hall by Roger Farmer, who is a conservation officer at the hall. His talk covered something of the history of the house and the family who lived there, but he also gave a fascinating insight into the challenges of conserving such a beautiful old property while at the same time allowing it to be enjoyed by a growing number of visitors. It was a great opportunity to learn more about this local gem and the work that is going on there.

The Beachamwell Local History Group will hold its Annual General Meeting on Tuesday, 9th January at 7.30 in Beachamwell Village Hall. New members and visitors are very welcome. This will be an opportunity to discuss future plans and projects.

There is another date for your diary if you are interested in local history. On Thursday 15th February, there will be a talk on “Constance Villiers- Stuart and India” by Mary Ann Prior. Beachamwell Hall was the home of Constance Villiers - Stuart from her arrival there as a young girl in 1884 until her death in 1966. She was an intrepid traveller; aged 81 and at the height of the Cold War, she sailed to St Petersburg to visit the restored palace gardens. Earlier in her life, she accompanied her soldier husband to India and there collected material for her pioneering book “Gardens of the Great Mughals” which attracted a lot of favourable attention on its publication in 1913. Her interest in gardening continued throughout her life, not only in the development of the gardens at Beachamwell Hall, but also as a prominent figure in the world of flower arranging

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

and a regular contributor of articles on gardens and flowers to the EDP.

Mary Ann Prior has been researching the life of Constance Villiers-Stuart, and is most interested to meet individuals who met this formidable woman. So, if you lived in the village in her time or perhaps went to the children's' parties at the halls, please come along to Mary Ann's talk, which will be at 7:30 in the village hall. **Maggie Mackenzie (01366 327023)**

Table Tennis in Beachamwell

Beachamwell is fortunate in having an excellent table tennis table, along with bats and balls, in the village hall. It is a game which can be played with enjoyment by people of all ages and abilities. It is hoped that a table tennis group will be formed in the new year, beginning on the afternoon of Friday, 5th January and taking place every Friday afternoon.

The physical benefits of playing table tennis are obvious: an increase in agility, stamina and an aid to weight loss. However, the mental health benefits are perhaps less well-known. Numerous studies have highlighted the benefits of the game when it comes to coordination, decision making, memory and alertness. It is now widely believed that playing this game can help delay the onset of dementia. Indeed, when table tennis has been introduced into care homes where many of the residents are suffering from Alzheimer's Disease, it has slowed the advance of the disease and reduced the use of drugs. Residents who play this game on a regular basis have markedly improved their powers of memory and sense of well being. Not least, taking part in this game helps everyone to relax and make friends.

It's remarkable that such an apparently simple game should do so much to enhance the lives of those who participate in it. Over the next few weeks, a leaflet will be put through every door in the village informing them about the table tennis group. Of course, anyone outwith Beachamwell interested in playing table tennis would be welcome to come along. **James Knox Whittet**

Decoupage

If anyone has plain Pyrex plates which they no longer use or need, would you be willing to let the Decoupage group have them to make into very attractive decorated plates? The photograph gives you an idea of just what can be achieved – the imagination can run wild.....



If yes, please contact me on 01366 328999 – thank you.

Mary Riches

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday	Beachamwell	Post Office	10.15—10.35
19th December	Drymere	Telephone Box	10.40—10.50
16th January	Boughton	Mill Road	14.20 –14.35
	Barton Bendish	Hatherley Gardens	9.55—10.05
Mondays			9.30 –9.50
December 4, 18, January 15, 29	Wereham	The Pond opposite the pub	

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) 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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS		
Barton Bendish	Bill & Les Spencer	01366 327432
Beachamwell	Leah Spencer	01366 328536
Boughton	Pam Wakeling	01366 500429
Boughton	Pam Wakeling	01366 500429
Wereham	Doreen Rolph	01366 500218
Wereham	Doreen Rolph	01366 500218

SUNDAY SERVICES IN DECEMBER (Southern group)

