

Group 4

NEWS



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

July 2015

WELCOME



Another packed edition for you to read at your leisure.

Once again, many events are taking place in the villages and surrounding area so once more we are spoilt for choice.

If you are able to attend any of those advertised the organisers will be more than pleased and appreciate your support.

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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Please submit all information through your Village Contacts.

Deadline for copy for the August edition 11th July

ADVERTISING

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e:mail: group4news@gmail.com

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WEBSITE

www.group4news.co.uk
Kevin Fisher, Tel:01366 502224

‘FROM THE RECTORY’



New Rectory
High Street
Fincham nr. King's Lynn
Norfolk
PE33 9AP
01366 348079

Pastoral Letter July 2015

Dear All,

A teacher stood before his class with some items in front of him. He picked up a large empty jar and began to fill it with some rocks. He asked the class if the jar was full. They all agreed that it was. Next, the teacher picked up a box of small pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was. Then the teacher picked up a box of sand and poured it into the jar and again he shook the jar lightly. The sand filled up all the small spaces. He then asked once more if the jar was full. The students responded with a ‘Yes!’

‘Now’, said the teacher, ‘this jar represents your life’. The rocks are for the really important things - your faith, your family, your health - things that, if everything else was lost and only they remained, then your life would still be full enough. The pebbles are the other things that matter, like your job, your home and the daily necessities. The sand is everything else.’

‘If you put the sand into the jar first’, he said, ‘there will be no room for the important things - the pebbles and rocks. The same goes for your life. If you spend all your time and energy on the small things, you will never have room for those which are important. Pay good attention to the rocks, because they are critical for well - being. Take time for God and let your faith grow. Show love to others. Take time to look after your health. There will always be time for other, less important, things. Set your priorities. The rest is just sand.’

I pray that your priorities in life are always blessed by God and may your life never be clogged up by all that unnecessary sand.

Yours in his service.

Barbara

BENEFICE NEWS

Friends of Nakwero working in Uganda

The Friends of Nakwero (FON), a West Norfolk based charity, is making a difference in Uganda.

It has just funded a borehole at the Norfolk Vocational Institute (NVI) in Nakwero so students have a supply of clean water all the time. Before this, after any stored rainwater had been used up, they had to buy water by the jerry can and bring it on site by bike. Most of the funding for this project came from the Church in the Woottons, which is continuing to raise money for the school.

FON has supported NVI in Uganda since 2007. The inspiration came from Canon Henry and Jane Lugolobi, long-standing friends of two of the trustees, John and Barbara Church, of Watlington.

They had a vision of helping young people develop practical skills, such as tailoring, hairdressing, IT, electrics and carpentry to help them earn a living.

To achieve this they wanted to build a vocational school. Within a year, using funds raised in West Norfolk, a four-classroom block has been built on donated land and the school opened its doors to the first students in February 2008, FON, now run by a group of 11 trustees, works in partnership with the Management of NVI.

The charity raises money from donations, presentations and from local churches including Congham, St Faiths Gaywood, the Woottons and the Watlington Group. It regularly sends money to Uganda to help with instructors' salaries and other running costs. Since 2007, more than £30,000 has been raised and this has funded about half of the costs of NVI, the other half being sourced in Uganda itself.

Most important of all, more than a hundred young Ugandans have been given a chance to earn a living for themselves.

If you want to know more about this or travel to Uganda with us to see for yourself, or even donate to the cause, contact me on 01553 810 584 or email jbchurch@care4free.net.

See the website: www.nakwero.com

John Church, Watlington

COUNTRYSIDE NOTES

Well, 'Gardens Open' has been and gone with Barton kicking off on the 7th June. Personally we don't normally have ours open at the beginning of June as there's not usually much in flower then but having said that when we are allocated the end of the month then quite a few things are past their best. Besides there's never a good time for everyone. Anyway, this year we decided we'd take a chance, at least there were a few roses and other things out but our clematis and most of the perennials, which by the end of June would have been making a fine show, are decidedly backward because of the miserable spring weather. While we try to have colour in the garden all year round late May and early June is an in-between time. June is a bursting forth sort of month and the matter of four weeks makes a huge difference to the garden whether it be vegetables or flowers.

This spring has proved to be extremely difficult for gardeners. Even right up until the end of May frost was a threat and one was left with the dilemma of planting out tender plants and then having to try to cover them up (not always easy and sometimes impossible) or leaving them in trays which could easily be put back under cover. Trouble is they reach a stage when they become weak and stunted. Cool day time temperatures, even colder nights and a strong breeze from a northerly direction does little to help them become quickly established even when they are planted out. Looking round my flower borders at the end of May I was trying to decide whether to leave in the wallflowers and forget-me-nots which were looking rather jaded but still provided some colour or pull them up and replace them with some bedding plants - decisions, decisions!! In the end they stayed. The plants in our garden often seem to be behind other peoples so it was more of a case of visitors having to use their imagination as to what it would look like if everything that was in bud was actually flowering, which it would have been by the end of the month. Our poor outdoor tomato plants have suffered badly. Having just about survived being crammed into a small cold frame every other night when the risk of frost in rural spots was forecast, we eventually planted them out only for them to be subjected next to torrential rain and then to gale force winds a few days before our Gardens Open.

However we were blessed with lovely weather on the day and visitors flocked to the village from all around. Most of them stopped to have a chat asking about our garden or telling us about theirs. Once again David's albums of old village photos proved of great interest with many people discovering pictures of their relations who had once lived in Barton.

Jill Mason

GARDENING TIPS

I am pleased to report that my efforts trying to save some of my plants earlier in the season have proved successful! I put most of the plants out into my cold frame as soon as practical, but nothing really started to move until we had a good shower of rain! That leads me to think that a lack of nitrogen may have had something to do with the problem, or my own water supply had become polluted in some way. Since recovery started I have been using the same rain water supplies to no ill effect so I still cannot give a positive answer to the original problem. I shall be watching points very carefully next season!

Hopefully, we can all look forward in a positive way to the summer season with thoughts of good weather and bountiful crops from our gardens. However, many gardens are very dry so unless we get quite a copious supply of rain, watering will be an absolute necessity. This latter will apply particularly to our soft fruit canes and bushes. Please do not overlook any plants in hanging baskets, pots and other containers these will dry out far more quickly than the open garden area. One thing to be remembered – continuous watering in a confined space dilutes the available plant food in that particular vessel, so feeding is an absolute must. I treat all of my plants, held in any form of container to a feed regularly once each week.

Lawns are also prone to suffer under very dry conditions so leave the grass that little bit longer. Cutting too short exposes the roots to the wind and sun's drying effects. If you feel you must water then do not do it in the day time or most of the water will be lost to evaporation. Wait until the evening and water copiously, this will give the water its best chance to get into the ground and be absorbed by the grass roots. If you start watering, you will find the process has to be a continuing routine. Doing it 'every so often' can do more harm than good. I know a parched lawn looks terrible but unless you are prepared for extended use of a sprinkler system and a great deal of expense, watering becomes a questionable option.

Did you watch the BBC Chelsea programmes this year? I thought the coverage was rather better but I still think far too much of the popular evening viewing times are taken up with presenters pontificating and looking at the 'Show Gardens'. Perhaps a bit more time in the marquee or looking at some of the new greenhouse designs and gadgetry would be of more interest, to the enthusiastic gardener! Is it becoming a bit too 'top heavy' with personalities and

GARDENING TIPS

in danger of becoming just another television show rather than a prestigious garden event?

The roses are looking good this year, my climbers are full of good quality blooms. Early July is the latest time of the year to feed roses, otherwise they tend to produce too much soft growth too late which will not stand winter conditions. As the season progresses do not over-look the need to dead head spent flower blooms. This process, although somewhat tedious, certainly increases the production of more blooms later into the season. Keep an eye on any tall dahlias and chrysanthemums – to keep them at their best they will need staking and tying, otherwise any gusty wind will have them down and spoilt. To maintain the process of growth and flower production, sweet peas need a steady programme of feeding and watering. Keep cutting the blooms to stop the plants diverting their efforts into seed production. If you grow your own primroses, polyanthus and winter pansies, sow the seed early this month followed by wallflower seeds in the middle of the month. At this time of the year germination can be a problem, so having sown and watered the seed, keep it warm but shaded from the direct rays of the sun and keep the resultant seedlings semi shaded but in good light until they are reasonably strong. Direct, hot sunlight can seriously harm germination and young tender seedlings at this time of the year. July is the ideal month to split up overgrown clumps of Iris. Discard the old worn out rhizomes and pot up younger ones to be replanted in the flower beds later in the season. If it is very dry a very light water spray will help to set runner bean flowers. Once the flowers are set however, the plants will need plenty of water to make the beans grow quickly to produce those tender young pods that are so delicious!

PLEASE NOTE

It is the **Downham Market Horticultural Society's** annual Summer Show on Saturday, 12th July

Do please come along and give it your support.

Staging from 7.00 - 9.00am.

Open to the public at 11am.

