

Group 4
NEWS



The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere;
Boughton; Wereham
February 2016

WELCOME



Another packed edition for you to peruse at your leisure.....



Don't forget St Valentine this month....
As always, 'Happy Reading '
The Editorial Team
Eileen and Pam

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

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

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

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‘FROM THE RECTORY’



Dear Friends

I thought that I had written my last ‘From the Rectory’ letter a few years ago, so it is a pleasure to be asked to write the first letter in this New Year. Barbara is still awaiting test results from Papworth and it is our hope and prayer that she will be able to resume her ministry among us fairly soon.

I do hope that Christmas was good for you and that you were able to enjoy the special Christmas services that Barbara entrusted to her Team.

This Christmas the wonderful words of Eric Milner-White's Bidding Prayer for what has become the traditional service of Nine Lessons and Carols spoke to me in a new and refreshing way. The prayer bids us reflect on the Nativity story and pray for the unity and brotherhood of the Church He came to build. Plenty of expectancy from the prophets, faith and obedience from the Holy Family. The building continued in the hearts and minds of those who saw and came to believe that God (Emmanuel) was indeed among us and at a local level. I believe this should be of encouragement to us as we face a New Year and a year that will bring change, certainly in our rural parishes.

Together with the image of a church 'in the building' we have from St.John's prologue another image, that of Light - "In him was life; and the life was the light of men. "And the light shineth in darkness; and the darkness comprehended it not." The Prologue is so magisterial that it is tempting to think it is not for us or for our generation. In the world of 2015 where there was so much darkness we must be lights both for each other and for the wider world. It may be that some of us, the more elderly perhaps, our task, and joy, will be as with Simeon and Anna whom we celebrate at Candlemas, to recognise and reflect the Light (they also serve who only stand and wait). It is an interesting fact that in an age of almost instant social media that there is so little real communication, especially within our local rural churches. I am not pointing any finger but with the shepherds and the Wise Men it could be our vocation this year to find out what is going on and so become a creative part of it!

With every good wish for 2016,

Yours sincerely,

Robin.

BENEFICE NEWS



Thank you everyone for your kind wishes, cards and gifts following my illness. I was diagnosed with sepsis and rushed into hospital at the end of October. The infection was in most of my major organs, and came on very rapidly (less than a day), but thanks to the alert paramedics and the excellent care of the medical team at QE Hospital I pulled through. The infection also affected my heart and I have had equally excellent care at Papworth Hospital but I am still waiting for an appointment at QE with the cardiologist about the Papworth results. Once those results are through I will be able to see an Occupational Health Adviser who will look at how to gradually introduce me back to work without my taking on too much too soon, so it all depends on how quickly I get to see the Cardiologist. It's all a bit of an unknown at present but I'm hoping to be back soon. In the meantime a huge heartfelt thank you to clergy, wardens and all who have had to shoulder the burden of arrangements during my illness. God bless you all.

Barbara

No Wonder He Wags His Tail!

When God had made the earth and sky, the flowers and the trees,
He then made all the animals and all the birds and bees.

And when His work was finished, not one was quite the same.
He said, "I'll walk this earth of mine and give each one a name".

And so He travelled land and sea and everywhere He went
A little creature followed Him until its strength was spent.

When all were named upon the earth and in the sky and sea,
The little creature said "Dear Lord, there's not one left for me".

The Father smiled and softly said "I've left you to the end.
I've turned my own name back to front and called you Dog, my friend".

A POEM IN NORFOLK DIALECT BY JOHN KETT FROM THE COLLECTION PUBLISHED IN 'THA'S A RUM'UN TEW!

Sue Smith, who lives in Wereham, very kindly provided this poem. *"I believe John Kett had some association with Wereham. He certainly wrote about the village in his poems 'Arnie, at Wereham' and 'Billy the Seal'."*

AR P.C.C.

I don't know why they voted me
A member o' the P.C.C.
They did though, thatty year ago,
An all that time, come rain, come snow,
I 'a never missed a meetin', bor,
Bar one in nineteen-fifta-four,
When on a night as black as pitch
Ole Charlie's sow fell in the ditch,
An that were gone half arter ten
Afore we got har out again.
Tha's why I hatta miss, y'see,
That meetin' o' the P.C.C.
But bar that once I'm allus there
A-settin' in the saame ole chair.

The parson say a prayer ter start,
Than cousin Betty, bless har heart,
She read the minutes out, - mind yew
She dew that job right well, she dew.
Ah, she can write an she can spell;
At scule she allus done right well.
Tha's s'prisin' how the time dew go
At them there meetin's, cause, y'know
There's lots o' things we hatta 'range –
Sometimes we even maake a change!

An though that may sound kinda funny
We mardle most 'bout raisin 'money,
An dew yew know that corst a sight
T'keep ar gret Chaach water-tight.

At laast we git ter "A.O.B.",
(Tha's "enna other business", see?)
As orfen's not tha's laate by then;
We hear the Chaach clock strikin' ten.
But 'fore we go, although tha's laate,
We hatta 'gree about the daate
When ar nex' meetin's goin' ter be:
That taake tew long, that fare t'me,
'Cause what suit one 'oon't suit the
next.

Still tha's no use a-gittin' vexed.
At last tha's done; we draw away
An go orf hoom. I orfen say
As I pass other people's hooms
Where lights 're on in upstairs rooms,
"I wonder if yew know what we
Dew for yew at ar P.C.C.?"

FROM THE SMALLHOLDING FEBRUARY 2016

Looking at the holding in early January I can only hope that things get better. Yes aconites have been in flower for a few weeks, the early prunus is trying to catch up with those in town and the winter jasmine is showing and there still some of last year's roses in bloom. The fruit buds on the apples and pears are swelling and we are not half- way into the pruning yet. We need a few sharp frosts to clean up the trees and knock back the forward perennial weeds. Resolutions at my time of life are probably of little value but I do entertain some hope that the fruit trees will be brought into some order and the invading nettles and brambles controlled.

This year our Wassailing is behind us and after last year's reasonable crop we are at least looking forward to a showing from the young cider apple trees, Tom Putt, Black Dabinet, Kingston Black and Yarlinton Mill which if any, are suited to Norfolk. The only tree that still holds fruit is the Beachamwell; it is clearly a late variety and could be useful in the post Christmas - January period. Unfortunately it is as prone to codling moth damage as any other. It is time to put the adhesive bands around stems/trunks and of course stakes to intercept the insects on the way up to the buds and forming fruit. It is an on-going surprise how quickly one or two year old fruit trees become trees that need re-shaping! Fortunately there is still time to identify which branches need shortening or removing before the new leaves break.

In an earlier piece I noted with considerable concern that bees are still under threat from the use of neo-nicotinoid chemicals. A few years ago the lime trees just over our boundary would be alive and a-buzz with bees, alas not so now! Yes last year we were fortunate enough to have both honey bees and various bumbles working the fruit trees and bushes and garden flowers. The honeybees were from a lodger hive tucked, not altogether intentionally, behind an overgrown plum tree and brambles. I feel sure that the high hedges and a healthy supply of local nectar provided admirable protection for these borrowed bees; they did not need to be attracted by flowering oil seed rape. At Pightle House it was also a good year for butterflies, insects also vulnerable to neo-nicotinoids. It is alarming to hear that highly ranked scientists have been muzzled by corporations and government for warning against the use of these dangerous chemicals. It may be that the ban on their use has been lifted in

FROM THE SMALLHOLDING FEBRUARY 2016

some counties in East Anglia but where would our fruit be without our bees, and indeed where would we be. It seems that in spite of governmental blandishments about their safety beekeepers need to keep a close eye on the situation. Where would we be without our fruit and indeed without the bees where would we be? And some of us would have no apple juice or cider!