Sunday 3rd December First Sunday of Advent

9. 30 am Methwold Holy Communion
 9.30 am Whittington Service of the Word
 11.00 am Beachamwell Holy Communion
 11.00 am West Dereham Family Service
 3.00 pm Barton Bendish Christingle
 6.00 pm Wereham Evensong

Sunday 10th December Second Sunday of Advent

9.30 am West Dereham Holy Communion
 9.30 am Wretton Service of the Word
 10.00 am Boughton Breakfast Church
 11.00 am Barton Bendish Holy Communion

Sunday 17th December Third Sunday of Advent

9.30 am Whittington Service of the Word
 11.00 am Beachamwell Service of the Word
 4.00 pm Wereham Carol service
 7.00 pm Methwold Carol service

Sunday 24th December Christmas Eve

3.00 pm Wretton Crib service
 4.00 pm Boughton Christmas crib service
 11.00 pm Beachamwell Communion by extension
 11.00 pm Methwold Midnight Mass
 11.00 pm Wereham Midnight Mass
 11.30 pm West Dereham Communion by extension
 11.30 pm Whittington Communion by extension

Sunday 31st December First Sunday after Christmas

10.00 am West Dereham Together@Ten group service
 10.30 am Wimbotsham Holy Communion
 11.00 am Wormegay Morning Service (lay led)
 Thursday services

Holy Communion 10 am Boughton 14th **NO SERVICE ON THURSDAY 28TH DECEMBER**

BOUGHTON VILLAGE NEWS

All Saints Church

The annual Nine Lessons and Carols service will take place on Tuesday 12th December at 7 pm. For newcomers to the village, this is a traditional service with the nine readings, plenty of carols for the congregation and items by the group choir. The collection from the service will go to Christmas charities—usually Crisis at Christmas and the Bible Lands. It's the perfect start to the Christmas season. The church always looks lovely, with greenery and candles the main part of the decoration. To that end, I hope people will come along on Friday 8th December to help decorate. The ability to put a piece of holly or other greenery on a window sill is basically all that you need. I can be there from 9.30 onwards and coffee will be provided. If you can't come along, but have suitable greenery in your garden, please bring some along and leave it in the porch. Geoff Proctor has kindly agreed to provide a tree again, so that will need to be decorated. We have plenty of baubles and lights.

Another tradition is that people bring a plate of party food along and stay for a social gathering after the carol service, with mulled wine being provided by a kind wellwisher. I shall need people to read the lessons, so any volunteers will be welcomed. I have asked some people already, but some of our regular readers will be away on that night, so newcomers are very welcome. We have been given the generous gift of a hamper by someone in the village, so we will have a raffle after the service is over.

On Christmas Eve, at 4 pm, we will have the traditional Crib service, led by Pippa. I don't know yet if there will be a donkey, but we hope so. The church is always very atmospheric, with bales of straw making a stable. This year we are lucky enough to have a service on Christmas Day, at 11 am, so we would be very grateful for anyone fit and healthy who could spare a little time after the crib service to move chairs and straw. This is a good moment to thank Angela, who does so much to ensure the church is laid out and warm for all the various functions. However, she can't move everything after the crib service without help.

Boughton Scarecrow Challenge 2017

2017 saw an excellent array of entries, from a Halloween theme 'A Spooky Start' to a distraught bride left waiting for her groom at the church door and from the 'Pumpk-grims' setting sail on the Mayflower to birds with 'Birdy Army' and 'Henrietta Hen'.

The prize giving event at the Church on Saturday 28th October was well attended with children wearing their Halloween costumes - you all looked great! Whilst entrants waited for the results to be announced tea and cake were served for all to enjoy.





Results:-

Adult Winner – The Acasters with ‘Ivy Man’

Highly Commended – Sue & Roy Isaacs with ‘Mr Skell. E. Ton’

The adult winners received a commemorative mug, bottle of wine and a certificate.

