

# Group 4

NEWS



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

**July 2016**

## WELCOME

Not exactly 'flaming June' was it? But the usual village events went ahead and were well supported. Thank you to all those who came along to Open Gardens Days. The four churches in our half of the benefice really do rely on these days to raise the money they need to keep going. Thank you as well to all the non-churchgoers who give so freely of their time and help to put the events on, make cakes, run stalls etc.

Another village event which provides much enjoyment is the village cinema run in Barton Bendish during the year. Thanks to the people who run it and for the variety of their programme.

Other events are taking place in July. Please try to support them.

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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**11th July**

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## ‘FROM THE RECTORY’



New Rectory  
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Fincham nr. King's Lynn  
Norfolk  
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01366 348079

An angel attempting to earn his wings was given the mission of finding the person on earth whose prayers had the most power to reach heaven. He searched and then reported back: "I circled the world and found many people praying without feeling or conviction. Just when I was about to give up I heard a little boy. He was reciting, "A, B, C, ..." and so on through the alphabet. Then I heard him pray, "Dear God, I do not know how to read the prayer book, but I love you with all my heart. Take these letters and form them into words that please you." The angel was given his wings.

It is not the form of our words or acts that brings us closer to heaven, but the sincerity of our intentions. Bring a pure heart to your prayers and deeds, and you will succeed.

Dear All

My final service will be on 11th September 2016 in the morning at Fincham. It will be a Group service. I am sorry that it interferes with services on that day in Shouldham Thorpe, Boughton, Fincham, Marham and Barton Bendish, but I needed to finish 4 weeks prior to my licensing in Walpole St Peter, and that has now been fixed for 12th October.

I hope you and the congregations will be able to come along so that I can say a heartfelt thanks to as many of you as possible, and I hope the congregations will also be able to come along. Details will be in the magazine and everyone is very welcome. It will be a communion and I hope we'll have some fun, plus refreshments afterwards.

Barbara

## BENEFICE NEWS

**Sunday July 10th** : Animal service at Barton Bendish at 3 pm. Come along and bring your pet(s). Cats might get stressed, so you could always bring a photo!

**Sunday July 10th:** There will be no Breakfast Church at Boughton , but there will be an informal Morning Service followed by coffee and cake. All are welcome—at 10 am as usual.

**Sunday 17th July is** Wereham's Festival Day, with old-fashioned games, plants, raffle and much more.

On the Sunday closest to July 17th each year, our church celebrates the feast day of St Margaret's of Antioch. We are fortunate to have, in Wereham, one of the few remaining East Anglian churches dedicated to her. Although St Margaret is a saint of the Eastern Church, dating back to the year 280 AD, she became popular with the Western Church in the 12th century, because Joan of Arc, believed that she had appeared, with St Catherine, to advise her. Margaret, the daughter of an influential pagan priest, was converted to Christianity by her nursemaid, and then banished in disgrace when her father discovered her conversion. Distinguished by her beauty, she was sought after by a powerful man who again required her to renounce her Christian faith. Her rejection of him resulted in her martyrdom.

**There will be no services in the benefice on Sunday July 31st as there is a Deanery Service at Stow Bardolph. It will be at 11 am in the gardens of Stow Hall and the garden will be open for picnics afterwards. Folding chairs would probably be a good idea!**

### Art, Photography and Craft Exhibition

10am - 5pm Saturday 17<sup>th</sup> September

11am - 5pm Sunday 18<sup>th</sup> September 2016

We are once again planning to hold an exhibition of Art, Photography and Craft work in the Church and Village Hall. If you are interested and would like to know more about exhibiting your work, please contact Linda or Mhari (phone no's below).

Linda 01366 347563

Mhari 01366 347849

## ARCHDEACONS' VISITATIONS

These are not actual visits by senior members of the clergy to particular parishes, although the term does derive from earlier times when such visits were frequently made. Today, the visitations are the annual services in which all churchwardens, just elected (or re-elected) at recent church AGMs, are sworn into their official positions by the Archdeacon responsible for their respective parts of the diocese. In our deanery, we come under the jurisdiction of the Archdeacon of Huntingdon & Wisbech, the Venerable Hugh McCurdy. The swearing-in services are held at several venues across the diocese and take the form of Evensong, with the sermon - or “charge” as it is called - being the Archdeacon's opportunity to address the nominated churchwardens however he/she sees fit. Immediately after the charge, all the wardens stand and make their collectively declared responses to the questions of admittance posed by the Archdeacon.

Then follows the process of admission, in which the opening statement succinctly sums up what our responsibilities as churchwardens are:-

- to maintain the (church) electoral roll
- to build good relations among the people
- to keep the inventories and registers in safety and good order
- to carry out church council policy relating to property and finance
- to prepare, with the Treasurer, the budget and accounts for the Annual PCC Meeting.

***You have a special ministry to the clergy with whom you serve, supporting them with your friendship and advice, and helping them in every way you can”, etc., etc.***

*Ann & Brian Hullah (edited from the Shouldham news for July)*

***It is our duty as men and women to proceed as though the limits of our abilities do not exist.***

***Pierre Teilhard de Chardin***

## COUNTRYSIDE NOTES

How cruel can nature be? The fact that it is has been well and truly brought home to anyone watching 'Springwatch' on TV this year. Cameras on a variety of bird's nests filming 24 hours a day have shown exactly what happens and revealed, amongst other things, the extent of predation even before chicks have left the nest. A particularly vulnerable time is when they first fledge but it's nearly impossible to follow their fortunes afterwards.

In our house 'Springwatch' is now called 'Deathwatch' because so many deaths have been recorded due to the incredible film footage obtained. For instance a stoat with eight kits killed not only rabbits but also scaled a tree and took a brood of green woodpeckers from a hole 20 feet above the ground. If it could have got into one of the nest boxes it would also have had some great tits but it was a jay that put pay to all but one of them in the end. A male sparrowhawk was regularly catching small birds, of at least a dozen different species, as food for his wife sitting on five eggs. That's just to feed her just imagine how many extra will be required to feed five growing chicks. There were black backed gulls snatching other gulls' chicks and all the avocet chicks disappeared. What's been eating them? On the Farne Islands puffins, desperately trying to bring back sand eels for their chicks, were having to run the gauntlet of being mugged by gulls. They also had to contend with thousands of seals hovering up sand eels making them harder to find in the first place. Weather conditions can also have a huge impact on survival rates. 'Springwatch' has certainly revealed nature in the raw but it's typically showing what goes on unseen throughout the countryside. Nature lovers watching have been shocked by what they've witnessed because it's laid bare the truth concerning the trials and tribulations of reproduction in the wild. It's food for thought that while predator numbers are on the increase many species on which they prey are decreasing. At this time of year every adult bird killed most likely deprives a brood of chicks of a parent.

A pair of blackbirds nested in our garden and at the end of May we watched them collecting food, likewise blue tits in one nest box and great tits in another. Then the weather changed, the temperature dropped and we had a month's worth of rain in a morning. We feared for their wellbeing. My neighbour had a pair of great tits nesting in a box with a camera inside enabling her to monitor the family's fortunes. One chick died and she could hardly bear to watch as the parents struggled for a quarter of an hour to manoeuvre the body out through the hole. The rest eventually fledged but their fate is unknown. It's all very well developing an empathy with wildlife when things are going well but it can be quite upsetting when they're not! *Jill Mason*

# GINGERBREAD MUFFINS WITH RHUBARB CENTRES

Makes 10 muffins

Oven temperature: 190-C (170-C fan) / gas mark 5

Ingredients:

Approximately 200g of rhubarb, cut into 1.5 – 2cm pieces

Two pieces of stem ginger, plus some of the syrup from the jar

280g plain flour

2 tsp baking powder

½ tsp bicarbonate of soda

½ salt

2 tsp ground ginger

85g dark brown sugar, or molasses sugar

85g butter

3 tblsp black treacle

180ml milk

1 egg

1. Place rhubarb in a small saucepan together with several teaspoons of the syrup from the stem ginger jar. Cook over a very low heat initially, until the rhubarb starts to give up its juice, then raise the heat and continue to cook gently until the rhubarb has turned to mush. Allow to cool. Cut the pieces of stem ginger into small dice and stir through the rhubarb.

2. Melt the butter together with the black treacle. Allow to cool slightly, then mix in the milk. Finally, once cooled further, mix in the beaten egg.

3. Sift together the flour, baking powder, bicarb, salt and ginger into a large mixing bowl. Mix through the sugar. (Molasses sugar is extremely sticky – I found I almost needed to rub it in like butter.)

4. Pour the wet ingredients into a well in the centre of the dry ingredients. Mix through ensuring no dry bits are showing, but don't over-mix,

5. Line 10 holes in your muffin tin with muffin cases. Spoon half the gingerbread mixture into the cases. Then place a dollop of rhubarb into the centre of each case. Finally top with the remaining gingerbread mixture. The muffin cases will be very full!

6. Bake in a pre-heated oven for 20-25 minutes.

*Kirstie Urquhart*



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**Check out the website for details of all the menus and the diary of events  
[www.theberneyarms.co.uk](http://www.theberneyarms.co.uk) or call 01366 347995.**

**The team will be happy to help with any enquiries.**





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5 minutes from Downham Market

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Do you need someone to pop in and feed your pet, let it out and keep them company for an hour?

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## PIANO LESSONS



Victoria McPhail (Instrumental Teaching Diploma@ St Petersburg School of Music) offers Piano Tuition in Beachamwell, starting in 2016.

Absolute beginners welcome.