Retired country parsons apparently have their winter uses as I have discovered. Not only is the Wassailing popular it is also fun. In the darkness of winter but with the light of Epiphany we give thanks for last year's performance of the trees and offer them encouragement for the coming season. It is also an acknowledgement that a fruitful harvest is not all our own work!

More widely celebrated, however is Plough Monday when a plough, appropriately decorated, is paraded through the village by, traditionally, plough



boys wanting money or food to raise their spirits (?). The fact that their faces were blackened suggests that sometimes their actions were best left incognito. The Plough passes the Church gate where the parson is waiting and is asked to bless the Plough. With a "God speed the Plough!" The procession embarks upon Mummings

and dances before arriving at a welcoming farm yard for well earned refreshments. This year I was the visiting parson at Northwold. All great fun while invoking God's care and protection of our work on the land for the coming year. In the darkness of winter we look forward to brighter (and drier?) days with hope!

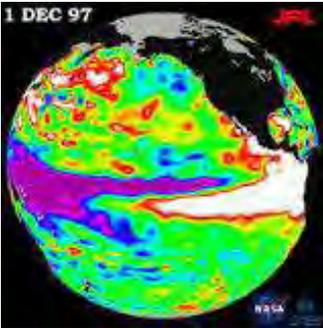
Robin Blackall

COUNTRYSIDE NOTES

WEATHER - EL NINO

It never ceases to amaze me how the weather can vary so much in different parts of such a small island as Britain. At the time of writing (January 11th) it's been incredibly warm in this area and we've been very fortunate to escape the devastating amount of rain they've had in the north. Predictions in the autumn were that we would be in for a hard winter, perhaps that is yet to come, but the average temperature and rainfall for December both exceeded previous records. So what is causing all this? Our weather has always come in cycles. How many of you remember the winter of 1962/63 when it started snowing on Boxing Day and it was early March before it disappeared? I remember many winters in the past when the ground was frozen rock hard for weeks on end and there was thick ice on ponds and lakes. It's certainly been a lot different the last decade or so when it's flooding that has mostly made the headlines. Is it 'global warming' or just another phase the weather is going through? Who knows? El Nino has been mentioned a lot this year and could well be to blame for the current situation. So what is El Nino?

Scientifically it's a very complex phenomenon but basically it's a temporary change in the climate of the Pacific Ocean which results in prolonged warming



that can last up to a year or more. Winds in the area of the equator across the Pacific Ocean normally blow strongly from east to west resulting in the western side being several degrees warmer than the eastern. An El Nino occurs when for some reason the wind weakens and the difference in temperature grows less. As the ocean gets warmer overall it causes the wind to weaken even further. When these trade winds decrease in strength so surface pressure over the Indian Ocean, Indonesia and

Australia rises while air pressure falls over the central and eastern Pacific. Warm air rising close to Peru causes it to rain in the north Peruvian deserts. Their frequency is unpredictable and happens at irregular intervals of between two and seven years. The last one was in 2009-10. The affects El Nino has are felt right across the world. Not only does this natural climate change impact on agriculture but sea fishermen are also badly affected as different species of fish require very specific water temperatures in which to live. When this changes the fish move to different areas in search of their ideal conditions. There is also a

COUNTRYSIDE NOTES

greater risk of diseases that are linked to climate especially those carried by mosquitoes such as malaria.

In the 1600s fishermen off the coast of South America recognised the appearance from time to time of unusually warm water in the Pacific Ocean. It was they who first named the phenomenon 'El Nino' because it usually occurred in December. Translated from Spanish it means the Little Boy or Christ Child.

Jill Mason

... I don't think our kids know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few.

It was also because it was easier to wash aprons than dresses and aprons used less material.

But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER: Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

Jill Mason

GARDENING TIPS

What has happened to the 'good old English weather'? It has been so mild over the past weeks and as I write this, at the very end of 2015, it feels just like spring – the sun is shining brightly and the air is lovely and warm. In other parts of the country conditions have been equally mild but oh so different. It now seems that every year, a different part of our islands is hit by terrible storms and record rainfalls. It is a simple scientific fact that the warmer the air the greater quantity of water vapour it can hold and hence rain fall. Perhaps after all, the events of the summer in the Pacific Ocean are in some way responsible – but they do not happen every year! Or are we, as some would tell us, responsible by introducing so much carbon dioxide into the atmosphere, or is it simply that the sun is getting hotter? I must confess to being somewhat confused, but I do feel so sorry for all those people whose homes and businesses were so badly flooded in December.

However, time marches on and a new season is upon us. Shall we be back into an old style winter by the time you read this or will the weather have continued in its mild vein? No matter what the weather we gardeners must stick to our guns and carry on with our usual pattern of working. If it does turn much colder then that will just make our tasks more difficult and temper our timings, particularly so in the vegetable garden. Personally, I have never tried to do too much in the way of outside planting in February, I prefer to wait until the ground starts drying out and getting warmer. A great deal can be lost by starting too early and very little gained. If it is wet and cold seed can rot in the ground or be killed off after germination by a hard frost.

If you have a greenhouse, then things can be very different - particularly if it has a form of heating to keep any frosts at bay. As indicated in my December/January article, the most enthusiastic amongst us who exhibit their vegetables in the annual horticultural shows will have made a start with their onion and shallot sowings in January. A number of herbs and flower seeds that need a long time to grow to the point where they can be pricked out comfortably will benefit from sowings made about the middle of February. Amongst these are varieties like antirrhinums, lobelia and fibrous rooted begonias. I also make my sowing of geraniums and greenhouse tomatoes at this time of the year. Use the type of growing medium that suits you best. I always use the standard John Innes seed compost as I find it retains moisture better than the soil-less qualities.

GARDENING TIPS

have also found that lobelia, like some other difficult subjects, do best if they are covered with a thin layer of vermiculite rather than compost, thus allowing the light to reach the seed which I am sure assists their germination. I make my sowings using a propagator set at 12/15⁰ C (55/60⁰ F) which is quite adequate for most subjects.

If you have over wintered chrysanthemums in pots, February is the ideal time to bring them up onto the greenhouse staging to give them more warmth and light – they should then produce good cuttings to be taken in March. Towards the end of the month it is time to set up the dahlia tubers to produce cuttings to be taken in March. I made a four sided frame-work some years ago which has a black plastic sheet (an old compost bag opened out) pinned to it to act as a base. I put this on the greenhouse staging load with peat, place the dahlia tubers thereon, pack more peat over and in between the tubers, water the whole thing fairly well, and then put a form of gentle heat underneath; I use a small paraffin heater. This system should produce good cuttings for you in about three weeks.

Under 'normal' seasonal climatic conditions we often used to get ten days or so decent weather about the third week in February – a good opportunity to collect up any remaining leaves and any other debris that has collected over the winter period. In the past I have also used this 'open' weather to fork over and clean up some of the flower beds – removing unwanted over-wintered weeds.

The question now is 'what will the year ahead bring us weather-wise'? Given time we shall all know! For the sake of all those poor people in the currently flooded areas I hope there are many dry and settled weeks to come.

