

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

May 2017

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hope you enjoy this latest edition of G4N.

Once again, there are 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.

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.

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FROM THE RECTORY MAY 2017

CHRIST IS RISEN!

Dear Friends,

John Chrysostom one of the four Greek Doctors of the Church wrote a sermon for Easter Day which is used today in the Orthodox Church at the heart of the Easter Liturgy, it begins like this, 'If any be lovers of God let them rejoice in this beautiful and radiant feast.....Enter then all of you, into the joy of your Master. First and last, receive your reward. Rich and poor dance together.' The gist of the sermon is that the striving of Lent is over and it is now time for each of us to live in the freedom of the Resurrection (for the record the 4th century John Chrysostom also wrote the favourite prayer 'Where two or three are gathered together in my name')

The American 20th century poet, E.E.Cummings, with his extraordinary juxtaposition of words and use of punctuation gives us a wonderful feeling of relaxed refreshment as he experiences what must surely be Resurrection:

*'I thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is YES (capitals are mine).*

I do hope you enjoyed your Easter worship wherever it was.

The Ceremonies at Boughton gave us a lift which to which I am sure, John Chrysostom would have given a nod of assent!

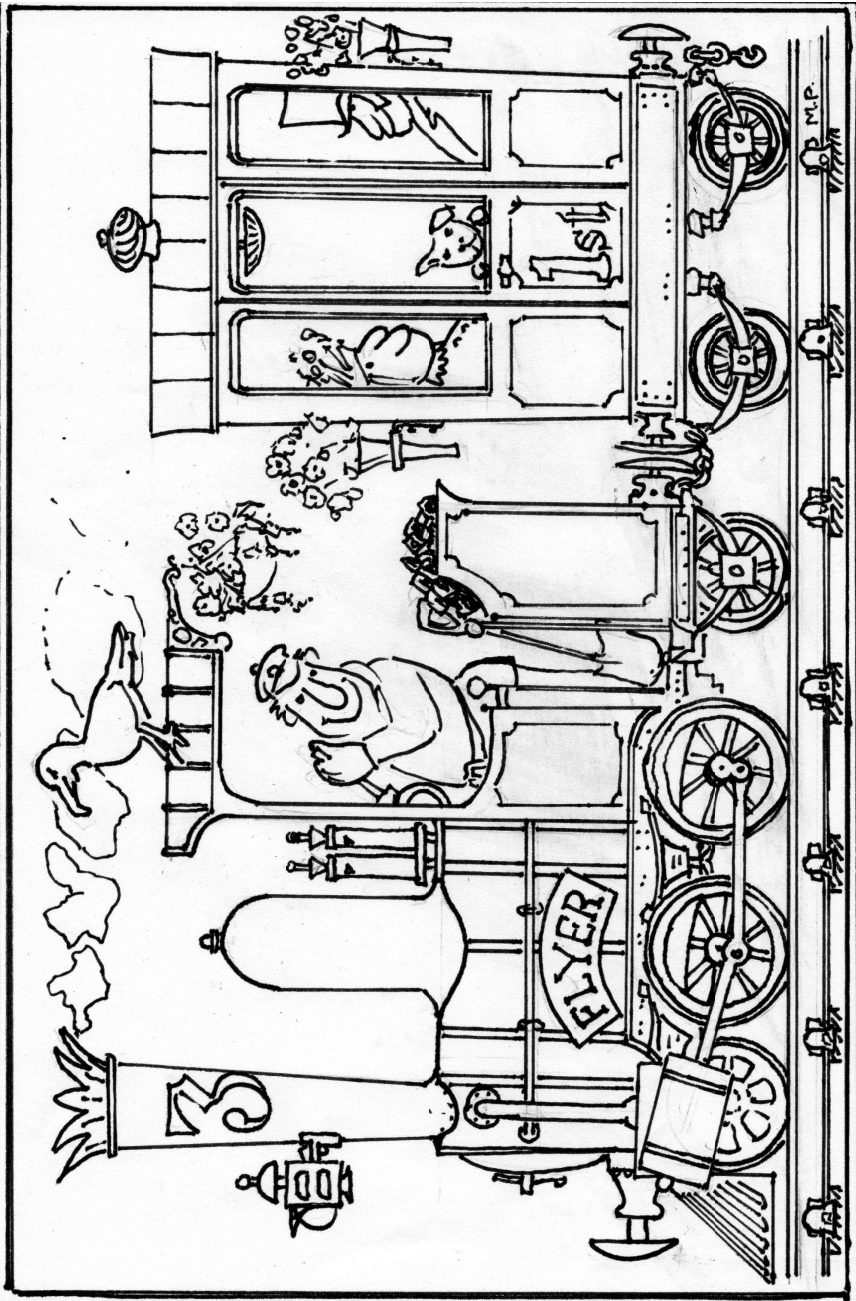
In this Easter season may we be refreshed enough to face the challenges and opportunities before us with the YES of optimism and Renewal.

With Easter greetings,

Sincerely,

Robin.

CHILDREN'S PAGE



QUIZ PAGE

01. What does 'neuro' mean in neurosurgery?
02. Stableford rules apply to which sport?
03. Why is someone who abstains from drinking alcohol 'on the wagon'?
04. What kind of animal is a 'liger'?
05. Which US President has the same name as a cartoon cat?
06. Unscramble CUTE HEAVY LINEN GIRLS to discover a questionable TV programme.
07. What word can describe a size of paper, a sea bird and a country's ruler?
08. Where was Kylie Minogue born?
09. Which word can be typed only using the top row of a computer keyboard - question, retire, opportunity or phototype?
10. What type of shop would you go to buy scrag end?
11. Name six US States beginning with M.
12. Dooley Wilson played which movie character in a famous film starring Humphrey Bogart?
13. Urticaria affects which part of the body?
14. Could a British motorist in the 1920's have encountered a roundabout?
15. How did the expression 'take a rain check' originate?
16. Why does the word mains occur so often in the name of a farm?
17. Name three famous people, real or fictional. Who are associated with apples.
18. Which herb can be told by a clock?

Answers: 1) Of the nervous system; 2) Golf; 3) Originally on the 'water wagon'. In the USA horse-drawn water wagons came around to hose down dusty streets and to areas without a mains supply. It was assumed the driver or passengers only drank water; 4) Offspring of a male lion and a tigress; 5) James Abram Garfield; 6) University Challenge; 7) Emperor; 8) Melbourne, Australia; 9) Retire; 10) Butcher - it is a cut of lamb; 11) Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana; 12) Sam in Casablanca; 13) The skin, it's another name for nettle rash; 14) Yes, first one was built in Letchworth Garden City in 1910; 15) In the US when sports events were cancelled people were given ticket stubs or rain checks to use another day; 16) From domain meaning lands. It's the main or home farm of an estate; 17) Adam, William Tell, Isaac Newton, Snow White, John [Appleseed] Chapman; 18) Thyme

COUNTRYSIDE NOTES

Birds' Nests

Birds never cease to amaze me. Their nests come in so many different designs utilising a wide variety of materials such as twigs, dead leaves, dried grass, aquatic vegetation, animal fur, wool, feathers, cobwebs and mud. It is not uncommon either to find other items such as string, baler twine, paper, pieces of polythene etc included.

