

Group 4
NEWS



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

June 2016

WELCOME



Hope you enjoy this latest edition of G4N.

Once again, there are so many events taking place in the villages and surrounding area we are spoilt for choice. If you are able to attend any of those advertised the organisers will be more than pleased and appreciate your support.

Happy Summer and as always,
'Happy Reading

The Editorial Team
Eileen and Pam

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

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

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

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Please submit all information through your Village Contacts.

**Deadline for copy for the
July 2016 edition:**

11th

ADVERTISING

Alan Pickering 5 Old Town Close,
Downham Market PE38 9HJ Tel: 01366
386125 or 07779 787499
e:mail: group4news@gmail.com

If you use any of the advertisers in the magazine, please mention where you have seen their advertisement.

WEBSITE

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

‘FROM THE RECTORY’



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

Dear All,

A successful psychiatrist saw eight patients a day and obtained excellent results. Each patient would walk out of his office with a smile and give the doctor a warm handshake. Many observers commented on the secret of his success but only his secretary knew the secret. At the end of each day he would call her on the intercom and say, "OK, you can bring in my hearing aid now."

The only talent more effective than being a good speaker is to be a good listener. Most people are able to offer advice but few are willing or able to listen. Real listening is an art and a skill.

To truly bless your friends is much simpler than you may have thought. More than anything else, they would probably appreciate your undivided attention. Give them an open ear and you will bless yourself as well.

Barbara

COUNTRYSIDE NOTES

An American military dog named *Lucca* recently made headlines when she was awarded the Dickin medal for bravery. She served for six years carrying out 400 missions sniffing out explosives before losing a front leg in an explosion and being retired.

The PDSA Dickin Medal is recognized as being the Victoria Cross of the animal world. A large, bronze medallion it bears the words 'For Gallantry' and 'We Also Serve' set within a laurel wreath. The ribbon is striped green, dark brown and pale blue representing water, earth and air to symbolise the naval, land and air forces. In 2004 a monument depicting two mules, a horse and a dog was unveiled in Park Lane, Central London in recognition of the millions of animals who died as a result of being used as tools of warfare.

A total of 31 dogs have been awarded the medal. In recent years three have been recognised for their work in Afghanistan detecting explosive devices. Black labrador *Treo* in 2010, spaniel *Theo* in 2012 and Labrador *Sasha* in 2014. Belgian Malinois *Diesel*, also a recipient, was killed by terrorists in France in November 2015.

The first Dickin medal for a dog was awarded in March 1944 to *Bob*, a mongrel, for devotion to duty on patrol while serving in Africa with the Queens Own Royal West Kent. Two Alsatians, *Irma* and *Jet* along with wire-haired terrier *Beauty* and mongrel *Rip* were recognised for their work with the Civil Defence in London rescuing people trapped under blitzed buildings. A stray Egyptian mongrel named *Tich* saw service with the King's Royal Rifle Corps in North Africa and Italy and *Judy*, a pedigree pointer, helped prisoners in Japanese prison camps. Collie *Rob* saw service in North Africa and later with the Special Air Unit in Italy made over 20 parachute descents. In the aftermath of the 9/11 terrorists attack Labrador guide dogs *Salty* and *Roselle* led their blind owners down more than 70 floors of the World Trade Centre.

Other recipients have been 32 carrier pigeons for their work in WW11, three horses and a cat.

The three London police horses were awarded Dickin medals in 1947. *Olga* was on duty in Tooting when a flying bomb demolished four houses close by. *Upstart* suffered a similar experience at Bethnal Green and on two occasions *Regal* remained calm despite receiving minor injuries when explosive incendiaries set his stable at Muswell Hill on fire.

In 2014 an honorary Dickin medal was awarded to *Warrior*, a First World War warhorse, to commemorate the contributions of all animals during the conflict.

COUNTRYSIDE NOTES

Simon, a black and white stray, is the only cat to receive the medal. He was found in a Hong Kong shipyard and adopted by a young crew member when HMS Amethyst called there. Sailing up the Yangtze River the ship was attacked by Chinese Communist gun batteries and Simon was seriously wounded. He was treated in the medical bay, nursed back to health and took on the duty of ridding the ship of a plague of rats which had invaded while it was anchored.

Jill Mason

FOR SALE



A complete **Graco Travel System** in cream and beige. The pushchair has a basket underneath to hold shopping and it folds down to fit most hatchback cars. All of the items come from a clean, non-smoking and pet free home, no rips or sign of wear and tear. The package is: Pushchair, universal car seat adapter to fit any car, winter muff, carry cot with soft toys in matching cream/beige and a rain cover. **£150 ono**

ALSO

Graco Travel Cot for a baby girl with pink rosebuds design around the top, two sleeping levels and a baby changing station, a music & light box, canopy with toys hanging from the rim. Comes complete with instructions and carry case. From a clean caring home of non-smokers and no pets. **£100**

AND

A **Somerset Pine Cotbed** with mattress in excellent and clean condition. Comes with a waterproof mattress protector, a baby changing unit and has two sleeping heights. The cot adjusts to a bed when baby becomes a toddler. Instructions included. **£100.**

LAST BUT NOT LEAST

Toddler three quarter bed with a safety side piece and mattress. Comes complete with instructions. **£75**

Please contact 07953 655005 **AFTER** 3pm weekdays

RECIPE OF THE MONTH

Lemon Drizzle Cake

6 oz Margarine

3 eggs

1 lemon

6 oz Caster Sugar

6 oz Self Raising Flour

1½ teaspoons baking powder



Cream fat and 4 oz of the sugar, adding the lemon zest, eggs, baking powder and finally the flour. Bake in a greased tin, 8 inches square and 2 inches deep, for 25 - 30 minutes in a preheated oven (180°C, 160°C fan, gas mark 4.) Have the juice of the lemon and 2 oz caster sugar mixed together. When the cake is cooked make holes in it with a fine skewer and pour over the lemon mixture while the cake is still hot. Allow the cake to stand in the tin until cold.

Coconut Cake

5 oz Butter or Margarine

2 Eggs

2 oz Desiccated Coconut

5 oz Caster Sugar

6 oz S R Flour (or Plain Flour with 2 level teaspoons of Baking Powder)

Milk to mix

Decoration: Glace Icing, Desiccated Coconut and Glace Cherries

Cream butter and sugar until light and fluffy.

Beat in the eggs.

Stir in the sieved flour, baking powder and coconut with enough milk to make a sticky consistency i.e. so that the mixture only drops off the spoon when shaken hard.

Put into a lined 2 lb. loaf tin and bake for approx. 1¼ hours in the centre of moderate oven, gas 3, 160°C 150°fan.

When cold top with Glace icing, desiccated coconut and glace cherries



Eileen Powell

Don't confuse my
PERSONALITY
with my **ATTITUDE...**

My **PERSONALITY** is who I am.
My **ATTITUDE** depends on who you are!

SO WHEN IS THIS
“OLD ENOUGH TO
KNOW BETTER”
SUPPOSED TO KICK IN?

THESE GLORIOUS INSULTS ARE FROM AN ERA BEFORE THE ENGLISH LANGUAGE GOT BOILED DOWN TO 4-LETTER WORDS.

1. The exchange between Churchill and Lady Astor: She said, "If you were my husband I'd poison your tea." He said, "If you were my wife, I'd drink it."

2. A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease." "That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

3. "He had delusions of adequacy."

Walter Kerr

4. "He has all the virtues I dislike and none of the vices I admire."