Preparation for ABRSM piano exams, and beyond; opportunity to play piano duets, learn music theory and general musicianship as well as simply enjoying music making in a friendly atmosphere.

**For details or to arrange an introductory lesson call Victoria on**

**01366 328537 or 07562 312009**

**or Email: [victoriamacphail@yahoo.com](mailto:victoriamacphail@yahoo.com)**

## Beachamwell Book Group

**Tuesday 5th July**

7.30 - 8.45pm

Beachamwell Memorial Hall

Book to be discussed over a glass of wine

**'The Shadow of the Wind'**  
by Carlos Ruiz Zafon

Annual subscription £15.00  
**New members welcome**

Enquiries: 01366 328536

## Beachamwell Wednesday Walkers

**Explore the rights of way in and  
around Beachamwell with us**

We meet at the Village Hall at 10.00 am

**FIRST WEDNESDAY OF EACH MONTH**

*Walks last between one and a half to two  
hours*

*All, including dogs on leads, are welcome*

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

Further details please telephone  
01366 328452 or 01366 328536

## Beachamwell Free Table Tennis Sessions

Beachamwell Memorial Hall

**EVERY FRIDAY IN JULY**

3.30pm – 6pm

Whatever your ability come along  
and try out our lovely new table.  
We have plenty of bats and balls  
for you to use –  
so what are you waiting for?.



## Beachamwell WI

**Thursday 7th July**

7.30pm

Beachamwell Memorial Hall

**'Howard Carter and  
Tutankhamen'**

**Mr Mark Taylor**

Visitors Welcome

Tickets £3.50

Enquiries: 01366 328325

## Beachamwell

### "Pop Up" Pub and Barbecue

**Friday 8th July**

7.00 - 10.30

Beachamwell Memorial Hall



Barbecued burgers and hotdogs for sale. Bring your own salad etc.

Enquiries: 01366 328536

A Beachamwell Memorial Committee  
Event

## Beachamwell

### Local History Group

**Saturday, 16<sup>th</sup> July**

11.00am

Beachamwell Memorial Hall

#### 'Venerating the Ancestors'

An illustrated talk by Anne Mason, followed in the early afternoon, by a guided visit to St Mary's Church to examine its monuments and memorials

Visitors £3

Bring your own lunch

All welcome

Enquiries: 01366 327023

## Beachamwell & Fincham

### Family History Group

**Tuesday 19th July**

**2 – 4pm**

Beachamwell Memorial Hall

'Creating a Digital Family  
Tree'

Kelvin Smith

£2 per session

Enquiries:  
01366 347694 or 01366 328536



## Beachamwell WI

### 'Craft Evening 2016'

**Tuesday 19th July**

**7.30 - 9.30**

Beachamwell Memorial Hall

Learn, improve and share a wide range of yarn and fabric crafts  
Non-WI members and beginners  
very welcome

£3 inc refreshments

Enquiries: 01366 328589

## A VET'S LIFE

The older generation will remember the fantastic tales as told by James Herriot in his books and later adapted for television. The younger generation now see "Supervet" perform procedures at the cutting edge of veterinary medicine.

Despite this seismic shift what hasn't changed though is the driving force behind people who choose to be a vet. We are all passionate about working with and interacting with animals and we strive to ultimately improve their health and welfare. To successfully treat and cure a much loved companion is an immensely satisfying experience both professionally and personally.

You have to be passionate about science, dedicated to ongoing professional development and enjoy being intellectually challenged. We have to be proficient across a range of species but we do get to see a wide range of interesting and varied cases. As a profession we remain one of the most respected and trusted in the eyes of the public. It is vital that you are able to work productively and sensitively with colleagues and clients.

We never forget the strong bond that owners have with their pets and in many cases they are closer to their pets than they are to their family and friends. Owners are often taken aback by the quality and speed of treatment their pets receive and with the growth of specialist referral centres this has now been taken to another level. MRI and CT scans are commonplace and owners often compare the service their pets receive to their own experience with the NHS. Unfortunately the downside to this are the level of fees involved so we always encourage pet insurance as a safety net so that major decisions do not need to be taken on primarily financial matters.

There are inevitably downsides to being a vet, namely being on call, long hours and the disappointment when patients do not respond to treatments or when their quality of life has become unacceptable and we have to help owners say goodbye to a much loved companion.

A high academic standard is still required to enter University and the course spreads over five to six years depending on which University you attend. On qualifying there are many career opportunities available,

Companion Animal, Farm Animal or Mixed Practice

Equine Practice

Zoo work

Specialise in one field such as orthopaedics or dermatology

Overseas opportunities with Royal Army Veterinary Corps or VSO

Work for the Government

Work in the pharmaceutical industry

Teaching and Research

I can only say from a personal point of view that I cannot imagine having entered a different profession and still enjoy my work as much as I did when I qualified in 1987.

If anyone would like any further advice about a veterinary career please contact us at the surgery.

*Iain Russell*

## **CHILDREN'S FLAMENCO WORKSHOP**

(in support of Boughton  
Playground)

**Sat. 13th August, 12.30-  
3.30pm**

At: Boughton Church

Ticket price: £2 per child

All ages welcome

Contact:  
[boughtonplayground@gmail.com](mailto:boughtonplayground@gmail.com)



## **Beachamwell Afternoon Tea and a Chat.....**

**Wednesday 20th July**  
2 - 4pm  
Beachamwell Memorial Hall  
Enquiries: 01366 347673

## **Beachamwell Craft Group**

**Thursday 28th 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: 01366 328536

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- Self Esteem Problems •Problems At Work •Lack of Direction •Addictions



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**Rebecca Judge** RNMH, BSc, MSt, MSc, MAREBT, BABCP

EMDR & Psychotherapist on:

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# STANDING TOGETHER AGAINST DOMESTIC ABUSE

Domestic abuse can affect anyone and takes all kinds of forms – physical, emotional, psychological, financial, or sexual. Much of it goes unreported.

A campaign to raise awareness of domestic abuse and increase reporting and referrals to agencies that can help is being held this month (June).

It aims to reach those responsible for abuse, those who experience it and friends and family members who may be aware of it.

Posters, magazine articles, social media, advertising, street graffiti and other methods are being used to spread the word and reach the target groups. Former Norwich City and Northern Ireland footballer Paul McVeigh has become a white ribbon ambassador and is backing the project.

Laura McGillivray, chair of the County Community Safety Partnership (CCSP), said: “Anyone can be affected by domestic abuse, it may be you, or a friend or a member of your family.

“Don’t sit on it or keep it quiet, please seek help. There are agencies you can go to for help in turning your life around.”

In March this year there were 1,115 domestic abuse crimes and incidents reported to Norfolk police, of which 407 were crimes and 72 deemed of significant risk to be referred to the Multi-Agency Risk Assessment Conference (MARAC).

Councils, health services, police and other public and voluntary sector organisations from across Norfolk are uniting for the initiative led by the CCSP, which aims to encourage earlier intervention, reduce stigma and minimise harm.

For more information about domestic abuse and the campaign, visit [www.norfolk.gov.uk/safety/domestic-abuse](http://www.norfolk.gov.uk/safety/domestic-abuse) and look out for the hashtags #IWalkedAway and #IsItYou?

You can also call the National Domestic Violence Helpline on **0808 2000 247** (24 hours).



**Holy Trinity Church Marham: Charity Dog Walk: Saturday 2 July at 2pm.**

Starting from Eastgate House, Tithe Barn Lane, Marham PE33 9JR

Two organised walks: 2+ or 3+ miles through beautiful countryside. Catch a glimpse of some beautiful wild birds and animals en route. The walk is in aid of raising funds for Holy Trinity Church, Marham. There is a fee of £5 (for adults) to join the walk (children free) and this includes the walk and afternoon tea at end. Tickets available at gate. Parking available. For further information please contact Anne on 01760 444199.

King's Arms, Shouldham has a little cafe which is run entirely by volunteers. Ladies of the village make the most amazing cakes for the cafe and volunteer their mornings or afternoons to help keep the little cafe open. The little cafe is a lovely little oasis to visit for morning coffees or afternoon teas and you are always met with nice smile and a chat. If you are interested in meeting new friends and finding out more about helping out in the cafe with a couple of hours in the week this gesture would be much appreciated. Please contact Sarah : [Sarahdee5481@hotmail.com](mailto:Sarahdee5481@hotmail.com) or contact the King's Arms on: 01366 347410.

**Shouldham Village Fun Day: Saturday 9 July:**

The village fun day is a fantastic day for all the family. This takes places on the village green from 12 noon until 4:30pm. Lots activities and fun include: Dog Show; bouncy castles; tractor rides, greasy pole; BBQ and ice cream van; Grand Draw Prize; tea tent with lots of lovely home made cakes and several stalls. Free parking. Children: £2:00 wrist band entitles each child to all day use of bouncy castles and greasy pole.

**Shouldham Village Ceilidh: Saturday 23 July:**

A very popular local Ceilidh Band have been booked to perform at the above event. The evening consists of: the band and dancing; locally sourced produce; grilled meats; salads and desserts. Commencing 7:30pm for 8pm and the evening finishes around 1am. The venue: Colts Hall Barn, Shouldham is a beautiful setting - overlooking a lake and in view of floodlit Shouldham Church: 2 courses: £12.50 per person. Bar available at venue. This is a very popular event and early ticket booking advisable. Tickets to be purchased prior to event: No Children. Tickets and further information available from Emma on 07507 599790.