Blackbirds and thrushes are reasonably conventional with their bowl shaped nests which can be told apart as the thrush lines hers with mud. Of the birds that build in trees perhaps the laziest of them all is the woodpigeon which makes do with just a flimsy platform of dead twigs. Crows and rooks build similar nests although theirs are much more substantial, while magpies create dome shaped twiggy nests. Sparrows would probably win the prize for being the untidiest nest builders with their ragged creations made from straw, dried grass and feathers. The tit family are much neater, seeking cavities in which to build, making use of moss, fine grass and lining their nests with hair, animal fur, wool or feathers. Best of all are the nests of long tailed tits which build beautiful oval balls out of moss, cobwebs and hair which they cover with grey lichen and line with feathers, often using a large one to cover the entrance hole near the top. Many warbler species build nests woven from fine vegetation close to the ground in reeds, gorse, brambles or bushes. Tree creepers and wrens often choose a

crevice in tree bark using whatever materials they can find close by. Woodpeckers, nuthatches and owls seek out holes in trees. Swallows and house martins collect mud which they mix with their saliva to build nests on the sides of buildings. However their cousin the swift, being unable to walk on the

COUNTRYSIDE NOTES

ground, chooses to nest under roof tiles. A variety of species nest on the ground. Plovers, waders and terns make a little scrape on bare soil, open moorland or coastal shingle in which to lay their eggs. Most species of ducks and geese create a cosy nest from dead leaves and grasses which they line with soft down plucked from their breasts. Our ancestors discovered that down from eider ducks would keep them warm at night hence the invention of the 'eiderdown'. Exceptions to this rule are goldeneye, which normally nest in holes in trees, and shelduck which select rotten trees. Sometimes straw stacks make acceptable substitutes for trees.



Aquatic vegetation is used by swans to build gigantic nests close to the water edge. Grebes use similar materials to make floating platforms anchored in a pond or riverside reeds as do coots and moorhens who build cup shaped nests in which to lay their eggs. Those birds which spend most of their lives at sea generally choose precarious sites on cliff edges and buildings.

The gold medal for laziness though, must surely go to the cuckoo which

neither builds its own nest nor raises its own chicks.

Jill Mason

Nests shown are The Blackbird, The Song Thrush, The Sparrow and The Long Tailed Tit

FROM THE SMALLHOLDING MAY 2017

'Snowshowers' had its glorious few days at the end of March, to be followed by damsons and other plums. All early blossom seems particularly luxuriant this year, especially hedgerow blackthorn. It remains to be seen whether the late April cold snap will have damaged the promising apple blossom; the young pear trees are looking good.

We struggle on trying to be organic. The charismatic ambassador for organic gardening, Bob Flowerdew, writing in Garden Organic says " An organic diet will boost your health. I think eating organically makes you more sensible...." Well, it must be worth a go! Couch grass, ground elder and slugs remain problems for the organic gardener as for all others. Slugs, whose name in Greek means ' stomach on feet' lend themselves to DIY control, remembering that they don't like getting dried out.

With help we have managed to clear much of the orchard of brambles thus enabling mowers to get at the nettles; seeing the grass return is a real pleasure. There has been no recent sign of rabbit damage, although I am not certain as to what the effectiveness of the RPF is. Rabbits, in or out? Any way, it looks good! With the Spring, or at least with more daylight hours, the poultry are in breeding mode. The good to look at Jubilee Orpington trio (chunky bantams) also produce a reasonably sized egg; somewhere there is a clutch soon ready to hatch.

The goose lays an egg or two, more in hope than expectation while the gander is aggressive and tries to look important.

Also with Spring, emerge butterflies, so far brimstone, small tortoiseshell, peacock and orange tip. The ever sagacious Bob Flowerdew says that as well as planting flowers that butterflies like we should also grow plants that caterpillars like to eat - makes sense?

Finally the raised bed shows hopeful signs of life. Germination in the fenland soil has been satisfactory but there is a tendency for the soil to dry out; must find a suitable mulch!

We are still awaiting our swallows.

Robin Blackall



SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

The Fundraising arm of the Charity would like to welcome Kate and John Davies and Wendy Palmer. Kate and John are relative newcomers to Swaffham whereas Wendy is a returnee now that she has retired as a receptionist at the Camping Land Surgery. Their suggestions will be helpful going forward for the Committee. Denis Harniman has retired from the Committee and we would like to thank him for all his voluntary work over a period of seven years and wish him well.

It is with sadness that we inform you of the passing of Maggie Farquharson. For those of you who knew her, Maggie was the first paid coordinator of the Charity in 1991 after it was initially formed in 1988. Maggie had already retired from Westfield's Home here in Swaffham and decided she would like to utilise her past experiences with the Hospice and spent many happy years before Debbie Hanwell eventually superseded her.

Linda Burton of the Committee had been organising a Fashion show for many months preceding the event last month. It was held in the Pedlar Suite of the George Hotel with a full house of attentive ladies. It was organised by Cheryl of Allez Chic from Castle Rising supported by her female models. A wonderful evening was had by all and the Charity raised £1,008.00, thanks go to all those who attended along with the members of the Fundraising Committee. Linda a long term volunteer has now retired from the Home Hospice and all those connected with the Charity wish her well for the future, although between you and me she will continue to offer her assistance if we need to call upon her.



Also last month another one of our favourite Quiz Nights was held at the Conservative Club run by Adrian Adcock and members of the Fundraising Committee. Another full house saw the Rusty Nails eventually winning the top prize. The grand total of monies raised was £520.00. The photo shows the winners and the organiser, Adrian with scorers Sarah and Linda in the background.

Peter Harris, a well-known gentleman of Swaffham has decided to undertake a long distance coastal walk in September with sponsorship donations shared between the Rugby Club and us. Planning is at an early stage but further details will be published later. We certainly need your support for this kind gesture of Peter. **David Gulliver**

MAGPIE CENTRE WANTS YOU

Want to take more exercise? Want to get fit? Want to help others? If so, the Magpie Centre, home of West Norfolk Riding for the Disabled Association wants you.

Based in the idyllic grounds of Wallington Hall, South Runcton, PE33 0EP (on A10, just north of Downham Market), the centre is in urgent need of volunteers to help with some of its riding sessions.

The Magpie Centre gives lessons to 114 riders and carriage drivers each week. These participants are of all ages, and with a wide range of physical and learning disabilities. In some cases, a rider will need a leader for the pony, plus two “sidewalkers”, one each side, to help them maintain balance and converse with the rider to improve communication skills. This means that for four riders, no fewer than 12 volunteers may be needed

At present, the need is greatest on Mondays from 9 am to 12 noon and from 12 noon to 4 pm; Tuesdays 4 pm to 8 pm and Wednesdays 2 pm to 6 pm but other timeslots are also available.

If you would like to lead a quiet pony, or sidewalk a rider, this opportunity is for you – and don’t worry – full training will be given.

If you can commit to just a couple of hours a week, you will become part of a friendly team, make new friends and embark on a very rewarding activity.

To find out more, call the Magpie Centre on 01553 810202..

DISCOVER DOWNHAM HERITAGE

Hundreds of years of history brought to life

Visit the new Heritage Centre

Find out about the history of Downham Market and the people who lived and worked here at our brand new Heritage and Learning Centre.

Displays show how Downham developed from a Saxon settlement to a thriving market town and the trades, industries and shops which have helped shape the streets.

Opening hours Thursday to Saturday 10am to 4pm

Free admission

School groups, workshops and drop-in research available on other days.

Large room available to hire for local community groups.

Find Us

The Old Fire Station, 30 Priory Road, Downham Market PE38 9JS

Telephone 01366 384428

SWAFFHAM MUSEUM



Swaffham Museum reopened in February after a busy six weeks. Behind the scenes work included **two new exhibitions, a new activity** for adults and children 'Do you know how to use a 1930's typewriter?', **additional dressing-up options** and a **new museum trail**.

The first new exhibition 'Philo's diary' has extracts from a diary written in 1850 by James Philo (1810-1877) who worked as a boot and shoemaker from his home at 8 London Street – approximately where Blaine's shop is today. He revisited the diary in 1873 and he describes the changes in Swaffham over the 19th Century. Besides his own personal sentiments,

there are references to Education, Emigration, Local Government, Unions and Entertainment in Swaffham.