Winston Churchill

5. "I have never killed a man but I have read many obituaries with great pleasure."

Clarence Darrow

6. "He has never been known to use a word that might send a reader to the dictionary."

William Faulkner (about Ernest Hemingway).

7. "Thank you for sending me a copy of your book; I'll waste no time reading it."

Moses Hadas

8. "I didn't attend the funeral but I sent a nice letter saying I approved of it."

Mark Twain

9. "He has no enemies but is intensely disliked by his friends.."

Oscar Wilde

10. "I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one."

George Bernard Shaw to Winston Churchill.

11. "Cannot possibly attend first night, will attend second... if there is one."

Winston Churchill, in response.

12. "I feel so miserable without you; it's almost like having you here."

Stephen Bishop

13. "He is a self-made man and worships his creator."

John Bright

14. "I've just learned about his illness. Let's hope it's nothing trivial."

Irvin S. Cobb

15. "He is not only dull himself; he is the cause of dullness in others."

Samuel Johnson

17. "He is simply a shiver looking for a spine to run up."

Paul Keating

18. "Why do you sit there looking like an envelope without any address on it?"

Mark Twain

19. "His mother should have thrown him away and kept the stork."

Mae West

20. "Some cause happiness wherever they go; others, whenever they go."

Oscar Wilde

21. "He uses statistics as a drunken man uses lamp-posts.... for support rather than illumination."

Andrew Lang

22. "I've had a perfectly wonderful evening. But this wasn't it."

Groucho Marx

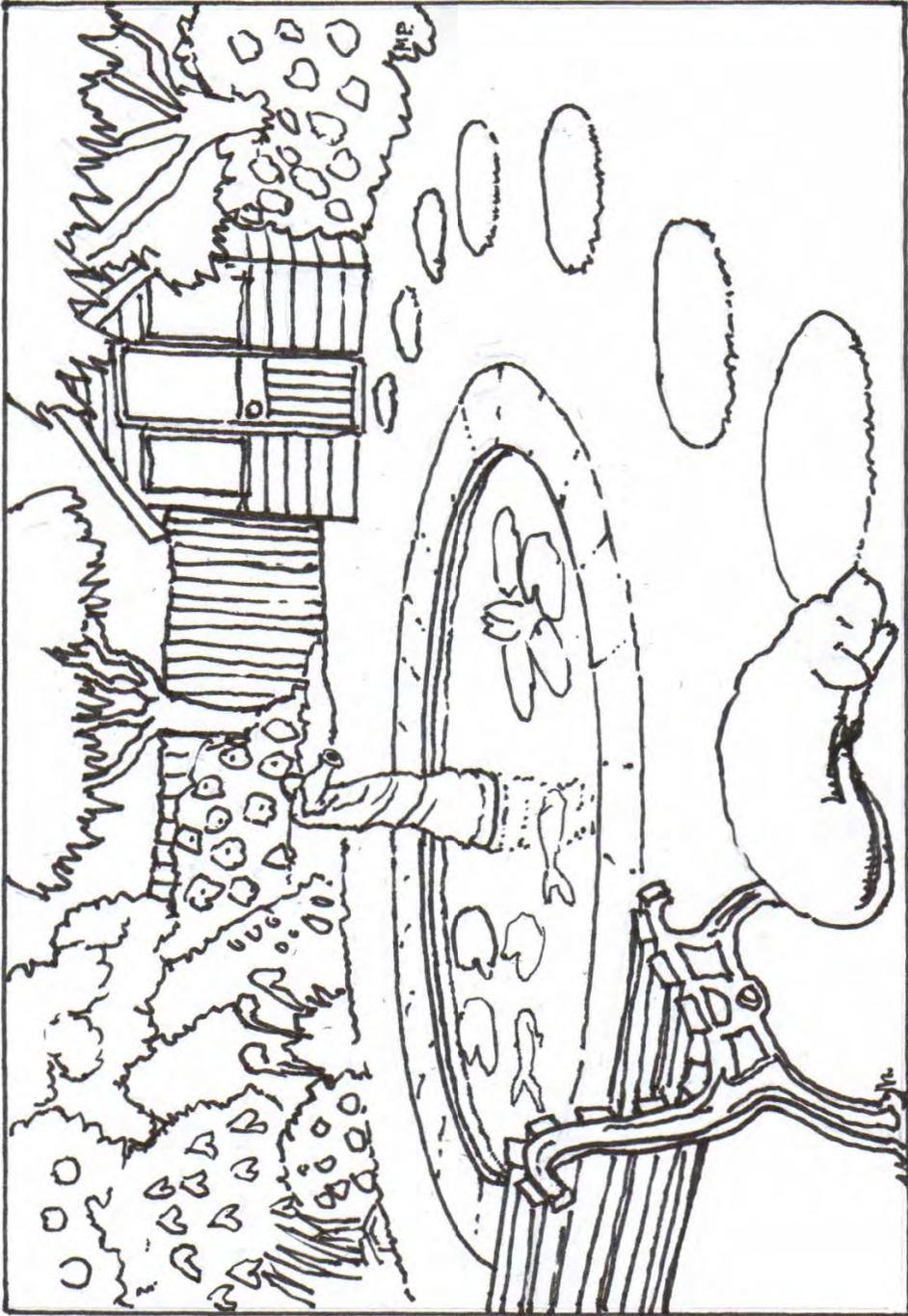
Some Interesting facts you may not know

9 foods that get rid of an upset stomach: Bananas, Ginger, Plain yogurt, Papaya, Apple Sauce, Oatmeal, White Rice, Chamomile Tea, Chicken Broth

Running your Bacon under cold water before cooking will reduce shrinking by up to 50%!

Do not use chemicals to kill ants. Instead, get a spray bottle, fill it with water and salt (25%), shake well, spray... boom, dead!

Remove a splinter easily by applying a paste of baking soda and water, then waiting several minutes for the splinter to pop out of the skin.



QUIZ PAGE

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

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

INFORMATION FROM DISTRICT COUNCILLOR PETER WILKINSON

Tell Us Once - deaths

When someone has died there are lots of things that need to be done, at a time when you probably least feel like doing them. One of these is contacting government departments and local council services that need to be told.

Tell Us Once will enable you to notify the Department for Work and Pensions, HM Revenue and Customs, the DVLA and the Identity and Passport Service as well as many local services such as libraries, blue badges, housing and electoral services, to save you contacting them individually.

The Tell Us Once process for death notifications is in two stages.

The first stage is a legal requirement and is carried out immediately after a death registration: the Registrar will enter the deceased's details on the Tell Us Once national database.

The second stage can be completed at home either by telephone or online using the unique reference number given to you at the end of the registration by the Registrar.

http://www.norfolk.gov.uk/Community_and_living/Registration_services/Tell_Us_Once/NCC155798

Norfolk County Council and our district council partners provide a service to make it easier for you to tell the different government departments and local authority services that need to know about a death that happened in Norfolk.

You can use any of our nine [registration offices](#)

(http://www.norfolk.gov.uk/Community_and_living/Registration_services/Registration_Offices/index.htm) around the county to register an event that occurred in Norfolk.

To register a death you can [book your appointment online](#)

(<https://s7.sishost.co.uk/NF/Agenda/OnlineBookings>) or call the Customer Service Centre on 0344 800 8020.

NOTICE OF REFERENDUM

Referendum on the UK's membership of the European Union in the Breckland Council voting area

1. A referendum will be held on **Thursday 23 June 2016** to decide on the question below:

Should the United Kingdom remain a member of the European Union or leave the European Union?

