

Group 4

NEWS



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

July 2013

WELCOME



Who would have thought that we are nearing the 150th edition of G4N. Next month will be time for celebration. When Rev. Robin Blackall began this project in October 1999 with an A4 sheet, little did we realise that 72 pages have become the norm.

Once again, there are so many events happening in the villages and surrounding area why not join in and enjoy yourself whilst supporting the organisers.

We would like to take this opportunity to thank Lynda for the splendid work she does with the advertising and Kevin for the successful website.

As always, 'Happy Reading'

The Editorial Team

Eileen and Pam

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

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

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

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‘FROM THE RECTORY’



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Dear All,

For many people the month of July marks the start of the holiday season. Nearly all of us look forward to some sort of break; whether it be a few days away locally or, if we are really fortunate, flying to some far off destination. The very idea of a holiday is all about rest and recuperation or perhaps doing something different or seeing different places. Yet tied up with all this is the stress caused by going on holiday. Countless questions cross our minds - have we packed the right clothes? Will the weather be sunny or will it be cold? Did we turn off the gas after the last minute breakfast? What will the roads be like? Are we nearly there yet? All these and other questions cross our minds as we set out on holiday. It's hardly surprising that holidays can be so stressful. So how can we deal with holiday stress? Perhaps one thing to do is to take a break from the holiday itself - visit a church instead. Visiting a different church can be a pleasurable experience. It might make you thankful for your own church! It might also be interesting to join in worship that is totally different from your own. Most importantly it can be a time of rest and quietness, perhaps a chance to unburden any stress by offering it to God in prayer. If you are lucky enough to go on holiday, please do try to visit the local church. Join in with the worship and remember that just because we take a holiday - God doesn't.

Barbara

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BENEFICE NEWS

Thanks

I wish to convey my thanks and appreciation to everyone who donated towards my generous gifts upon my leaving as Parish Administrator. My thanks also to all the clergy who supported me throughout the challenging time of the interregnum and not forgetting Pam Wakeling whose valued assistance was much appreciated.

It was also a pleasure to work with Rev'd Barbara Burton and all the churchwardens within the Group of Parishes.

Once again, thank you.

Eileen Richardson (Barton Bendish)

SOME FASCINATING THINGS ON OLD TOMBSTONES!

1. Harry Edsel Smith of Albany, New York. Born 1903 - Died 1942.

Looked up the elevator shaft to see if the car was on the way down. It was.

2. In a cemetery in Thurmont, Maryland:

Here lies an Atheist, all dressed up and no place to go.

3. On the grave of Ezekial Aikle in East Dalhousie Cemetery, Nova Scotia:

Here lies Ezekial Aikle, age 102. Only the good die young.

4. In a cemetery in London, England:

Here lies Ann Mann, who lived an old maid but died an old Mann. Dec. 8, 1767

5. In a cemetery in Ribbesford, England:

Anna Wallace

The children of Israel wanted bread. And the Lord sent them manna.

Clark Wallace wanted a wife. And the Devil sent him Anna.

6. In a cemetery in Ruidoso, New Mexico:

Here lies Johnny Yeast. Pardon him for not rising.

7. In a cemetery in Uniontown, Pennsylvania:

Here lies the body of Jonathan Blake,

Stepped on the gas instead of the brake.

8. John Penny's epitaph in the cemetery in Wimborne, England:

If cash thou art in want of any. Dig 6 feet deep and thou wilt find a Penny.

9. In a cemetery in Hartscombe, England:

On the 22nd of June, Jonathan Fiddle went out of tune.

10. Anna Hopewell's grave in Enosburg Falls, Vermont:

Here lies the body of our Anna, Done to death by a banana.

It wasn't the fruit that laid her low, But the skin of the thing that made her go.

In a cemetery in England :

11. Remember man, as you walk by,

As you are now, so once was I.

As I am now, so shall you be,

Remember this and follow me.

To which someone replied by writing on the tombstone:

To follow you I'll not consent,

Until I know which way you went.

COUNTRYSIDE NOTES

Hedgehogs

Most people have a soft spot for hedgehogs especially those brought up with Miss Tiggywinkle. As they love to dine on the slugs, snails and worms that reek



havoc to vegetables and flowers they are welcomed by gardeners. They will also take mice, young rats, frogs and snakes and in Victorian times could be purchased in London markets to be kept in houses to deal with the cockroaches. However there is a darker side to hedgehogs which doesn't endear them to gamekeepers and some conservationists for they also have a

penchant for eggs, chicks and even adult birds. In 1566 a law was passed that three pennies would be paid by churchwardens for a hedgehog dead or alive. This law was not repealed until 1863. In 1974 five were introduced to the island of South Uist off the West Coast of Scotland (an important breeding site for wading birds) to fend off a plague of garden slugs. During the next thirty years their numbers had multiplied to an estimated 5,000 and were having a serious effect on the population of wading birds, so much so that the controversial decision was made to eradicate them by trapping and relocation to the mainland.

Hedgehogs are widespread as can be seen by flattened remains on the roads. Rolling into a ball is no defence against a speeding motor car. I think they are attracted on to roads because they also feed on carrion as well as fresh meat and the squashed corpses of other road casualties provide easy pickings. Hedgehogs can become relatively tame if food is put out for them regularly although cow's milk is bad for them. Contrary to one popular old country tale they don't suck milk directly from cow's udders; however they do self-anoint themselves with a copious amount of frothy saliva which they spread over their body and spines.

Hedgehogs are nocturnal and mostly only seen after dark or maybe heard making a variety of grunting and snuffling noises. Their portly appearance belies the fact that they can swim, climb and run quickly; as evidence of their presence they leave behind cat-like droppings. They hibernate in winter making a nest of leaves in a dry place. Occasionally, on a particularly warm winter's day, they

COUNTRYSIDE NOTES

may wake up and come outside for a short while. In July or August a litter of four to seven babies are born which are helpless and have only a few soft, pale-coloured spines. They need to find sufficient food to grow quickly and gain sufficient body weight to survive their winter hibernation for they will lose about 30% during this period.

In the ten years since I originally wrote this article it is estimated that the British hedgehog population has declined by a third. Theories abound that this is due to climate change, farming practices and habitat loss but I have another theory. Badgers are the only animals which kill and eat hedgehogs and their numbers have dramatically increased during this period. Is this just a coincidence?

Jill Mason



KEEP THAT BRAIN WORKING...

See if you can figure out what these seven words all have in common?

- | | | |
|-----------|------------|------------|
| 1. Banana | 2. Dresser | 3. Grammar |
| 4. Potato | 5. Revive | 6. Uneven |
| 7. Assess | | |

Look at each word carefully. You'll kick yourself when you discover the answer. This is so clever.

No, it is not that they all have at least 2 double letters....

Answer

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word. Did you figure it out?

GARDENING TIPS

We are now into the second half of the year and I am pleased to say that most plants, be they perennial flowers, vegetables or fruits, seem to have almost caught up with the time of year despite all the early set-backs. Some, however, are still lagging behind – my tomatoes are now hanging with unripe fruit on the initial trusses. Normally there would be ripe tomatoes in the first week of this month but not this year. Remember; start feeding the plants as soon as the first truss is set. Geraniums grown from seed or bought in as plugs are nowhere near as advanced as they should be. I am writing this article on 6th June with the sun shining brightly. Proving that it is still there and does appear every now and again! It seems an awful long time since we had a spell of settled weather; such as we are currently experiencing. Let us hope it is the forerunner of a more normal summer season.

Just this last weekend I noticed the first greenfly on my roses but they were swiftly dealt with early the next morning but today I noted there are still some aphids on a climber so they will have to be dealt with tomorrow. Fortunately there are no signs of black spot so far. My first rose of the season, on the climber 'Swan Lake', came into bloom on June 2nd. To produce individual quality large flower (old H.T.) roses, nip out the side buds in each cluster leaving the king bud in place to gather all the strength from that shoot and so develop into, hopefully, the perfect bloom. However, you must keep it clean and free from aphids.

Autumn sown sweet peas should now be producing a steady rotation of flowering stems with four good strong buds on each stem. If some of your plants develop five-buds on a stem then as soon as practical carefully take off the fifth bud. If you don't then the lowest floret will be dying or even dead before the fifth bud fully develops. Keep the plants watered if dry conditions persist and feed regularly with a high potash liquid fertilizer. Remove all tendrils and nip out any side shoots if you are looking for exhibition quality flowers, otherwise leave some of the side shoots in place which will ultimately give a spectacular mass of colour but the quality of the blooms will be reduced.

Dahlias and chrysanthemums will need staking and tying in to keep them upright and as with roses, if you are looking to produce top class single blooms you need to remove the side shoots and buds other than the king bud (top centre). In the case of spray chrysanthus and cluster roses it is the king bud that should

GARDENING TIPS

be carefully nipped out, allowing the surrounding buds to develop evenly.