Our second exhibition is a display of paintings from our store. This is mostly paintings from the Carter family – Samuel John (father to Howard Carter), and Harry Carter who is well respected for his village signs. There are some copies of Harry's original designs. There are also some works from the graphic designer, Max Mueller. Max was a graphic artist and printer in Leipzig before becoming an unwilling conscript in the German army during WW11. He surrendered to the American army and eventually came to live as a prisoner of war in the camp at Cockley Cley. After his release he remained within the locality working for a funeral director before setting up his own printing press.

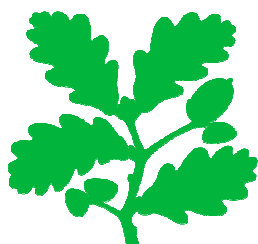
30th Anniversary of Swaffham Museum

This year is the 30th Anniversary of the Opening of Swaffham Museum. It was opened on March 14 by Dick Joice, well known and respected presenter of regional television and of the 'Bygones' programme. The Museum started with two rooms in the Town Hall, and there were over 1000 artefacts which had been collected during the previous 10 years. Mrs Merle Boddy was a prime mover in the establishment of the Museum. We will celebrate our 30 years in September on one of the Heritage Open Days.

Open Mon – Sat 10am to 4pm.

More information on our website (www.swaffhammuseum.co.uk)

Veronica Hutchby – Publicity Officer



National
Trust

Oxburgh Hall

Friday 12th May, 7.45pm – 10pm

Bat Walk

Join the Outdoors Team and the Trust's Wildlife and Countryside Consultant to discover the wonderful world of bats. Find out how many varieties we have in the British Isles and how many of these are found at Oxburgh. This will be followed up with a walk in the grounds. Bring a jacket, a torch and comfortable shoes. Find out how you can also take part in the Norfolk Bat Survey.

£12 Includes tea or coffee on arrival.

Booking essential on 08442 491895 (limited numbers).

Saturday 15th – Sunday 16th May, 11am – 4pm

Conservation in Action – Chandelier Clean.

Don't miss this opportunity to see the magnificent crystal chandelier in the Saloon undergoing its annual clean. Oxburgh's staff and volunteers will be on hand to answer your questions and tell you what it takes to conserve 1,957 crystal drops.

Normal admission.

Wednesday 31st May, 1pm – 3pm

What Lies Beneath ?

Come and discover the exciting creatures that live in the watery underworld surrounding Oxburgh Hall. Using a net, see what you can catch, maybe a dragonfly nymph or water boatman. This is a drop-in activity. All children must be supervised by an adult. Suitable for children aged 4 years and up. No booking required.

Normal admission charges apply.

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 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

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 seafloor; 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

RECIPE OF THE MONTH

Sweet Potato and Lentil Soup

Ingredients:

4 big sweet potatoes

Big mugful of yellow or red lentils

1 large onion

2/3 dried chillies or a very small one chopped (be careful with them, add bit by bit and taste regularly) or you could just add some black pepper)

Tin chopped tomatoes

Seasoning

Greek yogurt/crème fraiche for topping (optional)

Chopped parsley (optional)

Method:

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

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

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

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

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

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

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

Add water or potato juice if needed.

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

REED ORGAN LOOKING FOR A NEW HOME

Mike Walker (Beachamwell) has a reed organ that he would like to donate to one of the local churches or to any organist in the area.

He doesn't want any money for it but wants it to go to a good home.

If you are interested please contact him

michael.walker68@btinternet.com

01366 328242 or 07831 422372

THE GOSPEL OF GOLF

1. Eighteen holes of match play will teach you more about your foe than 18 years of dealing with him across a desk. *Grantland Rice*
2. Golf appeals to the idiot in us and the child. Just how childlike golf players become is proven by their frequent inability to count past five. *John Updike*
3. It is almost impossible to remember how tragic a place the world is when one is playing golf. *Robert Lynd*
4. If profanity had any influence on the flight of the ball, the game of golf would be played far better than it is. *Horace G. Hutchinson*
5. They say golf is like life but don't believe them. Golf is more complicated than that. *Gardner Dickinson*
6. If a lot of people gripped a knife and fork as poorly as they do a golf club, they'd starve to death. *Sam Snead*
7. Golf is a day spent in a round of strenuous idleness. *William Wordsworth*
8. If you drink, don't drive. Don't even putt. *Dean Martin*
9. If you are going to throw a club, it is important to throw it ahead of you, down the fairway, so you don't have to waste energy going back to pick it up.
Tommy Bolt
10. Man blames fate for all other accidents but feels personally responsible when he makes a hole-in-one. *Bishop Sheen*
11. I don't say my golf game is bad but if I grew tomatoes, they'd come up sliced.
Arnold Palmer
12. My handicap? Woods and irons. *Chris Codioli*
13. The ardent golfer would play Mount Everest if somebody would put a flag stick on top. *Pete Dye*
14. I'm hitting the woods just great but having a terrible time getting out of them!
~ *Buddy Hackett*
15. The only time my prayers are never answered is playing golf. *Billy Graham*
16. If you think it's hard to meet new people, try picking up the wrong golf ball.
Jack Lemmon
17. It's good sportsmanship to not pick up lost golf balls while they are still rolling. *Mark Twain*
18. Don't play too much golf. Two rounds a day are plenty. *Harry Vardon*
19. May thy ball lie in green pastures and not in still waters. *Ben Hogan*
20. The difference in golf and government is that in golf you can't improve your lie~ *George Deukmejian*
21. Golf is a game invented by the same people who think music comes out of a bagpipe ~ *Lee Trevino*

DOWNHAM MARKET LIBRARY

Forthcoming events at Downham Market Library – March

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

Every Tuesday (during term time) 10am – 12pm

Enjoy a game of scrabble.

Knit and Natter

1st and 3rd Wednesdays, term time only. 1.30 – 3pm.

Baby Bounce and Rhyme

Thursdays – 10-10.30 term time only

Come along and enjoy some songs and rhymes.

Brew and Banter

Fridays - 10am – 12pm. Suggested donation 50p

Enjoy a chat over a tea or coffee.

Other events

Sedgeford 5,000 years of human settlement

A talk by SHARP (Sedgeford Historical and Archaeological Research Project).

Tuesday 2nd May 1pm - 2pm

Booking essential. £1 includes refreshments (part of the 'In Good Company' group)

Searching for your Family Tree

...then let the library help you. A two hour course to start you off.

Wednesday 17th May

10am to 12 noon

Booking Essential £5 (payable in advance)

DOWNHAM MARKET LIBRARY

Jewellery Workshop for Beginners

Create and keep 3 items of jewellery (pendant, bracelet and earrings) with a selection of materials to choose from.

Wednesday 24 May

10am - 12.30pm

Suitable for anyone age 12 years and above, no previous experience is required

Booking is essential - £10 includes all materials, use of tools and refreshments.

Elmer Story and Rhymetime

Come along for some Elmer stories and activities!

Thursday 25th May

10.30 to 11.30am

Suitable for pre school children and their parents/carers.

Children must be accompanied by an adult.

Get Digital Tablet Course

Come learn how to use a tablet at Downham Market Library

Dates: 1st, 8th and 15th June

Times: 2pm – 5pm

£15 per person for 3 sessions.

Book at the library or call 01366 383073

For more information contact: Melissa.Brown@norfolk.gov.uk

Storytime with Dennis the Fire Dragon!

and Norfolk Fire and Rescue Service

Come along to the library and listen to some stories about Fire Safety and Awareness

Thursday 1st June

10.30 – 11.30am

Norfolk Fire and Rescue Service will be available to talk to parents/carers about being safety aware in the home. All children must be accompanied by an adult.