Royston Coughtrey



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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



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PLEASE HELP ME FUNDRAISE FOR FREE WITH YOUR ONLINE SHOPPING

My name is Holly and I'm 16 years old. I have lived in Boughton for the past 7 years. Alongside studying for my A-levels, I have also signed up to complete a World Challenge in 2017 in Sri Lanka.

On this month-long expedition I will do volunteer work by taking part in a local community project. I'll also complete conservation work at a turtle sanctuary and take part in various treks. Alongside all of these challenging activities, there will be the need for myself and my team to organise everything, from food to working out where we're staying the night.

This is a fantastic opportunity for me to take part in: it will enrich my life, give me important life skills such as teamwork and budgeting, and help the local community there. I will have to prepare mentally and physically but I'm more than up for the challenge. Part of my fitness improvement will entail completing a long-distance walking challenge by going coast to coast.

To get there, however, I have to fundraise £4,137, and with your help I can do that. Easyfundraising is a completely free and safe site which you sign up to. After selecting your chosen retailer (there are over 2,700 to choose from), it will take you to the retailer's website where you can complete any online shopping as normal. Once you have paid for your shopping, the retailer will donate to my cause, at no extra cost to you. It is extremely easy to use and I will be incredibly grateful for any help you can give me with raising funds – every little bit will help, especially as this is only part of my overall fundraising. As well as partaking in some fundraising events with my fellow challengers, I'm also looking for weekend and school-holiday work. If you can offer some work opportunities please contact my parents - scowen68@gmail.com

My Cause Name: World Challenge Sri Lanka 2017 - Holly Owen

Link: easyfundraising.org.uk/causes/hollyowen

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NHS CHOICES

Did you know that women are three times more likely to die of heart disease than breast cancer?

In the years following the menopause, your risk of getting heart disease rises significantly. But you can take simple steps to protect yourself.

1. Get your cholesterol and blood pressure checked

If you're over 40, ask your GP about having a health check to assess your risk of developing heart disease. This would include checking your [blood pressure](#) and [cholesterol level](#).

If your blood pressure or cholesterol level is higher than it should be, this increases your risk of [heart disease](#). Your GP can suggest lifestyle changes or, if necessary, prescribe medication to reduce your blood pressure or cholesterol.

2. Stop smoking to protect your heart

You're twice as likely to have a heart attack if you smoke. Over the past few decades, men have increasingly quit smoking but women haven't been stopping smoking as much. In fact, more young women now smoke than young men. Stopping smoking will lessen your chances of developing heart disease.

Find out how the NHS can help you [stop smoking](#).

3. Do more exercise to prevent heart disease

Only about one in four women in England does enough physical activity to protect her heart. Try to do more exercise, including regular aerobic exercise such as walking and swimming.

To protect your heart, you need to do at least 150 minutes (2 hours 30 minutes) of moderate-intensity aerobic activity (such as cycling or fast walking) every week.

4. Lose weight if you need to

About six in every 10 women in England are either overweight or obese. Carrying excess weight puts a strain on your heart and you're more likely to have [high blood pressure](#) and [high cholesterol](#), which also increase the risk of heart disease.

5. Change shape to reduce your risk of heart disease

Your shape matters as well as your weight. Like many women in the 40-60 age group, you may be apple shaped, where excess weight settles around your waist. Being apple shaped puts you at higher risk of heart disease than being

NHS CHOICES

pear shaped, where excess weight is concentrated on the hips. Aim for a waistline of less than 80cm (31.5 inches).

6. Drink moderately to help your heart

Drinking a little alcohol regularly may be good for your heart but make sure you stay within the recommended limits. Drinking more will increase your risk of heart problems.

The NHS recommends that women should not regularly drink more than 14 units a week, which is equivalent to six pints of average strength beer or 10 small glasses of low strength wine.

If you drink more than this, you'll increase your risk of heart disease. Too much alcohol, or binge-drinking, can damage the heart muscle leading to abnormal heart rhythms or [heart failure](#).

7. Balance your diet

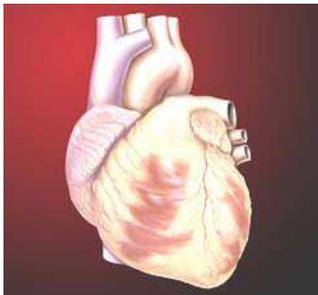
Eat healthily and be especially careful not to eat more salt than is recommended (no more than 6g a day) and to cut down on the amount of saturated fat you eat.

8. Don't rely on HRT to stave off heart disease

Doctors used to think that using hormone replacement therapy (HRT) for menopausal symptoms also protected women against heart disease. Research now suggests that HRT isn't heart protective and, as with all drug treatments, there are side effects. Take HRT if you need it to relieve menopausal hot flushes and night sweats, but don't expect it to help your heart.

9. Manage your stress

Some studies have suggested that stress can contribute to heart disease. If you feel under a lot of stress, it's important to learn how to relax. There are some simple techniques you can learn to help you cope with stress. If you feel so stressed and anxious that it's affecting your daily life, your GP can help you deal with it.



THERE'S A HOLE IN MY 'POCKET' DEAR LIZA ...

We're all familiar with the old song, but how many of us make the effort to mend or recycle rather than buy new?

With approximately 350,000 tonnes of clothing worth around £100 million going to UK landfill sites every year, it is time to think about the true cost of our attitudes towards clothing. The environmental costs are considerable - increasing landfill and greenhouse gas emissions which contribute to global warming.

Mending or recycling unwanted clothes can make a real difference. Stitch, glue, dye and patch up are your best options to make a piece of clothing go that little bit further. If this is not possible, please take old, unwanted clothes to your local clothes bank. Swaffham - Waitrose PE37 7HS or Oxborough Swaffham Rd - Village Hall PE33 9QB

After they are collected from the banks, clothes are sorted and those suitable for re-use are exported to Africa. Damaged items are taken for reprocessing, pulped down and recycled into fibre based material. No waste, no environmental cost and a positive social benefit! Please don't put clothes in your black recycling bin - although we have increased the range of materials we recycle, we are not yet able to accept clothes and any put in your black bin will end up in landfill.

So next time you go to throw a piece of clothing away, ask yourself if it is possible to mend or recycle it.

If there's a hole in your pocket 'Liza'... sew it up or recycle it in a clothes bank!

You can find out more about recycling from Breckland Officers at a series of 'Well Being' events in local libraries.

Swaffham Library: 03/02/16

Dereham Library: 10/02/16

Attleborough Library: 17/02/16

Representatives from County Council, MIND and Age UK will also be there covering a range of topics. All events will take place from 10am – 1pm

Breckland Council Environmental Services Team



HELP SHAPE THE NEW BRECKLAND LOCAL PLAN

On 11 January 2016 Breckland began the next stage of public consultation in the development of its new Local Plan and is asking local people for their views on the Preferred Options documents.

These documents set out strategic issues such as housing and employment targets, put forward potential site options for meeting these targets and outline the planning development policies that will direct future growth.

Nothing has been decided yet and all the sites and policies put forward in the Preferred Options documents remain options. Once finalised late in 2016, the Local Plan will set out a vision for growth to deliver the Council's aspiration that the District develop and thrive. It will provide the framework for planning decisions for the next 20 years so it is important that residents, businesses and community groups take the opportunity to have their say and help shape the final Plan.