As far as I can see soft fruit seems to be in tune with the time of year. If the weather is dry then keep the bushes and canes well watered and a final feed of sulphate of potash well watered in would not be out of place. The water and fertilizer will make a real difference to the yield and the quality of the fruit.

About the middle of this month is the ideal time to sow wallflower and winter pansy seed. The sown seed needs plenty of light and warmth but it does not want to be scorched by direct hot sun. I suggest you keep the seed shaded in very hot conditions. If the seed starts to germinate and then gets scorched that will be its end!

So far this year I have hardly seen a bumblebee and there are usually many in my garden. There was a flush of wild bees a few weeks ago but they seem to have disappeared as well. If the same applies in your garden then you will probably need to aid the pollination of your pea and bean flowers with a very gentle spray of water.

It is the Downham Market Horticultural Show on Saturday, 6th July. Come along and see all the exhibits on display. Better still, bring along your best produce and exhibit it in one of the many classes available. Schedules are available from the Downham Market Garden Centre in railway road and several other places. Come on – have a go you may well be surprised at what you can achieve.

Roy Coughtrey

CONNECTING THREADS: EXPLORING OUR PATHS

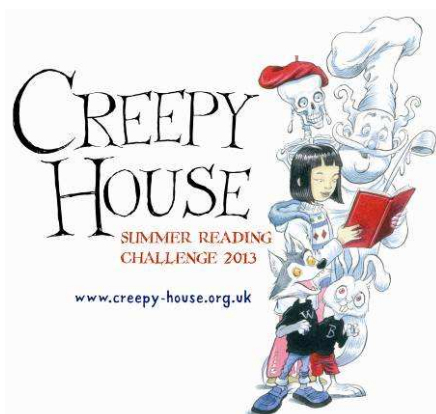
Beachamwell is one of four parishes chosen by CPRE Norfolk (*Campaign to Protect Rural England*) to take part in a project researching and celebrating local footpaths. See page 34 for more details

We are also keen to talk to anyone who remembers walking in and around Beachamwell in the past.

If you are able to help please contact

Philip Spencer (01366 328536) or Sue Pennell (01366 328452)

CREEPY HOUSE SUMMER READING CHALLENGE AT YOUR LOCAL LIBRARY



There's a spine-tingling adventure waiting for children when they take part in the 2013 Summer Reading Challenge – 'Creepy House'. They can join the adventure at the library during the summer holidays. Pick up a pack and explore the Creepy House, discover its secrets and meet some of the hair-raising residents!

Read six books and collect stickers that reveal the creepy residents of the house. All children who read six or more books will be presented with a medal and certificate to celebrate their achievement.

Look out too for the Mungler Top Trumps cards to collect and swap with family and friends.

Children can choose any books they like: fact books, stories, joke books or picture books. Audio books and e-books count as well, so long as they borrow them from a library.

Are West Norfolk's children brave enough to explore 'The Awful Upstairs', 'The Gruesome Ground Floor' and 'The Spine-tingling Cellar'?

Downham Market Library will be holding a series of free Creepy House events to help you enjoy the challenge throughout the summer holidays. Come along to the launch on Thursday 25th July between 9:30 and 1.00pm to find out more.

Don't worry if you can't make it – you can join the challenge any time the library is open.

Check for opening times and for more details of the events at www.norfolk.gov.uk/libraries or ask next time you visit.

CHILDREN'S PAGE

Fruit and Vegetable Word Search

Words may go vertically and horizontally in either direction

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

Cabbage
Pomegranate
Orange
Carrot
Mango
Sweet-potato

Asparagus
Pumpkin
Pineapple
Turnip
Grapefruit
Raspberry

QUIZ PAGE

1. Name the first Carry On film
2. What was Northumberland gardener designer Lancelot Brown's nickname?
3. If an animal is edentate it has few, if any, what?
4. The Romans called Scotland Caledonia but what did they call Ireland?
5. In slang how much money is a monkey?
6. Pick the odd one out - saucepan, balti, wok, sampan, stockpot
7. What does a chef mean by a recipe that is devilled?
8. What is the male equivalent of a Dame?
9. Unscramble I'D NET WARM TRAY to locate a hospital department.
10. What is usually served in a demitasse?
11. Ethylene glycol is better known to motorists as what?
12. What is Tony Roper's play 'The Steamie' set in?
13. Who had a private plane called 'The Lisa Marie'?
14. The Americans call it a stroller, what do we know it by?
15. Is the Prime Minister also the Master of the Mint?
16. According to the nursery rhyme, who saw Cock Robin die?
17. His real name is Matthew Hall but how do we know this TV funny man?
18. What is the world's largest rodent - porcupine, capybara or groundhog?
19. Which is longer - a standard mile or a nautical mile?
20. What is Robbie Williams middle name?
21. How many hallucs do we have?
22. What do the initials of the IBM company stand for?
23. What features on the badge of The Prince of Wales?
24. A browband is something you would fit before doing what?

Answers: 1. Carry On Sergeant in 1958. 2. Capability. 3. Teeth. 4. Hibernia. 5. £500. 6. Sampan - it is a Chinese boat, the others are cooking pots. 7. It's highly seasoned or coated in condiments. 8. A Knight. 9. Maternity Ward. 10. Coffee. 11. Anti-freeze. 12. A Glasgow wash-house. 13. Elvis Presley. 14. Pushchair. 15. No, it's the Chancellor of the Exchequer. 16. The fly. 17. Harry Hill. 18. The capybara. 19. Nautical mile 6082ft standard 5280ft. 20. Peter. 21. Two, they are your big toes. 22. International Business Machines. 23. Three silver or white feathers in a gold coronet with the motto 'Ich Dien' (I serve) on a dark blue ribbon. 24. Riding a horse.

DOG FOULING – LET’S KEEP BRECKLAND BEAUTIFUL!

Most dog walkers are very responsible, but some individuals are not clearing up after their dogs and Breckland has experienced an increase in reports of fouling in recent weeks. Dog mess is unpleasant and can carry diseases like toxocariasis through contaminated soil, resulting in symptoms such as eye disorders, aches, dizziness, nausea and in extremely rare cases, seizures/fits

Our Dog Warden, Mike Gardiner will be stepping up his patrols, especially in hot spot areas. He is also asking for residents’ help – if you are aware of someone who is not cleaning up after their dog, please call Mike on 07771 617417 with a note of times, dates and a description of the owner. Some dog owners may simply not be aware of their responsibilities and in the first instance Mike will usually just have a quiet chat.

Dog owners have a legal obligation to clear up after their dogs and failure to do so can result in prosecution with a fixed penalty notice of £80, or if the case goes to court, up to £1000.

Let’s keep Breckland beautiful for everyone!

Dale Wilder, Breckland Council, Environmental Services Officer



Him? No, he doesn't want a cookie. He says I can have two.

NEW COUNTYWIDE CARER SUPPORT SERVICE SET TO LAUNCH IN JULY

A Carer is anyone who spends a significant proportion of their life providing unpaid support to a relative, partner or friend who is ill, frail, disabled or has a mental health problem or substance misuse problem.

Eight experienced, local carers organisations have come together as the Carers Agency Partnership led by Crossroads Care East Anglia, who have won the contract to provide a new Carers Support Service, funded by Norfolk County Council and the five NHS Clinical Commissioning Groups in Norfolk and Waveney. The service will commence operation on 1st July.

Norfolk has approximately 93,000 carers and this new single service will make it easier for people to find information and to get support in their caring role wherever they may be in the county.

The Norfolk Carers Helpline on 0808 808 9876 will be the hub for information and referrals for the service and anyone can contact us to find out more. There will be a network of Locality Leaders who will work with volunteers and other organisations to provide one to one support, carers groups, short breaks and the information and advice people need to continue providing care.

Maria Plumb, Helpline Co-ordinator said: "By providing a single main source of information and signposting, plus access to any of the 8 partners in the Carers Agency Partnership we can ensure carers get the support they need through one phone call, email or on line enquiry. Please ring us or have a look at the carers website at www.norfolkcarersinfo.org.uk for more details of what is available now and look out for more information as the partnership develops the new service."

Maria went on to say that the service will be developing new methods for communication including online forums and social media.

Sue Whitaker, Cabinet Member for Adult Social Services at Norfolk County Council, said: "We know how important it is to offer excellent and reliable support to those people who care for a friend, relative or loved one in Norfolk – we're acutely aware that without them, the strain on professional health and social care services would be so much higher.

"This is the first time we have had a countywide service of this kind that is dedicated to carers. This partnership brings together a wealth of experience and, in addition to providing services, will help to raise awareness of the help

NEW COUNTYWIDE CARER SUPPORT SERVICE SET TO LAUNCH IN JULY

that exists and to identify carers who have been isolated in the past. I have every confidence in the Carers Agency Partnership's ability to improve the quality of life of carers in Norfolk, and as a consequence, the thousands of people they care for."

Dr Anoop Dhesi, chair of NHS North Norfolk Clinical Commissioning Group, said: "We welcome this new support service and are happy to make a financial contribution. This service recognises the important role carers play in looking after a relative or loved one."