Elena Parkin Community Librarian

Downham Market - 01366 383073 Mobile: 07786198618

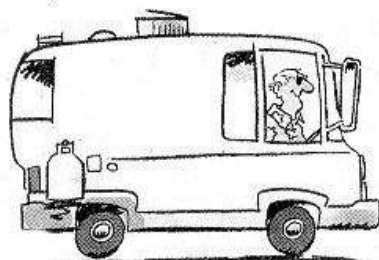
Email: elena.parkin@norfolk.gov.uk

EATING IN THE FIFTIES

1. Pasta was not eaten in Australia.
2. Curry was a surname.
3. A take-away was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. All potato crisps were plain; the only choice we had was whether to put salt on or not.
6. Rice was only eaten as a milk pudding.
7. Calamari was called squid and we used it as fish bait.
8. A Big Mac was what we wore when it was raining.
9. Brown bread was something only poor people ate.
10. Oil was for lubricating, fat was for cooking.
11. Tea was made in a teapot using tea leaves and never green.
12. Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.
13. Fish didn't have fingers in those days.
14. Eating raw fish was called poverty, not sushi.
15. None of us had ever heard of yoghurt.
16. Healthy food consisted of anything edible.
17. People who didn't peel potatoes were regarded as lazy.
18. Indian restaurants were only found in India.
19. Cooking outside was called camping.
20. Seaweed was not a recognised food.
21. "Kebab" was not even a word, never mind a food.
22. Prunes were medicinal.
23. Surprisingly, muesli was readily available, it was called cattle feed.
24. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!!
25. The one thing that we never ever had on our table in the fifties

"Elbows or Phones."

The Wheels of Life



"The handle on your recliner does not qualify as an exercise machine."

Wereham's Pop-Up Cafe

will 'pop up'
Twice Every Month
(initially on the 1st and 3rd Tuesday)

10.30 am till 1.00pm

The café will continue to serve a hot drink and a pastry or a slice of home-made cake for just

£1.50

PLUS

A light lunch 'dish of the day'
For an additional £2.50

Beachamwell Book Group

Tuesday 2nd May

7.30

Beachamwell Village Hall

Book to be discussed over a glass of wine

'Katherine'

By Anya Seton

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

Wereham Weekly Cash



Wereham Village Hall
Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries: Doreen Rolph
01366 500218

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



Beachamwell WI

"The Unusual Experiences of a
Paramedic"

Speaker John Newmeir

Thursday May 4th

7:30pm

Barton Bendish Village Hall

Visitors welcome

Wereham Short Mat Bowls Club

Thursdays

7.00pm

Free drop in sessions in The Village
Hall for the next 6 weeks

Free refreshments

Come and meet our friendly club, find
out what's involved, try a new activity,
help grow our club and have some fun

For more information or for a chat
telephone 01366 501330

Beachamwell Parish Council AGM and Ordinary Meeting

Monday 8th May

7.30

Beachamwell Memorial Hall

Enquiries: 01366 328648

Beachamwell and Fincham Family History Group

Tuesday 16th May

2 - 4pm

Beachamwell Village Hall

£2 All welcome

Enquiries

(01366) 347694 or 328536

Beachamwell Afternoon Tea and a Chat.....

Wednesday

May 17th

2 - 4pm

**Beachamwell
Village Hall**



Enquiries
01366
347673



Beachamwell WI Craft Evening

Learn, improve and share a wide range of yarn and fabric crafts

Tuesday 16th May

7.30 - 9.30

Beachamwell Village Hall

Non-WI members and

beginners very welcome

£3 inc refreshments

More details: 01366 328589

Wereham

Indoor / Outdoor Car Boot Sales and Café

The last Sunday of every month
excluding December.

9am until 1pm

Café serving bacon rolls,
sausage in a roll or egg in a roll, with
plenty of tea and coffee.

A warm and friendly welcome
is given to everyone.

Please contact Philip on

[07759033492](tel:07759033492) or [01366501330](tel:01366501330)

e-mail

rosemary.pease@btinternet.com.

The dates for the rest of the year are
May 28th, Jun 25th, July 30th, Aug
27th, Sept 24th, Oct 29th and Nov
26th

Barton Bendish Film Club

**Proudly Presents
The Best Picture Oscar Winning
Musical**

'LaLaLand

Starring Emma Stone & Ryan Gosling

Saturday 20th May 7.00pm

Barton Bendish Village Hall

For more information go to
www.bartonbendishfilmclub.btck.co.uk
or join our mailing list using our 'contact
us' webpage for details and timings of all
our screenings

Tickets £4.00

To book phone 01366 347849



'Parson Woodforde' Vic Tucker

AGM will be included in this event

**Sunday May 21st
3.00 pm**

Swaffham Assembly Rooms

Free for members

£12 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries: 01366 328648

Nar Valley Ornithological Society (NarVOS)

Tuesday 30th May

7.30pm

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

'The Wonders and Woes of Madagascar' by Alan Hale

As many of you know NarVOS member Allan Hale is a popular speaker to our society. Following in the footsteps of many famous naturalists Allan and his wife Heidi visited Madagascar last year. The 'wonders' of the title will undoubtedly include exotic birds and lemurs. I wonder what the 'woes' could be. Please come along to find out.

Admission £2 on the night for non-member and visitors are most welcome.

Enquiries: 01760 724092

Beachamwell Craft Group

Wednesday 31st May

2.00 - 4.00

Beachamwell Village 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

Villages Open Gardens

Open Gardens Days will be in June. If you like looking at gardens, then every Sunday in June has something to look forward to!

4th Barton Bendish *Maureen Tasker* 01366 347432

11th Boughton *Pam Wakeling* 01366 500429

18th Wereham *Lizzie Baddock* 01366 500233

25th Beachamwell *Richard Wainer* 01366 328706

More details will follow but there are always lunches, teas and plant stalls! Sometimes even a cake stall! If you are able to offer your garden, or any other kind of help, then contact the organisers in your village. If you live in the northern four parishes, we are still connected and would welcome your support.

Beachamwell Half Marathon Run, Walk or Ride Sunday 30th April

8am SLOW walkers, SLOW runners, SLOW cyclist

9am Runners and faster cyclists *****PRIZES at 11am

All dogs must be on leads

Sponsorship forms and more information from Brian Wilson 01366 328628

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Cheese and Wine Tasting Evening

I think I can truthfully say that everyone who came to our Cheese and Wine Tasting Evening thoroughly enjoyed themselves. We are very grateful to Swaffham Waitrose for sponsoring the event and also to Mary and her team who really did us proud. They presented us with samples of six different wines and six cheeses which was done in a very professional and informative way. Several people said afterwards (me included) that they couldn't remember what they all were and wished they'd made notes. The connoisseurs came better prepared!

After expenses were deducted we were able to add £311 to the Village Hall funds.

Jill Mason

Barton Bendish Cheese and Wine Tasting Evening.

April 4th. in village hall.

We had an excellent evening of cheese and wine tasting courtesy of the Swaffham branch of Waitrose.

We were very fortunate to have the services of Mary (the wine expert) and Jackie (the cheese expert) for the evening along with their helpers. Mary talked us through the six wines which we all sampled with great pleasure.

We started with Prosecco (and why not!) then on to Austrian Gruner Veitliner followed by Waitrose Argentinian Malbec then Rioja Grand Reserve and finishing with a dessert wine. The history, description and price were explained in each case.

Jackie gave details of six cheeses, which we sampled, varying from Goats Cheese to Mature Cheddar and including Red Leicester and Cornish Quartz. Both ladies did a superb job. Their delivery was both interesting and entertaining.

Many thanks to them and Waitrose. Perhaps we could have a real ale and pickled egg evening next!!

Finally a big thank you to Jill and David for organising the evening along with their band of helpers. Barton Bendish had done it again!

This full house evening raised £311 for the maintenance of the village hall.