2. Applications to register to vote must reach the Electoral Registration Officer by 12 midnight on **Tuesday 7 June 2016**. Applications can be made online: **www.gov.uk/register-to-vote**.

3. Postal vote applications, amendments or cancellations must reach the Electoral Registration Officer Breckland Council, Elizabeth House, Walpole Loke, Dereham, NR19 1EE by 5pm on Wednesday 8 June 2016.

4. New applications to vote by proxy at this referendum must reach the Electoral Registration Officer Breckland Council, Elizabeth House, Walpole Loke, Dereham, NR19 1EE by 5pm on Wednesday 15 June 2016. Requests for changes to existing proxy vote arrangements and cancellations must reach the Electoral Registration Officer by 5pm on Wednesday 8 June 2016.

5. Applications to vote by emergency proxy at this referendum on the grounds of disability or for work/service reasons must reach the Electoral Registration Officer Breckland Council, Elizabeth House, Walpole Loke, Dereham, NR19 1EE by 5pm on 23 June 2016. The disability must have occurred after 5pm on Wednesday 15 June 2016. To apply on the grounds of work/service, the person must have become aware that they cannot go to the polling station in person after 5pm on Wednesday 15 June 2016.

Counting Officer: Maxine O'Mahony
17 May 2016

Printed and published by the Counting Officer Breckland Council, Elizabeth House, Walpole Loke, Dereham, NR19 1EE

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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

Like CSV UK' on Facebook: www.facebook.com/CSVUK

Follow @CSV_UK' on Twitter: www.twitter.com/@CSV_UK

Free magazine inspires families to get active this summer

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

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

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

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

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

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

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

You can find out more and view the magazine online at www.norfolk.gov.uk/getinto

Free home assessments on offer

Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services.

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life.

The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes.

Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

The assessors will also be able to advise whether any grant funding is available for any works required.

To book an appointment call the Careline Community Team on 01553 760671

SWAFFHAM AND LITCHAM HOME HOSPICE SUPPORT

Since the last report we had a successful Quiz evening in the Conservative Club with a full house of supportive members of the public. The Hospice made a total of £408.00 and a large thank you to all who attended.

We are closing in on one of our important evenings of the year and that is of course the forthcoming Beauty Evening in the Pedlar Suite of the George Hotel on 24th June. It promises to be an event that the ladies will enjoy, having Jarrolds Personal Beauty Consultant, Michelle Bennett supported by a Team from the Fragrance Department of the Store from Norwich. Information is advertised in this Newsletter but if you require further, then please contact myself on 01760 722924. Tickets are also available at Just Hair in Station Street. The Home Hospice is looking forward to welcoming you all on the evening.

The Fundraising Committee continues to seek out further ideas in addition to those events that are already pencilled in for the future. If you can assist us in any way with suggestions or you may need help in organising an event, then please do contact us on 01760 722937.

David Gulliver (Chairman Fundraising Committee)

STOP PRESS

NOTICE OF VACANCY ON THE BOUGHTON FEN COMMITTEE

There is a vacancy on Boughton Parish Council's Boughton Fen Committee.

You do not have to be a Parish Councillor to join.

All you need is enthusiasm and an interest in Boughton Fen.

Any previous relevant experience or particular skills will be welcomed.

If you are interested would you please apply in writing or by telephone to the Parish Clerk:

MRS CAROLE EDWARDS

2 Ffolkes Place, Runcton Holme, King's Lynn, Norfolk PE33 0AH

TEL: 07791 193407

E-MAIL: boughton.council@gmail.com

JARROLD BEAUTY EVENT

In aid of **Swaffham & Litcham Home Hospice**
Friday 24 June, 7 for 7.30pm at George Hotel, Swaffham

Jarrolds Personal Beauty Consultant, Michelle Bennett is delighted to host 'An Evening of Beauty'. Michelle will take you through all your Beauty needs and share the latest makeup tips and techniques.

Tickets £10, including a glass of wine on arrival.

Tickets available from:

Ceres Bookshop
20 London Street,
Swaffham PE37 7DG
Call 01760 722504

**Swaffham & Litcham
Home Hospice**
Call 01760 722937

David Gulliver
Swaffham and Litcham
Home Hospice
Call 01760 722924



Registered Charity No: 1104166



AN EVENING OF **BEAUTY**

JARROLD

WORDS WOMEN USE.....

(1) **Fine:**

This is the word women use to end an argument when they are right and you need to shut up.

(2) **Five Minutes:**

If she is getting dressed this means a half hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.

(3) **Nothing:**

This is the calm before the storm. This means something and you should be on your toes. Arguments that begin with nothing usually end in fine.

(4) **Go Ahead:**

This is a dare not permission. Don't Do It!

(5) **Loud Sigh:**

This isn't actually a word but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to 3 for the meaning of nothing).

(6) **That's Okay:**

This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.

(7) **Thanks:**

A woman is thanking you do not question or faint. Just say you're welcome. (This is true, unless she says 'Thanks a lot' - which is PURE sarcasm and she is not thanking you at all. DO NOT say 'you're welcome' -- that will bring on a 'whatever').

(8) **Whatever:**

Is a woman's way of saying

(9) **Don't worry about it, I've got it:**

Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in a man asking, 'What's wrong?' For the woman's response, refer to 3.



7 ARMOURED DIVISION THETFORD FOREST MEMORIAL DAY

Sunday 19th June 2016

Starts 10am to 4pm

**Various Stalls, Military Vehicles,
Marching Band, 40s Singers,**

This year's event will involve support from across the civilian and military communities of East Anglia: Headquarters 7th Infantry Brigade and Headquarters East, Regular and Army Reserve Units, Military Vehicle Trusts, Veteran Organisations, Army Cadet Forces and willing volunteers, to name but a few.



Memorial Service starts at 2pm

Limited chairs so bring your own if needed.



FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY

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

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

www.facebook.com/downhammarketlibrary

Regular events

Scrabble Club: 14th, 21st and 28th June

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

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

Reading group: Tuesday 21st June 3-4pm

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

Knit and Natter: 1st and 15th June. Meets on the first and third Wednesday of the month in term time 1.30 - 3pm

Keep Calm and Colour in!

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

8th and 22nd June 1.30 - 3pm. Colouring sheets, colouring pens and pencils provided (but feel free to bring along your own too)

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

9th, 16th, 23rd and 30th June

Other events!

Storytime

Thursday 10.30 – 11.30am

2nd June

Children must be accompanied by a parent/carer.

Bookfolding for Beginners

Tuesday 7th June

1 – 2.30pm. BOOKING ESSENTIAL.

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

FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY

Make a Card and Pen Pot for Father's Day!

Saturday 11th June

10.30 – 12 noon

For children aged 6+. Children must be accompanied by an adult.

£1.50 payable on booking. BOOKING ESSENTIAL.

An Introduction to Facebook for beginners

Monday 13th June 1- 3pm OR

Monday 20th June 1 – 3pm

£5 payable on booking. BOOKING ESSENTIAL

Digital Photography Beginners Workshop

Wednesday 15th June

10 – 3pm

(with break for lunch)

This four hour workshop will get you up and running with your digital camera (may also include tablets)

The course is £28 per person, payable on booking. BOOKING ESSENTIAL.

King's Lynn and District Camera Club

will be showing a range of their competition photos taken of the local area and around the world

Tuesday 5th July 1 - 2pm

Come along for lots ideas, examples and tips to improve your own photography.