Thank you

Roy Coughtrey



Butterfly walk

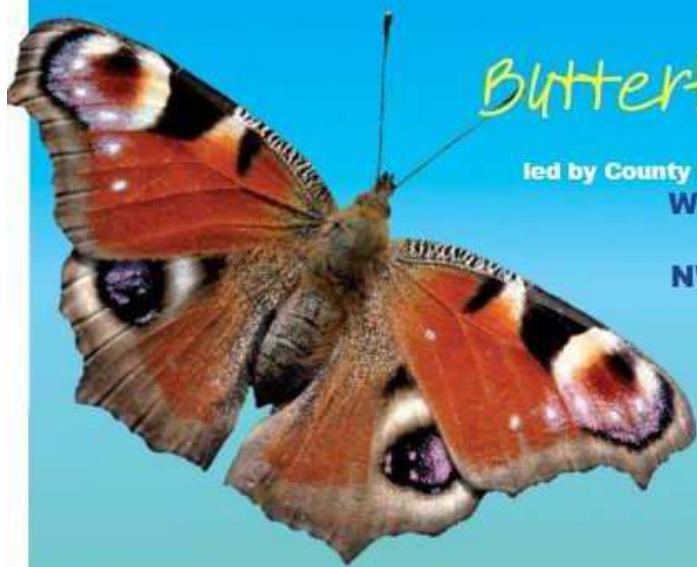
led by County Recorder, Andy Brazil

Wednesday 1 July

11am – 1pm

NWT Foxley Wood

NR20 4QR



FREE! For more details & to book your place, email: beth.roberts@breckland.gov.uk

Bumblebee walk

led by expert Nick Owens

Thursday 23 July

11am – 1pm

NWT Thompson Common

NR17 1DP



www.breckland.gov.uk

[@BreckCouncil](https://twitter.com/BreckCouncil)

[Breckland Council](https://www.facebook.com/BrecklandCouncil)

REGISTER OF ELECTORS

This year's annual registration exercise starts towards the end of July and everyone will be responsible for their own registration. This is called Individual Electoral Registration (IER) and replaces the previous system which allowed one member of a household to register everyone who lived at their address.

The first part of the registration process is the issue of a Household Enquiry Form to collect the details of people aged 16 or over. Anyone new to an address or who is not currently registered under IER will then be sent an individual registration form.

The Electoral Registration Officer would very much appreciate householders' co-operation in completing the Household Enquiry Form as quickly as possible. A prompt response to any individual registration forms issued would also be helpful.

Online registration is now available at www.gov.uk/register tovot e and only takes a few minutes.

If anything is unclear, householders or individuals can contact the **Electoral Helpline on 01553 616773 (West Norfolk) or 01362 656271 (Breckland).**



FIND THE "NATIONS' FAVOURITE WILDFLOWER"

And the Nation's Favourite Wild Flowers are...

Its official – after nearly 3 months' of voting, the public have had their say.

June 09 2015 Public votes counted and the favourite wild flowers of England, Scotland, Wales and Northern Ireland revealed as:

- [Bluebell](#) (*Hyacinthoides non-scripta*) for England
- [Primrose](#) (*Primula vulgaris*) for Wales
- [Primrose](#) (*Primula vulgaris*) for Scotland
- [Primrose](#) (*Primula vulgaris*) for Northern Ireland



From a shortlist of 25 wild flowers, including [honeysuckle](#), [cowslip](#), [poppy](#) and [foxglove](#), two spring woodland flowers have emerged as favourites in each of the UK countries. While bluebell, known for carpeting spring woodlands in shimmering indigo, has come out on top in England and taken most votes overall in the poll, in a surprise result the humble primrose has clearly stolen the hearts of the Welsh, the Scottish and the Northern Irish.

There were also differences in opinion over which flowers should be placed in the top three for each country.

In England, primrose came a close second and poppy was third, perhaps spurred on by this year of remembrance



FIND THE "NATIONS' FAVOURITE WILDFLOWER"

[Wild daffodil](#) - the well known national emblem for Wales - didn't even make it to the top three, with bluebell and wood anemone coming second and third behind primrose.

In Scotland, primrose was way ahead from the start, pushing "English bluebell" into second place and having a close-fought tie with [harebell](#) – a beautiful wild flower often called "bluebell" in Scotland.

In Northern Ireland, bluebell took second place behind primrose, with foxglove - which thrives on acid soil and is found in nearly every part of the country – coming third.

Dr Trevor Dines, botanical expert at Plantlife, who are behind the vote says: "I'm really surprised – and quite delighted - that primrose has come out tops in Scotland, Wales and Northern Ireland. This might reflect their curious pattern of occurrence; in northern and western Britain, where it's wet and cool, primroses often spread out of woods and colonise roadside banks and verges. Perhaps they're more visible as a result and are just more part of people's lives." Many voters were keen to explain their choice of wildflower. "One chap told me he voted for primrose because he thought they were 'just perfect, and could not be improved in any way'".

The Nations' Favourite Wild Flower Vote is part of Plantlife's 25th anniversary celebrations. Well known voters included Rachel de Thame, the charity's Vice President who loves [snake's-head fritillary](#), and Mike Dilger, TV presenter and naturalist, [who voted for lesser celandine](#).

Marian Spain, chief executive of Plantlife says: "We're thrilled that so many people voted – it's a clear sign that people value and cherish the wildflowers around them. But some of the flowers on the list are declining – [pasqueflower](#) is now vulnerable to extinction and even widespread plants like [ragged robin](#) and harebell are becoming threatened in England. I wonder how many of these will be around when we repeat the vote in 25 years time? That's our challenge – to [keep the colour in the countryside](#)." Thank you to everyone who voted!

If you love wildflowers like we do, why not join us in our quest to bring colour back to the countryside? Here's a few easy ways you can help:

- [Become a member](#) www.plantlife.org.uk
- [Support the campaign to manage road verges better for nature](#)
- [Take part in the National Plant Monitoring Scheme](#)

BARTON BENDISH CHEESE AND WINE QUIZ

Thank you to all who took part in our quiz. There were 11 entries that got 50 out of 50. The winner of the draw was Sue Davis from Bunwell near Norwich. We are pleased to say that approximately 150 people took part. Many thanks as always to the people who sell the quiz sheets on our behalf. We are urgently looking for more people who would be prepared to sell our quiz sheets -it does not have to be in big numbers – selling 5 is a great help, either locally or further afield (we currently have friends and relatives of 'locals' selling them on our behalf in Somerset, Yorkshire, Scotland and Cambridgeshire!!) Or if you know of a business or organisation which would be prepared to have a stand with some in to sell, please let us know. Other charitable organisations are welcome to use part or all of this quiz sheet but we ask that a donation is made to St Andrew's Church Fund

Look out for our next quiz sheet which will be available at the end of July. If you would like a copy sent to you, please sent £1 or a cheque made payable to St Andrew's PCC and an SAE to:

Linda Webster

Rowan House, Church Road, Barton Bendish, Kings Lynn, Norfolk. PE33 9GF

We are now operating an e-mail list for people interested in being kept up to date with events happening in Barton Bendish. If you would like your address to be added, please send it to me at linntim@btinternet.com. Addresses will only be put onto our list and will not be passed onto anyone else.

The Answers

1) Village in Cambridgeshire (7) Stilton, 2) Fruit and fibre (9) Applewood, 3) Looks cold in this county (10 4) Shropshire/Derbyshire/Lancashire Blue, 4) Electronic water barrier (4) Edam, 5) Hide a horse (10) Mascarpone, 6) Sounds like part of the hand plus part of a beach (8) Parmesan, 7) Sounds like the evil doing of a male pig (7) Boursin, 8) Citrus woodland (9) Lymeswold, 9) Dairy product for a small house (7 6) Cottage cheese, 10) Man's name and digit (9) Davidstow, 11) Scandinavian colour (6 4) Danish blue, 12) Cooking utensil with a body part (6) Paneer, 13) Concerned young horse (10) Caerphilly, 14) Scarlet city (3 9) Red Leicester, 15) Stony garrison (9) Roquefort, 16) "Desperate Housewives" character (4) Brie, 17) Almost a hand gesture to the harbour (4 5) Port Salut, 18) Pungent clergyman (8 6) Stinking Bishop, 19) Expiration of a blackbird (7) Crowdie, 20) Sweet milk (10) Dolcelatte, 21) Greek monster meets a barefoot ex South African runner (10)

BARTON BENDISH CHEESE AND WINE QUIZ

Gorgonzola, 22) Famous gorge in south-west England (7) Cheddar, 23) Sounds like teddy is encouraged to hurry up! (9) Camembert, 24) One of Wallace and Gromit's favourites (11) Wensleydale, 25) County for gamekeepers' adversary (12 7) Lincolnshire Poacher, 26) Fortified wine to go with a cake (7) Madeira, 27) I go poring it (5 6) Pinot Grigio, 28) Almost a hanging platform (5) Gallo, 29) Belongs to Nelson's flag captain (6) Hardy's, 30) Unshod (8) Barefoot, 31) Coloured flexible appendage (6 4) Yellow tail, 32) The stream belonging to Joseph's dad (6 5) Jacob's Creek, 33) Harbour (4) Port, 34) 'Tis I, physician! (5) Medoc, 35) Sounds like an automobile in a South American city (5) Rioja, 36) Lire sign (8) Riesling, 37) Embark on a foreign water (8) Bordeaux, 38) Take the orange juice from Bucks Fizz (9) Champagne, 39) Name loved by Footballers' Wives (10) Chardonnay, 40) Beautiful, jolly, new French man (10 7) Beaujolais nouveau, 41) Tears of Christ (7 7) Lacryma Christi, 42) Experts of rebounding noise (8) Prosecco, 43) Sounds like the QC wife of a former British PM (6) Sherry, 44) Hills by a French river (5 2 5) Cotes du Rhone, 45) Contravening abuse (8 9) Cabernet sauvignon, 46) Light frying rewards (9) Sauternes, 47) Strong smelling trainee soldier (8) Muscadet, 48) Have T with Miss Balding (6) Claret, 49) Dark red (8) Burgundy, 50) Depressed sister (4 3) Blue Nun

Looking For A Bargain?