*Lorna Mackay*

## 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.

## Wereham Weekly Cash



Wereham Village Hall  
Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments  
with complimentary biscuits



Enquiries: Doreen Rolph  
01366 500218

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

## SPECIAL EVENT PLANNED?



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

## WEREHAM VILLAGE HALL!

Contact Doreen on  
500218 for Book-  
ings



## BOUGHTON JAZZ PICNIC

**Rectory House Boughton**

**PE33 9AH Sat July 23**

**Bring chairs and picnic and  
relax to Traditional Jazz from Barry  
Tyler's band.**

**Admission £7 (kids free)**

**Gates open 10am, music from noon to  
3pm**

**Real Ale, Jive Floor, Brolly parade**



**Jazz in the New Orleans style**

### Free magazine inspires families to get active this summer

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

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

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

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

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

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

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

You can find out more and view the magazine online at [www.norfolk.gov.uk/getinto](http://www.norfolk.gov.uk/getinto)

### First "Charity for the year" announced for Norfolk's Reuse Shops

Norfolk County Council has selected Norfolk Wildlife Trust (NWT) to become its first Charity for the year at the council's Reuse Shops – the shops based at seven recycling centres where people can donate and buy good quality household items.

The move means that from June 1<sup>st</sup> 2016, Norfolk Wildlife Trust will receive 5% of the proceeds from the shops which will be used to support the Trust's conservation work on more than 50 NWT nature reserves across Norfolk, including habitat restoration, education, land acquisition, and advocacy.

The initiative is expected to generate between £5,000 and £10,000 of funding over the year for the NWT which could be used as follows:

- £5,000 - 20 school field trips to NWT reserves, letting children discover the some of the county's wildest locations.,
- £7,000 - seven British White cattle, which graze nature reserves sensitively to protect rare plants
- £10,000 – help restoration of scarce ancient Norfolk woods, home to native bluebells and butterflies
- £25,000 - help acquire vital land in Norfolk, restore habitats and save wildlife for the future

## Fincham and District Women's Institute

Members met in the garden of President Mrs C Dungay for a garden party inspired by the Queen's 90<sup>th</sup> birthday.

Birthday posies were presented to M Riches and J Palgrave-Brown. A Bloy presented a posy to J Fuller.

The evening began with bowls of delicious strawberries and ice-cream. Then members were invited to walk round the garden looking at clues to identify famous people who were born the same year as the Queen. With lots of collabora-



tion and swapping of names most members managed to correctly guess the majority of stars. It was particularly poignant to think that, had she lived, Marilyn Monroe would have been 90 years old this year. So too would Eric Morecombe, Leonard Rossiter and Kenneth Williams.

Next followed a quiz on members of the royal family. (ably assisted by a collection of suitable masks!) Ardent royalists in the group scored well on this challenge.

Members then enjoyed evening

tea with delicious sandwiches, scones and cakes, washed down with a glass or two of wine.

The competition - "A Royal Crown," was won by A Bloy, 2 - J Fuller, 3 - I Delderfield, 4 - C Stringer.

Raffle prizes were won by T Taylor, J Tidy, C Stringer, R McClean, J Palgrave - Brown, P Wakeling and A Turnball.

The evening was very enjoyable, (apart from the cold,) and special thanks were given to Mrs Dungay for all her hard work and hospitality.



## St Martin's Church Fincham

The villagers of Fincham and surrounding villages met in the memorial hall to celebrate the Queen's 90<sup>th</sup> birthday. The hall was decorated with union jack bunting and tables laid together for a good old fashioned "street" tea party.

Champagne was served to toast the Queen's birthday and then everyone tucked



into delicious sandwiches, scones with jam and cream and all kinds of small cakes. There was plenty of food for everyone and the atmosphere was convivial and friendly. Everyone agreed it had been a lovely afternoon.

The event was organised by Fincham PCC who are grateful for the help they received from people who provided cakes and sandwiches, helped set out the tables, did the washing up and

cleared up afterwards. Special thanks should be given to Babs Porter who co-ordinated everything and worked tirelessly to make the event such a success.

A sum of £200 was raised for Church funds, many of the items for the tea being donated free of charge.



Opening the champagne

## Shouldham news

**Diary – Flower Festival:-** This annual 3-day event will be held in All Saints' church over the Bank Holiday period, 27<sup>th</sup> - 29<sup>th</sup> August. This year's theme is:- **Special British Days**; and if anyone can spare an hour or two to help during the festival, Ann Hullah would be pleased to hear from them on 347814 or by email: [annhullah@btinternet.com](mailto:annhullah@btinternet.com) . There will be an **Autumn Quiz** in the Village Hall on **Sat. 12<sup>th</sup> November**, starting at **7pm** – to book a table (up to 6 persons) at £4 per person, please contact Ann (above).

## OF BUMBLE BEES, HONEY BEES AND SWARMS

The Summer months are the time most of us notice bees working in our gardens or foraging on the hedgerow flowers. They can be alarming to us all as they fly past 'buzzing along' or surprise us as they move from flower to flower often buried deep within a flower collecting nectar and pollen. Our fear is of being stung or set upon by hundreds of angry bees but in reality most bees will only sting if their colony (hive or nest) is threatened. Bees are passive insects do an essential job fertilising plants and fruit trees. We'd be in a major muddle without them.

I keep honey bees and have around a dozen hives, some at Boughton and the rest on the edge of farmers' fields where there is a crop growing that has flowers that bees do well on; crops like oil seed rape, (yellow flowers), or field beans with their white and mauve flowers or an orchard.

I'm often asked to move bees that have taken up residence in bird boxes or in the eaves of a property. Thankfully these are generally bumble bees and cause no real issues. They very rarely sting, and by the end of August the colony has gone. At this time the bumble bees all leave the nest, the old queen, the drones (male bees) and the worker bees live for a few weeks foraging for themselves and the newly hatched queens mate, feed and prepare for hibernation. The queen emerges from hibernation in early March as the weather begins to warm up, finds a nest site and a new colony begins. Moving a bird box occupied by bumble bees is no problem, and I find a new site for the box where the bees can live without worrying anybody.

Honey bee colonies have a different life cycle to bumble bees. The colony reproduces by splitting, or swarming. The first swarms leave the hive in late April and swarming season continues until late July. Generally, a colony of bees will only swarm once a year. The trigger that causes the colony to swarm is the hive becoming overcrowded. Then the worker bees make queen cups. The queen lays an eggs in these cells and the worker bees feed the larvae on royal jelly. After about ten days the queen larvae pupate and soon afterwards the old queen leaves the hive with most of the flying bees, leaving the new queens to hatch. The queens begin to hatch a few days later, fly out and mate and the most dominant returns to continue the colony. A honey bee queen can live and lay for three years.

Before the swarm leaves the bees gorge themselves on honey for the journey. The swarm gathers on a bush, a branch or even on a wall. Scout bees look for a suitable place for the new colony and then swarm leaves. A swarm of bees can be quite alarming and make a very loud roar as it flies, but because the bees are full of honey they don't generally sting. Sometimes a swarm will be gone in an hour or less; but if the scout bees cannot find a suitable nest site the swarm will remain for a couple of days. The danger is that the swarm will take up residence in a chimney, in a cavity wall (via a disused pipe entry or wall vent), or in the roof space. It's difficult to remove bees from within a building and they often have to be destroyed and the nest material removed.

**I collect swarms of bees. When I get the phone call about a swarm of bees I try to attend within the hour. My telephone number is 07900 554284. My landline is 01366 500837**

*Brian Rivett Boughton Farm, Stoke Ferry*



## **K.J.Catering Services**

Contact Steve Bartram on

**01842 828505  
or 07542 923909**

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## COMMUNITY NOTICE BOARD

### Could you help a young person with a disability to think about their Future?

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

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

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

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

If you would like to find out more about becoming a Volunteer Mentor for the CSV Futures Project please contact Vicki Howling, the project co-ordinator for an informal chat. Telephone 01366 386972 or 07926 044845 or email [vhowling@csv.org.uk](mailto:vhowling@csv.org.uk)

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



# COMMUNITY NOTICE BOARD

## SWAFFHAM & LITCHAM HOME HOSPICE

The Fundraising Team continue to concentrate their efforts in bringing in the much needed funds for the Charity to continue the work by those excellent individuals who work out of our main building in Turbine Way, who look after the patients that are registered with us.

Last month we staged our Town Collection and massed a total of £530.00, slightly down from last year but the response of the public is nothing but commitment. For those of you who donated, we thank you.

The afternoon Ladies WI presented us with a cheque for £350.00 in the Assembly Rooms on 14<sup>th</sup> June as a result of a Pamper Show.

The Team decided this year to resurrect our representation at village gatherings, giving us the opportunity to explain who and what we endeavour and try to do. Last month we attended the Birthday Celebrations of the Queen at the village hall in Marham. It was a success for all those who attended and we made many new friends. We have two others to attend one at Litcham and the other at Narborough.

We have two forthcoming events organised by members of the public to look forward to. The first is a Coffee Morning at the Swaffham Conservative Club, Saturday 9<sup>th</sup> July 10am-1pm coffee, cakes and a raffle. The second is an Open Garden and Mind Body Spirit Day at 35 Watton Road, Swaffham, Saturday 30<sup>th</sup> July 11am-4pm, includes tombola, plants and fairy gardens. Clairvoyant readings and refreshments.

The Charity also has a Stall at the Wayland Show, so do come along and say hello to us.

**David Gulliver**

### **Nar Valley Ornithological Society (NarVOS)**

Indoor Meetings at the Barn Theatre, Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road. **Bird Ringing with Chris du Feu** Tuesday 26<sup>th</sup> July, 7.30pm

Visitors most welcome at these meetings. 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.