Alan and Janet Reid

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Barton Bendish Film Club

Barton Bendish Film Club showed "Fantastic Beasts and Where to Find Them" in the Village Hall on Saturday, 8 April. The attendance of over 30 people shows the intrinsic appeal of the film given that because of delays in the granting of a licence to screen there had been very little chance to advertise the screening. Our thanks go out to everyone who attended what was a very enjoyable evening.

The next film will be the (almost) Best Picture Oscar winning musical "LaLaLand" starring Emma Stone and Ryan Gosling. Showing at **7pm** on 20 May 2017 in Barton Bendish Village Hall. Running time 2hr 8 mins.

See www.bartonbendishfilmclub.btck.co.uk or join our mailing list using our 'contact us' webpage for details and timings of all our screenings.

To reserve your ticket call 01366 347849

Open Gardens

This year our Gardens will be open between 11am and 5pm. Ploughman's Lunches will be served in the Village Hall from 12 noon and Afternoon Teas after 2pm. Maureen Buck will be in charge of the cake stall in the Village Hall with Olly Forrest manning the plant stall (as well as offering advice) in his garden at 47 Church Road. Tickets for entry to the gardens are £4 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. There will also be a raffle.

Donations of cakes, plants, produce and raffle prizes would be greatly appreciated. All proceeds are in aid of 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 our Gardens Open. If anyone is interested in exhibiting their vehicle, or knows anyone who might be, please phone **Terry Sprosson on 01366 347882**

Barton Bendish Open Gardens - A Note from Olly, gardener for Albanwise.

As this year's Open Gardens draws nearer the plant stall is starting to look replenished and ready for all the visitors from near and far. If anyone has any

BARTON BENDISH & EASTMOOR VILLAGE NEWS

plants or garden wares they are always gratefully received. Flower pots are always needed as we grow and sell around 250 plants every year! Please feel free to drop off pots or plants at 47 Church Road, Barton Bendish or call Oliver (01366)348 223. For those who haven't considered opening their garden before please consider it this year, it's always fantastic to see new gardens. People visit the Open Gardens to discover new plants and ideas for their own garden, they're not expecting an RHS show garden!

Olly

Andrew Stephen

I have lived in Barton for more than sixteen years and have witnessed many changes in that time especially regarding social events and the Village Hall. Andrew Stephen moved to the village last summer and I have found it very interesting to read a newcomer's 'take' of our village. Judging from his latest offering (see following article) we are doing OK.

I would also like to take the chance to thank him and his wife Liz for wholeheartedly joining in, and helping, with so many village activities. It is very much appreciated. **Jill**



BARTON BENDISH & EASTMOOR VILLAGE NEWS

It's a Quiet Life

As I sit writing this, looking over the field towards Marham, it's yet another wonderfully warm day. Arrogant pheasants are 'strutting their stuff' as the delicate lady pheasants run off very slowly. When we arrived last July, the sun was blazing and it continued to blaze into the autumn. It would be easy to believe that this corner of West Norfolk had its own micro climate. The dire warnings of being snowed in during the winter seem nonsensical now. As do the warnings that nothing ever happens in sleepy hamlets.

Our children now seem startled at the number of activities available in Barton Bendish. Having praised the Berney Arms for its splendid breakfast service, it would seem that a pub quiz is about to become a regular feature. This month's event was very competitive and very lively – and not just because we were part of the team that won – successfully defending the honour of the village but also because of the fun loving demeanour of the staff. The quizmaster was particularly patient and Mine Host, Harry, is threatening to wear a sparkly jacket at the next quiz in May.

Next up was a really enjoyable Cheese and Wine evening sponsored and fronted by Waitrose. It was informative and interesting but, more than that, it was profoundly sociable. In an age when many people prefer Sky TV and their laptop to real life, it is a joy to see a community who enjoy spending time together and realise that we all depend on one another. Special mention should go to David Mason who did a sterling job of controlling some of the more unruly members of the audience. Thanks are also due to Jill Mason and Maureen Tasker for organising the event and to all the intrepid helpers who cleared up at the end. It is impressive to see how much the Village Hall is used. The PCC meet there and there is a quiz night coming up on the 22nd at which, we have been promised, the questions will not be too cerebral.

And, talking of the PCC, I tagged along with them to RAF Marham to see the new building work and get a taste of what the RAF are doing. As someone who lived on the base in the mid-sixties, I was fascinated to explore an area which I once knew well but it is now protected by high security. I was hugely impressed by the attitude of the RAF. They were very open about developments and keen to explain how construction traffic had been kept out of the villages. Some concern was expressed about aircraft flying over Barton. The PCC were promised that this would be looked into and dealt with. I hope things don't change that much. I find the variety of aircraft fascinating and the presence of a

BARTON BENDISH & EASTMOOR VILLAGE NEWS

powerful deterrent is reassuring. The RAF is a very good neighbour and are genuinely willing to help local communities in any way they can.

Finally, in these days of dwindling church congregations and active participation in our national religion, it is heart warming to see that St Andrew's is still a vital part of our lives. We may never again reach a point where the Church is absolutely at the centre of the Community, but we have to recognise that it has never been so important to have a clear set of values which is not centred on greed, self interest and cheap popularity. The Heritage Service on the 23rd will celebrate the Queen's birthday, patriotism, Shakespeare and the community. And who wouldn't want to do that?

Andrew Stephen

RAF Marham - regarding complaints about low flying over the village.

Parish Councillors from Barton recently visited RAF Marham and Councillor Valerie McAlister brought up the subject of complaints regarding aircraft flying low directly over the village. According to the reply she received (below) it is now possible to report incidents of when this happens directly to RAF Marham and they will be investigated.

W/O Mo Howard has asked to pass the following information on to you in relation to any Low Flying Complaints.

These can be emailed into: MRM-MCOGroup@mod.uk or if more urgent attention is required then call 01760 446086.

During the day this will either be picked up immediately or will go to answer machine asking for details of the issue (this will then be picked up as soon as possible – there may be an operational reason why it is not picked up immediately i.e. an aircraft emergency etc.).

In the evening, if no flying is taking place from Marham and therefore Operations is not manned, then it will definitely go to answer machine and will be picked up in the morning.

(You will understand that not all aircraft in the area are from RAF Marham).

As mentioned on Thursday if you can take photos and email them in with the date and time that is also useful to help them investigate the complaint.

Forthcoming Events

Saturday May 20th Film 'LaLaLand' at 7.00pm Village Hall

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40

Parish Council



Date for the next meetings (annual and ordinary) is May 8th – everyone welcome. If you have anything you wish to be included on the agenda please let me have it, in writing, 2nd/3rd May.

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

As always everyone is welcome.

The Parish Council website is beachamwell-pc.norfolkparishes.gov.uk

Eileen Powell (Parish Clerk)

Breckland District Council's Annual Report 2017

It has been 2 years since you elected me and I thank you again, where does time go?

It has been to my satisfaction that I have been able to help residents with variety of issues some with problems with their respective landlords one left without heating this issue was unacceptable. It was a great achievement to be able to secure a Broadband Cabinet for Shingham a pleasure to Support the Shingham Residents group who showed great determination.

It was also satisfying to support the Memorial Hall with successful applications to secure funding for the erection of new goal post's which I thought was a worthwhile project for the young Beachamwell and not so young residents.

It has been my privilege to attend the Parish Council Meetings, to be there to support your Clerk and council members for whatever information needed.

As always if you have any concerns I might be able to help you with then please get in touch, peter.wilkinson@breckland.gov.uk or 01760 338819 or 07788 381796

Peter Wilkinson

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church

At the Annual Parish Church Meeting (APCM) we considered the future of our church. Faced with a relatively small and ageing congregation, together with a fall in the amount funds raised and collected the time has come to face the facts and appeal to the local population for assistance in finding the best way forward. The meeting held on 11th April was attended by 15 people. There were lively discussions about what purpose and how much importance our church building might have in the rural community of the 21st century.