This event is part of the Friendship Group session so £1 payable on arrival, includes refreshments.

Elena Parkin

Community Librarian. Norfolk County Council Downham Market Library

Downham Market - 01366 383073 . Mobile: 07786198618

Email: elena.parkin@norfolk.gov.uk

<http://twitter.com/NorfolkLibs>

www.facebook.com/norfolklibrariesUK

www.facebook.com/LynnLibraries

www.facebook.com/downhammarketlibrary

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

Wereham Weekly Cash



Wereham Village Hall
Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries: Doreen Rolph
01366 500218

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

BEACHAMWELL OPEN GARDENS

Sunday June 5th

12-5 pm

£4 per person

Ploughman's lunches in the
Memorial Hall

Teas, entertainment, music
in the
Old Rectory Garden

In aid of St Mary's Church

Wereham

Pop-Up Café



1st Tuesday

every month

10.30 to 12.00

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

Just £1.00.



All proceeds go to Village Hall.

Beachamwell Book Group

Tuesday 7th June

7.30 - 8.45pm (note new time)

Beachamwell Memorial Hall

Book to be discussed over a glass of wine

'South Riding'

by Winifred Holtby

Annual subscription £15.00

New members welcome

Enquiries: 01366 328536

BOUGHTON OPEN GARDENS

Sunday 12th June

12-5 pm

Entry £4 per person

Lunches from 12 in the church
with teas available later in the
afternoon.

Plants for sale at the 'plant
emporium'

Family activity organised by the
friends of Boughton playground

Well behaved dogs on leads
welcome

In aid of All Saints' Church

Fincham Coffee Morning Wednesday 8th June

10 - 12

St Martin's Church

Enquiries: 01366 347511



Wereham Messy Church

Thursday June 16th

4pm - 5.45pm

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

Don't miss it. We are looking forward
to seeing you there.

All Welcome

Enquiries 01366 502083

Beachamwell Afternoon Tea and a Chat.....

Wednesday 15th June

2 - 4pm

Beachamwell Memorial Hall

Enquiries: 01366 347673

Barton Bendish



Film Club

Proudly Presents:

'Dad's Army'

The British Empire Strikes Back

Saturday 18th June 7.30pm

Village Hall

Tickets £4

Raffle and Refreshments

Box Office: 01366 347849

email: cinemabarton@gmail.com

WEREHAM OPEN GARDENS

Sunday 19th June

Lunches from 12 noon
Afternoon teas later in the day
in

Wereham Village Hall
Gardens open from 1.00 pm

Plant Stall
Raffle

All proceeds for Saint Margaret's
Church



Beachamwell WI

'Craft Evening 2016'

Tuesday 21st June

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

MARHAM CHARITABLE FUN DAY

Sunday 26th June

Car Boot Sale Opens for trading
from 8am. £10 per stall.

Stall Holders entry from 7am

Fun Day opens from 10am until
evening.

Enquiries 01760 337261

Ext: 7491/7425/6136

All proceeds for East Anglian Air
Ambulance

The RAF Benevolent Fund and
RAFA

BARTON BENDISH OPEN GARDENS

Sunday 26th June

11am to 5pm

**Admission adults £4
Children free**

Numerous gardens open including the gardens at Barton Bendish Hall.

Historic St Mary's Church also open

Ploughman's Lunches available from noon in the Village Hall

Delicious Afternoon Teas,

Display of Classic Cars, Raffle, Plant Stall, Cake Stall and Children's Trail

Proceeds to St Andrew's Church
PE33 9GF

Nar Valley Ornithological Society (NarVOS)

Tuesday June 28th 7.30pm

The Barn Theatre

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

Please come along to our: Members' Evening - including contributions from Allan Hale and Chris Knights. Although this is described as a NarVOS Members' evening, everyone is welcome. We will have presentations from such respected NarVOS stalwarts as Allan Hale (talking about Mediterranean Gulls in Norfolk) and Chris Knights. Also, there will be a presentation about the recent NarVOS trip to Scotland. We invite members and visitors to bring along books, photographs, paintings or anything else of wildlife interest to this informal meeting.

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

Beachamwell

Craft Group

Thursday 30th June

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

Boughton Therapy Day

Saturday 9th July

All Saints' Church

11:00 am to 4:00 pm

Come and join us for a relaxing time with one of our therapists

Cost: from £5.00 per session

Refreshments available

For more details contact
01366 501335

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Songs of Praise

On Sunday, April 24th St. Andrew's Church came alive with an inspiring "Songs of Praise Service", celebrating HRH Queen Elizabeth II 90th Birthday, St. George's Day and Shakespeare's 400th Anniversary. The event was a beautiful culmination of familiar hymns, scripture readings and eloquently quoted literature, culminating in an abounding roar of patriotism! I myself (an American) felt so moved by the festivities, wanted to wave the Union Jack in the air and yell out, "God save the Queen!" Thank you to all the numerous families, friends and participants who celebrated with us on this momentous occasion. Also, a huge round of applause to organist Tom Golden without whom none of this would have been possible.

Elizabeth Smith

Quiz Night

There were 11 teams at the annual Barton quiz at the end of April answering a wide range of questions on music, geography, architecture and European countries which were in or out of the EU. There were frustrating Dingbats and even a prize for the best colouring in! It was a great night and a huge thank you to Tim and Chris our Quiz Masters and to Linda and Janice for the refreshments. Just over £260 was raised for the church so thank you to everyone who came.

Mhari Blanchfield

Thought for the Day Breakfast

The first of our Thought for The Day Breakfasts was very well supported at the beginning of May with 21 friends gathering round Linda's dining table to enjoy a delicious breakfast prepared by Zach and Lee. Rev Barbara got us all thinking and discussing well into the late morning. It was a great success which we hope to do again later in the year. Thank you to all who helped with the preparations, cooking and serving and especially to Linda and Tim for having us all in their home.

Mhari Blanchfield

Barton Bendish Film Club Presents DAD'S ARMY

Saturday June 18th at 7.30pm Barton Bendish Village Hall

Dad's Army is a 2016 British war comedy film, based on the BBC television

BARTON BENDISH & EASTMOOR VILLAGE NEWS

sitcom Dad's Army. It is directed by Oliver Parker, set in 1944, after the events depicted in the television series. The story sees Catherine Zeta-Jones play a glamorous journalist, who is sent to report on the Walmington-on-Sea Home Guard platoon. This is all before MI5 discovers that there is a German spy, hiding in the fictional British town. Running time 100 minutes.

Bookings and tickets from <http://www.bartonbendishfilmclub.btck.co.uk/> or 01366 347849

Tickets £4.00 to include refreshments.

Gardens Open Sunday June 26th

The Gardens will be open from 11am-5pm. Ploughman's Lunches will be served again this year in the Village Hall from 12 noon and Afternoon Teas will be served from 2pm. Maureen Buck will have the cake stall in the Village Hall and Olly Forrest will have the plant stall at 47 Church Road. There will also be a raffle.

Entry to the gardens is £4.00 per person with no charge made for children. Tickets and maps will be available at the Church and there will be a 'Children's Trail' on the day.

Donations of cakes, plants, produce and raffle prizes will be greatly appreciated. All proceeds will go to St Andrew's Church. Please let me know if you are able to help in any way on the day and/or are willing to have your garden open.

Maureen Tasker 01366 347432

It is also planned to have a display of Classic/Vintage/Old cars to coincide with the Gardens Open. If anyone is interested in exhibiting their vehicle, or knows anyone who might be, please phone 01366 347570 for further details.

