

# Group 4

NEWS



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

**November 2014**

## WELCOME

I can't believe I'm standing here in late October wearing a cotton T-shirt with the back door wide open. The autumn weather has been amazing and I expect most of us are hoping for a short winter. However, as you will see from the pages that follow, the normal seasonal activities are coming thick and fast. This is a good place to mention what an enjoyable Harvest Supper we had at Wereham. This is a moveable event so no one is overwhelmed every year and Wereham provided an excellent evening for us. Well done!

The various Remembrance events are listed, but the main village service on November 9th will be at Fincham, with names from all the eight villages being read. Please read Barbara's article on page 3 and get in touch with her if you want to add someone to the list.

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 December copy: 11th November

### ADVERTISING

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[www.group4news.co.uk](http://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

I don't know about you, but I find more and more that I need to write things down if I am to stand any chance of remembering them (the little grey cells are wearing out I guess). So it is really good to have set times to remember important things and this month, of course, is full of remembrance.

We start with All Saints' Day on 1st November. Throughout the year it is amazing the number of people who have been singled out by the Church down the centuries to have a particular day set aside to remember them, to thank God for their lives, and to be inspired by the way they lived. But on this All Saints' Day we are thinking of everyone else, so many folk who have lived out their Christian faith in ordinary lives (much like you and me) and whose faithfulness and love will have touched many more. Then "Remember, remember, the fifth of November" and along with the Gunpowder Plot, we think of the many political intrigues that have captured the public imagination over the centuries and so realize how important it is to hold in prayer those who have positions of power and authority in our own country and around the world, that they will serve with integrity. And of course Remembrance Sunday, and later on Armistice Day, when we will be commemorating the 100<sup>th</sup> year since the outbreak of World War I, and thinking of the countless number who gave their lives in that war and in the numerous wars and conflicts since. It is important that we remember their sacrifice and not allow their memory to fade. There is no one left alive who can remember fighting in World War I and each year there are fewer people alive who can give a first-hand account of life in World War II. More and more we rely on historians to tell the story of our past. So this month let's remember in our prayers our historians, that they will research tirelessly, record accurately, and share their knowledge widely, so that we can really understand and learn from the past.

Barbara

## BENEFICE NEWS

### Remembrance Sunday

This year Remembrance Sunday will fall on 9<sup>th</sup> November 2014. This is a special year because of the 100<sup>th</sup> commemoration of the start of World War I and instead of the usual separate services in each church there will be one special group remembrance service in Fincham church. At that service we hope to have military and British Legion representation, and special musical pieces. Each church in the group will be asked to nominate someone to read out the names of the fallen from their parish during the service. Poppy wreaths will be blessed, so that they can be returned to the villages for laying on each War Memorial. Many people who live in our parishes have their roots in other areas and may wish to remember family or friends who died on active service and who are buried elsewhere (or who may have no known grave). Please feel free to pass those names and details to someone in your parish church so that they can be added to the list and read out on the day. The list of those to be remembered is not restricted to the fallen of the two world wars, and those who lost their lives in any war or peacekeeping operation occurring since 1914 can be remembered, so this might include other conflicts – for example, Korea, the Falklands, Afghanistan or Northern Ireland. If you are unsure whether someone can or should be remembered in this way please feel free to speak to Revd Barbara Burton on 01366 348079, or send her an email on [barbaraburton@btinternet.com](mailto:barbaraburton@btinternet.com)

### 14 Nov 2014 - 15 Nov 2014



Whether you're looking for a special gift, distinctive accessories or unique decorations, you'll be spoilt for choice. Beautiful and affordable items you'll rarely find on the high street - this ever popular Christmas fair is the ideal event for a special day out for seasonal shopping, eating and family fun. Throughout the two day fair there will be seasonal floral presentations by expert florists and cookery demonstrations from regional chefs including celebrity cook Galton Blackiston from the highly acclaimed Morston Hall. Musical entertainment will be provided by local choirs. On Saturday the green next to the Cathedral will be adorned with a vintage carousel, roasting chestnuts plus reindeer and Christmas elves. A specially themed Café Marquee will provide refreshments and light lunches throughout the two day event.

Over 120 exhibitors will be located in the interior of this magnificent building,

which is widely acknowledged as one of the wonders of the mediaeval world. The ever popular Festive Food Hall in the 14<sup>th</sup> Century Lady Chapel will be offering its usual array of edible delights from local producers and traders.

*"A lovely event to start the festive season and I'll be making it a date in my Country Living diary"* Jackie Swanson - Country Living Magazine

The event will run from the 14 - 15 November 2014 with a special preview evening at 6.30pm on 13 November.

**Pre booking is highly recommended:** available ONLINE at [tickets.elycathedral.org](http://tickets.elycathedral.org) or from ELY CATHEDRAL BOX OFFICE 01353 660349 (Mon-Sat 9.30am-4pm) or email: [box.office@elycathedral.org](mailto:box.office@elycathedral.org).