I have three new reclining chairs which I bought recently at Aldiss, Fakenham.

They are looking for a new home....

There will be no charge.

If interested please telephone 01366 327 094



Your advert could be here!

Alan Pickering Tel: 01366 386125 or 07779 787499

e-mail: group4news@gmail.com

WATER IS LIFE

This is good to know....

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Something else I didn't know... I asked my Doctor why do people need to urinate so much at night time?

Answer from a Cardiac Doctor

Gravity holds water in the lower part of your body when you are upright (legs swell).

When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important.

Answer from a Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack
- I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a dreadful pain.

WEST NORFOLK RIDING FOR THE DISABLED

Can you help us, please?

We need ordinary folk to do ordinary tasks - all you need are comfy shoes and a fleece when its cold! We need volunteers to walk along side a rider on a pony, help with fund raising events, help with fields, mucking out and grooming horses and ponies. DBS will be required and training given. Our horses and ponies give wonderful therapy - we need help to make it happen! Give us a ring and come up and see the action. 01553 810202

Thank you.

The Magpie Centre, Wallington Hall, South Runcton, K L, Norfolk PE33 OEP
Reg. Charity No. 1143390. Comp. Reg No.7650610

Walk to remember



Marie
Curie

Care and support
through terminal illness



**Take a 10k evening walk in memory
of a loved one and raise money to help
people living with a terminal illness.**

Sandringham Estate, Saturday 15 August

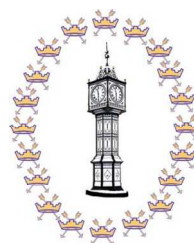
Sign up at mariecurie.org.uk/walknorfolk

Downham Market Town Council

15 Paradise Road, Downham Market, Norfolk PE38 9HS

Tel: (01366) 387770

Town Clerk: Mrs J M Markwell



Saturday 4th July 2015 10.00am – 6.00pm

Downham Market Town Hall, Summer Craft Fair.

Thursday 30th July 7.00pm for 7.30pm

Downham Market Town Hall Cinema – The Second Best Exotic Marigold Hotel (PG)

Sunday 9th August 2015 10.00am – 5.00pm

Downham Market Water Festival – Hythe Bridge, Great River Ouse Relief Channel

Come and join us for a day full of family entertainment, including Dragon Boat

Racing, Fun Fair, Craft and Food Stalls and much, much more.

Thursday 27th August 7.00pm for 7.30pm

Downham Market Town Hall Cinema – Still Alice (12a)

Saturday 12th September 2015 10.00am – 6.00pm

Downham Market Town Hall, Autumn Craft Fair.

For more information please contact Nikki on 01366 387770 or at

nikki@downhammarkettc.co.uk

*Our world is full of wonder, there is beauty everywhere, if only
we would take the time to stop and stand and stare.*

WHAT'S ON AT DOWNHAM MARKET LIBRARY JULY

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

We are now on Facebook. www.facebook.com/downhammarketlibrary

All children must be accompanied by an adult.

Regular Events

1. Scrabble Club. Tuesdays 7th and 21st July. 1pm – 3pm. No need to book but places on first come basis.
2. Reading Group. Tuesday 21st July. 3 - 4pm...Please contact the library to see about joining and books being read.
3. Knit and Natter. Meets on the first and third Wednesday of the month in term time. 1st and 15th July. 1.30 - 3pm.
4. Bounce and Rhyme. Weekly on Thursdays. 2nd, 9th, 16th July. 10.30am - 11am term time only. Bring your little ones along for some stories and rhymes.
5. Family Fun Saturdays. Come along and enjoy some board games at the library every Saturday 10am - 12 noon

Other Events

1. Brave New Reads Coffee Morning. Friday 3rd July 10am - 11.30.
2. Picnic and Pledge Saturday 11th July 2015 1.30 - 3pm.
3. Launch of the Record Breakers Summer Reading Challenge! Thursday 23rd July 10.30 - 11.30am...and sign up for Record Breakers!
4. 'Hole Punch' Card making. Tuesday 14th July 1pm - 3pm. Booking essential.
5. Ouse Fest Read. Monday 20th July - Saturday 1st August.
6. An Audience with Alison Bruce. Monday 27th July 2 - 3pm. Tickets £3 include refreshments. Booking essential.
7. iPad try out. Tuesday 28th July 1 - 3pm

Please note this event is part of the Friendship Group so £1 will be payable on arrival, refreshments provided

8. Family History Advice Desk. Having trouble researching your family tree? Need help? Book yourself onto one of our 45min advice sessions. Wednesday 29th July. 9.30 - 12.30pm. Booking essential

Elena Parkin, Community Librarian, Norfolk County Council, Downham Market Library. Email: elena.parkin@norfolk.gov.uk

FACTS YOU MAY NOT KNOW

1. It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
2. Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
3. Your tongue is the only muscle in your body that is attached at only one end.
4. If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, the thirst mechanism shuts off.
5. Each year 2,000,000 smokers either quit smoking or die of tobacco-related diseases.
6. Zero is the only number that cannot be represented by Roman numerals.
7. Kites were used in the American Civil War to deliver letters and newspapers.
8. The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.
9. Drinking water after eating reduces the acid in your mouth by 61%.
10. Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
11. The roar that we hear when we place a seashell next to our ear is not the ocean but rather the sound of blood surging through the veins in the ear.
12. Nine out of every 10 living things live in the ocean.
13. The banana cannot reproduce itself. It can be propagated only by the hand of man.
14. Airports at higher altitudes require a longer airstrip due to lower air density.
15. The University of Alaska spans four time zones.
16. The tooth is the only part of the human body that cannot heal itself.
17. In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
18. Warner Communications paid \$28 million for the copyright to the song Happy Birthday.
19. Intelligent people have more zinc and copper in their hair.
20. A comet's tail always points away from the sun.
21. The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.
22. Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

FACTS YOU MAY NOT KNOW

23. The military salute is a motion that evolved from medieval times, when knights in armour raised their visors to reveal their identity.
24. If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.
25. When a person dies, hearing is the last sense to go. The first sense lost is sight.
26. In ancient times strangers shook hands to show that they were unarmed.
27. Strawberries are the only fruits whose seeds grow on the outside.
28. Avocados have the highest calories of any fruit at 167 calories per hundred grams.
29. The moon moves about two inches away from the Earth each year.
30. The Earth gets 100 tons heavier every day due to falling space dust.
31. Due to earth's gravity it is impossible for mountains to be higher than 15,000 Meters.
32. Mickey Mouse is known as "Topolino" in Italy
33. Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.
34. Everything weighs 1% less at the equator.
35. For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off
36. The letter J does not appear anywhere on the periodic table of the elements





NATIONAL TRUST
Oxburgh Hall
Tel: 01366 328258

**A Wander in the Wash-pit
Throughout July and August**

The Wash-pit field (normally closed to the public) will be open for visitors to walk through and experience a wetland meadow (weather permitting).

Normal admission

Archaeology at Oxburgh

Wednesday 15 and Friday 17 July

During the national British Festival of Archaeology, see live excavations as we continue to unearth what's thought to be a 16th Century Brick Kiln, used for construction on the Oxburgh estate but buried for centuries. See our NT archaeologist and his team dig and record and learn about this fascinating part of Oxburgh's history. Please note that this is a small excavation and entails a 30 minute walk from the car park to the site.

Normal admission

Twelfth Night

Thursday 16 July, 7.30pm (Gates open at 6pm)

Join the Lord Chamberlain's Men this summer to see Shakespeare's best-loved romantic comedy. A joyous tale of love, longing and laughter and mischief, mayhem and mistaken identity, set in fair Illyria. *If music be the food of love, play on!* Bring rugs or chairs and a picnic. Refreshments available to purchase.

Booking essential on 08442 491895*

Adult £13.50, child £10. Prices on the night (if available) £15.50, £12.

Scything Day

Saturday 25 July

Watch our expert scythers cutting the meadow in the orchard and even have a go yourself. Richard from Emorsgate Seeds will be explaining why this ancient art is important, as well as being a 'calmer' method than a lawnmower and better for keeping fit! Also find out how you can create a wildflower meadow from scratch.