Junior Winner – The Hawley’s with ‘The Mayflower Pumpk-grims & Nervous Turkey’

Highly Commended – Henry, George, Charlie & Beatrice Simpson with

‘Tabitha Tortoise’

The children received a commemorative mug, sweets and a certificate.

This year a special award was presented to Sarah Francis for the most imaginative use of “green” natural materials creating ‘Leaf Man’ and ‘Stick Man’, who both quite literally blended into the garden.

The BVC would like to thank all the participants who displayed an amazing amount of imagination and creativity.

The Boughton Village Caravan

Boughton Fen Report for Parish Council Meeting 14.11.2017

The summer visitors have all flown off to warmer parts of the world for the winter, with some being replaced by birds from further north keeping their feet warm here for the winter. However, work has continued on the fen, keeping the walk clear for everyone to enjoy.

The number of cuts by contractors has been reduced this year, thanks to the efforts of a small group of volunteers. Our specialist contractor has mown the grassy areas to replicate grazing, which should promote the diversity of plants. Along with support from the Environment Agency, and Natural England we will be installing a second outfall in the very near future, to control water levels on part of Middle Fen.

Over the last couple of years we have lost a number of large branches from three big willow trees. The problem has been exacerbated by the frequent high winds that we have experienced in the past few months. Advice has been sought from an arboriculturalist, and Natural England, and it has been recommended that they should be felled as they are now in a dangerous condition. It is hoped that the stumps can be left as high as possible, with some of felled material being left in the area to create alternative habitats in that part of the fen.

Working parties will be continuing during December to March, so if you fancy getting rid of any Christmas excess, come and join us. If you have not been before, give me a call on 01366 500461. *Mark Pogmore*

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date

Tuesday 9 January 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. From all the Parish Councillors and myself, have a wonderful Christmas and a Happy New year! Thanks to all volunteers that have given their time to improve our village in 2017. All are welcome to attend meetings in 2018, if there are topics or ideas that you wish to share or be discussed with the Parish Council at any time during 2018, please email me on werehampc@gmail.com.

WEREHAM CRAFT GROUP

The Craft Fair held on November 4th was a huge success. The day raised £427.50, plus another £50 which had been paid in at an earlier date. A special thanks goes to Diane, Angela, Janet, Lynda and Lynne who helped man the kitchen at various times of the day. Also special thanks to Wendy and Doreen on the raffle table, Nicola and Doreen Palmer on cakes. A special thanks goes to Sue Marnet and Pam Watkinson who took over the craft stall when I had to be taken home poorly.

Huge thanks to Alan Winter who made a very good job of traffic control and helping people unload and load their cars during the day. This event could not go ahead without the support that these lovely people give me, and of course all the customers who braved the wet to come and support us.

We have one more Craft Group meeting on December 12th and then we are into 2018. The first meeting will be on January 9th at 10.30am in the Village Hall. For Details contact Rosemary on 01366 501330.

May we wish you a very Happy Christmas.

SHORT MAT BOWLS

Since our change to a Tuesday afternoon, our numbers have increased. There's lots of laughter and joking going on and everyone seems to really enjoy themselves. Our last Bowls meeting will be on December 12th and we will meet again on January 9th 2018 at 2.00pm in the Village Hall.

For details contact Philip on 01366 501330.

CAR BOOT SALES AND CAFÉ

The October Car Boot was the best one this year making £197. We look forward to seeing you all in 2018.

The first meeting will be on Sunday January 28th 2018.

A huge thank you to all our car boosters and we look forward to seeing you all again in 2018.

The 50/50 Raffle is popular, the winner in September was Janet Winter and in October it was Rosemary. For details contact Philip on 01366 501330. A very Happy Christmas to you all.

November_Update from Wereham Village Hall Committee

As 2017 heads to a close, this will be the last year we spend Christmas in the current hall that has served our community so well for almost 100 years. We have many events planned for the run up to Christmas which are designed to give pleasure to those who participate and also to raise much needed funds to complete the fitting out of the emerging and eagerly anticipated new hall.