The new service will also provide support to the Carers Council for Norfolk, which works with carers to highlight their needs. Sharon Brooks, Chairman of Carers Council for Norfolk said "We are looking forward to working closely with the Carers Agency Partnership, to champion carers' needs and provide feedback on the new service. Carers save the country £119 billion per annum and must be supported to continue caring during this period of economic austerity and reductions in the services available."

Useful Contacts:

Maria Plumb, Helpline Co-ordinator on 0808 808 9876 or via the website at www.norfolkcarershelpline.org.uk

John Newstead, Director of Operations at Crossroads Care East Anglia on 07841 132112

Susie Lockwood, Media Officer at Norfolk County Council, on 01603 222495

Clinical Commissioning Groups

Clinical Commissioning Groups (CCGs) took over from Primary Care Trusts (PCTs) on April 1st 2013, following restructuring of the NHS locally under the Health and Social Care Act.

CCGs are led by local family doctors and their role is to commission (plan and purchase) healthcare for their local populations.

There are five CCGs in Norfolk and Waveney. NHS Great Yarmouth and Waveney Clinical Commissioning Group (NHS GYW CCG and widely known as HealthEast) was authorised in December 2012. NHS North Norfolk, NHS Norwich and NHS South Norfolk CCGs were authorised in February 2013, while NHS West Norfolk was authorised in March 2013.

MEDICAL EQUIPMENT AND MOBILITY

Have you got a family member, friend or neighbour who has been ill and needs medical equipment to live independently? Did you know that the British Red Cross medical equipment service aims to provide smaller items of medical equipment on loan and can also order larger equipment to help people cope at home following illness, injury or post-operatively. They are also able to provide equipment to bridge the gap while clients are waiting for long-term provision from statutory services e.g. they are the major provider of wheelchairs for short-term use. The Red Cross lend to anyone who needs help. The service is free of charge, but donations are always welcome and the loan period usually ranges from 3-6 months.

The local outlet is in the Swaffham Community Centre (01760 336525) and the office is currently open Tuesday & Thursday 10am-1pm.

JUST A THOUGHT

1. Give people more than they expect and do it cheerfully.
2. Marry a man/woman you love to talk to. As you get older their conversational skills will be as important as any other.
3. When you say, 'I love you,' mean it.
4. When you say, 'I'm sorry,' look the person in the eye.
5. Never laugh at anyone's dreams. People who don't have dreams don't have much
6. In disagreements, fight fairly. No name calling
7. Don't judge people by their relatives.
- 8 Talk slowly but think quickly.
9. When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'
10. Remember that great love and great achievements involve great risk
11. When you lose, don't lose the lesson.
12. Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.
13. Don't let a little dispute injure a great friendship.
14. When you realize you've made a mistake, take immediate steps to correct it.
15. Smile when picking up the phone. The caller will hear it in your voice
16. Spend some time alone.

INCINERATOR UPDATE

The County Council was meant to be debating getting out of the incinerator contract on 17th June but officers did not allow all members to see the contract and instead a press release was issued suggesting it could cost over £80million to walk away. An officer report said compensation would be due to Cory Wheelabrator even if corruption had occurred. This prompts the questions what other surprises are still 'lurking' in the contract and were any of the terms negotiated favourable to Norfolk County Council? Cabinet agreed a QC should examine the contract and review the advice given to the Council that led to it being signed. It was also agreed that waste industry experts would assess the potential savings that could be made from alternative waste treatments. These are likely to be significant because more advanced waste treatments are both cheaper and more efficient. Cory Wheelabrator's technology was 'state of the art' in Germany and America around 20 years ago, things have moved on, expensive marketing does not make up for having an out of date product. On 10th June 2013 Cabinet "approved in full" recommendations which included having independent waste industry experts prepare a "Waste Management report" looking at what can be saved by using alternatives. It will be a good opportunity for the new administration to show it is better than the last. The July music event is postponed until 21st September due to clashing with Festival Too.

For more information please visit www.farmerscampaign.org & www.klwin.com

Mike Knights Vice Chairman KLWIN,

Fairgreen Farms, Fairgreen Middleton, PE32 1RN



RECIPES OF THE MONTH

Banana Loaf

4oz Cherries or Dried Fruit

2 or 3 ripe Bananas

8 oz Self Raising Flour

Pinch of salt

6oz Brown Sugar

4oz Margarine

2 Beaten Eggs



Mix all ingredients together.

Cook for 1&1/4 hrs - 1&1/2 hrs @ 325F

Verena Hartley

Spicy Potato Mix

2 tsp Ground Black Peppercorns

4 tsp Ground Cumin

4 tsp Ground Coriander

2 tsp Salt

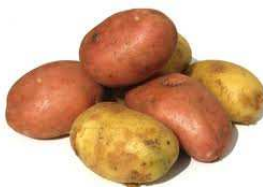
1 flat tsp Chilli Powder

1 ½ tsp Turmeric

½ tsp Garam Masala

Mix all spices together

Store in an airtight container.



Heat oil in the oven at approx 180c

Cut sufficient potatoes into wedges.

Coat in the hot oil and sprinkle over sufficient spice mix to give a fine dusting.

Cook for approximately 10 minutes

Turn potatoes and again sprinkle with spice mixture.

Cook for a further 10 minutes or until the potatoes are crisp.

Note: This mixture will store for over a year when stored in an airtight container.

Eileen Powell

HELLO FROM DOWN UNDER

It has been a while since I wrote for a variety of reasons. Last year I got a job in an International College. The students all had English as a second language and follow a year 13 course in preparation for studying at University. It was a great way to start life in such a multi-cultural city like Auckland. It was very enjoyable but numbers fell and last in, I became first out. I spent the summer holidays without a job which I enjoyed but Steve was a bit concerned. Summer here was hot and lasted as long as you had snow so it was a long summer. Many areas went into drought but we had just moved to a new house (for us) which had its own water tank and so managed well.

Just as I was wondering if I would get a job, one of those answers to prayers occurred. I visited my old job to see people and one of the teachers, Alison, said "I was talking to my neighbour about you yesterday". The neighbour was Deputy Head at a good high school and was moaning that the new maths teacher had let them down. Alison said that she knew someone looking for a job. I sent my CV, followed up with a phone call, then interview and I got the job. New Zealand is a lot about networking and who you know.

All is going well in the new job but it means new courses and more lesson planning. The terms are 10 weeks so in the first holiday, Steve and I decided to go to Napier. It was about a 5 hour drive. In NZ that means the choice of one road and making sure you have a full tank of petrol. We stopped for coffee in Cambridge and whilst in Napier we visited Hastings and Havelock North. The B&B was on the edge of a vineyard and at 5pm we were served a glass of wine and canapés and joined by 'mine hosts'. The reason for a visit to Napier is that it was a town almost completely rebuilt in the 1930's after an earthquake. We have all heard of Christchurch but Napier was devastated mainly by the fire that started after the earthquake and wiped out the centre of the town. It was rebuilt in the Art Décor style. The earthquake lifted the surrounding area so that Napier instead of being on a small peninsula was then surrounded by fertile land which could be used and built on. We joined a tour which showed us many things to look for which you would miss if just walking round on your own. Depending on the wealth of the shop owner as to how much decoration and pattern they put on their building but everyone had something which have now become historical features. The vineyard trip on the second afternoon added to our relaxation and finding out a little about local growing conditions was interesting.

We had a lovely five days and came home well rested.

Enjoy your summer and may it turn out to be hot. ***Moirsa Saunders [Boughton]***

NATIONAL TRUST



Oxburgh Hall

Tel: 01366 328258

July

In July (normal opening)

A Wander in the Washpit

Normal admission.

Tuesday 9 July, 10am – 11.30am

Nordic Walking

All equipment provided. Wear comfortable shoes.

Tea/coffee and biscuits provided at end

£8. Booking essential.

Wednesday 10 July, 7.30pm

(Gates open at 6pm)

Sherlock Holmes and the Hound of the Baskervilles

Performed by *Chapterhouse Theatre Company*.

Bring rugs or chairs and a picnic.

Barbecue (burgers and sausages), beverages and ice creams available.

Booking essential

Adult £13.50, child £9, family £40. Group rates available. Prices on the day (if available) £14.50, £10, £42.

Saturday 20 July

11.30am – 3.30pm

Scything Day

Demonstration of the ancient art of scything in the Orchard. Talk on wildflower meadows.

Normal admission.

Saturday 27 and Sunday 28 July

11am – 4pm

Defend the Hall

Come and see the 17th Century Life & Times re-enactment group in action during the Civil War as Parliament Forces enter the Oxburgh Estate intent on destruction!

Wonderful fun for all the family

NB There will be loud musket & cannon fire at this event.

Normal admission.

Wereham

Pop-Up Café



1st Tuesday

every month

10.30 to 12.00

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

Just £1.00.



All proceeds go to Village Hall.