Normal admission

Beachamwell

Wednesday Walkers

Explore the rights of way in and around Beachamwell with us

Wednesday July 1st 10.00am

Beachamwell Memorial Hall

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

Enquiries:

Sue Pennell 01366 328452

Leah Spencer 01366 328536

Beachamwell

Tai Chi for Health

Wednesday 1, 8, 22, 29 July

2.00 – 3.15pm

Beachamwell Memorial Hall

Promoting good health Tai Chi is suitable for all ages and abilities

£5.50 session subsidised rate

All welcome

Enquiries:

Barbara Smith 01760 723102

or

Leah Spencer 01366 328536

Wereham Weekly Cash



UNDER NEW MANAGEMENT
OF THE WEREHAM VILLAGE HALL CHARITY

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



Wereham Messy Church

Thursday 2nd July

4.00pm - 5.30pm

Starts in the church followed by activities
and a free meal in the Village Hall

It will again be informal, fun and
enjoyable. It will include stories, singing,
activities and FOOD. Don't miss it. We
are looking forward to seeing you there.

Enquiries:

Debbie or Ian Rye telephone 502083
or call in at The Old Chapel by the
pond.



Beachamwell WI

Thursday 2nd July

7.30pm

Beachamwell Memorial Hall

'A Yoga Session'

Ann Lewing

Visitors Welcome

Tickets £3.00

Enquiries:

Jenny Gabrielsen 01366 328297

Wereham

Pop-Up Café



Tuesday

July 7th

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 7th July

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed at this meeting

'Perditia'

By Paula Byrne

Annual subscription £15.00

New members welcome

Enquiries:

Leah Spencer 01366 328536

Fincham

Wednesday 8th July

Coffee Morning

St. Martin's Church

10 -12

Enquiries:

May Pinches 01366 347228

Marham

Thursday 16th July

Coffee Morning

Holy Trinity Church

10 -12

Enquiries:

Norma Hayter 01760 339093

Beachamwell

Evening Yoga

**Thursday 9, 16, 23, 30
July**

6.00 - 7.00

Beachamwell Memorial Hall

Yoga is an ideal way to relax
after a hard day's work

£5.00 per session

Enquiries:

Jayne Winterbone 07544 974342

Barton Bendish

Jazz Picnic

Saturday 11th July

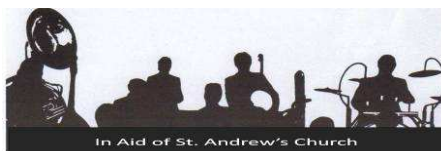
12:00 to 3:00 pm

(Gates Open 11:30am)

Grounds of Barton Bendish Hall

Bring your picnic and enjoy the music.
'Posh Picnics' to order from the Berney
Arms

Beer, Raffle and Ice Cream
Admission £5.50 in Advance, £6.50 on the
day (16 years and under free)
Contact 01366 347563 or 01366 347849
Proceeds to St Andrew's Church



Beachamwell

Local History Group

Sunday 12th July

4.00pm

Beachamwell Memorial Hall

'Banned From Beachamwell'

An illustrated talk by Lady Aurelia Young about the colorful life of her father Oscar Nemon – sculptor of world famous subjects including The Queen, Winston Churchill and Sigmund Freud

Tickets: £6 (including tea and cake) from Philip Spencer 01366 328536

www.beachamwell.org.uk

Proceeds in aid of AFB The Soldiers' Charity Reg. No. 1146420

Wereham

St. Margaret's Festival

Sunday 19th July

Specially for Children and The Young at Heart

There will be a Teddy Bears' Picnic inside the Church. The bears will be enjoying their picnic and playing together all afternoon. It would be lovely to see a special bear from every household in the village. The more the merrier!! Dress them up if you like. If your favourite Teddy or Teddies would like to come, please take them to Stina, Horseshoe Cottage or Pammie Walker, Albizia, both in Church Road, before Wednesday 15th July – they will make sure your teddies join the fun. Pammie 500408 or Stina 501253

Oxborough Art and Photographic Exhibition

Saturday 18th and Sunday 19th July

Oxborough Church and Chapel
10am - 5pm

Wide variety of art on display including sculpture and stained glass

Refreshments available.

All proceeds for the maintenance of the church and village hall

Beachamwell & Fincham Family History Group

**Tuesday 21st July
2 – 4pm**

Beachamwell Memorial Hall

'Family Occupations Over Time....'

£2 All welcome

Enquiries:

Janet Lynskey 01366 347694
or
Leah Spencer 01366 328536

Beachamwell

"Pop Up" Pub and Barbecue/Picnic

Friday 24th July

6.30 - 10.45

Beachamwell Memorial Hall



Enquiries

Susie Rix 01366 328249

A Beachamwell Memorial Committee Event

Nar Valley Ornithological Society (NarVOS)

Tuesday 28th July 7.30pm

The Barn Theatre

Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road.

An illustrated talk by Lucy McRobert

'Tracking Ospreys to Africa'

NarVOS is delighted to welcome Lucy McRobert, a researcher, campaigner, educator, environmental historian, wildlife journalist and Creative Director of 'A Focus on Nature'. She has written for BBC Wildlife and Birdwatch magazines, as well as appearing on BBC's Springwatch Extra. Lucy has worked with the Rutland Osprey Project and she is well qualified to talk to us about the Osprey tracking scheme.

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

Beachamwell Craft Group

Thursday 30th July

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 and Buy

All welcome.

Enquiries:

Leah Spencer 01366 328536

Boughton

Jazz Picnic

Saturday 1st August 2015

12:30 pm to 3:30 pm

Rectory House

Oxborough Road, Boughton, PE33 9AH

Featuring

Barry Tyler's Dixieland Jazz Band

Bring picnic, chairs or rug and join us on the lawn for a relaxing afternoon of Traditional Jazz

Real Ale and Jive Floor

Admission £7 on the Gate (Children Free)

Proceeds to Charity

Contact 01366 500315



Back by popular demand the.....



Boughton Village Drive Sale

**Sunday 30th August
10:00am to 2:00pm**

Stall Holders please contact
Angela Faherty on 01366 501335
to book your pitch
A £5 donation is all that is required

Bargain Hunters we look forward to welcoming
you back & would love to see more of you this
year

Refreshments will also be available with the
Famous Bacon Boys in town

A Boughton Village Caravan Production

Boughton

Clay Play Day

Saturday 19th September

Boughton Church

Get creative in support of the
Boughton Playground project!
Suitable for all ages including adults



Further details will
be available in the
August edition of
Group 4 but places
may be limited so please register your
interest by sending an email to
boughtonplayground@gmail.com

Would you like to exhibit at the

Barton Bendish

Art, Photography & Craft Exhibition & Sale

**Saturday 19th and Sunday 20th
September 2015**

The planning has begun for our seventh annual
exhibition and sale. If you are an artist,
photographer or enjoy craftwork and would like
to know more about taking part in the event,
then we would love to hear from you. We
welcome new exhibitors each year and are
always keen to encourage new people to join
our regular, valued contributors. We also need
lots of volunteers to help in the running of the
event, so would also love to hear from you if
you would like to come and help.

For further details contact:

Mhari 01366 347849, Linda 01366 347563
or Eileen 01366 347691

Proceeds to St Andrew's Church and The Village Hall,
Barton Bendish



'Torriano Ensemble'

'Classical Music Concert'

To include Mozart's Clarinet

Quintet KV 581

Saturday September 19th, 7.30pm

Swaffham Assembly Rooms

£7.00 for members

£10.00 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries:

01366 328648

RECIPE PAGE

Crab and Sweet Corn Soup

Ingredients

11/2 tbsp corn oil; 4 oz cooked crab meat; salt; 1tbsp rice wine or dry sherry;
12oz can whole corn kernels; 2 pints chicken stock; 2 lightly beaten eggs (whole
eggs or simply beaten egg whites); 2 level tbsp corn flour

Method

Heat oil in saucepan.

Add crab meat, season with salt and wine.

Add drained corn and chicken stock.

Bring to the boil, reduce heat and simmer for 5 minutes.

Add corn four blended with a little cold water.

Cook for a few minutes then finally add eggs and cook for a further minute.

Sweet Potato and Lentil Soup

Ingredients:

4 big sweet potatoes; Big mugful of yellow or red lentils; 1 large onion;
2/3 dried chillies or a very small one chopped (be careful with them, add bit by
bit and taste regularly) or you could just add some black pepper)
Tin chopped tomatoes; Seasoning; Greek yogurt/crème fraiche for topping
(optional); Chopped parsley (optional)

Method:

Peel and chop the sweet potatoes into very small pieces and boil until fairly soft.

Meanwhile chop and fry the onion in a large separate saucepan until soft.

Add a pint of water, add washed lentils, bring to the boil and leave to cook on a
low flame.

When the sweet potatoes are ready mash them and add to the lentils when they
are nearly cooked.

Keep liquid from the sweet potatoes to top up the soup if it becomes too thick.

Stir it all in and watch over it, giving it a stir every so often.