Please come along to as many events as you can and/or help our fundraising efforts by donating raffle/bingo prizes, cakes etc. Please contact Doreen (500218), Angela (500115) or Diane (500798).



Update from the New Build Project Team

Construction of the external walls proceeds apace, but with minute attention to detail as any cold bridging or air

leakage would conflict with Passivhaus design principles and prejudice the eventual certification of the finished building. The roof will go on very soon now so that work on the interior can begin.



The target for completion remains the end of March 2018.

For more regular updates and photos, follow us on our Facebook page.

Victoria, John E, John M & Rachel

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in October were Alan Coleman and Julieann – 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 5th December and Tuesday 16th January.

Christmas Bazaar – Saturday 2nd December, 1-4 pm

Christmas Prize Bingo – Wednesday 6th December, doors open 6.45, eyes down 7.30pm.

Christmas Quiz Night – Saturday 16th December, 7.30pm.

Christmas Carols – Sunday 17th December, 5pm straight after the church carol service. For more details of all Christmas events, contact Doreen ([01366 500218](tel:01366500218)), Angela ([01366 500115](tel:01366500115)) or Diane ([01366 500798](tel:01366500798)).

Car boot and Café – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates are Sunday 28th January and Sunday 25th February. Café

serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on [07759033492](tel:07759033492)/01366 501330 e-mail rosemary.pease@btinternet.com.

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.

START CHRISTMAS WITH CAROLS AT THE MAGPIE CENTRE

The Quiz and Hog Roast Supper, held at Stowbridge Village Hall on October 21, was a huge success, with no fewer than 116 participants in 21 teams, and raised a fantastic £1363 for the Magpie Centre, home of West Norfolk Riding for the Disabled Association. It was heartwarming to see so many newcomers, alongside those who had attended previous quizzes and were eager to return. Keep an eye open for our next quiz, scheduled for spring 2018-and be quick to book your tickets. It really is a great night out. – at modest cost.

Next up is the West Norfolk Riding for the Disabled Association Annual General Meeting, scheduled for 7.00 pm, Monday December 4, at Wimbotsham Village Hall, 49 West Way, Wimbotsham, King's Lynn, PE34 3QB. Now is your chance to meet the Trustees, find out who we are, and what we do, and maybe find your niche as a Trustee and/or volunteer. Trustee roles available include Treasurer, Secretary, Grant Officer, Fundraising Officer and Events Officer. No knowledge of horses, nor of people with disabilities is required, but for an informal chat, call Chairwoman Rosie O'Grady on 01366 500104. The final item on our 2017 agenda is the Christmas Carol Service, to be held in the Magpie Centre indoor school (so wrap up warmly), at 6.00 pm on Thursday December 14. We'd love you to join us for Christmas carols, readings, mince pies and mulled wine/apple juice – and to meet some of our lovely ponies. No dogs, except service dogs, allowed. We are at Wallington Hall, South Runcton, PE 33 0EP - on the A10, about three miles north of Downham Market.

And finally, if you're stuck for a Christmas gift, especially for a pony-mad child or grandchild, what better than sponsorship of a Magpie Centre horse or pony? Pebbles, who gives confidence to our tiniest riders; Ruby, a big Irish mare who looks after adult riders, or Teddy, a total star, both between the shafts for our carriage driving participants and under saddle, are all available for sponsorship. For just £12.50 or £25 a year, the sponsor receives a photo of 'their' pony, plus a sponsorship certificate, and news updates. For more information, visit www.rda-westnorfolk.org.uk, or call the Magpie Centre on 01553 810202 for a sponsorship form.



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**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.

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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



Oxburgh Hall

Events for December 2017 & January 2018

Friday 1st, Saturday 2nd and Sunday 3rd December, 10am - 4pm

Christmas Wreath Workshop

Join the Gardener and volunteers for a day and discover your creative talents in making a Christmas wreath. Based on a metal ring which will be completely covered in moss and greenery collected from the estate and then finished off with decorative Christmas items, it will be suitable for hanging on a door. Decorative items will be available but feel free to bring along your own decorative item to personalise your wreath.