Beachamwell

Book Group

Tuesday July 2nd

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed at this meeting

'Trespass'

by Rose Tremain

£2.00 + Bring & Buy Bookstall

All welcome

Enquiries:

Leah Spencer 01366 328536

Beachamwell Wednesday Walkers

Wednesday July 3rd

Meet at 10.30am outside
Beachamwell Memorial Hall

[Dogs to be kept on leads please]

Hoping for warmer weather, a
bottle of water might also be a
good idea!

**Walk will be
approximately 2 hours**

Enquiries:

Sue Pennell 01366 328452

Wereham Weekly Cash



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

**Wereham Village Hall
Wednesdays**

Doors open 7.00 pm

Eyes down 7.30 pm

Starting from Wednesday 3rd April



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



Beachamwell WI

Thursday July 4th

7.30pm

Beachamwell Village Hall

**'Salvation Army'
Major Leigh Pinner**

Enquiries:

Jenny Gabrielsen 01366 328297

Fincham

Monthly Quiz

Friday 5th July

7.30pm.

Memorial Hall

£2.00 per person.

Up to 6 in a team.

There will be a raffle.

**Please bring your own
refreshments**

Enquiries

Sue Westwood 01366 347305

Barton Bendish

Come and Join us at St Andrew's
Breakfast Church

In the Village Hall
Sunday July 7th
9.30am

Enjoy a full cooked breakfast,
a chance to enjoy the fellowship of
others and get your Sunday off to
a very good start!!

Everyone very welcome,
especially children and those not
comfortable with a formal service.

For more details contact
Linda Webster 01366 347563 or
Mhari Blanchfield 01366 347849

Breckland Society

A Walking Tour of Thetford

By popular request
Led by local Historian,
David Osborne



Sunday July 7th

The tour will start in the Market Place at
11.00 am.

and last for approximately one and half
hours.

David will show us many of the historic
sites and buildings that are found in
Thetford including the priory ruins, the
castle mound and iron age banks as we
complete a circular walk around the
streets and along banks of the Little
Ouse.

Members Free, non-members £3.00
Please could you let us know if you wish to
attend by emailing info@brecsoc.org.uk
or by writing to The Secretary, 16 All Saints
Way, Beachamwell, PE37 8BU.

Fincham

Coffee Morning

Wednesday July 10th

10.00 - 12 noon

St Martin's Fincham

Enquiries:

May Pinches: 01366 347228

Beachamwell

Scrabble

Wednesday July 10th

2 - 4pm

Orchard House,
Beachamwell

Enquiries:

Sonia Williams 01366 328774

Fabulous 50's

Appearing for 1 night only.....

**Dom and the
Dadyo's**

Live 50's band

Friday
12th July
8pm

Wereham
Village Hall

Licensed Bar

Snacks and raffle during the interval
Prizes for the most original 50's outfit!



£5 per ticket
Please call Victoria on
01366 501277

Registered Charity Number 1151336
Wereham Village Hall



Barton Bendish Jazz Picnic
Saturday 13th July 2013

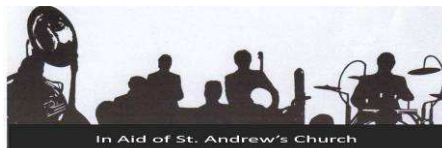
12:00 to 3:00 pm
(Gates Open 11:30am)
Barton Bendish Hall

Featuring
Barry Tyler's Dixieland Jazz Band

Bring your own chairs and picnic and join us
at the Hall for a relaxing afternoon of Jazz

'Posh Picnics' to order from the Berney Arms
Real Ale and Ice Cream

Admission £6, £5 in Advance (Children Free)
Contact 01366 347563 or 01366 347849



Beachamwell



Yee Ha!

Come on down to our



**Barn Dance
and Hog Roast**

Saturday 13th July
7.30 pm

St. John's Farm,
Beachamwell, PE37 8BE

Licensed Bar and Dancing to our Live
Band

Tickets £10.00

From

Caroline Sanderson 01366 328244

or

Susie Davis 01366 328249

An event organised by BMH Committee

Beachamwell
**'Afternoon Tea and
a Chat'**

Wednesday
July 17th
2 - 4pm

Beachamwell
Memorial Hall

Enquiries
Graham & Sonia Williams
01366 328774



Boughton Jazz Picnic
Saturday 20th July 2013

12:30 pm to 3:30 pm
(Gates Open 11:00am)

Rectory House
Oxborough Road, Boughton, PE33 9AH

Featuring
Barry Tyler's Dixieland Jazz Band

Bring your own chairs and picnic and join us
on the lawn for a relaxing afternoon of Jazz

Real Ale and Jive Floor
Admission £6 on the Gate (Children Free)
Contact 01366 500315



FINCHAM Quiz

Saturday July 20th

7.00 for 7.30pm

Fincham Memorial Hall

Tables of 6
£3.00 per head

Enquiries:
Babs Porter 01760 444116

In aid of St. Martin's Church

Wereham Village Festival

Sunday 21st July 11-3.30pm

BBQ, Traditional Stalls and
Games, Archery
Raffle - top prize £75



Fire Engine
Vintage Cars



Fancy Dress competition
Tray Garden competition

'Creations' exhibition in the
Church by local children

Raffle drawn at 3pm
Lucky Programme Draw

Proceeds to St Margaret's Church

Beachamwell Craft Group

Thursday July 25th

2 – 4.30pm

Beachamwell Memorial Hall

We knit, we sew, we crochet,
we embroider...
We also chat and laugh, eat biscuits
and drink tea & coffee.
Why not join us?

£1.00 + Bring & Buy
All welcome.

Enquiries:
Leah Spencer 01366 328536

Barton Bendish and Beachamwell Joint Flower Festival

'A Book Title'

Saturday July 27th & Sunday July 28th

11.00am – 4.00pm

**St Andrew's Church
Barton Bendish**

Enquiries:

Mhari Blanchfield 01366 347849
Gill Sanderson 01366 328818
Linda Webster 01366 347563
Sonia Williams 01366 328774

*In aid of St. Andrew's & St Mary's
Churches*

Wereham Car Boot

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



Last Sunday Every Month

May - Sept
£5 Per Pitch



Refreshments &
Bacon Rolls Available



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

Nar Valley Ornithological Society (NarVOS)

Tuesday 30th July 2013
7.30pm

'Wader Wanderlust'

Illustrated talk by Chris Mills

Chris Mills lives in Norfolk and has over 30 years' experience in birding and wildlife photography. Chris runs Norfolk Birding and organises birdwatching tours of Spain, India and especially Norfolk. This talk from Chris, his first to NarVOS, should be a welcome treat for those of you who enjoy looking at wading birds.

Barn Theatre, Sacred Heart Convent School,
Swaffham

Access and parking from Sporle Road.

Visitors most welcome.

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

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

CALLING ALL WORD GAME AND CROSSWORD FANS!

The next Barton Bendish quiz sheet is now available. There are 60 questions and it costs £1. The theme is 'Books and Plays'. There is a prize of £15 for the winner. The quiz sheets available from:-

Mhari Blanchfield	01366 347 849	(Barton Bendish)
Linda Webster	01366 347563	(Barton Bendish)
Jill Mason	01366 347928	(Barton Bendish)
Margaret Webster	01366 328888	(Beachamwell)
Debbie Fisher	01366 502224	(Boughton)
Lynda Eddy	01366 501308	(Wereham)
The Berney Arms	01366 347995	(Barton Bendish)
The Post Office, Fincham		

They are also available in:

St Andrew's Church and at Barton Bendish fund raising events.

Proceeds to help fund the flowers for the Festival of Flowers, also with a 'Book Titles' theme, at St Andrew's Church, Barton Bendish (next year St Mary's, Beachamwell) on July 27th and 28th

DIARY DATES

1. **August 1st** Thursday WI Garden Meeting Raven Cottage Eastmoor 2pm
Jenny Gabrielsen 01366328297
2. **August 6th** Tuesday Beachamwell Book Group 7 - 9
Leah Spencer 01366 328536
3. **August 7th** Wednesday Walkers Beachamwell Memorial Hall 10.30
Sue Pennell 01366 328452
4. **August 14th** Wednesday Fincham Coffee Morning St. Martin's Church 10 -12
May Pinches 01366 347228
5. **August 14th** Wednesday Scrabble 2 - 4 Orchard House, Beachamwell
Graham & Sonia Williams 01366 328774
6. **August 18th** Sunday Beachamwell Horticultural Show
Carol Wilson 01366 328628 and Leah Spencer 01366 328536
7. **August 21st** Wednesday Beachamwell Afternoon Tea & Chat 2 - 4
Graham & Sonia Williams 01366 328774
8. **August 29th** Thursday Beachamwell Craft Group 2 - 4.30
Leah Spencer 01366 328536
9. **August 30th** Friday Beachamwell Wine & Cheese Evening Park House TBA
John & Gill Sanderson 01366 328818
10. **September 13th** Friday Harvest Supper Fincham
Babs Porter 01760 444116
11. **September 28th & 29th** Saturday & Sunday Barton Bendish Art & Craft Weekend
Mhari Blanchfield 01366 347849 & Linda Webster 01366 347563
12. **October 5th** Saturday Group Harvest Supper Boughton All Saints' Community Centre
Pam Wakeling 01366 500429 & Sandy Reid 01366 500743
13. **October 11th** Friday Wereham Quiz 7.30
John Eastgate 01366 500766
14. **November 15th Friday** Beachamwell 'The Western Isles' Presentation by David Mason 7.30
Sonia Williams 01366 328774
15. **November 21st & 22nd** Thursday & Friday Barton Bendish Christmas Wreath Workshops
Mhari Blanchfield 01366 347849 & Linda Webster 01366 347563

WERE YOU BORN IN THE 1930'S 1940'S, 50'S, 60'S AND EARLY 70'S? PART I.....