When it is thickening and the lentils are soft add some of the very finely chopped
chilli (optional), some salt and the tin of tomatoes.

Add water or potato juice if needed.

Add Greek yogurt/crème fraiche for topping and some chopped parsley

Eileen Powell

BARTON BENDISH VILLAGE NEWS

Congratulations Freda Rumball

Freda has recently been honoured by the Royal British Legion in recognition of providing sixty years of service through selling poppies in Barton Bendish and Eastmoor making her one of the longest serving Poppy Appeal Collectors. During a meeting of the Downham Market Branch at the beginning of May she was presented with an additional bar to her 50 year collection badge.

Congratulations Grace Davies

Seven-year-old Grace Davies of Barton Bendish recently competed in the gymnastics Compulsory Levels Championships in Ipswich and brought home her first regional gold medal when she became Compulsory 5 regional champion.

Grace is also a member of the East regional squad. She attends the Cherry Tree Academy Marham Infant School and travels to Attleborough four times a week for extensive training sessions. Such dedication deserves reward so let's hope that she goes on to win many more gold medals.

Well done

Gardens Open

How lucky we were that the arrival of summer (even if it was for only a day!) coincided with our Open Gardens and people flocked to the village to enjoy looking round the twelve gardens which were open. The ploughmen's lunches were so popular that they were sold out by one o'clock leaving a few potential customers disappointed. However there was a good selection of cakes and scones available and these were also all gone by the end of the day. It is so difficult to know how many to cater for with these kind of events.

The number of cars on display varied as some arrived late, but around 10 cars and one classic boat were on show. These included a model A Ford, a Humber from a similar era, a Bentley, an MG, a 1940's Morris Minor Estate, an Austin Healy, a Healy Sprite and a Healy Boat as well as two or three others.

Everyone involved on the day was kept extremely busy but it proved very worthwhile as a record £1,800 was raised for St Andrew's. Repairs to the structure are taking place at present so this grand sum will be a great help towards footing the bill.

A big thank you to everyone who helped and who visited.

BARTON BENDISH VILLAGE NEWS

Parish Council

Do you have a request that you would like the Barton Bendish Parish Council Project Subcommittee to consider? Previous projects we have organised include the Village Centre Sign, landscaping the War Memorial, holding events to celebrate the Queen's Diamond Jubilee.

Sometimes we are able to access funds to help with our projects. We also need ideas, particularly from Eastmoor residents, for the future of the recently acquired telephone box in Eastmoor.

Please contact Val McAlister 347570, Maureen Buck 347703, or Will Chapman 328220.

Barton Bendish Annual and Ordinary Parish Council Meetings held on 13th May
Annual Parish Council Meeting

The meeting was chaired by Cllr J.R.Bostock, who was re-elected as Chairman for the coming year, 2 parishioners attended.

Reports were received from the Village Hall Trustees and the Poor's Charity Trustees

The end of year accounts for 2014/15 were approved by the Parish Council and documentation completed for the External Auditor.

At the meeting the Parish Council agreed to co-opt two new members to bring the Council up to their allowed number of seven. If you would be interested in joining the Parish Council please contact the Parish Clerk on the details shown below.

Ordinary Parish Council Meeting

Approval was given for purchase of an additional grit bin to be located on Church Road, at the junction with Hatherley Gardens.

BT confirmed that the Parish Council adoption of the telephone kiosk in Eastmoor has been completed.

The next meeting of Barton Bendish Parish Council will take place on Wednesday 8th July, 2015. This will be an Ordinary Parish Council Meeting starting at 7.00 pm in the Village Hall.

The new Parish Council website can be found at www.bartonbendishparishcouncil.norfolkparishes.gov.uk

Miss Sarah Thorpe, Parish Clerk.

Telephone number: 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St. Mary's Church

By the time this magazine is published our Open Gardens' Day will be almost upon us and I do hope you will be able to come along and enjoy this event. Twelve gardens will be open and there will be Ploughman's lunches available plus Afternoon Teas in The Old Rectory Garden with some live music. There will be cakes and plants for sale together with a raffle. We have booked a lovely warm and sunny day with a slight breeze so it should turn out to be a perfect day.

The porch roof restoration is now complete and netting has been incorporated to keep the pigeons away from the top of the roof but as a number of people have noticed the pigeons are damaging the newly restored inside of the porch. We have decided, therefore, that we need a bird gate to be installed at the front of the porch. As the church is a listed building we have to comply with English Heritage and Diocesan rules so the architect who organised the porch restoration is in the process of providing us with drawings and costs. The main concern of both English Heritage and the Diocese will be the way the door is attached to the building and we will need their consent for this. We have been assured that our request will be dealt with as quickly as possible.

Our Afternoon Teas are continuing on the third Wednesday of each month in Beachamwell Memorial Hall. Unfortunately, due to circumstances beyond our control, there will not be an Afternoon Tea in July but put August 19th in your diary for the next one. See page 31 for an article about the Afternoon Teas.

On a personal note our move to Barton Bendish is taking longer than anticipated and we have therefore decided to cancel our Scrabble afternoons for the summer and re-start in September in Barton Bendish providing everything works out for us.

Finally I would like to welcome The Rev'd Gillian Mann who is a retired priest living in Outwell. Gillian will be assisting Barbara by taking Services in Beachamwell for the foreseeable future and is hoping to get involved with all aspects of St Mary's Church. Some of you will already have met Gillian at the Half-Marathon and at recent Services.

Graham Williams (Church Warden)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Another pair of hands for Barbara

Barbara is getting quite good at finding ways of being in two places at once in her many churches. I am the latest one: my name is Gillian Mann and I am a retired priest living in Outwell.



I have already had the opportunity to meet people in many of the congregations of Group4 and surrounding villages and I have found some really lovely new (to me) churches. Now Barbara has asked me to be involved particularly with Beachamwell church, taking on some of the things which she has been doing there, so for requests about baptisms, weddings and home visits there, do please get in touch with me.

She is priest in charge, so she is still there for you but I am generally the one to get in touch with in the first instance. I look forward to hearing from you.

Details as follows:

Rev'd Gillian Mann
56 Well Creek Road,
Outwell,
Wisbech
PE14 8SA

Telephone 01945 773078; e-mail gillianmarymann@yahoo.co.uk

St. Mary's Church - Flower and Brass Cleaning for July

5th Carole Wilson

12th Karen Butler and Jeanne Flynne

19th Pat Clarke

26th Jenny Gabrielsen

Mobile Post Office

The opening hours are as follows:-

Monday and Thursday: 11.30 - 12.00

Tuesday, Wednesday and Friday: 11.15 – 12.00

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Afternoon Teas

Held on the third Wednesday of each month, 2 – 4 p.m. in the Memorial Hall.



We have been enjoying Afternoon Teas on the third Wednesday of each month for six years now but over the last year there have been fewer people joining us. We do understand the reasons why as a number of our “regulars” have left the village and several of our older friends have sadly passed on. We would like to extend an invitation to everyone in Beachamwell and the surrounding area to come along. It would be lovely also to meet people who have moved here recently. We are very happy to see young families and would welcome them. It is a great way of meeting other residents of all ages.

There is no charge but once every 3 months or so we put out a donation box. This is to cover the tea, milk, coffee, sugar, squash etc as the cakes are mostly donated and the Hall’s Committee generously do not charge for use of the Memorial Hall. (Donations of 50p or £1.00 every 3 months keeps us going nicely).

I do hope you will be able to join us soon. The next Afternoon Tea is Wednesday 19th August from 2 – 4 p.m. in Beachamwell Memorial Hall. (Look out for the “teapot” notices around the village).

Any queries please do contact me on 07802 155662 or

williamsoldies@gmail.com (I will have a landline again once our house move is completed) **Sonia Williams**

Wednesday Walkers

June found us scaling the heights of the Long Drove to take in the views across West Norfolk. From the top we could spy Fincham and Barton Bendish churches, the distant ridge that carries the A134 in the far distance on one side and across to Pickenham on the other. All was lovely and lush as befits the beginning of Summer.



Next month we hope to explore the forest rides to see the flowers, butterflies and birds. Come and join us and bring your bins for a closer look at what we discover.

Sue Pennell and Leah Spencer

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Horticultural Society – Annual Show

If you are a Beachamwell Parish resident, you should now have your 2015 Schedule for the Annual Show and we hope it has given you lots of ideas for what you can enter. The show will be held in the village hall on Sunday 16 August. We hope there will be lots of entries in the traditional vegetable and flower categories, as well as in the preserves and crafts sections. New this year is a Victoria sponge cake and there will be another Family Scarecrow competition, based on a film character. Let's have lots of entries in all sections to make it a show to remember.

The show is open to everybody living in the G4News distribution area. If you need a schedule you will find them in Beachamwell and Barton Bendish Churches or please contact

Carole Wilson 01366 328628 or Leah Spencer 01366 328536.

Beachamwell Memorial Hall (Charity registration number 303900)

By the time you read this, the Beachamwell Barn Dance at St John's Farm will be but a memory – more news in next month's edition!