Please bring own secateurs and an apron. We supply gloves but feel free to bring along your own. . Meet at the tea-room in the courtyard

£45.00, with all materials included. Price also includes refreshments on arrival, a light lunch and refreshments in the afternoon.

Booking essential on 0344 2491895.

Saturday 9th, Sunday 10th, Saturday 16th & Sunday 17th December

11am - 4pm. Last entry to the house at 3.30pm

Oxburgh Hall at Christmas

Come and see Oxburgh Hall (**ground floor only**) and the family Chapel dressed for the 6th Baronet's family Christmas. Uncover the history of Christmas traditions and admire the artistry of the Oxburgh Flower Ladies. Listen to the Volunteer Choir sing in the Chapel and admire the enchanting outdoor lighting as darkness falls.

Free event but normal admission prices apply.

Father Christmas

Visit Santa in his grotto and tell him your secret Christmas wish and that special present you want. Have fun doing crafts while you wait and take home a gift to remember the occasion. Suitable for children up to the age of 10 years.

£8 per child, including gift. Accompanying adults free but normal admission prices apply.

Booking essential on 0344 2491895.

Saturday 27th & Sunday 28th January

11.30am and 2pm.

Snowdrop Walks.

You can either join one of our garden stewards for a walk taking in the beauty of the snowdrops and aconites carpeting the ground beneath the trees or you can stroll through the gardens and woodland to view them.

Depending on the weather conditions, there may be many snowdrops to see or few. Trails are available for families.

The walk with a garden steward is free but the standard charge applies for entry to the gardens and estate. Maximum number for a guide walk is 20. No need to book, just turn up.

FINCHAM MEMORIAL HALL DIARY

Jazzercise meets every **Monday from 7pm** (except Bank Holidays) Jazzercise is a pulse-pounding, beat-pumping fitness programme that gets you results... fast. It's a calorie-torching, hip swivelling dance party with a hot play list to distract you from the burn. Wear loose, comfortable clothing and aerobics trainers. Bring a drink. To get the most out of your class, you may like to bring a mat for floor work and a pair of hand held weights. First class is free. Come 10 minutes early to register for your first class. Costs £5 per class - (or only £18 per month by standing order only). Interested? Then call Hilary on 07909 282165 for more information.

Keep Fit meets every **Tuesday from 6.30pm – 7.30pm** and consists of gentle exercise, increasing to more energetic for those who are able, finishing with floor exercises, stretching and relaxation. It is suitable for all ages. Cost £4.00 per lesson. Interested? Then either just turn up with a towel and a bottle of water or contact Debbie on 01760 622108

The **W.I.** meets on the **second Wednesday of every month at 7.30pm**. The next meeting is on **13th December**. Subscription is paid each January -£39.00 and there is just 15p towards teas and a raffle ticket - 50p - on the night. New Members are always welcome – either just turn up or contact Sue on 01366 347305.

Fincham Local History Group meets every two months on a Wednesday. Next date to be confirmed.

The **Flower Club** will meet on **Thursday 7th & 14th December** from **2.30pm – 4.30pm**.

Fincham Chorus meets every **Thursday from 7.00pm – 9.00pm** and is for anyone who loves singing (especially bass and tenor). They sing all kinds of music (except modern pop!). Subs are £88 per year and can be paid half-yearly or quarterly if wished. Interested? Then just turn up – no need for an audition.