Val McAlister

Songs of Praise

We are having a Songs of Praise service directly after our Open Gardens afternoon at the end of June and wish to invite everyone to come along to St Andrews for 5pm. We hope to have some poems and readings about flowers and gardens together with well known hymns. If you would like to suggest or request a particular hymn or poem or reading or if you would feel able to read at the service please phone (347849) or (347563)

Mhari Blanchfield and Linda Webster

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Animal Service

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

Thanks

I have been overwhelmed by the kindness and thoughtfulness so many people have shown me during my enforced spell of immobility. I never knew I had that many friends. It certainly provides a different perspective of life when you're confined to a wheelchair and dependant on someone to take you anywhere so I'm also very grateful to my husband David for helping me escape the confines of the house.

Thank you everyone - I really do appreciate it.

Jill Mason

Forthcoming Events

Saturday	June 18th	Film Dad's Army	7.30pm	See advert page 24
Sunday	June 26th	Gardens Open	11am – 5pm	Followed by Songs of Praise
Sunday	July 10th	Animal Service –	St Andrew's Church	at 3pm
Weekend	September	17th -18th	Art, Craft and Photo Exhibition	



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

The new times are:

Monday and Thursday 12.45 – 13.05

Tuesday and Wednesday 11.25 – 11.55

Parish Council



At the recent Annual Parish Council Meeting Cllr John Adcock stood down as Chair. He was thanked for all the years he had filled this post.

The new Council is as follows

Cllr. Sanderson [Tom] [*Chairman*]

01366 328244 tomsanderson@btconnect.com

Cllr. Lambert [Diana] [*Vice Chairman*]

01366 328227

Cllr. Adcock [John]

01760 337058 johnadcock149@btinternet.com

Cllr. Powell [Mark]

01366 328648 powells@beechemwell.plus.com

Cllr. Ive [Julie]

01366 328456 jive2011@live.co.uk

Cllr. Spencer [Philip]

01366 328536 pgs@wissey.co.uk

Cllr. O'Donnell [Pat]

01366 328500

District Councillor: Cllr. Peter Wilkinson

01760 338810 ps.wilkinson1@gmail.com

County Councillor: Cllr Ian Monson

01366 328296 and 07831455446 ian.monson@norfolk.gov.uk

Dates for future meetings are: **2016:** July 11th September 12th November 14th

2017: January 9th March 13th May 8th

beachamwell-pc.norfolkparishes.gov.uk

Eileen Powell [*Parish Clerk*]

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church

The PCC Vestry Meeting and AGM took place on 12th April 2016 in Beachamwell Memorial Hall. At the Vestry Meeting the Churchwardens, Vice Chairman, Secretary and Treasurer were elected.

John Sanderson was re-elected as Churchwarden and Vesna Hudson was elected as Churchwarden.

Dick Wainer was re-elected as Vice-Chairman and Pat Clarke was re-elected as Treasurer. The position of PCC Secretary is now vacant. Please let one of the PCC members know if you would be interested in volunteering for this role.

The Vestry Meeting was immediately followed by the AGM where members of the PCC were formally elected. Members of the PCC this year are as follows:- Mrs Pat Clarke; Mrs Vesna Hudson; Mr John Sanderson; Mrs Gill Sanderson and Mr Dick Wainer.

Fabric - There were a number of outstanding items regarding the fabric of the church that had been recommended in the Quinquennial Report and these need to be addressed. The PCC is awaiting estimates for the revised bird doors on the church porch. It was agreed that the next large project will need to be the repair of the thatch. Mrs Wilson said this would be the project that the Half-Marathon money will support.

A particular mention was made of the Carols by Candlelight Service which was highly enjoyed by everyone.

The monthly Afternoon Teas continue to be well attended and were a good opportunity for people to meet and enjoy tea and cakes.

The church continued to be open during daylight hours and the PCC recorded their thanks to everyone on the rota to lock and unlock the church door. Particular thanks was recorded to Mr Ian Phillpot for organising the rota in the first place and keeping it going until the end of 2015 when Mrs Diana Lambert took on this task.

Mr & Mrs Williams have resigned from the PCC following their move to Shouldham and Mr Sanderson expressed the PCC's appreciation for all the work that Mrs Williams (as PCC Secretary) and Mr Williams (as Churchwarden) had done over the last few years.

The Rev Gillian Mann was also thanked for soldiering on and supporting the church despite her illness and treatment.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The annual half marathon has taken place once more and please see full report on page??

The PCC wishes to record our thanks to Carole and Brian Wilson for the flawless organisation and donation of the money raised to the church fabric fund.

The next event is the Open Gardens on Sunday 5th June (12-5pm) where there will be at least 12 gardens open to visit, accompanied by lunches in the village hall (12-2pm), teas and musical entertainment in the Old Rectory garden (2-5pm), cake stall, raffle and organ recitals in the church.

Tickets available on the green at £4 per person, children free.

There will be no service on June 5th due to the Open Gardens event and our next service will be the family service on June 19th at 11am, all welcome.

Dick Wainer

Flower Rota for June

5th Several People [*Gardens Open Day*]; 12th Jenny Gabrielsen; 19th Heidi Hale
26th Vesna Hudson

Wednesday Walkers

We walked down by the stream at Eastmoor and here is a picture of a brilliant



m o r n i n g .
The Singing Sixties [with apologies to the younger members]

Enquiries
Sue Pennell
01355 328452 or
Leah Spencer
01366 328536

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Local History Group Open Day

On Sunday, 24th April, Beachamwell Local History Group held its first Open day at the Memorial Hall, which highlighted some of the projects the group has been



working on. There were exhibits of photographs and artefacts about the history of Beachamwell Hall and its owners, a family story from the Census Records and about St Botolph's Church in Shingham. A display of archaeological objects found locally featured a Neolithic stone quern, hand axes and scrapers, a Bronze Age dagger, Roman and medieval pottery, all vividly illustrating how our village and its environs have been lived in for many millennia. Visitors were able to "Ask The Census" about the 19th Century villagers, using our excellent spreadsheet, and to view local photographs. There was something for youngsters too with a "hands on" display of memorabilia about childhood, matched to local photographs.

Many thanks to all those who loaned items for display and all who helped to make the day such a success. The number of visitors far exceeded our expectations and some had travelled quite a distance to get there. We were also delighted and grateful that many brought along photographs of their own and items of interest for us to copy and add to our growing archive of evidence about Beachamwell's fascinating history.

The Local History Group's next event will be on Saturday 16th July and entitled, "Venerating the Ancestors". This will be a talk at 11 am in the Memorial Hall by

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Anne Mason, about how attitudes to mortality and death have changed through the centuries and how we commemorate the dead. This will be followed in the afternoon by a visit to St Mary's Church to examine some of the church monuments and memorials. Anne is a heritage consultant and has been involved in many projects locally. She has worked for a range of organisations including the Churches Conservation Trust, English Heritage, the Forestry Commission and the Breckland Society. She is a very engaging speaker with a depth of local knowledge. Everyone will be welcome to come along to this event.

If you are interested in the work of the group, or if you have any items of local interest that you would be happy for us to copy or photograph for our archive, we would love to hear from you. **Maggie Mackenzie (01366 327023) or Mike Walker (01366 328242).**

Half Marathon

The Half Marathon this year had some real adventures.