The next Pop up Pub is booked for Friday 24 July, just in time for the start of the children's long summer holidays. Why not join us for a picnic? If it is hot you can sit outside and the children can play on the play area; if it's wet you can sit inside. Bring your own food, plates, cutlery etc and let us sell you refreshing drinks. It should be a fun evening for all ages. It's possible that there will be a barbecue, so watch out for flyers, posters etc. nearer the time.



We are making good progress with plans to improve access to the hall for people with disabilities and hope to start making grant applications soon. Our hall is a very valuable meeting place within the community and our aim is to make it accessible to all!

Beachamwell Memorial Hall Committee

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

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell and District Women's Institute



Our meeting in June is traditionally our Birthday Supper and this year we made it our Centenary Supper. The venue was the Kings Arms at Shouldham. Twenty past and present Members enjoyed excellent food and service. Our President Irene Ranner presented us all with a Centenary Photograph taken by Allan Hale last month. A copy is to be placed in our Village Photo Album. Next Meeting will be a Yoga Session taken by one of our Members Ann Lewing. New Members are always welcome.

Carole Wilson Photograph Jenny Gabrielsen

Parish Council



Next Parish Council Meeting, to which you are warmly invited, will be held on Monday July 13th at 7.30 in the Memorial Hall.

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

See the Parish Council Website

(www.beachamwell-pc.norfolkparishes.gov.uk) or the Parish Council Notice Board for more information.

Eileen Powell (Parish Clerk)

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday	Barton Bendish	Hatherley Gardens	9.55 am
July	Beachamwell	Old Post Office	10:15 am
7th	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday	Wereham	The Pit	9:30 am
July 6th and 20th		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) 18 (Tuesday)	Lewis Coaches Eagles Coaches	Swaffham King's Lynn & Swaffham
Boughton	18 (Tuesday)	Eagles Coaches	King's Lynn & Swaffham
Wereham	28 (Mon to Sat) 40 (Mon to Sat)	Coach Services Coach Services	King's Lynn Thetford/Downham

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

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	Third Friday 9:00am to 2:00pm
Swaffham	First and Third Sunday

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

Trinity 5 - 5th July

Shouldham	09.30 am	Morning Prayer
Marham	10.30 am	Café church
Beachamwell	11.00 am	Holy Communion
Wereham	6.00 pm	Evening Service

Trinity 6 - 12th July

Shouldham Thorpe	09.30 am	Holy Communion
Boughton	10.00 am	Breakfast Church
Marham	10.30 am	Morning Prayer (HT)
Barton Bendish	11.00 am	Family Communion
Fincham	6.00 pm	Evensong

Trinity 7 - 19th July

Shouldham	09.30am	Holy Communion
Marham	10.30 am	United Service of the Word
Beachamwell	11.00 am	Family Service
Wereham	No service as Festival Week	

Trinity 8 - 26th July

Fincham	09.30 am	Holy Communion (BCP said)
Marham	10.30 am	Holy Communion
Boughton	11.00 am	Holy Communion
Barton Bendish	06.00 pm	Evening Service

Thursdays at 10 am

Short service of Holy Communion followed by coffee.

2nd at Fincham; 11th at Boughton; 18th and 25th at Fincham.

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 Village Caravan Social Gathering – 4th July 7 pm

A reminder that on Saturday 4th July the BVC are holding a social evening at All Saints' Village Centre at 7 pm. This is not a fund raising event, just a social gathering with an opportunity to come and say hello and meet fellow villagers over a glass of wine and light refreshments. It would be great to see some new village faces as well as the more familiar ones. Children also welcome.

If you would like to come along and have not yet responded, please contact **Debbie 01366 502224 or Angela 01366 501335**

The Boughton Village Drive Sale – is back again by popular demand!

This event has proved so popular in previous years with stall holders and bargain hunters alike that a further one is being held on Sunday 30th August.

Stall Holders: A perfect opportunity for you to have a summer clean, clear out your cupboards and garages of all those unwanted items and make a few pennies in the process. If you wish to have a stall on your drive, or indeed would like to make use of the perfect setting around the pond, then please contact Angela Faherty on 01366 501335 who will ensure that your name and details are added to the Bargain Hunter's Map. All we ask for is a £5.00 donation.

Bargain Hunters: We welcome you back if you have been before and would love to see some more of you attend this year! The famous 'Bacon Boys' will be on hand to serve a well needed bacon roll to start off your bargain trip and refreshments will also be available at All Saints' Village Centre. Set aside this date in your shopping calendar and we look forward to welcoming you. **BVC**

Boughton Playground Project Fund-Raising Update

We are pleased and extremely grateful to report that £159.55 was raised at our Afternoon Tea event in May, so once again a big thank you to all of you who supported us.

As you know our action group was formed by Boughton's PC last year to look into the refurbishment of Boughton's play area, the existing equipment which was installed in 2004 had an estimated lifetime of around 15 years so we anticipated that we had a few years to canvass, research and fund-raise. However, following this year's annual park inspection the swings are no longer in use. The group are now urgently looking at how best we can remedy this short-term issue whilst keeping the long-term goal in mind. We have approached a number of organisations for donations and will shortly be contacting those of you who have kindly pledged support.

So your support with our fund-raising is more important than ever, providing a

BOUGHTON VILLAGE NEWS

safe and fun outdoor space for local children and their families to play and explore is what we are all about so please take a look at our future events and register your interest by sending an email to boughtonplayground@gmail.com

19th September, Clay Play Day (suitable for all ages including adults),

November, Winter Wine Tasting. **Andy, Angela, Jenny and Carol**

Boughton Fen: Since the recent general and local elections, Boughton Fen Committee has also seen a few changes in its line up.

I would like to welcome on to the committee our new Parish Chairman, Tom Roberts and new parish councillor, Ian Davis. Thanks must go to previous members Allan Hale, Kevin Fisher and Frank Reid for their contributions over the past eight years.

The new committee will continue to improve Boughton Fen, working along with Natural England, Norfolk Wildlife Trust and other organisations. We are planning our work for the year ahead which will give anyone who is interested the opportunity to get involved in our working parties.

If you would like to know more about our activities on the fen, and would like to participate, please call me on 01366 500461, or

email mark@pogmore.myzen.co.uk. **Mark Pogmore (Chair – BFC)**

Open Gardens Day 2015: Sunday June 14th was an important date in the calendar for Boughton – our annual Open Gardens Day. For months, I'd been cajoling and persuading people to open their gardens in support of All Saints' Church, contacting newspapers and local societies to publicise the day, Sandy had been digging out her notes and gathering her trusty band to provide the usual excellent and renowned Boughton lunches and teas and Angela and Andrew had been preparing for the Garden Emporium, (other villages just have a plant sale!)

The day dawned – chilly, drizzly and grey. At least it was better than Saturday, which was very wet. We all agreed that rain was needed but not on that day.

On the morning, I went round as usual putting out the flags which indicate the gardens on view. It took me ages because I was stopping to chat with good neighbours and meeting a new and unexpected garden owner. I kept clear of the church, as I don't get involved with any aspect of cooking, until it was time to go down and get my 'takeaway' lunch to eat as I welcomed the visitors to my garden. I think they all started with lunch but early in the afternoon the first visitors reached our end of the village – a bit like listening for the first cuckoo. It was good to see old friends who come every year, including the churchwarden

BOUGHTON VILLAGE NEWS

from Dersingham and some new faces, together with a couple over for the summer from Australia. I find it interesting to watch people's reaction to my garden, which is 'very full' and has a lot of wildflowers at this time of year (a good display of campion) and you either love it or hate it. All the gardens in the village are very different, from enormous – visit Boughton Farm – to small. They are loved and cared for and the PCC is really grateful to all the owners for opening their gardens and making visitors so welcome. There were fifteen gardens open in the end, including two last minute entries. There have been requests from the garden owners for a separate evening occasion so that they are able to visit the other gardens. Perhaps next year we will be able to arrange it. It was done once in the past but not recently.

Having thanked the garden owners, we must say how lucky we are to have Sandy to arrange the refreshments, which are a crucial part of any such day. Just as for Breakfast Church, the church looked beautiful, laid out with tables which were a delight to observe – no polystyrene cups or paper plates here. As my takeaway lunch testified, the food on offer was delicious. Thanks also to Sandy's helpers – Frank, Debbie, Lynne, Marion, Kevin, Pete and Andy who all did great work and as well as putting up the village marquee. Sandy also had Sue (Scrivener), Jane, Jackie Ovel and Wendy Baines helping in the Church and a lot of people made cakes for the teas.

The Garden Emporium was run by Angela and Andrew and always looks good as well as having a range of plants and garden related objects. Thanks to them for putting up signs outside and within the village to draw attention to the day and for arranging parking at the surgery (thanks to them as well!)

Alan Wilkinson printed the tickets and Tony Golds sold them, aided by Dave from the chapel. (I'm afraid I don't know his surname but it is good that some of the newer residents of the village are joining in and getting to know everyone.)

I don't yet have a total for money raised. We had 89 intrepid visitors who paid to go round the gardens, so that raised nearly £360 (including a donation), Angela and Andrew's Garden Emporium raised the same amount and the tombola raised about £98. I've just received Sandy's total and lunches raised £522. If my late night sums are right, that's over £1300 towards our church share. Considering the weather, it's a jolly good show and also brought the village together.