All of those present at the meeting felt that it was important to try and preserve the ancient building, which has been gracing the centre of our village for over a millennium, for future generations. Whilst its religious purpose is diminishing, with only a handful of local residents attending the services, it was agreed that the building's historical and aesthetic value to the village warrants another attempt to find a way to ensure the building could be sufficiently maintained to prevent its immediate closure and further deterioration.

By the end of the meeting five people expressed an interest in helping with the establishment of the 'Friends of the Church' group, with a further five willing to consider it further. In addition, another five local residents who could not be at the meeting, had made a contact and offered their contribution (both practical and monetary) to the future 'Friends' Group. Although the overall number of responses to our plea represents a relatively low proportion of our local population we are delighted to have gained support from around 15 people who might be willing to help us to save our church from closure.

So far all of the expressions of interest have been informal so we would ask all those who offered to play a part in the forming of the Friends of the Church to confirm their commitment by a phone-call / e-mail to the Vice-Chair of the Parish Church Council or to the Churchwarden. We have already generated a great number of ideas and suggestions on how the fund-raising could be tackled in the future and the guidelines on the setting-up and constitution of the FoC Group can be seen / downloaded from the Diocese of Ely web-site: www.parishresources.org.uk/friends-schemes.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Following the APCM the PCC membership for 2017/18 was elected and the officers for the specific duties are: Dick Wainer (Vice-Chair), Pat Clarke (Treasurer), John Sanderson (Deanery Synod Representative) and Vesna Hudson (Churchwarden). Gillian Sanderson and Pam Haslam also remained on the PCC. John has stepped down from his post of Churchwarden and we wish to give him our heart-felt thanks him for many years of undertaking this important duty. There are currently vacancies for the posts of 2nd Churchwarden, Secretary and Safeguarding Officer. We would welcome further applications for PCC membership in hope of filling the vacant posts. Strengthening this group would help maintain the religious presence in our community whilst adapting the services toward the changing spiritual needs of today's society.

We shall continue with our two monthly church services (1st and 3rd Sunday) and remain grateful to the members of retired clergy who are currently delivering those. Now that the implementation of the new Deanery Plan is under way our group of four churches (Barton Bendish, Beachamwell, Boughton and Wereham) will be forging new links with our southern neighbouring churches of Methwold, West Dereham, Wretton and Stoke Ferry, under the leadership of our new 'House for Duty' Priest Rev Ken Waters and his team.

At the end of another financial year we wish to express our thanks to all the volunteers who continue to give their time and money to keep our church open, clean and regularly decorated with flowers, as well as organising the 'Tea & Chat' monthly events.

We hope the local community will generously support our current fund-raising events of the Half-Marathon (30th April) and the Open Gardens (25th June). Wishing you all a very enjoyable Spring season in our lovely part of Breckland.

Vesna Hudson (Churchwarden) 07854 261273 orj.hudson@btinternet.com

Dick Wainer (PCC Vice-Chair) 01366 328706 or dickwainer@hotmail.co.uk

Horticultural Show

Do not forget to order your Giant Onion Plant to enter for the Horticultural Show. They should be arriving by the end of April. Call 328628. We are sure you are busy getting the ground ready for your seeds. A Children's Schedule is being prepared by Rachel and Brigit and will be available in June.

Carole Wilson

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall (Charity registration number 303900)

Thank You!: During March a box was put out in Beachamwell Village Hall for people to donate unwanted toiletries. We collected over 130 items – which is fantastic!



The items will be shared between the Food Bank and a local women's refuge, where they will be much appreciated. A big thank you to everybody who donated so generously.

(Photograph by Philip Spencer)

Accessibility Project: We are pleased to announce that R&I Builders have been appointed to carry out the Accessibility Project and we hope that work will begin in late May or June. The project will take 6-9 weeks and will mean some disruption to bookings. Hirers will be kept informed.

Barn Dance: We can confirm that the biennial Barn Dance will take place at St John's Farm on Friday 7 July. Put the date in your diary and let your friends know. More details about tickets will appear in the next edition of G4N.

Beachamwell Village Hall Committee

Contact: Leah Spencer 01366 328536 or leah@wissey.co.uk

Beachamwell WI

Our April meeting featured a very interesting presentation by Neil Chadwick from the Hawk and Owl Trust at Sculthorpe Moor near Fakenham. Neil described how the nature reserve there has been developed, its flora and fauna and the highly valued work of its many volunteer helpers. Certainly worth a visit for anyone interested in Norfolk wildlife. We were delighted to be joined on this occasion by a large number of visitors from Beachamwell and further afield.

Our monthly craft evenings have resumed on the third Tuesday of each month. We are happy to see non-members, including beginners, at any of these meetings to share a wide range of textile crafts.

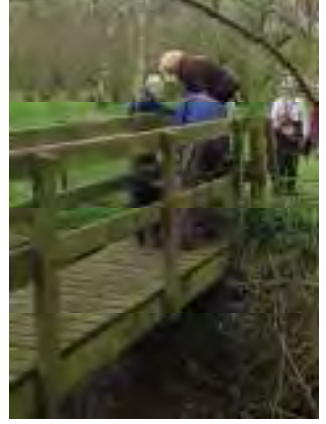
Next month's WI meeting is on Thursday May 4th at 7.30 pm. It will be at Barton Bendish Village Hall because Beachamwell's hall will be used as a polling station on that day. Our speaker will be John Newmeir telling us about 'Unusual experiences of a Paramedic'. You are welcome to join us.

More details: Helen 01366 328589 or Maggie 01366 327023 **Helen Ranger**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

It was the paths to Eastmoor that drew the Wednesday Walkers this April. Luck was with us yet again: blue skies and sunshine, sparkling streams, primroses,



daffodils, red kite, buzzards and a Chinese water deer with its long tusks. (It was the ripe smell that told us where this road-kill lay!)

The walk was easy along re-instated footpaths through crops and along well-maintained tracks. A broken stile was slightly tricky, but with a helping hand or two, we all crossed safely.

Next month we shall stay within the parish of Beachamwell, and there will be NO stiles. See you then? (10.00 a.m. at the Village Hall on 3rd May.)

Leah Spencer 01366 328536 and Sue Pennell 01366 328452

Beachamwell Art Group

On Saturday 18 March fifteen people took part in a lino printing workshop in Beachamwell Village Hall. The session was led by artist and tutor Nick Sampson and a productive day was had by all. Watch out for future workshops or put your name on the email list by contacting Leah on leah@wissey.co.uk

(Photograph by Janet Blackbourn)

Leah Spencer



COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tuesday May 9th	Barton Bendish	Hatherley Gardens	9.55 am
	Beachamwell	Old Post Office	10:15 am
	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday May 8th & 22nd	Wereham	Church Road opposite George & Dragon	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

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 - 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 MAY

DATE & TIME	LOCATION	SERVICE
Sunday 7th May <i>Easter 4</i>		
9.30 am	Shouldham	Morning Prayer
10.30 am	Marham	Café Church
11.00 am	Beachamwell	Holy Communion
6.00 pm	Wereham	Evening Service
Sunday 14th May <i>Easter 5</i>		
9.30 am	Shouldham Thorpe	Holy Communion
10.00 am	Boughton	Breakfast Church
10.30 am	Marham	Morning Prayer
11.00 am	Barton Bendish	Family Communion
6.00 pm	Fincham	Evening Service
Sunday 21st May <i>Easter 6</i>		
9.30 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (MC)
11.00 am	Beachamwell	Family Service
11.00 am	Wereham	Morning Prayer
Sunday 28th May <i>Sunday after Ascension Day which is 25th May</i>		
9.30 am	Fincham	Holy Communion (said BCP)
10.30 am	Marham	Holy Communion (Holy Trinity)
11.00 am	Boughton	Holy Communion
6.00 am	Barton Bendish	Evening Service

THURSDAY SERVICES of HOLY COMMUNION at 10am

Fincham: 4th and 18th

Boughton: 11th and 25th which is Ascension Day

CHURCHWARDENS

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	Vesna Hudson	07854 261273
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

News from All Saints

The Annual Parochial Council Meeting was held on March 19th. In spite of advertising it in the magazine, it was poorly attended and few of the people on the church electoral roll attended. This was disappointing, as the roll was checked before the meeting. In the Vestry meeting before the APCM, Pam Wakeling was re-elected as Churchwarden after the 6 year rule was waived. The rule is supposed to ensure that no one stays in the office for too long, but if there are no other candidates.....