Quiz Night is the **first Friday of each month** starting at **7.30pm**. December 1st is our Christmas Quiz so come along and let the festive season begin. This is a really fun evening with several teams of 4 – 6 people and lots of laughter. There is a cash raffle each month. Bring your friends and make up your own table or come along by yourself and join one of the existing teams. Also feel free to bring your favourite tittle and snacks. Costs £2.00 per person

AL- ANON FAMILY GROUPS

I am sure you have heard of ALCOHOLIC ANONYMOUS but have you heard of AL-Anon Family Groups. They are here for anyone affected by having a relative or friend who is an Alcoholic in their lives. The meetings are attended by Husbands, Wives, Teenagers, Sisters, Brothers, Mothers and Fathers and adult Children. Anyone who is affected by this disease called Alcoholism is welcome to come and listen or share their Stories. They too have lived with the stress of walking on egg shells. Covering up and lying for the Alcoholic. Worrying about paying bills, feeling ashamed and embarrassed by the drinker's behaviour. Trying to keep things normal for your children, making excuses why they can't have friends round. Being exhausted with it all. Maybe it is your Mother or Father who is the Alcoholic or your sister or brother and you need to share this with people who understand. Unless others have lived with Alcoholism in their lives, they just don't understand the sick feeling in the pit of your stomach, the dread of hearing the car arrive home. Trying to keep the children quite so he / she can sleep it off. And when the kids are older and they want to know why YOU didn't do something. Well most of the above is me. I lived with an Alcoholic for years, I thought he was a heavy drinker when I first met him, kidded myself he would slow down when the kids came along, but the most important thing in his life was drink. When he was drinking life was miserable for all of us. I did the covering up bit by calling his work making excuses why he couldn't come in today, lying to my family that everything was ok too embarrassed to admit that it was far from ok. Watering down his drink when he was out of the room, listening for hours to him talking utter rubbish. Driving around to find him because he couldn't get home and didn't know where he was, and all the time I thought I was the only person in the world living like this. Eventually he left. Now a few years down the line I have a son with a drink problem who is not yet ready to go for help. So I was recommended to go to an Al-Anon meeting, which is held during the day once a week in Downham Market. I walked in with trepidation and came out with a smile, they made me so welcome. I didn't have to share my story and worries until I felt I could, but listening to a lovely lady it was as if she had lived my life. And the first thing I learnt, was that 'I am powerless over Alcohol' and the 3 c's which stand for 'I didn't cause Alcoholism' 'I can't control it' 'and I can't cure it' those 4 phrases took a weight off my shoulders. AL-Anon shows you how to look after yourself first. And what is said and shared in the meeting stays in the meeting and we only use first names. There is always a box of tissues on the table and a cup of tea to be had. For more information and to find out where meetings are held and the times, the national contact number is **02074030888** the website is www.al-anonuk.org.uk Email: enquiries@al-anonuk.org.uk

AL-Anon is not a religious organisation or a counselling agency. Nor is it allied with any other organisation offering such services. For young people aged 12-17 inclusive there is ALateen

I hope you all have a peaceful Christmas.

Fancy Volunteering?

CHRISTMAS QUIZ



1. Which friar, and the patron saint of, among others, Italy, the Philippines, the environment and stowaways, was the first person to stage a nativity scene (or manger scene) ?
2. The following all mean 'Merry Christmas' in which language ?
 - a. Hyvaa joulua
 - b. sung tan chuk ha
 - c. froehliche weihnachten
 - d. nollaig shona dhuit
 - e. mele kalikimaka
 - f. god jul
 - g. boas festas
 - h. kala christouyenna
3. There are two 'Christmas islands'. Name the oceans in which they are located.
5. Which Christmas tradition did the very busy Sir Henry Cole introduce in 1843 ?
6. In which country does a temperamental 'Julenisse', a cross between a jolly Santa and an evil Gremlin like creature, deliver presents on Christmas Eve ?
7. Which Christmas gift of the very highest quality, also known as 'Oil of Lebanon', comes from Oman ?
8. In which European capital city is eel a traditional dinner on Christmas Eve ?
 - a. London
 - b. Rome
 - c. Paris
 - d. Oslo
9. Before Pope Julius I decided that December 25th was the day Jesus was born, on which day did early Christians celebrate the birth of Jesus ?
10. Which Christmas treat was first used to keep noisy children quiet during the church service ?
11. On the eve of 'Kings Day', the 6th of January, what do children in Argentina leave under their beds in the hope they will be filled with small gifts and sweets ?
12. What is wrong with the Grinch's heart in 'How the Grinch stole Christmas' ?