Thanks again to everyone from the PCC.

Pam Wakeling

WEREHAM VILLAGE NEWS

Wereham Church May Miscellany

About 90 people enjoyed the concert in St Margaret's church Wereham on 23rd May which started with a glass of Prosecco in the church yard. The Church looked splendid with its spring picnic theme and stunning altar flower arrangement thanks to the excellent work of Sue C.

The Fincham Chorus sang 12 songs beautifully including, 'Linden Lee', 'All in April evening' and 'You raised me up'. Their sets were complemented by poetry and prose readings by Frank, Greg, Charles, Sue C, Sue S and Paul and solo singing. One of the highlights of the evening was the children (Lauren, Thomas, Dexter, Faye, Mathew and Kristian) performing 'Dog in the playground' in choral speech and some comic verses.

Solo's by John (Flanders and Swan's 'The gas man cometh') and Dudley ('Lonnie Donnigan's 'My old Man's a dustman') gave everyone an opportunity to sing along with the chorus.

Jane's solo 'Summertime' from Porgy and Bess brought the first half to a rousing conclusion and led to us all enjoying a glass of wine and an excellent spread prepared by Gordon.

The evening was not without its excitement as two of our performers from London spent rather longer on the M25 than expected and arrived just in time for their items. Dom also ably stepped in to accompany the Fincham Chorus on the piano as Tom was unable to attend.

Many, many thanks to The Fincham Chorus, to all the performers, to Gordon and Sue, to all who attended, to Tom and Debbie who masterminded the event and to all who helped make this a lovely evening which raised £388 for St Margaret's Church.

We hope to host similar events in the church in future. **Debbie and Ian Rye**

May Miscellany

This event, masterminded by Tom, Debbie and Ian, was really enjoyable. As Ian has written, there were many and varied contributions. The Rye family deserve special thanks for all their contributions.

Gordon and I should like to thank those who helped us serve the food and particularly Ivy and Charles and Pammie Walker for returning to church on Sunday morning to clear up. This job was swiftly accomplished in 45 minutes... Charles is a whiz with a vacuum cleaner! Thanks again for the help. **Sue C**

WEREHAM VILLAGE NEWS

June in Wereham

It's June 6th as I write and the preparations for the various local summer events are very much underway. There is much attention to details, concerning cakes and prizes happening in the villages around and about. Many of you have already attended one of the Open Gardens or fetes in our area and had a great afternoon.

As you read this, the Open Gardens in Wereham will have taken place. As I write I know it will be a great couple of days for Wereham.

Now it is July

The month of St Margaret's Festival.... A Wereham village tradition of many, many years. Yet again the organisation and involvement of villagers makes this event tick on. It's strange that when something is done well, it looks easy; in reality much effort is involved. Once again a team of villagers will have worked many hours to produce a day we can all enjoy.

So remember Sunday 19th July ... St. Margaret's Festival. Do come to the church and join in.

There will be all the traditional events, stalls and games. As well as BBQ food, tea and cakes and this year SPECIALLY FOR THE CHILDREN there will be a



TEDDY BEARS' PICNIC in the church...a feast for your eyes...a little moment of childhood delight. A display of Teddies, loaned for the day by the children and adults of Wereham Village. Please support this theme by encouraging your children to bring their teddies to join the party to be part of a special Wereham

family day. Details:- see the quarter page advertisement in this edition.

Additionally for this year a NEW STYLE RAFFLE has been introduced a cash prize of £150, £100, and £50.....money for a special treat to be enjoyed...good luck to all.



If you can supply a small prize, for one of the games stalls or a cake or help to clear up at the end of the day...your efforts will be much appreciated.

It is true...Many hands make light work.

Questions and offers to Lizzie 500233...we all benefit...thank you.

PS. Remember! 'Flowers for the Church' again please. Buckets from Thursday 16th. Thank you.

Make Sunday 19th July a Bumper Festival Day.

WEREHAM VILLAGE NEWS

Wereham Messy Church

Thursday July 2nd 4pm -5.30pm

Starts in the church followed by activities and a free meal in the Village Hall
The next Wereham Messy church is on July 2nd. The theme is the story of The Battle of Jericho. It will again be informal, fun and enjoyable. It will include stories, singing, activities and FOOD don't miss it. We are looking forward to seeing you there.

Please put these dates in your diary

17th September Harvest and 27th November Advent

Look out for further details.

To book places or for further information please telephone 01366 502083 or call in at The Old Chapel by the pond or just come on the night and see for yourself.

Debbie or Ian Rye

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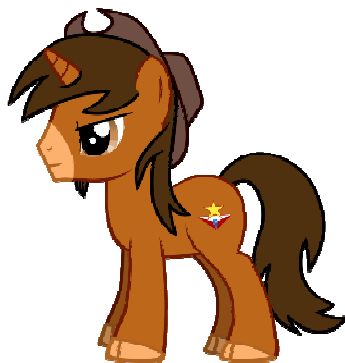
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Give us a ring and come up and see the action.
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Thank you.



WEREHAM VILLAGE NEWS

Parish Council

The Annual Wereham Parish Meeting was held on 12th May. Members of the Parish welcomed an informative presentation from the Borough Council's LDF team about the Site Allocations and Development Management Policies Document. Also presented was the Annual Parish Council Chairman's Report. Minutes are available from the Parish Clerk Wereham Parish Council

Wereham Parish Council met on 12th May where we welcomed back Councillors Jo Bruce, Gail Koopowitz, Brian Bruce and Nikki Loake and our new member Jacki Hitching. A productive Annual Parish Council meeting included:

- ☐ Reappointment of Cllr Jo Bruce as Chair and Cllr Gail Koopowitz as Vice Chair;
- ☐ Reviewing the formalities of the Council;
- ☐ Agreeing progression of the successful Parish Partnership bid to purchase a SAM2 speed warning sign for the village and to fund a dropped kerb and restricted parking area in front of the new post box at the pond to improve access;
- ☐ CGM were appointed to undertake Play Area maintenance works to be undertaken through May / June to result in a much improved area;
- ☐ Development of a website was approved;
- ☐ The annual audit was completed and approved

Full Draft minutes of the meeting can be requested from the Clerk as below

*******Two Wereham Parish Councillor vacancies remain!** This is your chance to get involved. For further information on how you can become a Councillor and make a difference to your community contact the Parish Clerk as below.*****

Once again a reminder for all to use the dog waste bins and clear up after their pets. There are three dog waste bins in Wereham, one on the playing field by the Village Hall, the second at the Flegg Green end of Lammas Meadow Lane and the third along Cavenham Road, please pass by one of these and use it to dispose of any dog waste responsibly at all times.

When visiting the Village Hall by car please avoid parking on the playing field where possible. The grass gets churned up and damaged in bad weather, please look after the field to avoid the need for costly repairs.

WEREHAM VILLAGE NEWS

The remaining Wereham Parish Council meetings scheduled for 2015 are:

Tuesday 14th July 7:30pm Ordinary Meeting

Tuesday 8th September 7:30pm Ordinary Meeting

Tuesday 10th November 7:30pm Ordinary Meeting

All will be held at Wereham Village Hall.

The Agendas for the meetings are always published on the Wereham Village Notice Board three clear days before the meeting and also on the Wereham Parish Council Facebook page. If you have any items that you wish to be discussed by the Parish Council please always ensure that these are with the Clerk,

Mrs Nicola Cooper at werehampc@gmail.com or Clavering House, Stoke Road, Wereham PE33 9AT or 01366 500527 by the end of the month before the meeting to ensure that they are included on the agenda.

Thanks for the Memories.....

We would like to document history of the current Village Hall to become part of a heritage display in the new hall. If you have any photos or stories from using the hall or about the hall, please get in touch with on 01366 502083 or 07863049677, or email ian_rye@msn.co.uk or call in at the Old Chapel by the pond.

Ian or Debbie Rye

June Update from Wereham Village Hall Committee

Our thanks to everyone involved with Village Yard Sale and Car Boot which proved to be another successful event.

Plans are now well ahead for the Annual Village Fayre which will be held on the playing field/in the hall on Sunday 6th September. It's always a great day out and, as usual, the Friends of Wereham Village Hall Group (FoWVH) are putting together a fun packed event. As well as the usual dog show, car boot and classic cars, watch out for some new attractions this year.

If you would like to get involved with the Friends Group, we are always looking for new volunteers – there are jobs for everyone. Please phone 01366 500218.

Doreen Rolph

WEREHAM VILLAGE NEWS

Update from the New Build Project Team

Just a short update this month as we are all surrounded by Stage 2 Lottery application paperwork. The submission is going well and we have submitted part of it in draft to both Community Action Norfolk and the Lottery for their feedback. We are working on the balance of the reports with our architect Liz from Parsons & Whitley. It looks like we should be on target for the deadline of 28th July!

Thank you all for your continued support from the project team: -

Victoria Gray, Helen Richardson, Rachel Barron and John Eastgate.