The churchwarden's report on the church and its fabric was fairly optimistic. We are looking to replace the old and damaged gutters and supports with a better cast-iron version. The plastic ones were put in place many years ago, but would be frowned upon by the Diocese today. The service pattern remains the same for the foreseeable future and we are grateful to Robin, Pippa and Brian for all that they do to make this possible.

I've had some firm offers from people agreeing to open their gardens on June 11th but it would be good to have more. If you haven't done it before, most people regard it as a very rewarding experience. Your garden doesn't have to be perfect – mine certainly isn't! All the gardens are different and that's what people enjoy. If you have anything suitable for Angela to sell at the Emporium, or can make a cake for Sandy to use in the delicious teas and lunches we are famed for, please let us know.

Easter was a joyous time for us. We had our now traditional Easter Vigil and first communion of Easter on the Saturday night. This was originally arranged so that we didn't have to find eight people to take eight services on Easter Sunday but what a good thing it has turned out to be! We had almost fifty people in the church to celebrate the most important festival of the year. They came from Fincham, Marham, Shouldham, Beachamwell, Barton Bendish, Wereham and of course Boughton proving that we are a group in communion and friendship with each other. After lengthy and solemn readings in the dimmed light of the church, the new Paschal candle was lit from the fire outside and then paraded into the church to a joyful song. There were bells rung, candles all round and joyful hymns before the first communion. Thanks to Robin, Pippa, Tom Golden and also Ken Waters for making it possible. The evening ended with apple juice and wine provided by Robin and Pippa. The following morning, as a bellringer, I attended another joyful Easter service at Shouldham, where almost forty people from across the parishes joined together in communion. Our rural parishes and community came together to celebrate

BOUGHTON VILLAGE NEWS

our faith. Our own parishes may be small, but when we get together.....

Pam Wakeling

The Prince The Pontiff and the Bottle

Imagine our surprise when we were contacted by the Papal administration services of the Vatican.

The Pope is asking if he could borrow All Saints Boughton's bottle. "Extensive restoration works are required to The Vatican buildings. Current financial reserves are not sufficient to meet the expected costs of this work and It would



be most helpful if All Saints donation bottle was available for display during his Eminence's Easter message." What an honour for All Saints Boughton! how much higher can we get ?

We can't expect the bottle to be collected; we definitely would not post it, so how can we get it there? We posted a request on twitter for a

courier to take it. Absolute amazement when we received a reply bearing the Royal Insignia.

"From HRH P.O.W. (Prince of Wales that is) happy to take the Bottle with me when I visit the Vatican just before Easter".

Well there you go. Next thing is a car picks up the bottle, takes it to Sandringham ready for the Royal Visit to Rome.

When Tim took the accompanying photograph a number of Romans were heard to ask "Whose that with the Bottle"?

The Pope has apparently looked at Boughton on Google Earth and has remarked "What a lovely little village but who is it that keeps riding up and down on a yellow tractor thing" and where has Big Eric gone? ***Frank and Tim.***

Boughton bottle concerns

We have been following with interest the saga of the bottle from Frank and Tim. It is clear that there may be some concerns about its safety.

BOUGHTON VILLAGE NEWS

With this in mind security measures will be discussed with the Commander of the Boughton “Old spot” brigade who may be able to offer assistance. A meeting will be arranged with Colonel Geoff (Porky) Proctor to see what assistance he can provide and there will be an update as soon as we have news. **Tom Roberts**

Boughton – A beautiful village and a conservation area as well

I enjoy, as I am sure do many other readers, living in Boughton which I regard as one of the most attractive villages in West Norfolk. We no longer have any shops or pubs but to my mind that adds to its attraction. We have a hard core of volunteers who work hard to maintain such assets as the village green, the village pond, the children’s playground and of course our fen.

Looking through some papers recently I was reminded that this year is the 40th anniversary of Boughton’s designation as a conservation area. In this context a Conservation Area is defined as “An area of special architectural or historic interest, the character or appearance of which it is desirable to preserve or enhance”. For readers interested to learn more King’s Lynn and West Norfolk Borough Council (KL&WN BC) have a very good leaflet which gives the full background to Boughton’s designation as a conservation area. It can be found on the web at:

https://www.west-norfolk.gov.uk/downloads/file/1898/boughton_conservation_area_leaflet

Of course as well as the benefits that Conservation area designation brings it also means that there are extra planning considerations that may come into play. For example new buildings and changes to existing buildings may require special consideration. Even the removal (or cutting back) of trees or hedges can require formal approval from the planning authority. The rules are sometimes complex and if in doubt I would strongly encourage checking directly with KL&WN BC.

The first forty years of conservation area designation has I think been a great success and I hope our successors will look back in another forty years and still appreciate the beauty of our village.

I mentioned above that we have a small group of volunteers who work hard to maintain our village assets and if you would like to be involved then do give me a call (my number is 500957) or come round to see me at Church View in Wretton Road.

Tom Roberts (Chairman Boughton Parish Council)

WEREHAM VILLAGE NEWS

Wereham Open Gardens

This year our Open Gardens will be on Sunday June 18th. As many of you know this is an important fundraiser for the church and helps towards the running costs.

I have promises from several people to open their gardens again but it would be brilliant to have some new gardens too. They don't have to be show gardens, our lovely visitors just enjoy walking round, meeting everybody and picking up ideas. So please have a think about it and feel free to have a chat about opening *your* garden. Or if you would like to help in any way either before or on the day please contact me.

Hope to hear from you.....

Please would you remember our plant stall if you are dividing plants or seedlings and if you have any spare you could pot up for us to sell?

Also any surplus ornamental pots that you may have that can be potted up or garden related items are useful.

Ronnie's plant stall is always popular and helps immensely towards our overall total for the day.

Thanks

Lizzie Baddock 01366 500233

New Members



Neighbourhood Watch helps reduce burglary, anti-social behaviour and other crimes. As a member you will be notified of crimes which happen in order that you can take steps to prevent yourself becoming a victim. As a member some insurance companies also lower their household premiums.

If you are interested in joining our Neighbourhood watch, please contact Sandra Calvert on 01366 500507 or email stuart@calvertstuart.wanadoo.co.uk where she will put you in touch with your local co-coordinator. The cost of joining is a one off payment of £3.00.

Wanted

We are most grateful to those who volunteer but do require a co-coordinator for the Flegg Green area. This will consist of informing approximately 32 members when a crime takes place. If you require further information or would like to discuss this further please contact Tom Golden on 01366500052 or Sandra Calvert.

WEREHAM VILLAGE NEWS

Wereham Short Mat Bowls Club

Held every Thursday at 7.30pm, in the village hall. Come and meet our friendly club, find out what's involved, there's just a small charge. Try a new activity, help grow our club and have some fun! Tea, coffee and biscuit available.