The Local Plan process lets Breckland set its own housing targets, based on an objectively assessed local need, rather than on a national formula. Once adopted, it will identify a five-year housing land supply, giving Breckland greater control over where new developments are built and reducing the likelihood of ad-hoc developments.

The consultation will run until 22 February 2016

More details of the consultation, together with the dates and venues of the open events are available on the Breckland Council website or you can email planningpolicyteam@breckland.gov.uk.

Beachamwell Parish Council will be holding a '**Drop In Session**' on Monday, February 8th from 2pm until 7pm in the Memorial Hall when the plans will be available for inspection.



At 7pm there will be an **Extraordinary Meeting** of the Parish Council at which the Public Consultation will take place. This is an opportunity for you to make your views known.

We look forward to seeing you there.

Beachamwell Parish Councillors

SOME MORE PARAPROSDOKIANS

They are figures of speech in which the latter part of a sentence is unexpected.

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
7. To steal ideas from someone is plagiarism. To steal from many is called research.
8. In filling in an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'
9. I didn't say it was your fault, I said I was blaming you.
10. Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they look sexy.
11. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
12. A clear conscience is the sign of a bad memory.
13. I used to be indecisive. Now I'm not so sure.
14. Nostalgia isn't what it used to be. Nor is there any future in it.
15. Change is inevitable, except from a vending machine.
16. Going to church doesn't make you a Christian any more than standing in your garage makes you a car.
17. I'm supposed to respect my elders but it's getting harder and harder for me to find one now.
18. I am not arguing with you, I am explaining why you are wrong

Thanks to Jill Mason for these

GREAT TIMELESS TRUTHS

John Adams: In my many years I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a government.

Mark Twain: If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.

Winston Churchill: I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

George Bernard Shaw: A government which robs Peter to pay Paul can always depend on the support of Paul.

Douglas Casey, Classmate of Bill Clinton at Georgetown University: Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries.

P.J. O'Rourke, Civil Libertarian: Giving money and power to government is like giving whiskey and car keys to teenage boys

Frederic Bastiat, French economist(1801-1850): Government is the great fiction, through which everybody endeavors to live at the expense of everybody else.

Will Rogers: I don't make jokes. I just watch the government and report the facts.

Voltaire (1764): In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other.

Pericles (430 B.C.): Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!

Mark Twain (1866): No man's life, liberty or property is safe while the legislature is in session.

Ronald Reagan: The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other.

Mark Twain: The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.

Edward Langley, Artist (1928-1995): What this country needs are more unemployed politicians.

Thomas Jefferson: A government big enough to give you everything you want, is strong enough to take everything you have.

Aesop: We hang the petty thieves and appoint the great ones to public office.

P.J. O'Rourke: If you think health care is expensive now, wait until you see what it costs when it's free!

FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY

For further information about these events, or to book where necessary, please contact the library on 01366 383073

Downham Market Library is now on Facebook. 'Like' us to find out more about what's happening at the library!

www.facebook.com/downhammarketlibrary

Regular events

Scrabble Club: 9th, 16th and 23rd February

1pm – 3pm. No need to book but places on first come basis.

In 2016 the scrabble club will be on every Tuesday 1 - 3pm (except the first Tuesday in the month)

Reading group: Tuesday 16th February 3-4pm

Please contact the library to see about joining and the books being read.

Knit and Natter: 3rd and 17th February. Meets on the first and third Wednesday of the month in term time 1.30 - 3pm

NEW! Keep Calm and Colour in!

2nd and 4th Wednesdays in the month (except school summer holidays)

10th and 24th February 1.30 - 3pm. Colouring sheets, colouring pens and pencils provided (but feel free to bring along your own too)

Baby Bounce and Rhyme Time: Weekly on Thursdays in term time 10.30 - 11.30am. Children must be accompanied by an adult.

Other events!

Road Safety and Driver's Eyesight Checks

Join Sandy Reid from the Road Safety Team who will carry out FREE driver's eyesight checks and also provide road safety information.

Tuesday 2nd February. 1 - 2.30pm. No need to book, just come along. Part of the Friendship Group events so £1 payable on arrival includes refreshments.

Keeping in touch with your iPad- for beginners

An introduction to using emails, Facetime and Facebook on your iPad.

Monday 15th February. 9.30 – 11am. Booking essential

Downloading Magazines and Ebooks with your tablet – for beginners

Monday 15th February. 11.30 – 1pm. Booking essential

FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY

Leeway Arts and Crafts session

Tuesday 16th February. 10.30 – 12.30pm. Come along and make something to take home with you!..All children welcome. Children must be accompanied by adults.

Storytime and Activities

Thursday 18th February. 10.30 – 11.30am. Come along for some stories and activities. Children must be accompanied by an adult.

A talk by the Stroke Association

Gemma Smith from the Stroke Association will be giving a talk on the services and help they can provide.. Thursday 1st March. 1pm - 2pm. No need to book, just come along.

Please note this event is part of the Friendship Group so £1 payable on arrival for refreshments etc.

Get Digital - Absolute Beginners

A course to enable learners to gain experience in basic computing

Wednesday 2nd March. 10am – 12 noon . Booking essential

Celebrate National Libraries Day and the Castle Museum exhibition: see page 22.. Help Norfolk libraries beat their record for the number of people listening to the same story at the same time.

Saturday 6 February 11.00 – 11.45

Followed by a National Libraries Day competition to win museum tickets in a prize draw and other activities

All children should be accompanied by an adult.

Elena Parkin

Community Librarian. Norfolk County Council Downham Market Library

Downham Market - 01366 383073 . Mobile: 07786198618

Email: elena.parkin@norfolk.gov.uk

<http://twitter.com/NorfolkLibs>

www.facebook.com/norfolklibrariesUK

www.facebook.com/LynnLibraries

www.facebook.com/downhammarketlibrary

Celebrate National Libraries Day and the Castle Museum exhibition:

A Viking's Guide to Deadly Dragons



an exhibition from
seven stories

Downham Market Library
Saturday
06 February
11:00 - 11:45

Illustrations © Cressida Cowell

Join us at 11:00 for a big Norfolk story time at your local library- listening to an exciting chapter from Cressida Cowell's series How to Train Your Dragon followed by a National Libraries Day competition and other activities.



All children must be accompanied by an adult.

seven stories
The National Centre for Children's Books



Supported using public funding by
ARTS COUNCIL ENGLAND



I Oxburgh Hall

Snowdrop Walks

Weekends from 30 January to 6 March

Join us for a guided walk around Oxburgh's woodlands and take in the stunning carpets of snowdrops, aconites and other spring flowers. Please be aware that depending on the weather conditions there may be few snowdrops or many but there will always be plenty to see! Walks begin at 11.30am and 2pm.

Normal Admission

Woodland Experience Day

Saturday 13 February, 10am – 2.30pm

Come and have a Woodland Experience day with the Oxburgh Ranger. For families with children aged between 6 and 12, you will discover how and why we coppice our trees, enjoy your own picnic lunch in the woods, followed by some bush-craft activities.