## **BARTON BENDISH NEWS**

### **Animal Service**

Please note the date of our forthcoming Animal Service is 10th July at 3pm in St Andrew's church, Barton Bendish. We would love to see all sorts of animals and their owners in church!

### **Art, Craft and Photography Exhibition 2016**

Planning has begun for our annual Art, Craft and Photography Exhibition which is taking place over the weekend of September 17th and 18th. If you, or anyone you know, would like to exhibit work at this popular event or would be willing to help in any way please contact either Mhari (347849) or Linda (347563)

### **Congratulations**

Congratulations to Josh Horn who has been selected to represent England in the U17s Roller Hockey European Championships taking place in Spain this summer. Josh is the grandson of Michael Horn who was born and brought up in Barton. He along with his wife Pam regularly support our events and they are often accompanied by son Andrew and grandson Josh. Well done Josh

### **Barton Bendish Annual Parish Council Meeting**

At the meeting held on 11th May 2016 the Parish Council re-elected Cllr Phillip Carter as Chairman and Cllr Will Chapman as Vice-Chairman.

The Parish Council was informed that the Traffic Order had been completed for the 30mph speed limit in the centre of Barton Bendish. Road signs would be installed by Highways during the coming weeks.

Many issues affecting the roads, which were reported to Highways for attention over a year ago, had still not been completed and County Councillor Brian Long agreed to take this matter up with Highways Western Area Manager.

The Annual Accounts for 2015/16 had been finalised and a report was given from the Internal Auditor. The Annual Return was approved and would now be sent to Mazars for the External Audit to be carried out.

The next meeting will take place on Wednesday 13th July, 2016. This will be an Ordinary Parish Council Meeting starting at 7.00 pm in the Village Hall.

Miss Sarah Thorpe, Parish Clerk Telephone number: 01945 430930

Email: [bartonbendishparishcouncil@aol.co.uk](mailto:bartonbendishparishcouncil@aol.co.uk)

Further information is available on the Parish Council website at [bartonbendish-parishcouncil.norfolkparishes.gov.uk](http://bartonbendish-parishcouncil.norfolkparishes.gov.uk)

## **Forthcoming Events**

Sunday JULY 10th Animal Service – St Andrew's Church at 3 pm

Weekend SEPTEMBER 17th -18th Art, Craft and Photography Exhibition

St Andrew's Church, Barton Bendish

## **'Film Titles' Answer Sheet**

17 Blazing vehicles swing low (8 2 4) – Chariots of Fire, 18 Male drizzle (7) – Rainman, 19 Toe (7) – Tootsie, 20 She queries the inflamation (3,9) – Mrs Doubtfire, 21 Greetings from South East Asia (4 7 7) – Good Morning, Vietnam! 22 You wouldn't have wanted this particular one at your Christening! (3 9) – The Godfather, 23 Galactic battles (4 4) – Star Wars, 24 Off in a gale (4 4 3 4) – Gone with the Wind, 25 Australian magician (3 6 2 2) – The Wizard of Oz, 26 Roll call for Oskar (10 4) – Schindler's List, 27 It crossed over the batty bird's home! (3 4 4 3 7 4) – One flew over the cuckoo's nest, 28 Present Armageddon (10 3) – Apocalypse Now, 29 Lofty twelve (4 4) – High Noon, 30 Equine battles (3 5) – War Horse, 31 Girl's name (7) – Rebecca/Matilda/Camille, 32 Do away with an insulting fowl (2 4 1 11) – To Kill a Mockingbird, 33 Sinking ship (8) – Poseidon/Submarine, 34 Mouths (4) – Jaws, 35 Not a tale from the East (4 4 5) – West Side Story, 36 Received his degree (3 8) – The Graduate, 37 Dip down consommé (4 4) – Duck Soup, 38 Insomniac in Washington state (9 2 7) – Sleepless in Seattle, 39 Lupines waltzes and tangos (6 4 6) – Dances with Wolves, 40 Darling, sweetheart (5 2 10) – Terms of Endearment, 41 Mutinous but no reason (5 7 1 5) – Rebel without a Cause, 42 Perfect timing of a fruit (1 9 6) – A Clockwork Orange, 43 Tale of an American State (12 5) – Philadelphia Story, 44 Roman fighter (9) – Gladiator/Spartacus, 45 Aristocratic chimes (3 4 2 3 5) – The Lord of the Rings, 46 Craggy (5) – Rocky, 47 Plundering Noah's misplaced vessel (7 2 3 4 3) – Raiders of the Lost Ark, 48 Not rebelling about the chocolate bar! (6 2 3 6) – Mutiny on the Bounty, 49 Not the first two people (3 5 3) – The Third Man, 50 Quiet ovines (3 7 2 3 5) – The Silence of the Lambs, 51 Rescue the secret Irish airline (6 7 4) – Saving Private Ryan, 52 Siblings behaviour (6 3) – Sister Act, 53 Arrogance with an unfavourable opinion (5 3 9) – Pride and Prejudice, 54 Greatly wanted trolleybus (1 9 5 6) – A Streetcar Named Desire, 55 Beauty with a Scottish river (6 3 5) – Bonnie and Clyde, 56 Posh head gear (3 3) – Top Hat, 57 From a wasp or a bee (3 5) – The Sting, 58 Chauffeur (4 6) – Taxi Driver, 59 Compass directions (5 2 9) – North by Northwest, 60 Not hard facts (4 7) – Pulp Fiction.

Thank you to all those people who took part in our quiz. We apologize for the brain fade which led us to call Philadelphia a state, we know it is a city really – it did not seem to stop you all getting the right answer though! Lots of you answered Titanic for the sinking ship but that is only 7 letters, Poseidon was a 2006 disaster at sea movie. We are constantly surprised by your ability to find alternative correct answers. There were six people who got all 60 right and approximately 150 people took part. Many thanks as always to the people who sell the quiz sheets on our behalf. 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.

The next quiz will be available in August. If you would like a copy sent to you please send an SAE

**Cats Protection is the UK's leading feline welfare charity. Our vision is a world where every cat is treated with kindness and an understanding of its needs.**

It's an ambitious vision. However, we truly believe it can be achieved because of our passion, our professional approach and simply because cats are among the UK's most popular companion pets.

Cats Protection has simple and clear objectives to help cats:

**Homing** - Finding good homes for cats in need

**Neutering** - Supporting and encouraging the neutering of cats

**Information** - Improving people's understanding of cats and their care

At Cats Protection Downham Market Adoption Centre we rehomed over 500 cats and kittens in 2015 & helped many more through the charity's centrally run neutering scheme, our local trap, neuter and return programme for feral colonies and by offering a host of advice on all things feline.

The centre's staff works tirelessly to ensure all the cats at the centre receive the best possible care during their stay with us. The most rewarding part of the job is finding cats and kittens new forever homes, this is a matching process, whereby we ask prospective owners to fill in a questionnaire about their home, family life and any existing pets they may have. We pride ourselves on helping people find the cat that will best suit their needs and the needs of the cat. There really is nothing better than receiving photographs of the cats looking settled in their new homes.

Rehoming is just one aspect of the centre's work, staff and volunteers attend a wide variety of local events helping to promote the work we do and educating the public on a wide range of topics such as early neutering and cat behaviour. These events also help the centre raise vital funds to ensure we can continue to help more cats in need. Volunteers play a vital role in helping the centre run effectively. Whether it is providing support for the cattery assistant team with routine cleaning, grooming & socialising of cats throughout the week or helping with on-site maintenance and gardening, transporting equipment & supplies to other volunteers or staff. Fundraisers and educational speakers also provide the centre with an opportunity to reach so many more people by attending local events, giving talks in schools and at local community groups. Cats Protection Downham Market Adoption Centre currently has a host of volunteering opportunities available with positions to suit a variety of skills so if you'd like to join our fantastic team please visit our website for more information:

<http://www.downhammarket.cats.org.uk/downhammarket/volunteering>.

**Stacey Ely**

## RARE VISITORS IN BEACHAMWELL

Some weeks ago a notice went up saying that a particular footpath in Beachamwell was closed due to 'birds' nesting on the right of way. These are not just any old birds, they are **STONE CURLEWS!**



Stone Curlews are rare in Britain and found only in Breckland, Salisbury Plain and occasionally in Suffolk. They are protected by law as their numbers are so few – hence the notice closing the footpath for a few weeks.

The stone-curlew is a crow-sized bird with a large head, long yellow legs and relatively long wings and tail. It is active at night and its

large yellow eyes enable it to locate food when it is dark. It is not related to curlews and gets its name from its curlew-like call. You can sometimes hear stone curlews, or knocked knees, as they are known locally – when you are in bed late at night as they fly overhead making their strange piping-like call. The best place to see them is not in Beachamwell but at the Norfolk Wildlife Trust hide on the reserve at Weeting on the Hockwold Road.

Unfortunately, these rare visitors to Beachamwell were disappointed parents as their first clutch of eggs did not hatch – but it was cold and wet at the time. It is hoped that the birds will try again and, if they do lay eggs in the same place, the footpath will be closed for a second time. If they do lay, if the eggs hatch and if they are successful in raising their chicks, the family will leave us in early Autumn for the warmer climes of southern Spain, or southwestern France or northwestern Africa.

Before setting off on the long journey south, dozens of stone curlews, including the Beachamwell family, will gather at Cavenham Heath in Suffolk where they can be seen flying in the early evening. The RSPB often arrange visits to the Heath to see this extraordinary gathering and have experts on hand to answer questions.