- 13 What were the two *all time best selling songs* in the USA in 1949 ? (both are Christmas songs)
14. Which 'embassy employee' toy was on many a boys Christmas list in 1964-65 ?
15. In many parts of Europe the following days play a significant role in Christmas festivities. Which saints day is celebrated on:
a. Dec 6 b. Dec 13 c. Dec 26
16. When exactly is 'The Twelfth Night' ?
17. The traditional English 'Father Christmas' was not dressed in red. What colour did he wear ?

1. St. Francis of Assisi (as a teaching guide for the uneducated)
2. Eight Answers
a. Finnishb. Koreanc. German d. Irish e. Hawaiian f. Norwegian
g. Portuguese h. Greek
3. Pacific and Indian
5. The sending of Christmas wishes on mass produced Christmas cards. The first cards depicted a family toasting an absent friend with the words "Merry Christmas and a happy New Year to you".
6. Norway. Nisse means "little people". It is customary to leave some porridge and beer at the kitchen table to keep him happy !
7. Frankincense
8. Answer b. Rome il capitone it's called (When in Rome....)
9. The 6th of January or feast of the epiphany. (Greek for appearance or revelation)
10. candy cane. (In the Colonge cathedral) Just one color then, stripes were introduced later in the US
11. Shoes
12. two sizes too small"
13. White Christmas and Rudolph the red nosed reindeer.
14. The James Bond 'Attache' Case. (Today they are collectors items, one was sold on eBay in 2005 for 1,025.00 US dollars or 560 pounds !)
- 15.. Three Answers
a. St. Nicholas
b. Santa Lucia (popular in Sweden)
c. St. Stephen
16. The evening of the 5th of January
17. Green. A sign of the returning spring.

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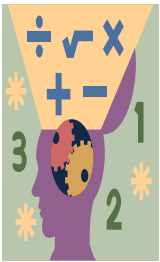
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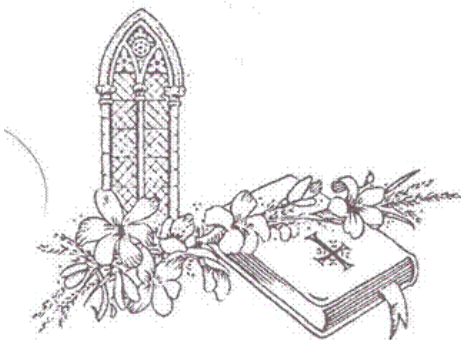
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Doris Baker, 85, of North Walsham, has been visiting the respite centre at Grays Fair Court in Costessey since it opened in 2008 after being referred by social services. Doris visits the respite centre regularly and spends most Christmas' with the team at Grays Fair Court. "I just love it; I would be on my own at Christmas if I didn't come here". Grays Fair Court runs a special programme over the holiday period, with entertainers coming in and special Christmas meals being served. Visitors are welcome. There are no restrictions over the Christmas and New Year period. The regular GFC facilities – such as hairdressing salon, foot care, computer with internet access and library – are all available.

To find out more about respite care at Christmas, or any other time, then contact Age UK Norfolk's Grays Fair Court on 01603 594747; or contact Norfolk County Council on 0344 800 8020

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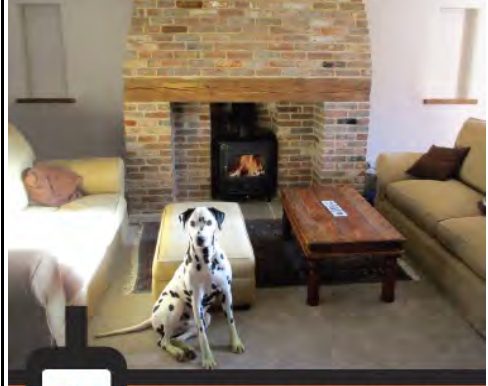
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Nar Valley Ornithological Society (NarVOS)

December: There is no NarVOS indoor meeting. Happy Christmas to you all.