Wereham Village Hall Bonus Ball Club

The lucky winners in June were Ian Trollope and Julie Eaves – congratulations to you both!

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 please contact Doreen on 01366 500218.

Pop up Café – first Tuesday of the month, 10.30-12. Next dates are Tuesday 7th July and Tuesday 4th August. Join Jacqueline and friends for a slice of homemade cake and a hot drink for just £1. Join us for a natter and a read of the daily papers. Cake donations/queries to Jacqueline 500880.

Indoor/Outdoor Car Boot – last Sunday of the month, 9am-1pm. Next dates Sunday 26th July and Sunday 30th August. Café with bacon rolls, bric-a-brac and book stall. £5 pitch or, if you have earned time credits, there are two tables available at a cost of 4 time credits each. To book call Nikki/Chris on 01366 501111.

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



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We look forward to seeing you!

Adult help is always welcomed so if you are interested, please get in contact.

For more information or queries please contact:

Paul Smith or Kirstyn Johnson.

Paul Smith: Group Scout Leader &
Cub Scout Leader

01366 501 224

were-

ham.wretton.scouts@gmail.com

Kirstyn Johnson: Scout Leader

01366 500 683

were-

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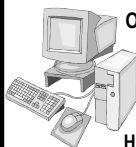
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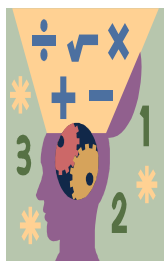


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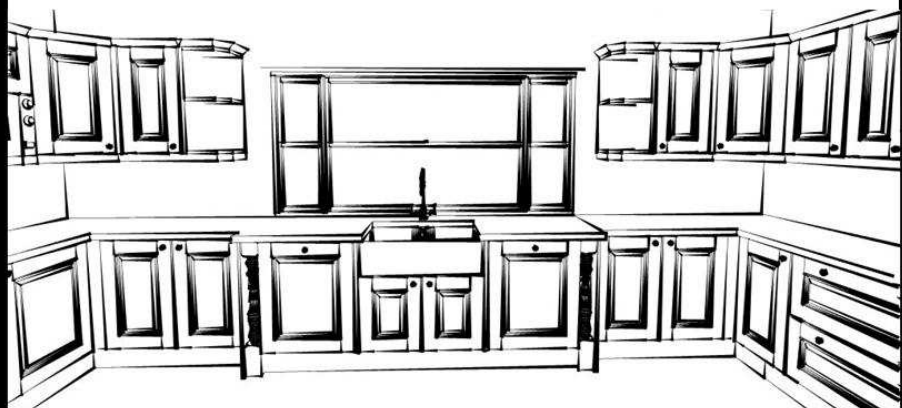
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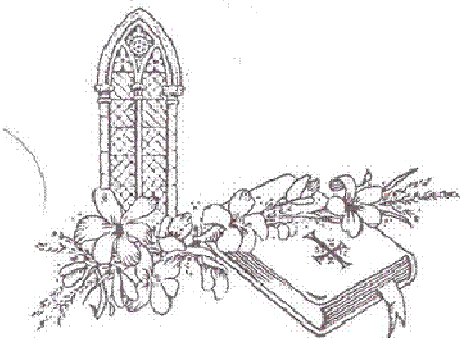
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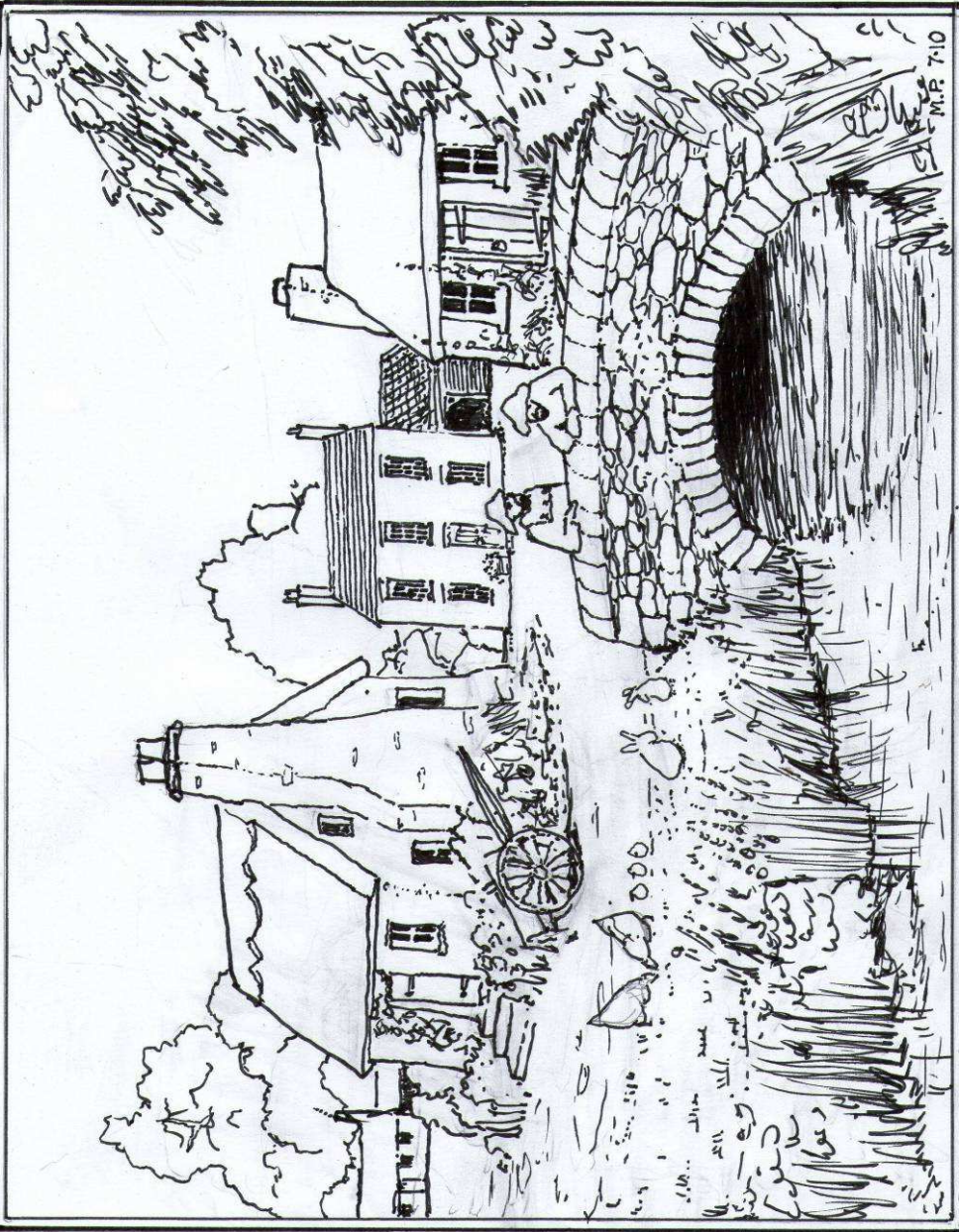
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QUIZ PAGE

1. How many hairs are there on an average person's head?
2. Which is the USA's 'Mile High City'- Denver, Detroit, Nashville or Boston?
3. What is a trigamist?
4. What does poly in polyester and polyurethane mean?
5. In the game of shinty, what is a hail?
6. What's meant by the Latin phrase 'Semper Fidelis'?
7. During wartime, how were the Local Defence Volunteers better known?
8. "What would you do if I sang out of tune, would you stand up and walk out on me?" is the beginning of which well known song?
9. What's the difference between a dictionary and a thesaurus?
10. Who had hits with the songs [a] Daniel, [b] Alfie, [c] Ernie?
11. Is a farthingale a type of dance, a bird of prey, an old fashioned hooped skirt?
12. If the sun is at its zenith, where in the sky is it?
13. Which fruit grows on the opuntia cacti—prickly pear, kumquat or passion fruit?
14. What's a suspended sentence?
15. What do the Roman numerals MM stand for?
16. Who had the first number one hit- the Beatles or The Rolling Stones?
17. What was a Sopwith Camel?
18. Why do we say in the nick of time?
19. Fill in the blanks to make two words meaning calm SE__ _E
20. What word describes the act of wilfully giving false evidence in Court?

Answers: 1. Around 90,000 to 140,000. 2. Denver. 3. A person having three husbands or wives at once. 4. Many. 5. A goal. 6. Always faithful. 7. The Home Guard. 8. With a Little Help From My Friends. 9. A dictionary gives the meaning of words, a thesaurus gives alternative words of similar meaning. 10. [a] Elton John, [b] Cilla Black, [c] Benny Hill. 11. An old fashioned hooped skirt. 12. Directly above the observer's head. 13. Prickly pear. 14. The offender doesn't have to serve it unless they are in trouble again for the set period. 15. 2000. 16. The Beatles with 'From Me to You' in April 1963. 17. A fighter aircraft of the 1914-18 War. 18. Tally sticks were once marked with notches to keep sport scores and records of college and church attendance, payment of taxes etc. 19. Serene & Sedate. 20. Perjury.



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