£8.50 per child. Please bring along packed lunch. Booking essential - 08442 491895

01366 328258

nationaltrust.org.uk/oxburgh-hall

National Trust



Norwich Historical Dance

'When The Lights Went Out'

www.norwichhistoricaldance.org.uk

**Sunday February 21st
3.00pm**

Swaffham Assembly Rooms

£7.00 for members
£10.00 non-members

Tickets from
Green Parrot 01760 724704
Ceres Bookshop 01760 722504

Enquiries:
01366 328648

Nar Valley Ornithological Society (NarVOS)

Tuesday February 23rd 7.30pm

The Barn Theatre

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

An illustrated talk by David Mason
'From Alaska to Arizona'

David Mason is a well-known NarVOS member who has given our society some riveting talks in the past. This particular talk from David is a compilation from various trips to North America, and features otters, bears, buffalo and birds, plus some history. What a fantastic package. Come along, sit down and enjoy. You can see a sample of David's photography at davidmasonimages.com

Visitors most welcome. Admission £2 on the night if you are not a NarVOS member
Enquiries: 01760 724092

Wereham Pop-Up Café



**First Tuesday
Every Month
10.30 to 12.00**

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



Just £1.00.



All proceeds go to Village Hall
Enquiries 01366 500218

Beachamwell Book Group

Tuesday February 2nd

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed over a glass of
wine

‘The Thread’

By Victoria Hislop

Annual subscription £15.00

New members welcome

Enquiries
01366 328536

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

We meet at the Village Hall at 10.00 a.m.

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

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



Beachamwell WI

Thursday February 4th

7.30pm

Memorial Hall

'Plants-A-Plenty'

Mrs Sue Pennell

Visitors Welcome

Tickets £3.00

Enquiries

01366 328325



Wereham

Messy Church

Thursday February 11th

4pm - 5.45pm

Starts in the church followed by activities and food for all in the Village Hall.

Don't miss it.

We are looking forward to seeing you there.

All Welcome

Enquiries 01366 502083

Beachamwell

Afternoon Tea and a Chat.....

Wednesday

February 17th

2 - 4pm

**Beachamwell Memorial
Hall**

Enquiries

01366 347673

Beachamwell

"Pop Up" Pub

Friday February 19th

7.00pm

Beachamwell Memorial Hall



Enquiries 01366 328249

**A Beachamwell Memorial
Committee Event**

Barton Bendish

‘Arizona to Alaska’

A Digital Presentation

By David Mason

Wednesday 24th February

7-30pm

Barton Bendish Village Hall

£4 including refreshments

To book in advance please phone

01366 347928 or 07884411619

or email

masons@sandmere66.fsnet.co.uk

Proceeds to St Andrew’s Church

Beachamwell

**Beachamwell Craft
Group**

Thursday February 25th

2 – 4.30pm

Beachamwell Memorial Hall

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

£2.00 + Bring & Buy

All welcome.

Enquiries 01366 328536

Beachamwell & Fincham Family History Group

Tuesday March 15th

2 – 4pm

Beachamwell Memorial
Hall

‘Looking at Naval Records’

£2 All welcome

Enquiries

01366 347694 or

01366 328536

Beachamwell Local History Group

‘Open Day’

Beachamwell Memorial Hall

Saturday 24th April

10.00 - 4.00

Refreshments available.

See page 34 for further details

Enquiries

01366 328242 or 01366 327023

DATES FOR YOUR DIARY

01. **March 1st** Tuesday Beachamwell Book Group 7.00 - 9.00 BMH
01366 328536
02. **March 2nd** Wednesday Beachamwell Wednesday Walkers 10.00 BMH
01366 328452 or 01366 328536
03. **March 3rd** Thursday Beachamwell WI 7.30 'Textile Art' BMH
01366 328297
04. **March 9th** Beachamwell Parish Council Meeting 7.30 BMH
01366 328648
05. **March 15th** Tuesday Craft Evening 7.30 BMH
01366 328589 or 01366 327023
06. **March 23rd** Wednesday Beachamwell Memorial Hall AGM 7.30
01366 328249
07. **April 1st** Friday Beachamwell Pop Up Pub 7.00
01366 328429
08. **May 1st** Sunday Beachamwell Half Marathon. Set off 9.00
01366 328628

My brain is like the Bermuda Triangle.
Information goes in
and then it's never
found again.



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Calendars

Thank you to everyone who bought one of my wildlife calendars. I sold all of them which raised a total of £280 for Macmillan Cancer Support.

David

Pre Christmas Events

The run up to Christmas began in Barton Bendish in November with the Wreath Making workshops. Four very successful sessions produced a wonderful array of festive door decorations with ribbons, bells, lights and lots of holly and ivy. Many thanks to all the ladies who came and made around 100 wreaths with us. Thank you to Joan for her delicious mince pies, to Janine who served up seasonal refreshments ably assisted by Zach and Emily. Thank you to Fiona for bringing along her Phoenix cards and to Elizabeth for sharing her artistic flare. Thank you also to those who allowed Linda and I into their gardens to collect the foliage. All very much appreciated. Over £1400 was raised which is an amazing amount.

St Andrew's church looked beautiful for the Christingle service on the Sunday afternoon. It was great to see so many people, especially children, in the church. Thank you all for coming and to Pippa for stepping in at the last minute.

The Victorian Evening of Entertainment was very well attended but sadly Her Majesty Queen Victoria announced that it would be her last appearance. We thank her most kindly for gracing us with her royal presence and wish her well in all her future duties. We also thank Sir Shane and Lady Elizabeth for attending our little gathering and hope to see them again next year. Our thanks go to all the very talented entertainers, both young and not so young. To Tom Golden for his musical accompaniment and for leading the singing. Thank you to the ladies for helping with the refreshments and to Joan for her lovely mince pies.

We could not hold any of our events without the help and support of so many people around Barton Bendish. A huge thank to you all and very best wishes for a happy and healthy year ahead.

Linda and Mhari

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Flowers for the church

Would you consider taking part on our flower rota? There are only three small vases that just need a few flowers/foliage/seed heads etc to be put in them.

Now St Andrew's is open each day it would be very nice to have flowers in the church all the time. Please volunteer and contact us!

Mhari – 01366 347849 or Linda – 01366 347563.

Forthcoming Events

Arizona to Alaska - a digital presentation by David Mason

Wednesday 24th February at 7-30pm

Enjoy a trip through the south western deserts of the USA, across the prairies, explore parts of Alaska and finish with the Barren Lands of Canada. Tickets £4 including refreshments

**This is a puzzle which Ruth Rix gave us several years ago.
You may enjoy having a go.....**

There is one word of 5 letters which will fit each dash – what is it?

1. "I don't _____ that".
2. "_____ doing that! A bit silly."
3. "Would you _____ some of that?"
4. "_____ that. I don't believe it"
5. "_____ coming with me?"
6. "Cor! I _____ her."
7. I think that it is too _____ for me.
8. Where my _____ takes me.
9. She talks a bit _____.
10. That's some _____ footwork.
11. I _____ my chances with her/him.

Answer on page 42

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Parish Council

If you are interested in learning how to use a defibrillator please let the Parish Council know.



There will be a 'drop in' session and an extraordinary meeting on Monday 8th February re the new Breckland Local Plan. See page 17 for further details.

Unfortunately people are still not clearing up after their dogs. There have been several complaints about this happening in the asparagus field behind the old school.....

beachamwell-pc.norfolkparishes.gov.uk

Beachamwell Parish Councillors

St Mary's Church

Our traditional 'Carols by Candlelight' Service was well attended and the church looked great adorned with many lavish floral arrangements which were expertly executed by our talented volunteers.

The traditional carols were enjoyed by all and the children were given Christingles. The candle-lit atmosphere was enhanced by the scents of frankincense and myrrh, mingling with the smells of the home made mince pies and mulled wine which were sampled after the service.