1. We survived being born to mothers who smoked and/or drank while they carried us and lived in houses made of asbestos.
2. They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can and didn't get tested for diabetes or cervical cancer.
3. Then after that trauma, our baby cots were covered with bright-coloured lead-based paints.
4. We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes we had no helmets or shoes, not to mention the risks we took hitchhiking.
5. As children, we would ride in cars with no seat belts or air bags.
6. We drank water from the garden hose and NOT from a bottle.
7. Take away food was limited to fish and chips, no pizza shops, McDonalds , KFC, Subway or Nandos.
8. Even though all the shops closed at 6.00pm and didn't open on the weekends, somehow we didn't starve to death!
9. We shared one soft drink with four friends, from one bottle and NO ONE actually died from this
10. We could collect old drink bottles and cash them in at the corner store and buy Toffees, Gobstoppers, Bubble Gum and some bangers to blow up frogs with.
11. We ate cupcakes, white bread and real butter (or dripping) and drank soft drinks with sugar in it but we weren't overweight because...WE WERE ALWAYS OUTSIDE PLAYING!!
12. The idea of "five a day" fruit and veg was impossible because there was a war on - we were lucky to get one green veg a day and one piece of fruit a week.
13. We would leave home in the morning and play all day, as long as we were back when the streetlights came on.
14. No one was able to reach us all day and we were O.K.
15. We would spend hours building our go-carts out of old prams and then ride down the hill, only to find out we forgot the brakes. We built tree houses and dens and played in river beds with matchbox cars.

To be continued

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Open Gardens

The Village was very lucky that June 2nd was one of the few warm and sunny days this year. A lot of hard work and preparation had gone on weeks before which meant that 11 gardens opened their gates to the public. About 160 tickets were sold to visitors from near and far and the Village Hall saw many hungry and thirsty people through its doors selling around 70 lunches and too many cups of tea to count! The sum of £1270 was raised over the whole day.

This could not happen without the support and help of many. As ever a huge thank you goes to all who opened their gardens and took the time to chat to the many people who visited them. Thankyou to those who have opened their gardens for many years and thankyou to those who opened them for the first time this year – we hope it will not be the last time!

Thank you to the many helpers who sold tickets and raffle tickets at the Church. To Bill and Maureen Tasker for all their hard work in setting up for the day. To Maureen Buck for looking after the baking stall. To Olly and Tiv for having the plant stall and especially to Olly for sorting out the signs. To Jill and David Mason and Mary Simon for all their help in the Village Hall with the washing up etc. To everyone who contributed cakes, sausage rolls and food for the refreshments, to those who gave plants and baking for the stalls and to everyone who came and supported us on the day.

Mhari Blanchfield and Linda Webster

Good Luck Anthony

We wish Anthony good luck in his quest to raise £1,000 for a school in southern India with his sponsored 100 mile solo bicycle ride along the Kennet and Avon Canal from Bristol to Reading on July 6th and 7th.

To contact him - 01366 347849 or email anthony.blanchfield@btinternet.com

Forthcoming Events For 2013

July 13th Jazz Festival Barton Bendish Hall see advert

July 27/28th Joint Flower Festival St Andrew's Church

August 24th Barton/Boughton Challenge 3pm All Saints Church, Boughton

September 28/29th Art and Craft Exhibition

November 21/22nd Wreath Making (also possibly a daytime workshop)

December 14th Evening of Entertainment 7pm

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Unveiling of the Plaque

Sixty years ago to the very day a lime tree had been planted to mark our Queen's Coronation but at some time the plaque to commemorate the occasion had been lost. At 2pm on the day of the Open Gardens a crowd gathered in the middle of the village to watch a replacement plaque being unveiled by four people who were present when the tree was first planted.



They were Freda Rumball (nee Harrison), Maureen Buck (nee Baines), Sheila Sharp (nee Newson) from Leicester and Derrick Horn from King's Lynn.

Swaffham Community Hospital Annual Collection

A very big thank you to the residents of Barton Bendish and Eastmoor who donated to the Annual Collection. The sum of £201 was raised. Thanks to Bill and Maureen Tasker for helping to distribute the envelopes.

Maureen Buck

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Flower Festival

As you know, the Festival of Flowers hosted jointly with Beachamwell and this year to be held at St Andrew's, Barton Bendish is on the 27th and 28th July with a theme of 'Book Titles'. If you would like to do an arrangement it would be very much appreciated - all levels of ability and age take part and the children always seem to have great ideas. Our flower festival is about raising funds but also very importantly to bring the communities of the two villages together and to welcome any members within the communities who would like to be involved. If flower arranging isn't something you fancy having a go at this year we also need people to volunteer to help on the raffle, refreshments and a couple of stalls, for whatever time you can spare. If you are able to donate any cakes for the refreshments, plants for the plant stall, raffle prizes, second hand gardening books, or able to put up posters we would also be very grateful. Thank you

Mhari Blanchfield (01366 347849) or Linda Webster (01366 347563)

Barton Boughton Challenge 2013

The Great Barton-Boughton Bread Bake Off!!!

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

There will be refreshments, funded by the proceeds from last year's challenge. We know Barton has good bakers and now is your chance to practise your bread making skills or to have a go if you've never tried before! WE NEED YOU!!!! All are very welcome to come and support our village, even if they are not taking part. Transport to the contest can be arranged.

Mhari Blanchfield (01366 347849) or Linda Webster (01366 347563)

Art, Photography and Craft Exhibition

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

Mhari Blanchfield (01366 347849) or Linda Webster (01366 347563)

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Meetings Held 15th May, 2013

Annual Parish Council Meeting

Five Councillors, the Parish Clerk and four members of the public attended.

Cllr R.J.Bostock was re-elected as Chairman and Cllr P.A.J.Carter was re-elected as Vice-Chairman.

The Projects Sub-Committee will continue under the chairmanship of Cllr McAlister. The Footpaths Sub-Committee has been discontinued.

Cllr Webster delivered the annual report from the Poor's Charity. There have been three meetings of the trustees in the year ending 31st December, 2012 and the accounts are in good order. The annual reports from the Chairman and the Village Hall Trustees were delayed until the July meeting of the Parish Council.

The Accounts for the year ending 31st March, 2013 were approved.

Ordinary Parish Council Meeting

Attendance as for Annual Meeting.

1. As the Chairman has not received a reply to his letter to The Brecks Partnership regarding the sign on the A1122, the next step will be to approach the County Surveyor.

2. The Coronation Tree plaque will be unveiled on Gardens Open Day, 2nd June. It is hoped that the work around the base of the War Memorial will be completed before the July Council meeting.

3. Cllrs expressed their dismay at the drastic cut-backs of hedges and trees around the village and the lack of any communication from Albanwise giving advance warning of such activity. The Parish Clerk will write to Albanwise accordingly.

4. The sewage smell has once again appeared in Buttlands Lane. Anglian Water will be asked to take appropriate action.

The next meeting of Barton Bendish Parish Council will be held on Wednesday, 17th July 2013 starting at 7.00 pm in the Village Hall.

Lt Col I.R.Berchem, Parish Clerk

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St. Mary's Church

By the time this magazine reaches you our Open Gardens' Day will be over so I will report on this in next month's magazine.

Advertising is now starting for the **Festival of Flowers** being jointly organised with Barton Bendish and posters will be going up shortly. The Festival is going to be held in St Andrew's Church, Barton Bendish this year on **Saturday 27th and Sunday 28th July** and the theme is "**A Book Title**". Next year it will be held in Beachamwell again.

The organisers will be very happy to hear from you if you are able to help in any way – you will find names and contact numbers below. Flower arrangements of all kinds will be very welcome from large displays to small arrangements of flowers with lots of props and some with a touch of humour perhaps? The organisers also need lots of volunteers to help with the refreshments, stewarding, selling raffle tickets etc. The Festival of Flowers is open on both days between 11 and 4 and if you can spare an hour or two on any of these days to help in any way the organisers will be really pleased to hear from you.

Barton Bendish: Mhari Blanchfield (347849): Linda Webster (347563)

Beachamwell: Gill Sanderson (328818): Sonia Williams (328774)

Gill and John Sanderson are hosting a **Wine and Cheese Evening** on Friday 30th August at Park House. Definitely a date for everyone's diary. More details will be in the August edition of G4N.