The RSPB can be contacted at [www.rspb.org.uk/contactus/offices/england/easternengland.or](http://www.rspb.org.uk/contactus/offices/england/easternengland.or) at the RSPB Brecks Office, Room 805, Breckland Business Centre, St. Nicholast Street, Thetford, or by telephoning 01842 756712

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## Mobile Post Office

Monday and Thursday 12.45 – 13.05

Tuesday and Wednesday 11.25 – 11.55

## Parish Council



Dates for future meetings are: **2016:** July 11<sup>th</sup> September 12<sup>th</sup> November 14<sup>th</sup> **2017:** January 9<sup>th</sup> March 13<sup>th</sup> May 8<sup>th</sup>

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

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

[beachamwell-pc.norfolkparishes.gov.uk](http://beachamwell-pc.norfolkparishes.gov.uk)

***Eileen Powell [Parish Clerk]***

## St Mary's Church

Once again we were fortunate to have the sun shine on our Open Gardens.

The glorious weather brought out many people to admire the thirteen lovely gardens that were open this year. We also had some last minute excitement and advertising from the Radio Norfolk Treasure Quest team (presenter Sophie Little and her driver Ian) as Carole Wilson had the 'Treasure' secreted in her garden at the Old Rectory, hidden under an Erratic stone. There were a number of Treasure Quest followers who visited Beachamwell during the afternoon to discover where the treasure was located. To hear more please go to the Radio Norfolk website before the end of the month and listen again.

<http://www.bbc.co.uk/programmes/p03w9gmg#play>

Follow on to listen to Carole being interviewed about the Open Gardens by Sophie at this web address. <http://www.bbc.co.uk/programmes/p03w9gn6#play>

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

There are so many others to thank for making it a wonderful and successful day. For the lunches in the village hall we have to thank Judith Blatchford and her

## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



team for providing a splendid array of freshly made quiches and salad. I was tempted to have two but my belt said no.... The teas in Carole and Brian Wilson's garden at the Old Rectory were top class again and the extremely popular musical entertainment from Joe Toe and Val Sidey kept the feet tapping.

Thanks to the ticket sellers, Mark and Eileen Powell, Trudy Pocock and Marie Simmons for a sterling job and greeting people so warmly. The car parking was flawlessly managed again by William Bird and the advertising, clearly very successful, was handled by Sonia Williams. Mark Southwell arranged for the new floral road signs to be made and were kindly donated by Standen

Engineering Ltd., Ely.

The raffle was magnificently prepared by Pat and Maurice O'Donnell with 24 prizes, some of which have not been claimed, so please call 01366 328500 to check if you have a winning ticket.

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

Pat Clarke organised the money floats for the event and gathered them all in at the end of the day and spent the evening in the counting house, thanks Pat.

## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Thanks also to Matt and Steph Brown who provided the artwork for the Admission Programme and The Sacred Heart School, Swaffham for the printing. Mike Walker entertained visitors with organ recitals in the church and there were many comments about how pleasant it was to hear the music drifting on the air from the church.

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

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

It was a pleasure to see our South West Norfolk MP and Secretary of State for Environment, Food and Rural Affairs, Elizabeth Truss and her husband and two daughters in Beachamwell again.

Many comments were heard from our visitors saying what a friendly, welcoming and relaxed place Beachamwell is, which should help us all step a little more lightly. The final sum raised for church funds was £1896.37, which is a fabulous result!

The next service at St. Mary's is a Family Service at 11am on Sunday 19<sup>th</sup> June – all welcome.

***Dick Wainer on behalf of St. Mary's PCC***

### **Flower Rota for July**

3<sup>rd</sup> Bridget James; 10<sup>th</sup> Diana Lambert; 17<sup>th</sup> Olwyn Locke; 24<sup>th</sup> Pat O'Donnell; 31<sup>st</sup> Eileen Powell

### **Open Gardens Day**

We would like to thank our Team for helping us prepare for Open Gardens. Murdo, David and Jim for helping put up the Marquee and our wonderful team of helpers for preparing the refreshments Peggy, Jenny, Verena, Betty, Helen, Ronnie and John. Also thank you to all the ladies who made delicious cakes for us to sell. The afternoon went very smoothly thanks to you all.

***Brian and Carole Wilson***



## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

### **Beachamwell Memorial Hall (Charity registration number 303900)**

The first grant application has gone in for funding for the Accessibility Project, which will improve access to the hall and provide a disabled WC. A big thank you to all who have helped by writing letters of support and to those groups and individuals who have pledged money towards the scheme. We will not hear whether our application has been successful until September but in the meantime further applications for grant support will be made to install a path from the roadway to the hall.

To carry out all these much needed improvements we will be using some of our own financial reserves and fund raising. The biennial Beachamwell Country Fair and Fete on Saturday 3 September 2016 will be a very important part of this scheme. As usual you will be asked for bric-a-brac, books, tombola prizes etc. and we hope many of you will be available to help on the day. There is an open planning meeting in the hall at 7.30pm on Wednesday 13 July and we would love to see you there.

### **Beachamwell Memorial Hall Committee**

**Contact: Leah Spencer ([leah@wissey.co.uk](mailto:leah@wissey.co.uk) or 01366 328536)**

### **WI**

Nine of us enjoyed a visit to Narborough Hall for afternoon Tea. We had hoped to explore the Gardens but the poor weather put paid to that! The June meeting, our 'Birthday' Meeting, was held at the King's Arms, Shouldham where we enjoyed a delicious meal.

The July meeting is entitled 'Howard Carter and Tutankhamen'. It is an Open Meeting so do come along and join us – you will be more than welcome. The Craft evenings are continuing to be very popular. Details of the next one can be found on page 11.



***Eileen Powell***

## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

### **Wednesday Walkers**

The first day of summer and the first day of June! Oh, we had such high hopes for a wonderful stroll through meadows and along droves filled with bees, butterflies, birds and flowers! But NO! It was grey, drizzly and murky but still we walked and we covered the three and half miles in record time! Why linger on such a day?

The exercise did all of us good and really we actually enjoyed ourselves trying to spot wildlife in the damp even if the only species we saw were large numbers of enormous slugs! The Defra website says these monsters are *Large Black Slugs (Arion ater)* which although they grow up to 12 cm in length, they are rarely a problem in arable crops.

Next month, on Wednesday, 6<sup>th</sup> July, we plan to explore the tracks around Shingham, so do come and walk with us. We meet at the Memorial Hall at 10.00 and look forward to welcoming you.

### **Further details:**

**Sue Pennell 01366 328452 or Leah Spencer 01366 328536**

### **Horticultural Show**

Included with this month's G4N you will have a copy of the Horticultural Show Schedule. There is something for everybody so we hope you will all take part and make the Show a great success.

**Carole Wilson**

### **Half Marathon**

All monies have now been collected and £1000 has been given to St Mary's Restoration appeal towards the repair of the Church thatch. Thanks to everybody for their generous donations and sponsor money. Special mention to Jayne Clarke, a newcomer to the village, who took up the challenge to run the Course and collected £140 in sponsorship, Well done Jayne and we look forward to you taking part next year.

**Brian Wilson**

## **BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS**

### **Beachamwell Art Group**

In May three members of the group had an inspiring oil painting session with Colin Mason in the Arts Lounge, Swaffham. We were amazed by what we achieved in just 3 hours and look forward to going back and learning more. You might like to join us!

Another very successful printing workshop was held in the village hall on Saturday 11 June. Nick Sampson introduced us to the magic of adding colour to our drypoint printing. St Mary's church was the focus for our prints this time and we enjoyed looking in detail at the building. Windows, flintwork, memorials all came to life on our paper.

If you live in the G4N readership area and you would like to be added to the contact list for forthcoming art sessions in the autumn please contact

***Leah Spencer 01366 328536 or email [leah@wissey.co.uk](mailto:leah@wissey.co.uk)***

### **Table Tennis!**

Free sessions will be on offer again on Friday afternoons in July. The hall will be open from 3.30 - 6pm on 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> July. Come along and have a go! Bats and balls are available to borrow.

This is an activity suitable for all ages – but please note all children under the age of 14 must be accompanied by a responsible adult.

### **Summer Recess for Evening Yoga**

The evening Yoga sessions are taking a break for the summer. Classes are held in the hall 6.30pm - 7.30pm on Thursday evenings and if you would like to register interest for September please contact

***Jayne Winterbone 07544974342***

## COMMUNITY NOTICE BOARD

### MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
July 5th	Beachamwell	Post Office	10:05 am
	Drymere	Telephone Box	10:40 am
	Boughton	Sycamore House Mill Road	15:20 pm 15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
July 4th, and 18th	Wereham	The Pond	9:30 am
		Queen's Close	16:20 pm

For services to all 'Group 4' villages ring Mobile Library Information on 01603 222267 or look at the website - [www.norfolk.gov.uk/Leisure\\_and\\_culture/Libraries/Mobile\\_libraries](http://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](http://www.traveline.org.uk))

### FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	First Thursday 12.00pm to 5.00pm
Swaffham	First and Third Sunday

For information:- [www.farmersmarkets.net](http://www.farmersmarkets.net) or your local Tourist Information Office

### VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS		
Barton Bendish	Barbara Spencer	01366 328538
Beachamwell	Leah Spencer	01366 328536
Boughton	Pam Wakeling	01366 500429
Boughton	Pam Wakeling	01366 500429
Wereham	Doreen Rolph	01366 500218
Wereham	Doreen Rolph	01366 500218

## CHURCH SERVICES IN JULY

### Sunday 3rd July

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

### Sunday 10th July

9.30 am	Shouldham Thorpe	Holy Communion
10.00 am	Boughton	Morning Service
10.30 am	Marham	Morning Prayer HT
3.00 pm	Barton Bendish	Animal Service
6.00pm	Fincham	Evensong

### Sunday 17th July

<b>9.30 am</b>	<b>Shouldham</b>	<b>Holy Communion</b>
10.30 am	Marham	Unitied Morning Worship
11.00 am	Beachamwell	Family Service
11.00am	Wereham	Morning Prayer

### Sunday 24th July

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

### Sunday 31st July

**Deanery service at Stow Bardolph Hall 11 am**

Thursday services at 10 am Holy Communion followed by refreshments.  
Fincham 7th (Boughton: 114th Fincham 21st and 28th

### 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

## BOUGHTON VILLAGE NEWS

### All Saints' Church

#### Open Gardens Day

We were extremely lucky on the day - OK, it wasn't brilliant sunshine, but neither were there the downpours that afflicted us on the following days!! In the end, fifteen gardens were open. They varied from very large to very small, with wide differences in style and content, many surprising the first time visitor. The Green looked pristine, as usual, and a constant supply of visitors started arriving before the advertised time of 12 noon.