First the three huge puddles (lakes) and then the soft sand, making it very difficult for the cyclists, even Steve our eventual winner managed to fall off in the puddle. No problem for the runners who just ran through the lot, wet feet and covered in mud. A real cross country experience. Fortunately the

weather was good, sunshine for the first time in weeks and no rain, unlike last year when it poured all day. The pop up arch belonging to Ryston Runners was a great way to finish under. Thank you Martin for organising this and also for your big clock so we could see our finishing time. Just added a sparkle to the

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

event. Thank you Pat for organising the welcome refreshments for us.

The Half Marathon is all about raising money for the restoration of our Church St. Mary's and thanks to the very generous donations of villagers and participants we hope to raise £1000 plus gift aid. Thanks to everybody who gave so generously.

Winners

1st Male Runner Ashley Gilbert Gooderstone 1hr. 25mins

1st Female Runner Susan Matthews Shouldham 1 hr 28 mins

1st Adult Cyclist Steve Green Beachamwell 55mins

1st Junior Cyclist Douglas Sanderson Beachamwell 1hr 15mins and his Personal Best

Special mention to Lily Wainer aged 10 years who completed the course and won the "Youngest to Finish" Medal. A real achievement Lily as it was not easy this year. Hope you compete again next year. Thanks to everybody who took part and made it such a success.

The Marshals were brilliant as usual, giving up their Sunday mornings to stand around for a couple of hours to see us safely on our way.

Nevyn Ranner, Rachel Bond-Green, Peggy English, John, Graham Johnson, Sonia and Graham Williams, Betty Phillpot, Eileen Powell, Peter Garner, Philip Spencer, Sue Pennell, Val Sidey, Sanderson family and Dick Wainer,

Drinks Stations: Karen Bridge, Leah Spencer and Di Lambert

Trained First Aider: Rachel Bond-Green

Registration and Certificate Scriber: Maggie McKenzie

Time Keepers: Jim White and Martin Ive

Tea Lady: Pat O'Donnell

Tail End Charlie Dave Tonks was as amazing and patient as ever

Brian and Carole Wilson (Photograph Martin Ive)

Country Fair and Fete

We are back in action at the forthcoming Country Fair and Fete 3rd September. There will be more information in the August edition of G4N. Meanwhile, any queries please contact Mary Riches 01366 328999.

The Bric-a-Brac Team

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

WI

We had to travel to Barton Bendish for our May meeting because voting was



taking place in our Hall. Irene, President welcomed Jean our new member and then our speaker for the evening Mr. Philip Shipp the Shepherd. Mr. Shipp was a very interesting and natural speaker who had no notes or prompts and spoke from the heart. As well as having a full time job during the day, very early mornings and late nights he cared for his flock of 350 sheep. He

went through his year month by month explaining what he had to do to keep his flock fit and healthy. Lambing in Feb/March was particularly busy for him, his wife and sometimes his daughter. He was passionate about his sheep and his work with them. He made us laugh especially when he told us about Billy, the cheeky lamb, who was now a house pet after becoming an orphan and then fed and nurtured by the family. We really enjoyed his talk to us.

Irene reminded us about next meeting which is our Birthday Supper and the outing to Narborough Hall for afternoon tea

Carole Wilson (Photograph Eileen Powell)

Horticultural Show

The onions have arrived for the Giant Onion Competition. Cost £1.00 each all you have to do is make them grow enormous. Please collect from the Old Rectory. Don't leave it too late because when they have gone they have gone, they are always in demand. Join in the fun of growing them.

Brian Wilson 01366 328628

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday June 7th	Barton Bendish Beachamwell Drymere Boughton	Hatherley Gardens Old Post Office Telephone Kiosk Mill Road	9.55 am 10:15 am 10:40 am 14:20 pm
Monday June 6th and 20th	Wereham	The Pit Queen's Close	9:30 am 16:20 pm

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

VILLAGE BUS SERVICES

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

Traveline (08706) 082608 (www.traveline.org.uk)

FARMERS' MARKETS

Ely Fakenham King's Lynn RAF Marham Swaffham	Second and Fourth Saturday 8:00-2:00pm Fourth Saturday 8.30am to 12:00pm 3 rd Friday of each month Third Friday 9:00am to 2:00pm No longer trading
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For information:- www.farmersmarkets.net or your local Tourist Information Office

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES IN JUNE

Sunday 5th June	Second Sunday after Trinity	
9.30 am	Shouldham	Morning Prayer
10.30 am -11.30 am	Marham	Cafe Church (<i>In The Methodist Chapel</i>)
	Beachamwell	No service (Open Gardens)
6.00 pm	Wereham	Evensong
Sunday 12th June	Third Sunday after Trinity / Proper 6	
9.30 am	Shouldham Thorpe	Holy Communion
	Boughton	No service (Open Gardens)
10.30 am	Marham	Morning Prayer (MC)
11.00 am	Barton Bendish	Family Communion
6.00pm	Fincham	Evensong
Sunday 19th June	Fourth Sunday after Trinity	
9.30 am	Shouldham	Holy Communion
10.30 am	Marham	United Morning Worship (MC)
11.00 am	Beachamwell	Family Service and Banns read
	Wereham	No service (Open Gardens)
Sunday 26th June	Fifth Sunday after Trinity	
9.30 am	Fincham	Holy Communion BCP said
10.30 am	Marham	Holy Communion
11.00 am	Boughton	Holy Communion
5.00 pm	Barton Bendish	Songs of Praise following Open Gardens

THURSDAY SERVICES

1st, 3rd and 4th week at Fincham: 2nd week at Boughton

Sunday 5th June 3pm	Boughton	Baptism
Saturday 25th June	Boughton	Wedding

CHURCHWARDENS

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

BAPTISMS AND WEDDINGS

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

BOUGHTON VILLAGE NEWS

Boughton Parish Council in Action



The PC has commenced public footpath tidying works for the season. The path between the church and Cavenham Corner has been strimmed and cut recently. We have also tidied and treated with preservative the two bridges near the church also cut back the overhanging briars and cleaned the bridge timbers. This should provide walkers with a safer, more accessible walk around the village.

Please take advantage of the public and permitted footpaths around the village. It is wonderful to behold all the wildlife on a quiet spring/early summer walk around the village. See the routes available on the sign in the playground on The Green.

By next month we will have reviewed the path to Wereham (and the pub!) and other walks around the village.

BOUGHTON VILLAGE NEWS

Boughton Therapy Day - 9th July 2016

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. For more details contact 01366 501335

The Boughton Village Caravan

Garden Emporium - Open Gardens Day 12th June 2016

This will be our fifth year of trading at Open Gardens day and your support in the past has been tremendous with donations of plants and anything 'garden related' for us to sell on the day. Our thanks to those of you who have already dropped items off and we look forward to receiving many more! For a small commission we will sell goods on your behalf. We are happy to collect and even store items if you need them out of the way!

Tombola prizes would also be most welcome.

Angela and Andrew Faherty, Tapestry Cottage, Chapel Road. Tel: 501335

Children's Flamenco Workshop

Hi Everyone, especially children and those who like to dance!



There will be a flamenco dancing workshop for children, with live guitarist, on Saturday 13th August, in Boughton Church, to raise funds for the new village playground.

Doors open at 12.30 and the first class will begin at 1.00pm. It will be very simple basics for beginners and a little dance for you to take home with you. I am going to teach The Bulerias, which is a very popular little flamenco dance, often done at parties and fiestas.

There will be two sessions with a break for refreshments and pauses as we go along of course!

The second class will commence at 2.30pm to continue with the dance and will conclude at 3.30pm.