Tuesday 30th January 2018, 7.30pm at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road.

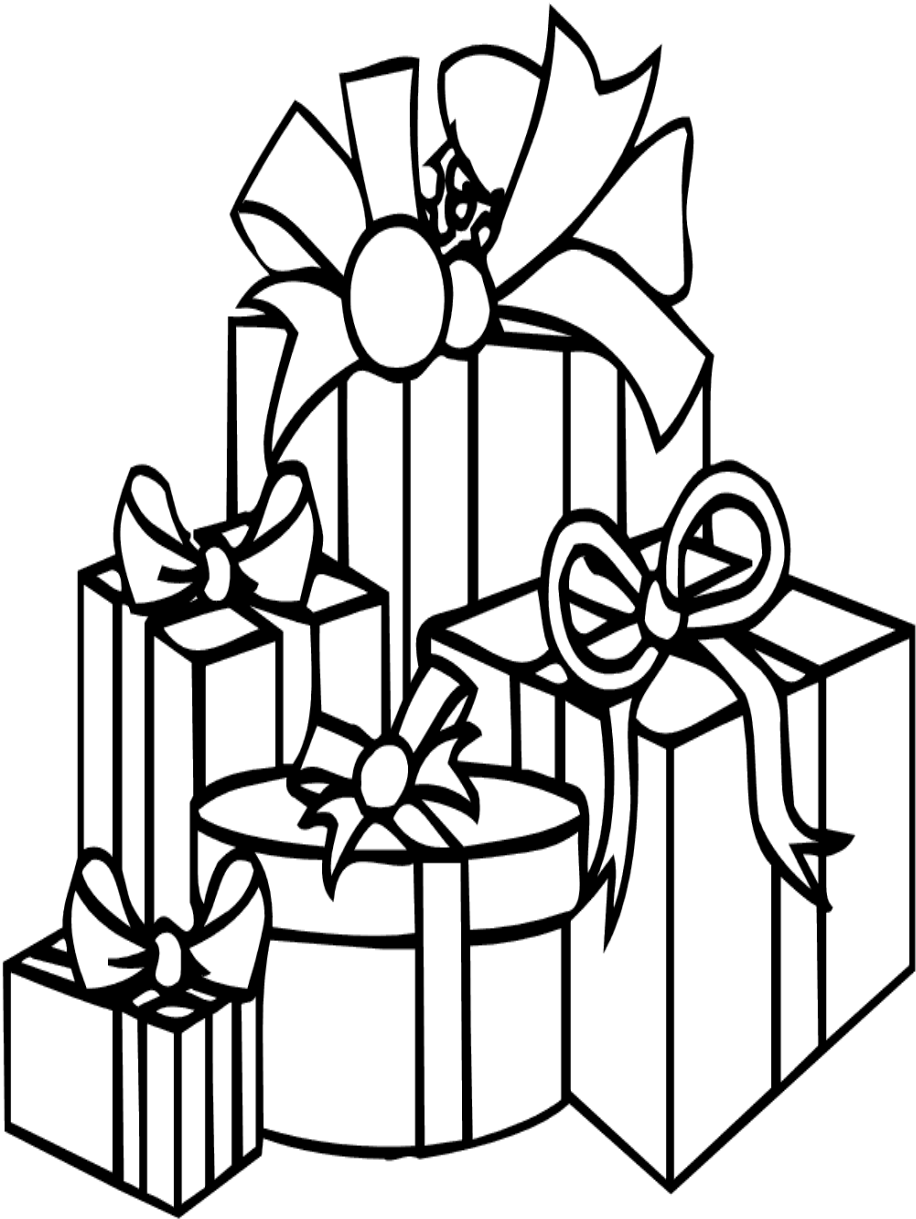
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CHILDREN’S PAGE



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