Where to start with the thanks.....first with those who opened their gardens and spent the afternoon talking to the visitors, many of whom have become regulars at the event. This all reinforces our reputation as a friendly and welcoming place to come. Then thanks to Tony, who spent the afternoon selling tickets with his usual welcome and to Jenny, who was roped in on the tombola.(She wasn't actually roped to it, but did a very good job.)

Then my main thanks must go to two groups of people: Sandy and her wonderful team of helpers in the church, dispensing lunches and teas. I had a lunch and it was extremely good. When I went down in the morning to collect it, everyone was beavering away putting together salads, quiches and ham. It looked and tasted delicious - thanks to Karen and Steve Short for donating such lovely salad vegetables. I was told the cakes for tea were something special, but by the time I was able to investigate most of them were gone! Still, it was a delicious piece of Victoria sponge. (No one in their right mind would ask me to make a cake!)



Without Sandy and her skills, Open Gardens Day would be missing a vital strand. Many, many thanks.

The second group of people who must be thanked are Angela and Andrew, who look at every job and say 'I'll sort that out'. Apart from organising the Garden Emporium and the tombola, this year Angela did posters, printed tickets, put up road signs, helped with the marquee..... as well as dealing with the chairs in the church and reminding me to change the altar frontal.

We managed a very good collection for church funds- very nearly £1720. Thanks also to the people who made donations.

### **Breakfast Church**

**There is no Breakfast Church this month, but there will be a new service on July 10th. There will be an informal service of Morning Prayer, followed by coffee and cake. The time is unchanged—10 am! Come along and join us.**

### **MATCH REPORT: BOUGHTON CC VS. EAST RUDHAM 5**

JUNE 2016

Boughton CC travelled to meet arch-rivals East Rudham on a beautiful afternoon just made for Cricketing (and not before time!). As has been the case from the beginning of the season, Boughton fielded a team comprised of a significant number of keen Junior players, ranging from 11-16 years. The Juniors were ably supported by our regular set of gnarly veterans (ages withheld) who never hesitate to encourage younger legs to chase the ball to the boundary. Having won the toss, Boughton invited Rudham to bat first on a pitch that looked like it might offer a bit to our bowlers. Boughton opened with Calum Carter who bowled a tight lively spell, but with little luck. The breakthrough finally came with Owen Chandler's nagging spin forcing a lofted drive caught by Hugh Jenkins at Long on. Nick Morgan's accurate seam bowling removed the second Rudham opener, with another well-judged catch in the deep by a diving, sliding, catching (then celebrating) Owen Chandler. From there, Boughton were able to exert a tighter grip on the game with energetic fielding and useful bowling spells from Brynmor Jenkins, Morgan, Chandler and James Webb, with Webb also risking life & limb taking a beautiful diving catch at Cover that would have put the great Gordon Banks to shame. Credit also to Barry Ovel who came in at short notice and did a sterling keepers' job standing-up to the wicket, sporting a protective face mask that looked like it had been borrowed from Hannibal

Lecter. To finish the innings, James Blanchfield & Johnny Jenkins bowled a nice over each, with Jude Taylor taking a tremendous steeping catch from the bowling of Jenkins.

Although Boughton faced a tough challenge against Rudham's experienced batsmen, our Juniors were a credit to the side in their all-round field play and attitude. Set 196 to win in 35 overs, openers H. Jenkins and James Webb set about posting the reply. Jenkins fell cheaply for 4 runs to a mistimed shot, but Webb, joined by Barry Ovel, steadied Boughton with a series of well-timed strokes on a pitch that showed some unpredictable bounce. Indeed, Ovel was undone for a battling 5 runs by one that kept low, followed by Webb on 26 who got one that popped & buzzed around his helmet like an angry Hornet before rolling slowly up to his stumps and dislodging a single forlorn bail. Cricket is a cruel game! Nick Morgan took up the baton and played a fine innings with a wagon-wheel all round the ground, carrying his bat for a crucial 68 runs. New to Boughton CC this year, Anthony Blanchfield showed some nice timing lower down the order, and all our Juniors batted bravely offering stubborn resistance to a tight bowling attack. Calum Carter played a swashbuckling cameo with an unbeaten 10 to end the Boughton innings at 147 for 8 from our allotted 35 overs. Congratulations to East Rudham for a convincing win, and commiserations to the Boughton players, who played hard to the last. We look forward to welcoming Rudham for the return match at our lovely ground later in the Summer!

### **Boughton Therapy Day ~ 9<sup>th</sup> July 2016**

A date for your diaries, come and join us for a relaxing time at All Saints' Church, Boughton between the hours of 11:00 am and 4:00 pm to experience taster sessions in Reflexology, Bowen, Crystal Therapy and others. Cost from £5.00 per session. Refreshments available and a tombola table full of great prizes. See you there!

*The Boughton Village Caravan ~ Tel: 501335 for more details*

### **Alan Wilkinson**

Alan's funeral and burial took place at All Saints' Church on June 15th. He was for many years the Treasurer of Boughton PCC and instrumental in securing the funds for the reordering of the church. He was also very involved with the founding of the village cricket club. Our thoughts are with Rosemary and Ben at this sad time.





## THE BOUGHTON CRICKET CLUB POSH HOG ROAST

(fund raising event - all proceeds to BCC pavilion fund)

**SUNDAY 28<sup>TH</sup> AUGUST 2016**

6.30pm / Music and dancing till 11pm

### **BOUGHTON CRICKET CLUB**

Sit down Hog Roast, Salads, trimmings and Pudding. (Vegetarian option available, please advise when booking) Quality Raffle / Licenced Bar

Tickets: £20 Adult, £15 students and U18s, £5 U10's Tickets can be purchased individually or get your own table of ten together!

**Ticket sales:** Karen Short Tel **07990 970783** or Clare Insall Tel **01366 501595**.

## WEREHAM FOOD and CRAFT FAIR

Sat July 2<sup>nd</sup> 10am until 4pm.

Wereham Village Hall

Free entry, teas and coffee with biscuits will be available, together with a nice selection of food and craft stalls. Everyone is welcome.

This is a fund raising event for the village hall. Church Road  
Wereham, PE33 9AP. . Tel 01366 501330 or mobile  
07749240606.

## WEREHAM VILLAGE NEWS

### Wereham Heritage group.

Are you interested in the history of Wereham?

Do you have any photos or memories of Wereham events in the past?

Would you like to join a group to try to collate and document Wereham's history?

We are proposing to set up Wereham Heritage group. We hope the group will

- Research the history of Wereham
- Collect together old photographs and items of interest
- Record memories of Wereham
- Plan open meetings and events with visiting speakers and exhibitions of local history
- Develop a display of Wereham photos and items for the new village hall.

We have submitted a grant application for funds to hold meetings and to produce copies of documents and photographs .

If you are interested in being involved or if you have old photos, items or memories please contact Debbie or Ian Rye at the Old chapel, by the pond. Tel 01366502083 or call in for a cup of tea.

### Wereham Parish Council

Next Meeting is: Tuesday 12 July 2016, 7.00 pm, Wereham Village hall

Agenda items must be received before the end of June for this meeting. Please send to the Parish Clerk at [werehampc@gmail.com](mailto:werehampc@gmail.com). The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website [www.werehamparishcouncil.co.uk](http://www.werehamparishcouncil.co.uk) You will also find minutes of all meetings in these places too.

The last meeting of the Wereham Parish Council was held on 10 May 2016 at 6.30 pm in the Wereham Village Hall. Please see some of the items discussed at the meeting below for your information. A full set of the Draft Minutes (subject

to approval at the next meeting), are available on the Wereham Parish Council Website.

- External Audit was approved for submission.
- Internal Audit had taken place satisfactorily for 2015/16.
- A presentation was received from Ian Rye, Chair of the Wereham Heritage Group. He requested the Parish Council and communities help in looking to document Wereham's history with any photos, artefacts or information about Wereham's history to date.
- Investigation into the ownership of the Public Footpath from Gibbet Lane to Fincham is still ongoing. If anyone has any information on the ownership please email the clerk on werehampc@gmail.com
- Ways to mitigate the mould growth on the playground tiles had been discussed with CGM. They advised that the current work that they do together with pressure washing is the best course of action. The Parish Council agreed to source prices for CGM to pressure wash when required.
- Cllr Colin Sampson advised of Packs of information on a new incentive regarding Green Bin Recycling that have since been distributed in the post. There would be prizes and cash available for any individuals or groups, and the pack would contain details. A lot of people don't recycle so it was hoped that it would encourage people to do more.