At Christmas we are faced with the story of a heavily pregnant woman having to make a difficult journey on foot or donkey. She gives birth, away from the women who would have supported her at home, in an overcrowded little town where the best they could offer was a stable, presumably complete with its real resident, the ox. This is a story that has its own awe and wonder, as well as the down to earth difficulties and unpleasantness of real life situations. Hearing the familiar story of the precious

baby in unsuitable accommodation and so far from home one could not help but

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

recall some of the images from the recent news reports.



Those children, seen being lifted out of the inflatable boats or pushed under the barbed wire, are today's innocent victims of the complex world we live in. Europe is currently faced with the biggest mass movement of people which any of us have ever known. The reasons are complex and deciding what might constitute 'justifiable' migration is very difficult

... 'Jesus was a refugee' ... 'No he wasn't' ... 'Yes he was!' ... The Archbishop of Canterbury's thoughts on the subject over Christmas provoked some indignant comments on the internet.

Some argue that Mary and Joseph made a planned visit to Bethlehem from their home in Nazareth for taxation purposes and so they were not refugees.

But this was not what Justin Welby was referring to. There is a sequel to the story of the coming of the Three Wise Men which we often omit in our Christmas readings because it is a sad, indeed horrifying story that we do not want to spoil our Christmas with. When King Herod ordered the murder of every boy in Bethlehem under the age of two, it was only Mary and Joseph's escape to Egypt that saved the life of baby Jesus.

What can we do in face of witnessing so much tragedy? Hopefully we will keep an open mind and pray that the 'wise men' (and women) of our times are following the right star...

Gillian Mann and Vesna Hudson

Flower and Brass Cleaning Rota

7th Betty Philpot; 14th Karen Butler and Jeanne Flynne; 21st Jenny Gabrielsen
28th Heidi Hale.

Many thanks to the people who decorated the Church for Christmas. Your continued support and generosity is much appreciated.

Eileen Powell

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Half Marathon

Sunday May 1st. We hope you are all in training for the annual event, run, cycle, walk, always good fun and good exercise. All money raised is for St Mary's Church restoration. Further information shopping@bcwilson.plus.com. or 01366328628. **Brian and Carole Wilson**

Horticultural Show

The Committee hope you have made your Marmalade by now and saved a jar for the Show! The Giant Onion plants have been ordered for the "Grow the Biggest Onion Competition" they will cost £1 each. The idea is to grow the Biggest Onion by whichever method you choose, anything goes. If you are not already on the list make sure you get one by telephoning Leah on 01366 328536. **Carole Wilson**

WI

We were entertained at our December meeting by Leah and her four friends



from "Threes Company". Their drama was entitled "Momentous Times" and was based on Five Diaries, Five Women and One War (WW1) The Group had traced the diaries and the women's experiences and entertained us with readings, lyrics and songs,

at times emotional and very moving. It was most enjoyable.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Seasonable refreshments were prepared by the members and enjoyed by members, cast and the guests who had joined us for the evening. As it was our Christmas meeting we took a gift from the Bran Tub to be opened on Christmas Day. Our new Treasurer Maggie McKenzie announced that when expenses had been paid we will have made in excess of £800 for the recent Christmas Fayre. What a triumph.

Thought for the month 'Do unto others as you would have them do unto you'

Carole Wilson

The January meeting was a discussion and debate on the eight potential new resolutions for NFWI campaigns.

1. Ban the microbead.
2. British Fruit – reviving our heritage.
3. Free sanitary protection for homeless women.
4. Prevention of sudden cardiac death in young adults in the UK.
5. First aid saves lives.
6. Mind or body – equal funding for care.
7. Avoid food waste, address food poverty.
8. Appropriate care in hospitals for people with dementia.



After exploring the eight resolutions thoroughly our individual choices were given to Helen who will pass them onto Federation. The final Norfolk Federation choice will be forwarded to the 2016 Annual Meeting.

Thought for the month 'Know where you're going in life, you may already be there! Many times in life, money is not everything'.

Eileen Powell

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

After the indolence and indulgences of the festive season, the W.W's agreed that walk in January was just what was needed to start 2016. Although it was misty as the group (eleven humans and two canines) walked the Beachamwell-Shingham-Caldecote-Beachamwell 'circuit', there were signs of spring in the hedgerow with hawthorn not only in leaf, but also, amazingly, with buds about to burst into flower.

Our next walk is on Wednesday 3rd February. Do come and join us – 10.00 a.m. Memorial Hall, Beachamwell. (Dogs on leads at all times please). Further details from 01366 328452 or 01366 328536

Leah Spencer and Sue Pennell

Beachamwell Local History Group

This group is now one year old and what a great year this has been.

During the last 12 months, members have been investigating the fate of Beachamwell men who fought in World War One, the archaeological finds made in members' gardens and the history of Beachamwell Hall. All the village Census returns have been transcribed onto a searchable database. A website has been set up and we have begun to create an archive of resources about the village, some of which we eventually hope to make accessible online. At some of our meetings, there have been outside speakers – on the Beachamwell Warren, on local archaeology and on the Breckland based Breaking New Ground Project. In the summer, Lady Aurelia Young came to give a talk about her father, the sculptor Oscar Nemon and the reasons why he was "Banned from Beachamwell".

Further exciting projects are planned for 2016. So here is a date for your diaries; on Sunday, April 24th this year, the group will hold an Open day in the Memorial Hall to showcase what members have been doing and to display some of the finds and resources we have collected so far. So, watch this space for further news!

You can find the website at www.beachamwell.org.uk

If you are interested in joining this group or wanted to come along as a visitor, you would be very welcome.

Contact: Maggie Mackenzie 01366 327023

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Memorial Hall (Charity registration number 303900)

The hall looked very festive in December with our new Christmas tree and decorations and it was lovely to see people of all ages enjoying themselves in the hall. Our December Pop up Pub was very popular.

The AGM of the village hall will be held on Wednesday 25 March. This is a



great opportunity to find out more about our plans and to give us your ideas – look out for more details next month but please put the date in your diaries now!

Beachamwell Memorial Hall Committee

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

Mobile Post Office

The new times are:

Monday and Thursday 12.45 – 13.05

Tuesday and Wednesday 11.25 – 11.55

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday	Barton Bendish	Hatherley Gardens	9.55 am
February	Beachamwell	Old Post Office	10:15 am
16th	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday	Wereham	The Pit	9:30 am
February		Queen's Close	16:20 pm
1st, 15th and 29th			

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
King's Lynn	3 rd Friday of each month
RAF Marham	Third Friday 9:00am to 2:00pm
Swaffham	No longer trading

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES

Sunday 7th February

9.30 am	Shouldham	Morning Prayer
10.30 am-11.30 am	Marham	Cafe Church (<i>In The Methodist Chapel</i>)
11.00 am	Beachamwell	Holy Communion
6.00 pm	Wereham	Evensong

Wednesday 10th February Ash Wednesday

10 am Fincham Holy Communion with Ashes

Sunday 14th February

1st Sunday of Lent

9.30 am	Shouldham Thorpe	Holy Communion
10.00 am	Boughton	Breakfast Church
10.30 am	Marham	Morning Prayer (MC)
11.00 am	Barton Bendish	Family Communion

Sunday 21st February

2nd Sunday of Lent

9.30 am	Shouldham	Holy Communion
10.30 am	Marham	United Morning Worship (MC)
11.00 am	Beachamwell	Family Service
11.00am	Wereham	Morning Prayer

Sunday 28th February

3rd Sunday of Lent

9.30 am	Fincham	Holy Communion BCP said
10.30 am	Marham	Holy Communion (MC)
11.00 am	Boughton	Holy Communion
6.00 pm	Barton Bendish	Evensong

Thursday services at 10 am Holy Communion followed by refreshments.