It is open to any age group and little ones can bring their Mummies to help!

Flamenco is lively and lots of fun and girls will need full dresses or skirts to swish and maybe flowers for their hair...

Teresa Payne

BOUGHTON VILLAGE NEWS

Grand East Anglian Run Success

Isabella and I would like to thank all who sponsored our runs around King's Lynn on May 1st.

8-year-old Isabella ran the "Mini Gear" in support of the West Norfolk Riding for the Disabled raising £122 for their "Gator Appeal", which was launched by the Rt Hon Elizabeth Truss MP earlier this year.

I completed the GEAR 10K raising £180 for the Boughton Playground Fund. As you will see elsewhere in the magazine the Playground Action Group are continuing with their programme of fundraising, so please support these events. Once again many thanks.

Andy Beeston.

Boughton Playground Action Group – 'not to be missed' summer events!

As promised in last month's G4 the Boughton Playground Action Group (PAG for short!) have been busy finalising our series of summer family events.

We are delighted to be involved in this year's Boughton Open Gardens on Sunday 12th June, so bring the children/grandchildren and let them fill out their activity sheets and stamp card along the way and claim their medal! Our local cub leader and wildlife enthusiast, Paul Smith has very kindly agreed to set the scene for our Boughton Fen family walk and picnic on Sunday 10th July and we are thrilled by the prospect of the Children's Flamenco Workshop (see Teresa's article on page 39 for the more details) on Saturday 13th August.

We hope to see you at one or all of these events, if you are interested in joining us and would like any additional information then please email us at boughtonplayground@gmail.com

Boughton Playground Action Group – EDP Community Chest Appeal

Do you read the EDP? If you do then you may already be aware that the EDP are giving away £100,000 to not-for-profit community groups in 2016. Amounts from £250 to £2500 are available in their monthly give-aways. To apply groups need to collect a minimum of 500 tokens that are printed daily in the EDP in any one given month. To this end the Boughton Playground Action Group would like to ask any EDP readers to please cut out any tokens in June and drop them either in the collection boxes that will be on display at the Open Gardens, or the box which will be attached to the Boughton Village notice board.

Many thanks, **Andy, Angela, Jenny and Carol**

BOUGHTON VILLAGE NEWS

Boughton Cricket Club



Welcome again to Boughton Cricket Club (BCC) - Now that the winter is over and the season has just begun I thought I would give you all an update on recent events within the club as we look forward to a glorious English summer of cricket.

Firstly the cricket and I can tell you that we have a pretty full calendar of fixtures which I hope will appeal to all comers. We have a good mix of friendly 40 over matches on Sundays and also a more comprehensive program of evening T20 matches to played on Tuesday evenings running in-between our regular Tuesday night net sessions at the ground overseen by Hugh Jenkins. The confirmed Sunday fixtures captained by Ben Wilkinson are as follows:

5th June - East Rudham (A); 12th June – Castle Rising (H)

25th June – Barrow CC (H); 3rd July – East Rudham (H)

17th July – Jesus Cambridge (A); 24th July – Gooderstone (H)

7th August Gooderstone 6ers (A)

If you would like to play in any of these games please get in touch with Ben and sign up to his players email list benedict.wilkinson@kcl.ac.uk - we are an inclusive club and will always try to get you a game whatever your ability.

As regards the Tuesday night T20 fixtures, they are provisionally as follows with nets being held at 6.30pm on the Tuesdays in-between:

7th June - Kings Arms Shouldham(H)' 28th June – Pymoor (H)

5th July – Downham Curry Club (H)' 19th July – Fawett Fen Farmers(H)

These nights are always exciting with a bit of a party atmosphere and the £5 match fee includes a beer or soft drink at the end for everyone. Contact me if you want to play in any of these games and as we always try to accommodate everyone that wants to play - It's much more fun than sitting at home watching Eastenders on a Tuesday evening!! If you don't want to play please feel free to come down to the ground and watch and let's hope for some warm evenings.

So as you can see from this comprehensive fixture list cricket is well and truly alive in Boughton.

You can also now check out our website www.boughtoncricketclub.co.uk or follow us on twitter for immediate news and updates @Boughtoncc

If you are interested in joining or coming along just for a look or if you know someone locally that might be interested please let them know - there are no geographical barriers to membership. **Steve Short (Chairman)**

WEREHAM VILLAGE NEWS

Wereham Open Gardens..... Sunday 19 June (1pm-5pm)

It's not too late to say "Yes, I will open my garden on June 19"! And, if you hadn't given it a thought – please would you reconsider? Of course you may not think your that garden necessarily qualifies for being open to the public but remember that many of us manage to achieve pretty and pleasant gardens without being full-time gardeners or having a large acreage. I have passed many a small cottage garden which struck me with some aspect its charm and design or, in many cases, a clever colour scheme. I've realised that simple gardens can be most attractive and effective. So don't assume your garden doesn't measure up. It's only once a year that we have this event, which has become a tradition in our group of villages (this is our 13th Open Gardens) and is one of two or three important dates in the calendar that help earn funds to keep our churches open and running.

We have lost a few of our gardens recently, which have been on show in the past because people have moved out of the village and so would love to have a few more gardens to fill the gaps. The gardens will be open on only one afternoon this year. If you don't choose to open your own garden, why not just come and have lunch or afternoon tea in the Village Hall? Lunches will be served from 11:45 a.m. onwards and tea and homemade cakes will be served there during the afternoon.

Again you might simply choose to pop in and see some of the very attractive gardens that will be on show. Please remember that, as always, your donations of cakes and bakes, plants ,rooted cuttings garden bits and pieces and any help you'd like to give on or before the day, are always very much appreciated too. As usual, there will be a well-stocked plant stall with a large variety of healthy plants to choose from, so do come and have a browse.

Enquiries please contact Tom on 01366 500052 or Sue on 858237

Cycling for Charity

Trevor Sturrock and his wife Claire, who are now both semi-retired, have lived in the village for 15 years. Trevor's hobbies are squash and cycling and he particularly enjoys the challenge of a really long cycle ride comprising anything from hundred miles to 500 miles. Some years ago It occurred to him that he could use this enthusiasm to be raising funds for worthy causes at the same time and in the last few years Trevor has raised money in this way for a variety of different causes; eg The British Heart Foundation, the Leonard Cheshire

WEREHAM VILLAGE NEWS

Trust, the RAF Benevolent Fund (Trevor has recently retired from RAF Marham where he was Warrant Officer in charge of the Tornado fleet); The Cat Protection League; The Prostate Cancer Society and a very interesting charity called The Not Forgotten Association, which raises funds for anyone in the armed forces who has lost a limb in active service, ranging from Chelsea pensioners to modern day amputees who have served in Iraq and Afghanistan.

Those of us who are raising funds for Wereham Village Hall may remember that for the last two years he has helped Stina Berger to compile, edit and produce a village calendar containing the artwork of artists and children in the village. All proceeds were donated to village hall funds.

This year he has decided to focus on a single charity, feeling that in this way the chosen charity would receive a more effective lump sum. He has devised a calendar of cycle rides throughout the year (sportives) to raise funds for RDA (Riding for the Disabled), an extremely worthwhile charity on our doorstep, and one that does an enormous amount of good work but is always struggling for funds.

Below is the schedule he has devised and we sincerely hope that this very worthy cause will receive the support it deserves.