For more information or for a chat, contact **Phillip on 501330**

Craft Fair

Well we held our second ever craft fair on 8th April, we all had a lovely day, the weather was glorious which was very nice but as a result and in spite of extensive advertising customers were a bit thin on the ground, and I guess they all took advantage of the weather to go out to the seaside. The day raised a good amount of money for village hall funds which is why we do it. The next craft fair is to be on 1st July so we hope to see more of you then. The craft group continue to meet on the second Tuesday of the month, 10.30am in Wereham Village Hall. At the craft fair we had two lovely ladies with their spinning wheels demonstrating spinning of yarn, it is extremely interesting and two people took up the chance to have a go themselves and came away with happy smiling faces and some spun yarn that they had produced, one of those two people was an 11year old girl who was totally enthralled with the whole process. Nicki has said that she would come and give the craft group a demonstration at any time so if there is anybody else out there who is interested please get in touch with me and I can arrange it. It will not commit you to joining the group unless you would like to. Best wishes to you all for the following month.

Rosemary 10366 501330 or 07749240606 or rosemary.pease@btinternet.com

Your Local Scout Group is Appealing for New Leaders

Scouting is currently more popular than ever in the UK and recruiting young people to join is easy. However we can only continue to provide the varied opportunities Scouting can offer by recruiting new adult volunteers. The Wereham and Wretton Group are currently recruiting for new leaders for the Scout section, joining a small existing team. Our Scout section meet on Monday evenings between 7pm and 9pm.

Wereham and Wretton Scout Group is comprised of 3 sections attracting boys and girls from the local area: - Beavers, Cubs and Scouts, (the latter being aged 10½ to 14). We are fortunate to have a well maintained Scout HQ on the outskirts of West Dereham to hold our meetings, with surrounding grounds for Outdoor activities and camping, as well as an enthusiastic and active committee to support the Group.

WEREHAM VILLAGE NEWS

You don't have to be an adventurer like Chief Scout Bear Grylls to get involved with Scouting, neither do you have to have been a Cub, Scout, Brownie or Guide to become a Leader. Do you have first aid knowledge? Or a flair for craft activities? Perhaps a DIY whizz or handy in the kitchen? We all have useful skills and you can volunteer and help in many ways. Volunteering is fun; the amount of time you give is up to you and the role can be adapted to fit in around other life commitments. Not all roles need to be done by just one person – you may have one or more friends or family members that would 'job share' with you.

Scouting gives adults a chance to get involved with their local community and to make a difference to the lives of young people. Volunteers are likely to find and develop new skills which may be difficult to gain in the workplace and enhance their team-working abilities.

The Scout Association has a wealth of resources to assist recruits and a range of training opportunities is available both locally and online.

To find out more, please get in touch

01366 501224 or via email paul.nutkin@gmail.com

Paul Smith, Group Scout Leader – 1st Wereham & Wretton Scout Group



WEREHAM VILLAGE NEWS

April Update from Wereham Village Hall Committee

The Wereham Village Yard Sale is nearly upon us and there is still time to book in your yard/garage/garden/drive - contact Nicki on 01366 500527 and give your home a good spring clear out!

Also advanced notice of a couple of events coming up in July; we have our 2nd Craft Fayre of 2017 on Saturday 1st July from 10am and a Quiz Night on Saturday 8th July.

You may not be aware that we have had a **Bowls Club** running in the Village Hall for more than 30 years. Membership had been in gradual decline for some time but over the past month or so, we've been trying to revive it. We now have a number of new players but are looking to expand further and, once the new hall is built, we will have more space for even more players and a second mat. It's a lot of fun and we'd love to welcome along some more new players – no previous experience necessary and a warm welcome is assured - if you're interested, please contact Phillip Pease on 01366 501330. We meet on a Thursday night from 7pm.

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

Over the past few weeks we have submitted grant applications to the Rural Development Fund for England (LEADER), Sport England, The Rank Foundation, The Morrison's Foundation and The Simon Gibson Charitable Trust as well as receiving notification that our submission to The Bernard Sunley Charitable Foundation was successful – a busy time! We have also just relaunched our Buy-a-Brick campaign, directed at both private individuals and local businesses, and are hopeful of a good response. If you were intending to donate but never quite got round to it, now is definitely the time to log on to our MyDonate page (accessed from our website: www.werehamvillagehall.com). For donations over £100, donors will have their names added to the donations plaque and for smaller amounts names will be added to a donations book, both of which will be displayed in the new hall. Donations can also be made as a gift or in memory (cards available). We really are very close now – please support us if you can.

Victoria, John E, John M and Rachel

WEREHAM VILLAGE NEWS

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in February were Sue Chandler and Eric Butler – 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. Enquiries contact Doreen on 01366 500218.

Pop up Café: first and third Tuesday of the month, 10.30-1pm. 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 – look out for our monthly specials! Cake donations/queries to Doreen on 01366 500218. Next dates Tuesday 2nd and 16th May and Tuesday 6th and 20th June.

Car boot and Café: last Sunday of the month, 9am - 1pm (café opens at 8am). Next date Sunday 28th May. Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on 07759033492/01366 501330 e-mail rosemary.pease@btinternet.com.

Yard Sale: Sunday 14th May – contact Nicki on 01366 500527 for more details and to book your yard in.

Craft Fayre: Saturday 1st July. Contact Rosemary on 01366 501330 or e-mail rosemary.pease@btinternet.com

Quiz Night: Saturday 8th July. Tickets £5 to include supper. Bring your own drinks and glasses. Contact Quizmaster John Eastgate on 01366 500766 for more details or for tickets.

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](tel:07725513583)

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



WEREHAM VILLAGE NEWS

Dementia Friends

Dementia Friends gives people an understanding of dementia and the small things you can do to make a difference - please join us in Wereham Village Hall Tuesday 23rd May at 7.30pm

Elaine Warne 01366501327

Wereham Parish Council

Community Defibrillator in the Pond Red Telephone Box – Wereham residents would have all received an envelope containing an information leaflet about the Defibrillator and also a key fob and magnet detailing the access code. An Awareness Session is being held on Tuesday 9 May from 6-8 pm in the Village Hall, though training is not required to use the unit you may feel this would be of benefit to you. Please contact the Clerk by email werehampc@gmail.com or text 07795006811 to book your place. Lee Gardner from Wereham has kindly offered to paint the phone box voluntary with the free paint we received from the organisation which has helped the project the Community Heartbeat Trust. The whole project has been funded by Lottery Awards for All.



Meeting Dates

Tuesday 9 May 2017 (Annual Parish Meeting and then the Annual Parish Council Meeting), due to the above awareness session these meetings will start from 8 pm in the Village Hall.

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at 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 You will also find minutes of all meetings here too.

Dates for the rest of the year will be available on the website after the May meeting.

Regards

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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

Wereham Village Hall

‘Buy a Brick’ Campaign

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We’re so close – our community fundraising is going well but we’ve not yet reached our target of £20,000 so please support us by visiting our website <http://www.werehamvillagehall.co.uk> and follow the link on the home page to our dedicated ‘MyDonate’ donations page.

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For further details contact Trustee John Millard on [01366 500790](tel:01366 500790)

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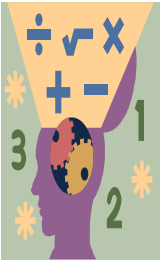
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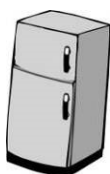
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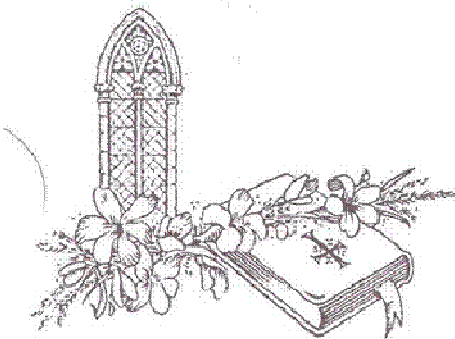
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