Estimates have now been received for the repair of the porch roof and these will be discussed at our next PCC Meeting on 9th July. The initial paperwork needed has been sent to the Diocesan Office at Ely and also to English Heritage. We are currently awaiting their comments.

The next Scrabble afternoon is Wednesday 10th July from 2 – 4 p.m. at Orchard House and the July Afternoon Tea is on Wednesday 17th July from 2 – 4 p.m. in Beachamwell Memorial Hall. Everyone is always very welcome indeed.

Graham Williams (Churchwarden)

St. Mary's Flower & Brass Cleaning Rota

7th Sarah Richardson; 14th Mary Riches; 21st Sonia Sandell; 28th Gill Sanderson

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

Eileen Powell

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

WI



The June Meeting was a most enjoyable evening arranged and run by Jenny and Heidi. The members did not have to make anything towards the party food, just pay a minimal amount towards the cost of it. What a treat to roll up and just enjoy an evening, a rare opportunity for members to chat amongst themselves, the food was wonderful ordered from Waitrose and added to with salads by Jenny all really nice and 'hit the spot'.

Then we were treated to poems by Gilly Spencer really funny and life analysing poems that touched us all, I am sure Gilly won't mind being compared to Pam Ayres.

Thank you to all those who helped by weighing in with clearing up, Carole lending cutlery and making flower arrangements, Alan for putting up the tables so that we could all sit together. It all pulled together to make a memorable evening.

Val Sidey

theWI
INSPIRING WOMEN

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

For our latest walk on 5th June, we drove to Larchwood and then walked across to Warren Farm; followed the track up to Lodge Farm; then took the path to Warren Lodge and back to Larchwood. Once again we enjoyed the variety of paths, vistas, birds and wild flowers that characterise our walks around Beachamwell.

The group was delighted to see the reinstated footpath from the Lodge across to Toot Hill.

Leah Spencer

Connecting Threads: Exploring Our Paths

Beachamwell is one of four parishes chosen by CPRE Norfolk (*Campaign to Protect Rural England*) to take part in a project researching and celebrating local footpaths. Following an initial meeting in May a group of us in the village is now beginning to investigate our paths, looking at old maps and archives, and walking the paths to see how they have been shaped by landscape and history. We are also keen to talk to anyone who remembers walking in and around Beachamwell in the past.

A website for the project is now live at www.exploringourfootpaths.co.uk and this includes a blog for Beachamwell's activities. Why not sign up and keep in touch with this exciting project? For more information contact:-

Philip Spencer (01366 328536) or Sue Pennell (01366 328452)

Horticultural and Craft Show

The Schedules are being organised and printed and we plan to deliver them with the July issue of G4N, every household in Beachamwell and Drymere will receive a copy free of charge.

The schedule contains something for everybody and we do hope that you will contribute and make the Show a great success. It would be great if more children or grandchildren took part. All information is contained in the Schedule and remember all readers of G4N can enter. If you would like a Schedule telephone 01366328628 for a copy.

Those who purchased giant onions must have whoppers by now.

Carole Wilson and Leah Spencer.

Mobile Post Office

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

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Swaffham Cottage Hospital League of Friends

Thank the villagers who gave so generously to their Spring Envelope Appeal. The amount collected in Beachamwell was £195.87p. I would like to thank Verena Hartley, Betty Phillpot, Sonia Williams, Julie Ive and Diana Lambert for delivering and collecting the envelopes.

Carole Wilson

Beachamwell Memorial Hall

Beachamwell Welcome Pack

A big thank you to everybody who provided information for the Beachamwell Welcome Pack; to Sue Pennell for doing most of the typing; to Philip Spencer and Richard Hanson for photographs and to the Beachamwell Memorial Hall Committee for sponsoring the project.

The pack aims to help new residents settle into village life and has useful local information, details of village groups and annual events etc, plus a number of leaflets and brochures for things going on in the wider community.

Please let me know if someone moves in near you and I will deliver a pack to them as soon as possible. **Leah Spencer 01366 328536**

Barn Dance and Hog Roast

Fancy a really fun night out? Then please do add the date into your diaries for our major fundraiser this year - The Barn Dance and Hog Roast - which will take place on Saturday 13th July, 7.30 at St John's Farm, Beechamwell, PE37 8BE. Tickets are £10 and are available now from Caroline Sanderson 01366 328244 or Susie Davis 01366 328249. There is a licensed bar, a brilliant band and caller and a delicious hog roast with salads. As a biennial event our Barn Dance has proved very popular and successful and we hope to see both our regulars and newcomers to the area. If anyone would like to donate raffle items we would be most grateful. **Susie Davis**

Parish Council

The next meeting will be held in the Memorial Hall on Monday July 8th at 7.30. Everyone is welcome.

Cllr. John Adcock (Chairman)

If anyone did not collect their Diamond Jubilee Mug or would like to purchase more, please contact me on 01366 328983

Cllr. Par Clarke

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Thursday	Beachamwell	Post Office	10:05 am
4th July	Drymere	Telephone Box	10:40 am
1st, 29th August	Boughton	Sycamore House	15:20 pm
		Mill Road	15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Thursday	Wereham	The Pond	9:30 am
4th and 18th July 1st, 15th, 29th August		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

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

FARMERS' MARKETS

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

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

VILLAGE AND PARISH HALL BOOKINGS

Barton Bendish	Bill Tasker	01366 347432
Beachamwell	Leah Spencer	01366 328536
	Jayne Frost	01366 328893
Boughton	Pam Wakeling	01366 500 429
Wereham	Doreen Rolph	01366 500218

CHURCH SERVICES

July 2013

DATE	TIME	LOCATION	SERVICE
Sunday July 7 th	9.30 am	Barton Bendish	Breakfast service
	9.45 am	Shouldham	Holy Communion
	10.30 am	Marham	United Morning Service (HT)
	11.00 am	Beachamwell	Holy Communion
Sunday 14 th July	9.30 am	Shouldham Thorpe	Holy Communion
	10.00 am	Boughton	Breakfast Church
	10.30 am	Marham	United Morning Service(MC)
	6.00 pm	Fincham	Evensong
Sunday 21 st July	9.45 am	Shouldham	Morning Prayer
	10.30 am	Marham	Holy Communion
	11.00 am	Beachamwell	Family Service
	7 00pm	Wereham	Festival Songs of Praise
Sunday 28 th July	9.30 am	Fincham	Holy Communion
	10.30 am	Marham	Café Church (MC)
	11.00 am	Boughton	Holy Communion
	6 .00pm	Barton Bendish	Evensong

THURSDAY SERVICES:

4th, 18th, 25th Fincham, 11th Boughton. All at 10 am with coffee to follow.
Everyone welcome.

CHURCHWARDENS

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

BAPTISMS AND WEDDINGS

Please contact the Revd. Barbara Burton or the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

Boughton Parish Newsletter Summer 2013

Welcome to the second of what is now a regular feature of your Parish Council Newsletter keeping you abreast of the Council's activities over the last quarter.

The Council would dearly love to see more parishioners at our meetings. The Council represents YOUR interests, YOU pay the Precept and YOU have a voice. Please exercise your right to attend, see how the Council works, and contribute to how the village is looked after. Dates for Council Meetings are on the Notice Board in the Playground and are set for the current Parish Year.

What has the Council been doing since the last newsletter? The Village Pond has had the last of the larger willow growth removed thanks to willing volunteers and Councillors. The steady approach to controlling willow growth has meant that no major removals have been necessary and this has not left any scars on the pond-scape. As this is written, shortly after Open Gardens, the Pond looks a treat with the flag irises in full bloom. Also a new overflow has been installed following the blockage of the original overflow, which was built in the big drought of 1976 as witnessed by the date carved in the mortar around the base. We can now ensure that the level of the Pond can be controlled to prevent flooding of the road, and ensure a good volume of water is maintained.

Boughton Wishing Bucket: This continues to collect money for charity and recently received a makeover courtesy of Mr & Mrs Howard. This year's donations are going to Brambles Animal Rescue Centre as suggested by Mr & Mrs Golds. Thank you to all who make a wish and drop some coins in, your generosity is helping others.

The Fen: Activity has slowed following the start of the nesting season, but the verge-side trimming, final scrub clearance and boardwalk installation for this working year have been carried out. STOP PRESS! Boughton Fen has won another award for the efforts of the Fen committee and volunteers; see the article elsewhere in this edition.

Street Furniture: The circular memorial bench and the Frank Savage Memorial table have both had a clean and preservative treatment to keep them looking in tip-top condition.

Playground: The playground has had an annual inspection and minor maintenance work recommended has been carried out by councillors. A regular regime of interim inspections will continue to monitor the equipment.