Helen Richardson Wereham Parish Clerk and Finance Responsible Person

Email werehampc@gmail.com or Phone/Text: 0779 500 6811

### **June Update from Wereham Village Hall Committee**

June was the second month when light lunches were available at an extended pop up café – it was soup this month. As mentioned last month, this new format is now a permanent fixture; we will be open on the first Tuesday of the month from 10.30am to 1pm and will be serving light lunches in addition to the usual tea/coffee and cakes. Prices are £1.50 for a hot drink and a slice of cake and £1.50 for lunch so come and join us for a read of the daily papers or for a catch up and a chat.

As I write, preparations are well under way for this Sunday when we will be holding a picnic to celebrate the Queen's 90th birthday. We were fortunate enough to secure a £150 grant from the Norfolk Community Foundation to

support the event and now we just have to keep our fingers crossed that it doesn't rain!

Our first Food & Craft Fayre is now fast approaching. Co-ordinated by the Wereham Craft Group, it will be in the Village Hall on Saturday 2nd July from 10am to 4pm. Refreshments available. If you would like to book a table please contact Rosemary on 01366 501330. As always, donations of raffle prizes would be greatly appreciated. Thanks again to everyone who collected EDP Community Chest vouchers – we collected well over the required 500 for April and May. Unfortunately however, our application was not successful and, due to unprecedented demand, they have already distributed the whole years funding and so the scheme has now been closed.

If you would like to get involved with the Friends of Wereham Village Hall Group, we are always looking for new volunteers and, now really is the time that we need as much help as possible. There are jobs for everyone so contact Doreen on 01366 500218.

### **Update from the New Build Project Team**

No news from the lottery yet though we are expecting to hear from them in the very near future with any queries they have. In the mean time, there are a number of other grant applications to be prepared so we're still being kept busy!

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

### **Wereham Village Hall Bonus Ball Club**

The lucky winners of £60 each in June were Jo Bruce and Queenie Salvage – congratulations to you both! *Helen Richardson, Secretary.*

### **Events list**

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

**Pop up Café** – first Tuesday of the month, 10.30-1pm. Next dates Tuesday 5th July and Tuesday 2nd August. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available for £1.50. Cake donations/queries to Doreen on 01366 500218.

**Indoor/Outdoor Car Boot** – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 31st July and Sunday 28th August. Café serving bacon butties, hot dogs and hot drinks. £5 pitch or, if you have earned time credits, there are two pitches/tables available at a cost of 4 time credits each. To book call Colin on 07961130251/01366 502281.

**Food and Craft Fayre** – Saturday 2nd July, 10am-4pm. Contact Rosemary on 01366 501330.

For all the pictures and feedback from our events, log onto [www.facebook.com/werehamvillagehall](http://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](mailto:darren.gray@tesco.net) or via [www.facebook.com/werehamvillagehall](http://www.facebook.com/werehamvillagehall)

### **St Margaret's Festival : Sunday 17th July.**

On the Sunday closest to July 17th each year, our church celebrates the feast day of St Margaret's of Antioch. We are fortunate to have, in Wereham, one of the few remaining East Anglian churches dedicated to her. Although St Margaret is a saint of the Eastern Church, dating back to the year 280 AD, she became popular with the Western Church in the 12th century, because Joan of Arc, believed that she had appeared, with St Catherine, to advise her. Margaret, the daughter of an influential pagan priest, was converted to Christianity by her nursemaid, and then banished in disgrace when her father discovered her conversion. Distinguished by her beauty, she was sought after by a powerful man who again required her to renounce her Christian faith. Her rejection of him resulted in her martyrdom.

We hope the whole village will support this important annual celebration. We strive constantly to ward off the possibility of closure or redundancy of our Church. We are grateful to the dedicated band of helpers in the village who always manage to find time to put up the bunting, put out the trestle tables, and set up and man the stalls. Our program does not alter very much over the years and simply provides a day of old-fashioned traditional fun.

Your contributions: **Special request:** Please, we ask you to make your

donations by 5pm on Thursday 14th to give us sufficient time to sort and label all the items you generously provide. Thank you.

1) As you know we still need lots of items and prizes for the children's tombola, hoopla, beanbags, horseshoes and hoop bowls which provide the fun and frolic. There will be a plastic box in the garden of Rose Cottage, which is the corner cottage on the right-hand side of the entrance to School Lane, to receive anything you are kind enough to donate. This box will be emptied daily, but items can also be left with Pam Walker at 3 Church Road (plastic box behind the bins in the side lane) and Tom Golden at Inglebright in Cavenham Road (box at the front door). Tom is also happy to collect if you phone him on 500 002)

2) Home-bakes and cakes, both for the teas and the cake stall are best delivered on Sunday morning to the church before 10am.

3) Fresh Produce stall: Any fresh garden produce you can spare will be gladly received by Ivy and Charles, the day before or on the day.

4) Our excellent plant stall as always will welcome your extra seedlings or any plants you wish to donate.

5) Flowers and greenery: Please help us to make the church look amazing by donations of garden flowers and greenery. Flower buckets will be outside the church from Friday 15th. Your response last year was wonderful.

There will be three great raffle prizes which have been donated and raffle tickets will be on sale on the day.

The ever popular Barbecue will be operating all day and tea and cakes will be served in the church.

In the Chancel there will be an activity designed with children of all ages in mind. Planning still in progress so more details will be circulated during the first week in July.

The festival will open at 11.00 am and the raffle prizes will be drawn at 3:30 pm. We do hope you will come and support us on this special day in our church calendar.

Any queries phone Pam on 500408 or Tom on 500 002

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[www.wix.com/ryeholidays/theoldschoolhouse](http://www.wix.com/ryeholidays/theoldschoolhouse)



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**Fax: 01366 328716**

**Free home assessments on offer** Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services. The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life. The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes. Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired. The assessors will also be able to advise whether any grant funding is available for any works required. To book an appointment call the Careline Community Team on 01553 760671 .

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So, if you think you can make a difference to a family needing a little help call us today to find out more.

Volunteers will be subject to an enhanced CRB check. We are also looking for trustees, for more info contact us on:

**Home-Start Swaffham & District  
The Community Centre, Campinglands,  
Swaffham, PE37 7RB  
Tel: 01760 721271  
Email: [admin@homestartswaffham.org.uk](mailto:admin@homestartswaffham.org.uk)**



## COFFEE WALNUT CAKE

**Another chance to see this delicious recipe from July 2015**

- 175g (6oz) unsalted butter, cubed and softened, plus extra to grease
- 75g (2.5oz) walnuts, plus a few extra halves to go on top
- 175g (6oz) sugar
- 3 eggs, beaten
- 150g (5oz) self-raising flour
- ½ tsp baking powder
- 50ml cold strong coffee

### Coffee filling

- 65g (2oz) butter, cubed and softened
- 125g (4.5oz) icing sugar
- 40ml strong coffee

### Coffee icing

- 100g (3.5oz) icing sugar
- 20ml strong coffee

Preheat the oven to 180C/gas 4. Grease and line the bases of 2 round 20cm cake tins. In a food processor, blitz 50g of the nuts to powder. Cream the butter in a bowl with the sugar until light and fluffy. Gradually beat in the eggs then add the walnut powder and gently stir through.

2. Fold the flour, baking powder and a pinch of salt through with a large metal spoon until just incorporated.

3. Roughly chop the rest of the walnuts and stir through the cake mixture with the coffee. Evenly divide the mixture between the cake tins and bake in the oven for 20–25 minutes, until lightly golden and cooked through. Cool the cakes in the tins for 10 minutes, then transfer to a wire rack to cool completely.

4. For the filling, put the butter, icing sugar and coffee in a bowl and beat until fluffy.

5. For the icing, sift the icing sugar into a bowl and beat in the coffee to make a thick, smooth icing.

6. Place one of the cakes on a plate or board and spread with the coffee filling. Top with the second cake and drizzle over the icing. Decorate the cake with the remaining walnuts.

*Anne Carpenter*



### Meadows and Mini-Beasts

2 July, 10am - noon

Celebrate National Meadows Day with Oxburgh's Ranger by enjoying a ramble through the Wash Pit meadow. Go mini-beast hunting and discover the wild-life that lives amongst the grasses and flowers growing there. £5 per child (must be accompanied...

### Scything Day

23 July, 10.30am - 4 pm

A chance to watch our expert scythers cutting the meadow grasses in the orchard, a much calmer and fitter way to cut grass rather than using mowers and trimmers! Richard from Emorsgate Seeds will be explaining why this ancient art is important...

01366 328258

[nationaltrust.org.uk/oxburgh-hall](http://nationaltrust.org.uk/oxburgh-hall)

## National Trust



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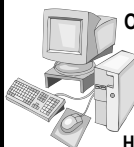
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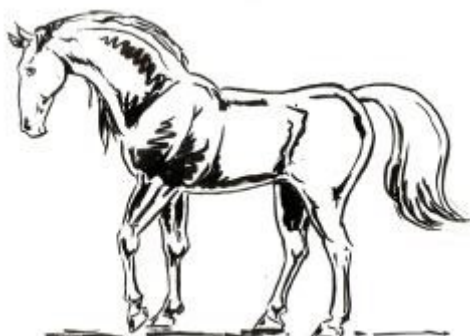
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Lily landscape 1/4 page greyscale.indd 1

13/05/2014 10:12



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1170-97G4N A5 Careline ad.indd 1

06/01/2016 13:52

**Cats Protection is the UK's leading feline welfare charity. Our vision is a world where every cat is treated with kindness and an understanding of its needs.**

It's an ambitious vision. However, we truly believe it can be achieved because of our passion, our professional approach and simply because cats are among the UK's most popular companion pets.