4th, 18th, 25th at Fincham

There is no service at Boughton on 11th February, because of the Ash Wednesday service on 10th February.

Churchwardens

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	John Sanderson	01366 328818
	Graham Williams	01366 328774
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

Baptisms and Weddings

For the immediate future please contact the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

All Saints' Church

Christmas started for us with the decoration of the church in time for the traditional celebration of Nine Lessons and Carols. Several people had donated greenery and Geoff had very kindly given us a tree. It was smaller than usual at my request, as some of us are getting too old to put the star on a ten foot tree. It was beautifully decorated by Maryse and Tony and looked wonderful. Judith, Sandy, Jenny, Angela and I decorated the rest of the church with the greenery and baubles, with dozens of candles spread around. I've finally managed to use the old Advent candles! Our little church always dresses up beautifully and looked warm and welcoming for the carol service. There was a good congregation and choir, with Tom on the organ to lead very good singing. Thank you to all the readers who were complimented on their reading. Even in a small church like ours, being heard at the back of the church isn't as easy as you'd expect. After the service, another tradition was kept, with villagers bringing plates of food to eat along with the mulled wine prepared by Sandy. It was a most enjoyable evening.

The Christmas Crib service was held in Geoff's barn (where would we be without Geoff and the team of helpers who prepared the barn for the large congregation?) Pippa led the service, with helpers and a team of animals watching. Bubbles the donkey did sterling service again and Big Eric the boar was in the background, next to the cows. The collection from that has gone to Embrace, which used to be BibleLands.

On Christmas Day, we were fortunate enough to have a service in our church this year. It isn't always possible because there aren't enough clergy to go round, but it was our turn this year. It was a very well attended service, with nearly 40 people drawn from Boughton, Beachamwell, Barton Bendish visitors, Wretton and possibly still further afield. It's good to join with others. Many more had been to the midnight service at Wereham. Many thanks to Morton McConnell for playing the organ at Boughton. He's much better than me and it was much appreciated.

Thanks to Robin and Pippa for taking our services so warmly. They have been worked hard this year because of Barbara's absence. I'd also like to thank Rev Brian Redgers and Anne Clarke for helping us to keep the eight parishes going during this time.

BOUGHTON VILLAGE NEWS

Boughton PCC would like to express their sincere thanks to Alan Wilkinson, who has announced that he will not be standing again as Treasurer. Alan has been Treasurer since the days of Audrey Payne, ie the early nineties. He has seen us through fundraising for the repair to the tower and the re-ordering of the church to its present incarnation as a church and community building. He put in a great deal of work in preparing the Lottery and Wren bids for grants and his expertise was invaluable. He is heavily involved in Music in Country Churches and feels that he can no longer devote the time to the church that he has done in the past. Many thanks for all that you have done, Alan.

Pam Wakeling

Poppy Appeal 2015

The British Legion Poppy Appeal house-to-house collection in Boughton raised £180.31. Many thanks for your generosity.

Angela Faherty

Boughton Playground update and thanks

A fine evening was had at the Taste and Tipple event, Giles informed and entertained as he guided us through the wine and food pairings starting with smoked salmon bilinis and cava, white burgundy with chicken and tarragon, ending with homemade cake with tokaji and the ever popular cheese and wood port. My personal favourite was the fleurie served with local Sargeants sausages - a perfect match! With lots of questions and chat it was particularly lovely to see some of our newer Boughtonians in attendance. Many thanks to Giles, all of those who came along and those who donated raffle prizes - the playground action group are delighted to say that we raised £234 towards the playground fund - fantastic!

We also need to give thanks to those of you who supported our other (slightly less fragrant!) recent fund raiser, the Muckathon. With thanks to the Lankfers also we raised £125.

We've lots of ideas for upcoming events so watch this space and we look forward to seeing many of you during the course of the year.

With thanks - Angela, Jenny, Andy and Carol

Please look at Holly's letter on page 13.....

WEREHAM VILLAGE NEWS

Messy Church Carol Singing

A hardy group of carol singers of all ages from Messy Church, accompanied by Rachel on the accordion braved the cold and sang carols around the village. They raised £49.52 which will go towards messy church funds. Well done!

Nativity and Carols.

The church was full for the nativity play and carols on December 20th. The play

was written by Debbi and after just a couple of rehearsals the children were raring to go.

Once again youngsters of all ages took part in the play dressed in a great collection of costumes provided by their mums, dads and others. We were lucky to have not one but two real babies one as an angel and the other as



baby Jesus. Led by Tom on the church organ we sang all the usual popular carols that help to make Christmas. The beautiful flower arrangements and decorated trees added to the whole atmosphere. Thank you to every one who helped in any way and made the afternoon so enjoyable.

Wereham Messy Church

Thursday 11th February 2016 4pm - 5.45pm



Starts in the church followed by activities and food for all in the Village Hall

Don't miss it.

We are looking forward to seeing you there.

For further information please ask Debbie or Ian Rye telephone 502083 or call in at The Old Chapel by the pond or just come on the night and see for yourself.

All Welcome

WEREHAM VILLAGE NEWS

Happy New Year from Wereham Parish Council!

At the time of your reading this the results of Wereham's vote on the Village Hall grant request will have been made public and the precept will have been set with a forward plan for spending for the 2015/16 year. The minutes from the January Parish Council meeting are available on www.werehamparishcouncil.co.uk and from the Parish Clerk on 01366 500527 / werehampc@gmail.com. The planned schedule of remaining meetings for 2016 is below:

Tuesday 8th March	7:00pm Ordinary Meeting
Tuesday 10th May	7:00pm Annual Parish Meeting followed by the Annual Parish Council Meeting (Approx 7.30pm)
Tuesday 12th July	7:00pm Ordinary Meeting
Tuesday 13th September	7:00pm Ordinary Meeting
Tuesday 8th November	7:00pm Ordinary Meeting

All will be held at Wereham Village Hall.

The Agendas for the meetings are always published three clear days before the meeting (the Thursday before). Members of the public always welcome.

Nicola Cooper Wereham Parish Council Clerk and Responsible Finance Officer

January Update from Wereham Village Hall Committee

Happy New Year from all of us.

Well December proved to be a very busy month with lots of festive activities in the run up to Christmas.

The Christmas Bazaar was a huge success with some brilliant last-minute present ideas for sale. In particular, our new Crafty Women Groups' table was a big hit with some beautiful home crafts on offer, all sold in aid of the Village Hall. As usual, Santa was very popular with the children and this year we also had some visiting Minions who dropped by to 'help out'. The afternoon raised £389.28.

This was closely followed by the Christmas Family Prize Bingo which raised a further fantastic £561.30.

The Village Hall Christmas was then rounded off by Candlelit Carols by the pond which was a sell out this year. Thank you to Hilgay Youth Brass Band who did a sterling job accompanying us.....it was a lovely evening that really got everybody in the mood for Christmas and also raised £138.90.