Parish Councillors: We now have a full compliment of councillors, which is a

BOUGHTON VILLAGE NEWS

significant achievement in current times, when many parish councils are struggling to achieve a full council. You can see individual responsibilities of the councillors, and their reports to Council on the G4 website here <http://www.group4news.co.uk> where Minutes of the Parish Council Meetings are indexed.

Meeting Minutes: If you would like a copy and cannot access the website, they are available from The Clerk, Dave Horkan on 01366 347890 or e-mail boughtonclerk@aol.com.

Boughton Parish Council

Boughton Fen

NEWS EXCLUSIVE!

We have heard today (June 11th) that Boughton Fen has won a Norfolk Community Biodiversity Partnership award for our work on maintaining and improving the fen along with the walk. This will be presented in July

The award is in recognition of the work carried out by the committee and all our enthusiastic volunteers along with specialist contractors in improving the areas of wetland by removing invasive scrub, reed cutting, raising water levels and other environmental improvements.

The judges were also impressed with our engagement with the local community and provision of access to this important SSSI and County Wildlife Site.

Mark Pogmore (Chairman Boughton Fen Committee)

Open Gardens

I am writing to pass on my thanks to everyone who helped serve such successful lunches and teas on Sunday 9th June.

I am always grateful for the fact that a few words here and there produce such wonderful support and fabulous cakes. Boughton always come up trumps on these occasions and our visitors are always impressed.

My thanks once again to everyone. It was a lot of hard work but worth it and special thanks to Lynne who although she couldn't stand for long - sat on a stool and worked that way. "KEEP CALM, SIT DOWN, AND CARRY ON"!

Best Wishes,

Sandy Reid

BOUGHTON VILLAGE NEWS

Boughton Open Gardens Day 2013

The day dawned bright and sunny, with a promise of summer heat to come no, that would have been lovely, but it was not to be. After all the sunshine of the previous week, it was cloudy and definitely without summer heat. However, it stayed dry, in spite of some light drops in the morning, so not a repeat of the dreadful day a couple of years ago, when it didn't stop raining all day.

After weeks of preparation, there was little else I could do but hope I'd done my bit in publicising the event. There were a couple of heart-stopping moments the tickets hadn't been printed on Friday morning, but thanks to Alan Wilkinson they were done at the by the afternoon. Many thanks for stepping into the breach there, and to Amanda for getting them done in Downham Market. Then on Friday, I also found that the Lynn News had left us out of the weekend calendar!! However, the power of email and word of mouth can work wonders and when I went to the church and saw how beautifully Sandy and her team had laid out the church/community space for lunches and teas, I knew that the day would be a success. Thanks to Andy Beeston and Frank for all they do to support the church and community space.

On the day, we had twelve faithful supporters who opened their gardens to raise money for the church. They had all done it before and knew what an enjoyable day it can be, but it would be lovely if next year we had some new gardens. They don't have to be perfect in every blade of grass, or full of beautifully sculpted shrubs, because the people who come just like looking at a variety of gardens in different shapes and sizes. There are a range of styles – mine is variously described as 'full', 'good for wildlife' or 'interesting'. It wouldn't suit everyone, but somewhere in the village is another garden which suits the taste of someone else. It was interesting to compare the effect of the weather this year with previous years. We always hold the event on the same weekend in June, so direct comparisons can be made. In previous years, my clumps of oriental poppies would have finished flowering, but this year they are only halfway there with plenty of buds still to open and the 'Patty's Plum' poppy was still showing in all its glory – that's never happened before. On the other hand, the delicate blue irises are only just beginning to flower and the first roses have appeared since Sunday. I expect the other gardeners would say the same. I know they would also say that they would love a chance to see the other

BOUGHTON VILLAGE NEWS

gardens, but so far we haven't managed to work that one out. Everyone's too busy before the day and too exhausted afterwards.

I must thank Tony Golds and Carol and Giles Lockett, who were selling tickets and welcoming people to the village. It ties them in one place all afternoon, but is the first impression visitors have. Sandy and her team did a wonderful job in the church and as people came round the gardens they were singing the praises of the lunches and planning to go back for tea. They were delighted to be given tea in REAL china cups and were enthusiastic about the whole experience. Good catering has always been a strong point in our OGD days and I know that once Sandy has volunteered, I can forget about it. Many thanks to Sandy, Lynne, Debbie, Wendy Baines, Michelle Heath and Marion, who were on duty when I went down to sample the cakes. Thanks also to the people who made cakes and donated items for the lunches.

The Plant Emporium was beautifully laid out and stocked with some really good bargains. There weren't as many plants as we sometimes have, which is true of all plant stalls so far this summer, but the quality was excellent and the results justified all the hard work put in by Angela and Andrew. Thanks to those who gave so generously.

As I said on the maps and in the publicity, this event is the major fundraiser for the church. We depend on it to help pay what Ely demands from us, which helps to maintain an overworked priest in our eight parishes. Thank you to all those who came, from the Horticultural Society in Downham to the bellringers of Watlington and Swaffham, from Litcham, Dereham, Stamford, from near Peterborough and wherever else. We depend on your support year after year and your appreciation and enjoyment of the day make it doubly worthwhile.

This year we raised a total of £1150 and made the treasurer and the PCC very happy

Pam Wakeling

WEREHAM VILLAGE NEWS

Wereham Village Fete

Sunday 21st July - 11.00 to 3.30 pm

Festival Exhibition (for the youngsters.....)

Bring your creations (paintings, sculptures, Lego creation, etc.) into the church on Saturday 20th. The exhibition will be open on the Sunday.

Tray Gardens should be brought into the church on Saturday afternoon or Sunday morning.

Make sure that your Fancy Dress outfit is ready! The Fancy Dress Competition will be held at 11.30.

Stalls

Raffle (top prize £75). All the traditional stalls - Barbecue, Produce, Homemade Cakes, Plants, Hoopla, Horseshoes, Hoop Bowls, Beanbags, Bric-a-Brac, Books, Hook a Duck, Guess the Panda's name, Tombola and Vintage Cars.



Our heartfelt thanks to British Sugar for agreeing to sponsor the Archery again this year. If you didn't get to have a go last year, come and try your hand. Tuition will be given!



A Fire engine will be there (operational commitments permitting) and we are keeping our fingers crossed that a Police car will be able to come....

Lucky Programme Draw on the day with a prize for the winning number.

Thank you to local companies

We have received donations towards the Festival from the following companies. Hylton Gott, Frimstone, Newrooms, Wereham Auto Salvage, Bennett Homes - and British Sugar.

Please support us

As ever the success of the Festival depends not only on the generosity of local companies but also on the help and support from the Village. We know that you have lots of calls on your resources at the moment but please would you consider what help you could offer in the way of prizes, donations or produce for the stalls below:



Home grown garden produce and home made jams/marmalade and chutneys for the Produce Stall

WEREHAM VILLAGE NEWS



Cakes for the Cake Stall

Small gift items for the Tombola and Hoopla

Raffle prizes—bottles and chocolates are always popular!





Plants for Ronnie's Plant Stall.

Bric a brac for the White Elephant Stall

Books for the Book Stall

All items can be dropped off with Lynda at Crown House (501308), Lizzie at Chile House (500233) or Doreen at Queens Close (500218) See you there!

Wereham Festival Champion: Compete for the chance to win the title and become the Wereham Festival Champion!

 Points will be awarded for the top three scores in Horseshoes, Target Bowls, Hoop Bowls and Bean Bags (2 categories, under 13 and over). The person  with the most points across 4 games will be the winner. In the event of a tie there will be a play off on Horseshoes!

There will be an engraved cup for the winner of the under 13's and a medal for the over 13's.

Dave's Weighty Fish Challenge: After the success of the Sponsored Fish Challenge last year when he managed to catch 88 fish in Wereham Pond in aid of the festival (all safely returned to the water afterwards) this year Dave is going for weight of fish - a somewhat harder challenge!



Please support him if you see a sponsor form around the village and if you cannot make the festival then please call Lynda on 501308 if you wish to sponsor him. British Sugar have said that they will match the amount raised so it is a very worthwhile addition to our fund-raising effort. Thank you Dave!

Wereham on Facebook

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

Parish Council Meetings

The last meeting was held on Tuesday 14th May. If you would like a copy of the Minutes from that meeting, please contact:-

Mrs N E Clifford-Everett (Parish Clerk) 33 Lynn Road , Southery
Downham Market, PE38 0HU 01366 377799

The next meeting is Tuesday 9th July at 7.30 pm. All welcome.

WEREHAM VILLAGE NEWS

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

We will continue to meet on Fridays throughout the School Holidays, unfortunately we are unable to cater for school children (siblings of tots) during these sessions - just for the School Holidays.

Thank you for your understanding and continued support. **Angela**

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

Enquiries to Roger Collins on 01366 500088.