Cats Protection has simple and clear objectives to help cats:

**Homing** - Finding good homes for cats in need

**Neutering** - Supporting and encouraging the neutering of cats

**Information** - Improving people's understanding of cats and their care

At Cats Protection Downham Market Adoption Centre we rehomed over 500 cats and kittens in 2015 & helped many more through the charity's centrally run neutering scheme, our local trap, neuter and return programme for feral colonies and by offering a host of advice on all things feline.

The centre's staff works tirelessly to ensure all the cats at the centre receive the best possible care during their stay with us. The most rewarding part of the job is finding cats and kittens new forever homes, this is a matching process, whereby we ask prospective owners to fill in a questionnaire about their home, family life and any existing pets they may have. We pride ourselves on helping people find the cat that will best suit their needs and the needs of the cat. There really is nothing better than receiving photographs of the cats looking settled in their new homes.

Rehoming is just one aspect of the centre's work, staff and volunteers attend a wide variety of local events helping to promote the work we do and educating the public on a wide range of topics such as early neutering and cat behaviour. These events also help the centre raise vital funds to ensure we can continue to help more cats in need. Volunteers play a vital role in helping the centre run effectively. Whether it is providing support for the cattery assistant team with routine cleaning, grooming & socialising of cats throughout the week or helping with on-site maintenance and gardening, transporting equipment & supplies to other volunteers or staff. Fundraisers and educational speakers also provide the centre with an opportunity to reach so many more people by attending local events, giving talks in schools and at local community groups. Cats Protection Downham Market Adoption Centre currently has a host of volunteering opportunities available with positions to suit a variety of skills so if you'd like to join our fantastic team please visit our website for more information: <http://www.downhammarket.cats.org.uk/downhammarket/volunteering>.

**Stacey Ely Downham Market Adoption Centre Deputy Manager**



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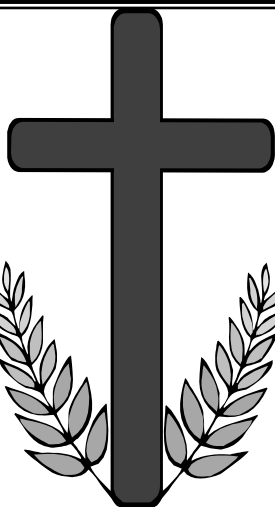
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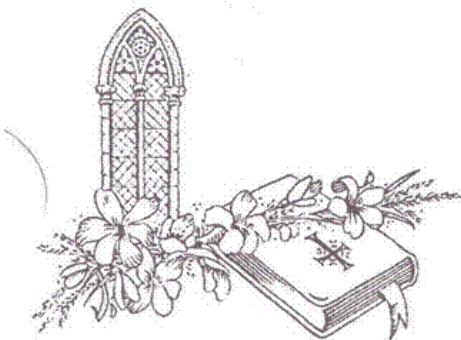
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## IS SWAFFHAM MUSEUM ON YOUR LIST OF PLACES TO VISIT?

Summer and school holidays are on the way. Bring your children or grandchildren to the Swaffham Museum. There are **free** children's activities throughout the museum. There will be opportunity to dress up, make your own paper plane, put the pot together, colour in, try some Egyptian hieroglyphics, go on a trail and, when you leave you may take home some activity sheets. This is fun and what summer is all about. Why not try it?

For adults, there are many fascinating exhibits. 'Victors, Vulcans and a Pocket Calculator' celebrating the centenary of Marham as an RAF base; local history and archaeology; 800 years of Swaffham Market; and the Carter Collection explores his link with Swaffham and the finding of the tomb of Tutankhamun in 1922.

Open Mon – Friday 10am until 4pm and Saturday 10am until 1pm.

Normal museum entry charges apply - £3 for Adults, £2 Concessions and £1 per child . Under 5's are free.

**Veronica Hutchby (Publicity Volunteer)**



# **Paul Braybrooke**

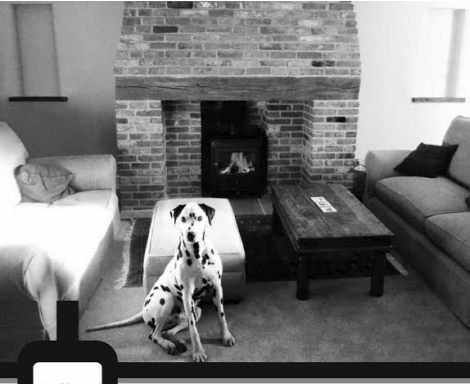
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- |              |                |
|--------------|----------------|
| 1. Apples    | 14. Nikkei     |
| 2. Bagpuss   | 15. Organdie   |
| 3. Computer  | 16. Pistil     |
| 4. Derrick   | 17. Quark**    |
| 5. Ermine*   | 18. Recto      |
| 6. Fletcher  | 19. Sclera     |
| 7. Geyser    | 20. Tiffany    |
| 8. Hectare   | 21. Ugli       |
| 9. Iodine    | 22. Vesta      |
| 10. Joust    | 23. Wisconsin  |
| 11. Korfball | 24. Xenophobia |
| 12. Limmat   | 25. Yurt       |
| 13. Mu       | 26. Zabaglione |

Answers to quiz on page 71

\* (From the white winter coat of the ermine - *mustela erminea* - AKA stoat and short-tailed weasel. Incidentally the black spotted patterns in heraldic ermines are the black tips of the tails in the joined pelts.)

\*\* Quark (interestingly perhaps indirectly related to particle physics quarks, a term adopted by US physicist Murray Gell-Mann in 1964, based he says on the mythical seabird chorus "...Three quarks for Muster Mark..." in James Joyce's book *Finnegans Wake*, thought to mean three cheers or jeers. Either or both Gell-Mann and Joyce might have been alluding ironically to quark cheese since in German the word



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Weather Quiz page 70 Answers

1. Temperature

2. Clouds

3. USA

4. True

5. Snow

6. Wind

7. Warming

8. False (Al 'Aziziyah, Libya)

9. A meteorologist

10. The Atacama Desert

11. True

12. Hail stones

13. Snow

14. False (25.4 meters)

15. A barometer

16. Wind speed

17. -40 degrees

18. Forecasting

19. Alley

20. True

Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.

Pierre Teilhard de Chardin

Growing old is like being increasingly penalized for a crime you haven't

committed

Pierre Teilhard de Chardin

**CHILDREN'S PAGE**

1. A thermometer is a device used to measure what?
2. Stratus, cirrus, cumulus and nimbus are types of what?
3. What country experiences the most tornadoes?
4. True or false? A rainbow is a spectrum of light that appears when the Sun shines onto water droplets in the air.
5. Blizzards feature low temperatures, strong winds and heavy \_\_\_\_\_?
6. Breeze and gale are common terms used to describe the speed of what?
7. Earth's recent temperature rises which have been linked to human activity is known as global \_\_\_\_\_?
8. True or false? The highest recorded temperature on Earth of 57.8 °C (136 °F) was recorded in Tirat Tsvi, Israel.
9. What is the name of a scientist who studies weather?
10. What is the driest desert on Earth, the Sahara, the Kalahari or the Atacama?
11. True or false? The lowest recorded temperature on Earth of 89.2 °C (-128.6 °F) was recorded at Vostok Station, Antarctica.
12. Balls or irregular lumps of ice that fall from clouds (often during thunderstorms) are known as what?
13. An avalanche features the rapid descent of \_\_\_\_\_?
14. True or false? The most rain fall ever recorded in one year (Cherrapunji, India) is more than 30 meters.
15. What is the name of a weather instrument used to measure atmospheric pressure?
16. An anemometer is used to measure what?
17. At what temperature is Centigrade equal to Fahrenheit?
18. Trying to predict the weather is known as weather \_\_\_\_\_?
19. The area of central USA that features many tornadoes is known as Tornado \_\_\_\_\_?
20. True or false? You see lightning and hear thunder.

Answers on page 69

## **ALPHABET QUIZ (answers on page 67)**

1. The fruit in Tarte Tatin?
2. Children's TV programme featuring Professor Yaffle
3. Charles Babbage's notable invention?
4. Framework for oil well drilling machinery?
5. Traditional fur trim on ceremonial and heraldic robes?
6. A maker of arrows?
7. A hot spring which shoots out boiling water and steam?
8. Metric unit equal to 10,000 square metres?
9. Chemical element with atomic number 53?
10. Contest fought between medieval knights with lances on horseback?
- 11..Basketball-netball hybrid game for mixed male and female teams?
12. Zurich's river?
13. The twelfth letter of the Greek alphabet?
14. The Tokyo stock exchange index?
15. A fine translucent stiff cotton muslin used chiefly for making dresses?
16. Female part of a flower?
17. A type of low fat curd cheese?
18. The right page of an open book?
19. The white part of the human eye?
20. Bride in the 1998 film Bride of Chucky?
21. Mottled green and yellow citrus fruit hybrid between a grapefruit and tangerine?
22. Roman goddess of the hearth?
- 23.. US state of which Madison is capital?
24. Irrational fear or dislike of people from foreign countries?
25. Circular collapsible tent of felt or skins used by Mongolian nomads?
26. Italian dessert of whipped egg yolks, sugar and marsala wine?



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