Pam Walker

Hi, I'm Trevor Sturrock, each year I try to cycle a few miles for a charity, this year my chosen charity is: *'Magpie Centre - West Norfolk Riding for the Disabled'*

My chosen events and rides are:

11th March 2016 – North Norfolk coast line ~ 100 miles.

April / May 2016 (Dates to be confirmed) – 6 day West coast tour of Scotland ~ 560 miles.

5th June 2016 – Norwich ~ 100 miles.

17th July 2016 – Cambridge Sportive ~ 89 miles.

24th July 2016 – The Norfolk Sportive ~ 100 miles.

4th September 2016 – The Pinewoods Climbs ~ 66 Miles.

30th October 2016 – Watlington (Oxfordshire) Sportive ~ 90 Miles.

27th November 2016 – Thetford Sportive ~ 74 Miles.

Approximate total ~ 1,200 Miles

If you can help & would like to donate; my online fundraising page is:

<https://mydonate.bt.com/fundraisers/trevorsturrock1>

WEREHAM VILLAGE NEWS

Wereham Parish Council

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

Agenda items must be received by Parish Clerk before the end of June. 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

Last Parish Council meeting held on 12 April 2016. Please see below some of the items discussed. A full set of the Draft Minutes (subject to approval at the next meeting) are available on the Wereham Parish Council Website.

- Public Comments / Questions re the Planning Application for the Outline Application of construction of 28 Dwellings, Land at the Row, Wereham, King's Lynn, Norfolk PE33 9AU. The Wereham Parish Council agreed to formally object the Planning Application.
- The Parish Council welcomed Helen Richardson as the new Parish Clerk, and thanked Nicola for her support over the past two years.
- A Key Contacts List would be created and published to allow the public to report any non-parish council issues directly to the relevant authority and the list would be placed on the noticeboard, website and Facebook pages.
- An update was received from Victoria Gray, Chair of the WVHC
- Work to rebuild the base of the Village Hall Sign was approved.
- The Clerk would be contacting CGM and investigate the mitigation of mould growth on the Playground Tiles.
- Defibrillator Funding was being progressed.
- Investigation into the ownership of the Public Footpath from Gibbet Lane to Fincham was to be progressed by the Clerk. If anyone has any information on the ownership please email the clerk on werehampc@gmail.com
- Various Consultations were considered received from Council's recently mainly on Housing and Planning Developments.
- An Internal Auditor was appointed for year 2015/16.

The Annual Wereham Parish Meeting and Annual Meeting of the Parish Council was held on Tuesday 10 May 2016, the publication timings of G4 has meant that it is not possible to provide an overview of the meeting, however the minutes of the meeting are available on the website.

***Helen Richardson Wereham Parish Clerk and Finance Responsible Person
Email werehampc@gmail.com or Phone/Text: 0779 500 6811***

WEREHAM VILLAGE NEWS

Wereham Crafty Folk

Wereham Craft Group would like to welcome new crafters. At the moment we are all knitters and sewers but would welcome other types of crafters. We have a good selection of wool and fabrics which have been donated. We would also welcome clean cotton items and jeans for up-cycling. The whole reason for the group is to sell our items and raise money for the village hall. We meet once a month for coffee and a chat to discuss what we are all doing, but work in our own homes at our own pace. If you think you would like to join our happy little group please contact me.

We are holding a Food and Craft Fair with Art Exhibition on Saturday July 2nd. 10am until 4pm in Wereham Village Hall, if any crafters in the G4 area would like to book a table to display and sell their items please contact,

Rosemary on 01366 501330 or e-mail rosemary.pease@btinternet.com

Wereham Wanderers

We are a social group, made up from all different age groups and capabilities, who like to walk. We meet up once a week (limited due to weather). We will be organising more walks when the better weather is upon us and perhaps more than once a week and further afield. If you would like to join us please email or phone me for more information. **Angela 500115 or cgoddon@btinternet.com.**

Wereham Messy Church

Thursday 16th June 4pm-5.45pm Starts in the church followed by activities and food for all in the Village Hall. Don't miss it. We are looking forward to seeing you there. All Welcome.

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

Debbie and Ian Rye

May Update from Wereham Village Hall Committee

Well, the sun truly shone on us this weekend – what fantastic weather for the Wereham Yard Sale – it ensured a great turn out and we made £296.29. A huge thank you to Jacqueline for organising the event, all the helpers in the kitchen and everyone else who was involved.

If you attended the Pop-up café in early May, we hope you were able to stay on and enjoy a delicious bowl of homemade soup for your lunch. This new format

WEREHAM VILLAGE NEWS

will be a permanent fixture; we will be open on the first Tuesday of the month from 10.30am to 1.00pm and will be serving light lunches in addition to the usual tea/coffee and cakes. Prices remain at £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.

The Queens 90th Birthday celebration will be on 12th June – look out for your invitation and please RSVP as there will be some limit on space.

Our first **Art and Craft Fayre** will be on Saturday 2nd July - please contact Rosemary on 01366 501330 for more details.

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.

And finally, a big thank you to everyone who collected EDP Community Chest vouchers during April. It was looking a bit thin on the ground for a while but following a last minute rush of deliveries, we well exceeded the 500 required to be able to apply for a grant. We will hear if we were successful by the end of May and, if not, we will reapply at the beginning of June so please continue to collect vouchers throughout May (and June and beyond). You can pass them on to any of the committee or contact Rachel on 01366 502252 or gerard_rachel@btinternet.com and I can collect.

Update from the New Build Project Team

After a lot of hard work and some very late nights, we submitted our Stage 3 Lottery application on 22nd April – yippee!

We anticipate hearing a response from the lottery during September but in the mean time, following a short break, the team will be back on the case, progressing all the other funding streams that will be required if the project is to go ahead.

Victoria, John E, John M and Rachel.

WEREHAM VILLAGE NEWS

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in May were Gwen Watson and Mitsy – 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 7th June and Tuesday 5th July. 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 26th June and Sunday 31st July. 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.

Queen's Birthday Party

Saturday 12th June. Look out for your invitation.

Art and Craft Fayre

Saturday 2nd July. Contact Rosemary on 01366 501330. For all the pictures and feedback from our events, log onto www.facebook.com/werehamvillagehall. By clicking on the 'Like' option, you will be kept up to date on events, pictures and the progress towards a new village hall.

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact:

Victoria Gray, Chair, Wereham Village Hall Committee

Home: 501277 Mobile: 07725513583

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



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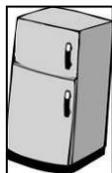
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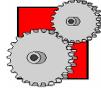
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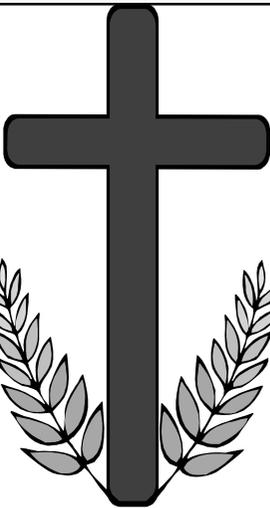
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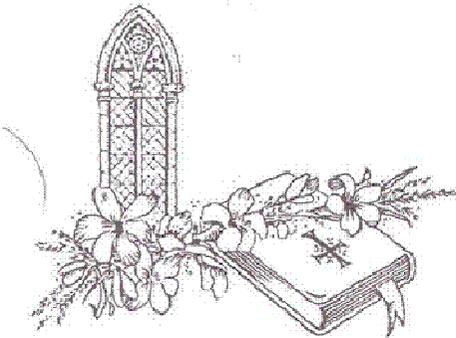
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