Car Boot Sale - Last Sunday of every month, 9-12noon, from May to September, Wereham Playing Field. £5 per pitch, refreshments & bacon butties. Next date: **July 28th**. All proceeds to the Village Hall. To book a pitch call **Victoria 501277**

Wereham's Pop-Up Café: Our first Pop-Up Café was a wonderful success. I think everyone who came for a fresh coffee/tea and homemade cake was pleasantly surprised, even our gentleman friend from Hilgay who had 2 teas, 2 slices of cake and just sat and read the papers. The lovely ladies who were swapping recipes and absorbing the atmosphere, those who just sat and relaxed and those who popped over for tea and cake and whizzed off again.

The cakes were scrummy so a big-thank you to June's cake-makers... Spread the word, the next Pop-Up will take place on **Tuesday 2nd July** at 10:30 till 12:00. Everyone is more than welcome to come along, just Pop-in, you don't have to stay just have a cake & cuppa and be on your way.... we look forward to July's sumptuous cake delights.....

All proceeds going to Wereham Village Hall, registered Charity No..1151336
Jacqueline & Nicki.

I attended the first Pop-in held in the Village Hall on Tuesday, 4th June. What a lovely relaxed atmosphere welcomed me, tables set up with little posies of flowers, newspapers, local magazines to browse through if you wanted to. In my case I enjoyed sitting chatting to new people I hadn't met before. I exchanged a couple of cake recipes and arranged to meet next month. All this for £1.00. Tea, coffee, homemade cake or a scone - **bring it on!** Jackie and Nicki were great hosts. **Jenny**

WEREHAM VILLAGE NEWS

Friends of Wereham Village Hall Group

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

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

Slow Down !!!!

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

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

Ink Cartridges and Mobile Phones

The collection boxes are located on the piano in the Village Hall. Alternatively, I'll collect - **Victoria 501277.**

Update from Wereham Village Hall Committee

Brief update from our last meeting on 21st May -

We welcomed new Trustee Roger Collins to the Committee as the representative of the Bingo Club. We were unsuccessful with our application for funding to fix the floor and flat roof, we are now in the process of obtaining three quotations and will aim to resolve at our next meet. We have taken delivery of the chair trolley and 20 navy table cloths to match the chairs. The New Build Team gave an update on visits to three other village halls that have been successful with funding, an update in response to discussions with Wren and Lottery, a business case (displayed in the hall) and advised the next stage of the project is evidencing community issues/needs and the various types of evidence required for funders. At our next meeting on the 18th June, we have a guest speaker from the recently successful Thornham Village Hall who were awarded £500k by the Lottery last September.

Governance -

For the benefit of the charity, holding/trustees and funding applications, we are in the process of replacing our 1961 Trust Deed with an up to date version supplied by the NRCC. We are working with our holding Trustees (the Parish Council) on this. This is still pending.

WEREHAM VILLAGE NEWS

New Build Team -

We have been advised by our area co-ordinator at the Lottery that they will require -

- * An up to date door survey to evidence about what's difficult about living in our village and what the village hall can do to remedy that (get thinking caps on)
- * Evidence that we support other communities with events/clubs as our village is too small to gain major Lottery funding

To gain this evidence we will be actioning as follows -

- * From the 8th to the 21st July, members of our Committee and 'Friends of' will be conducting a door to door one page survey.
- * By the time you read this we will have actioned a community event at the Church Open Gardens and be preparing for a survey at the Church Fete. This is your opportunity to tell us and funders how your new village hall can help you.

Please support your village hall by completing the survey. If you expect to be away and would like to support it please call Victoria on 501277.

Thanks in advance - Helen and Victoria

A big thank you to -

- everyone who supported the first monthly Car Boot, we raised £169.
- all the children who attended a Craft Club on Thursday 30th May to help make 'creations' for the Church Fete in July. Thanks to Nicki and Chris Loake for the help setting up and clearing away.
- everyone who supported the opening of the Pop-up Café.

50's Night 12TH July - 8.00 PM

Dom and Dadyo's are returning to Wereham for another night of 50's dance hits.

Tickets are £5.00. Licensed bar, snacks, raffle and prize for 'best dressed 50's guy and gal.

For tickets call Victoria 501277 or text 07725513583.



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

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A Select Art Exhibition

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



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

A special selection of art work will also be on sale at reduced prices.

Also exhibiting is contemporary artist Kevin Turton, showing his unique style of texture and deep glazes enhancing the illusion of moving through the landscape.

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

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

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



The All Saints Painters Group

The artists would like to thank the many visitors to their recent exhibition for their continued support and many kind comments this year.

We hope to see you again next year.

Patsy Hood and Anne Wormack

Northwold Art Group Annual Exhibition

Village Hall Northwold

16th and 17th August 2013

10 – 5 daily

Free Entry

Enquiries phone 01366 727582

ART CLASSES



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If you have never picked up a brush before, here is your opportunity to try. The studio is open most days for morning and afternoon sessions. All materials, equipment, refreshments are included in the course fee.

Come and enjoy yourself, and if you would like further details please give me a call on 01366 328874 or email: enquiries@colinmasonfineart.com



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www.bedingfeldarms.co.uk

Facebook/Twitter also on Oxborough Messenger Website

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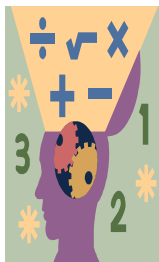
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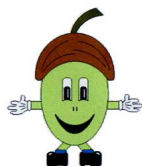
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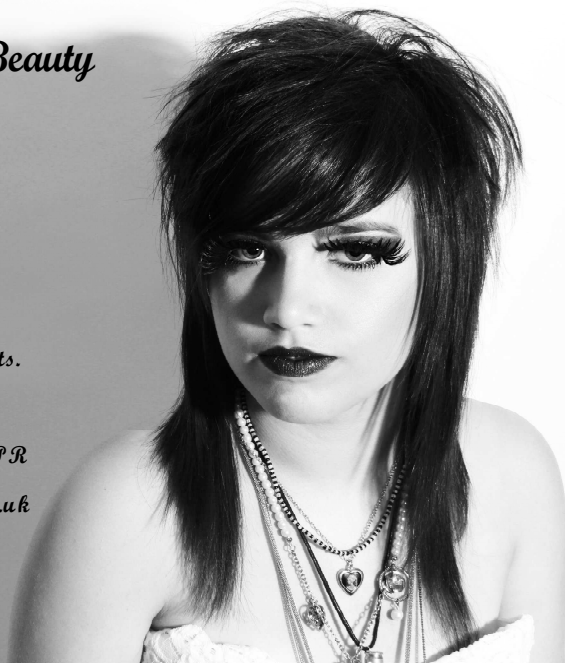
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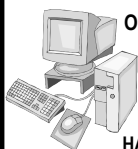
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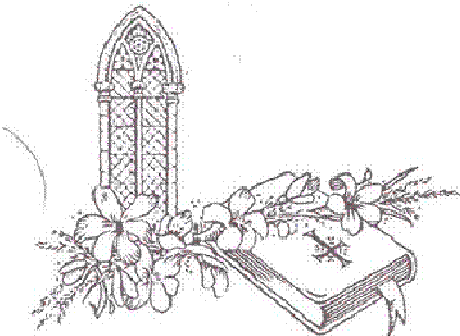
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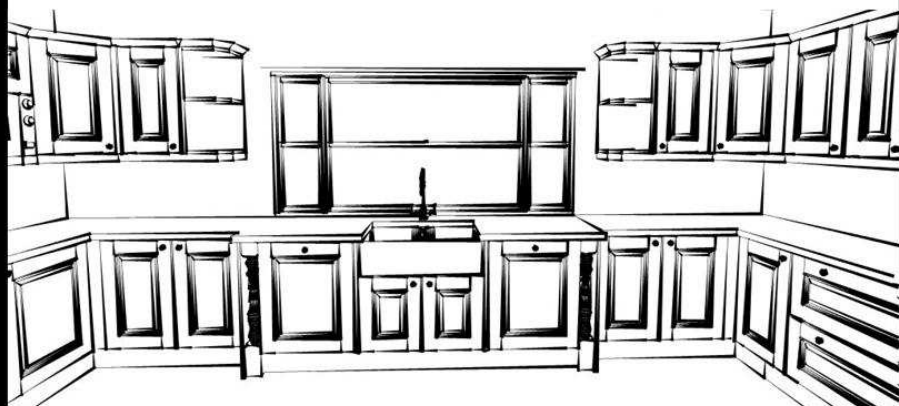
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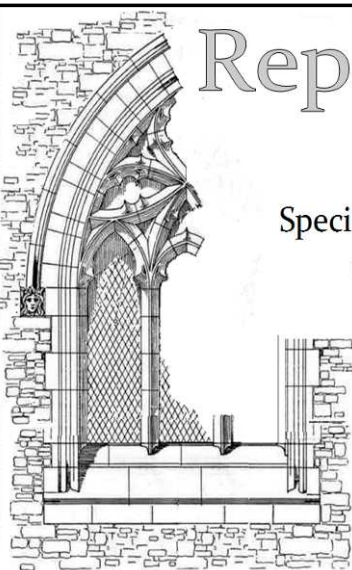
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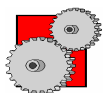
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