None of these events could have happened without the dedicated support of the

WEREHAM VILLAGE NEWS

Friends of Wereham Village Hall to whom we offer a huge thank you. With quite so many events, we can't name everyone individually but we are very grateful for all of your hard work

If you would like to get involved with the Friends Group, we are always looking for new volunteers – there are jobs for everyone.

Contact Doreen on 01366 500218.

Update from the New Build Project Team

Since receiving the news that we passed Stage 2 of the Lottery back at the end of October, we have been busy working towards our Stage 3 application. Following public consultations in December and January, we have been working closely with the architects and have finalised the internal floor plan and the external appearance of the building which were presented by the architect at a second public consultation on January. Our next task is to submit the planning application in early February to secure approval before the deadline of our Stage 3 application at the end of April.

With business and capital delivery plans to develop, planning permission to be gained and more funding to be secured, there is still much to be done and so we are very pleased to have recruited John Millard onto the project team.

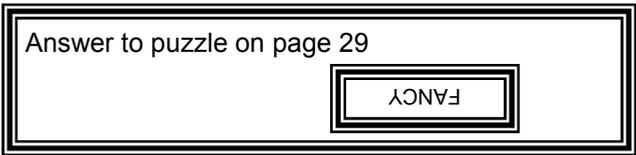
Victoria, Helen, John E, John M & Rachel.

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in December were Helen Richardson and Colin Armiger and for the January draw the winners were Janet Winter and Gwen Watson – congratulations to you all!

If you are interested in joining, we currently have two numbers available (5 and 44). Each number costs £2 per month with £60 going to the winner and £58 towards the Wereham Village Hall Charity each month. The winning number is drawn from the televised national lotto on the first Saturday of each month. Please contact me on 07795006811.

Many thanks, Helen Richardson, Secretary.



WEREHAM VILLAGE NEWS

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

Pop up Café – first Tuesday of the month, 10.30-12. Next dates Tuesday 2nd February and Tuesday 1st March. Join us for a slice of homemade cake. a hot drink, a natter and a read of the daily papers – all for just £1. Cake donations/queries to:-

Doreen on 01366 500218

Indoor/Outdoor Car Boot – last Sunday of the month, 9am -1pm (café opens at 8am). Next dates Sunday 31st January and Sunday 28th February. Café serving bacon butties, hot dogs and hot drinks. £5 pitch or, if you have earned time credits, there are two pitchess/tables available at a cost of 4 time credits each. To book call:-

Colin on 07961130251/01366 502281

Easter Family Prize Bingo – Wednesday 23rd March, eyes down 7.30pm. Donations of prizes gratefully received; please contact:-

Doreen (01366 500218), or Angela (01366 500115)

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

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

RECIPE PAGE

Tomato and Cardamom Soup

- 2 tbsp olive oil
- 6oz onions roughly chopped
- 2 garlic cloves skinned and crushed
- 10 oz potatoes peeled and roughly chopped
- 6 green cardamom pods split
- Salt and pepper
- 1 tbsp lemon juice
- 2 lb ripe tomatoes (preferably beef)
- 4fld oz dry white wine
- 14oz can chopped tomatoes
- $\frac{3}{4}$ pint chicken stock
- Small bunch fresh chives and parsley to garnish



Heat oil and sauté onions for 2 – 3 minutes. Add garlic, potatoes, cardamom, seasoning and lemon juice. Cook, stirring for 1 – 2 minutes. Add remaining ingredients except herbs (garnish). Bring to boil, cover and simmer for 40 minutes or until potatoes are tender. Cool the mixture slightly. Puree soup with $\frac{1}{2}$ the chives. Rinse out saucepan and sieve the mixture back into the pan. Reheat to serve, whisking the soup until smooth. Garnish with the remaining herbs and serve with slices of warm walnut bread.

Bread

- 1 medium crusty loaf
- Olive oil
- Juice of 1 lemon
- Black pepper

Cut bread into chunks and place on foil
Drizzle over 4 – 6 tblsp olive oil and 2 tblsp lemon juice
Season with black pepper.
Wrap tightly
Put into oven 200 C or 400 F for 25 minutes



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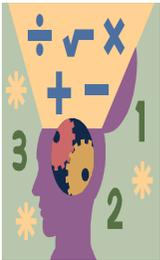
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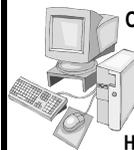
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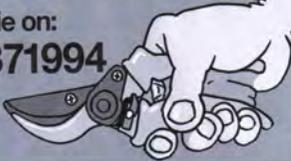
We can also redesign your garden and provide plans, rotovate new or old beds, and organise construction. Whatever your gardening needs, We can help. References available.

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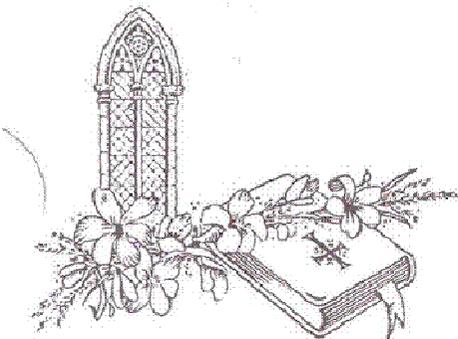
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QUIZ PAGE

1. How many different messages are there on 'Love Heart' Sweeties - 30,50, 100 or 200
2. Name the first Monarch to take up residence at Buckingham Palace.
3. Why do we get goosebumps when we're cold?
4. A water polo team consists of how many players—5,7 or 9?
5. Films made by which company begin with a man banging a gong?
6. If you had a clumber as a pet would it be a terrier, spaniel, collie or retriever?
7. Common, spiny and Norway are varieties of which sea creature?
8. Not including the ears, are there 22,26 or 30 bones in a human skull?
9. In which sport do participants wear silks?
10. The following clues are for American States what are they? [a] Mr Williams playwright [b] recently knitted pullover [c] join and sever [d] type of beetle
11. Which fruit is also known as the alligator pear?
12. Which is the most common blood group?
13. Name four films starring Leonardo Di Caprio.
14. What four letter word has a double A in the middle?
15. What nationality was the first person to climb out of a spacecraft in Space?
16. Would you expect to see a Siamese fighter in a fish tank, a fruit shop, an amusement arcade or in a flower bed?
17. In Shakespeare's 'Romeo and Juliet', is Juliet's surname Capron, Capelon, Cimeron or Capulet?
18. On the flag of the USA are there more red stripes, more white stripes or are there the same number?
19. Name the first actress to be paid £1,000,000 for a single film.
20. The Harry Vardon trophy is competed for in which sport?

Answers: 1. Over 200. 2. Queen Victoria in 1837. 3. It's a throwback to the days when people had more body hair. Goosebumps make hair stand on end and it traps heat to help keep us warm. 4. Seven players. 5. J. Arthur Rank. 6. Spaniel. 7. Lobster. 8. 22 bones. 9. Horse Racing. 10. [a] Tennessee [b] New Jersey [c] Connecticut [d] Colorado. 11. Avocado. 12. O. 13. Gangs of New York, Titanic, The Beach, The Man in the Iron Mask, This Boy's Life etc. 14. Haar. 15. Russian - Aleksey Arkhipovich Leonov in 1965. 16. Fish tank, it is a tropical fish. 17. Capulet. 18. There are 7 red stripes and 6 white stripes. 19. Elizabeth Taylor in 1963 Cleopatra. 20. Golf - European Order of Merit



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