Coaches and groups welcome. Please call 01353 660359 for further information or email [visits@elycathedral.org](mailto:visits@elycathedral.org)

**UNISON**, the UK's largest education union, and the National Society, which promotes and resources Church of England schools, have reached a [landmark agreement](#) that paves the way for all Church of England schools to gain Living Wage accreditation. The Church of England's nearly 4,700 schools are committed to paying the living wage but this new implementation plan will provide the means for all support staff to receive it by turning the schools into Living Wage employers\*. The schools are being given a step-by-step implementation plan produced by the union, covering both directly employed and contracted out staff to help them win Living Wage accreditation. The agreement follows a motion that was passed by the General Synod, which recognised that 'the widening gap between rich and poor harms all of society and that paying a Living Wage lifts people out of poverty'. It agreed to strongly encourage all Church of England institutions to pay at least the Living Wage, as recommended by Church Action on Poverty. This year, UNISON's evidence to the Low Pay Commission included testimonies from low paid workers across the country, highlighting the misery and stress on millions of families struggling to cope on poverty wages – which the Living Wage would go some way to addressing.

“Seven Deadly Sins  
Wealth without work  
Pleasure without conscience  
Science without humanity  
Knowledge without character  
Politics without principle  
Commerce without morality  
Worship without sacrifice.”  
— [Mahatma Gandhi](#)



## COUNTRYSIDE NOTES

This year has been an exceptional one for berries which is good news for many species of birds. Yew has a reputation for being poisonous although it's said that only the leaves are harmful and then only to humans and horses. Interestingly the deadly poison responsible is 'Taxin' from which the word toxin is derived. Personally there is no way that I would try eating the berries either although there are many birds that relish them.

One of the earliest species of berries to ripen are those of the rowan (mountain ash) tree. The small, bright red fruits are much sought after by birds. In the north some conservation-minded moorland estates have planted rowan trees in sheltered gullies as they are also attractive to black grouse (blackcock). Waxwings, winter visitors from Scandinavia which arrive here in varying numbers depending on the weather and availability of food in their locality, love rowan berries. They also favour cotoneaster and are one of the few species to have a liking for rosehips, in fact one of the most likely places to find waxwings is among the shrubs and trees planted in supermarket car parks where they seem completely unfazed by people coming and going. Other winter visitors are redwings and fieldfares, both members of the thrush family. Crowds of them can be seen stripping the berries from hedgerow hawthorn bushes. They can also be found, along with many other species, raiding holly trees.

Tiny black berries hang in bunches on elder bushes growing in woods, hedgerows and waste ground. These are a particular favourite of blackbirds and wood pigeons who clumsily balance on the thin branches in an effort to reach such tempting morsels. Later on, acorns also prove very attractive to wood pigeons as well as jays and pheasants, although they can hardly be referred to as berries.

Wild cherries too provide early fruit. The hawfinch has a beak strong enough to crack the stones inside but generally seeds of hornbeam prove to be their favourite diet. Brightly coloured bullfinches have a special taste for the black berries of buckthorn and dogwood as well as the translucent red berries of guelder rose. There isn't very much mistletoe growing in Norfolk but in some areas, such as the Severn Valley, it is extremely prolific. Apple trees are the most common host, although it will grow almost anywhere. Mistle thrushes find the white berries very appealing, hence their name. The blackcap, previously only a summer visitor but a bird that now sometimes decides to stay, also

relishes mistletoe berries and helps to spread the sticky berries by wiping its beak on tree branches.

Some berries, such as the peculiar bright pink spindle berries, don't seem to be so attractive, and sloes, the dark purple fruits of the blackthorn, are more popular with humans to add to gin which in turn is itself made using juniper berries.

Undoubtedly though, the most popular wild autumn fruit of all must be the blackberry for humans, birds and animals alike harvest the crop. *Jill Mason*

## **GARDENING TIPS**

November, and we are approaching the end the gardening season – but I have no doubt, if you have not yet reached the retirement age, there will still be some jobs outstanding. When you are retired, like me, it is so much easier to get the garden tasks done in the more clement weather. However, I suddenly remembered a day or so ago that there was a job that I should have done but hadn't! It's the age and memory you know – and as the years go by it gets worse. I must take note of my own teaching and make a list, the only problem being to remember what to put on the list!! Ah, well, back to the garden.

If you didn't manage to get all those jobs done by the end of October then you should not delay, the weather in November can be a real problem. If you have to tread on really wet ground then do please remember to fork over the area where you have been. Leaving the soil compacted means the soil cannot breathe, the worms cannot work through those parts quite so easily and ultimately the quality of the soil will decrease besides making your life more difficult at a later date when you need to break up that area for future planting.

If you have not already done so any root crops still in the vegetable garden, with the possible exception of parsnips, should be lifted without delay, cleaned, and stored away for winter use. I liked to leave my parsnips in the ground until they had been frosted and then lifted and placed in store. Again this is a question of available time, but I always have held the belief that parsnips have a better flavour after frosting!

November is one of the best months to plant bare rooted subjects like roses and trees. Always dig a hole large enough to be able to spread out the subject's roots and if any are broken or damaged prune off the piece/s affected. It has

always been my practice to work well-rotted compost or manure into the bottom of the hole before planting, and to spread a dusting of bone meal over the excavated material so that when the hole is filled in the roots are immediately encouraged to set off in search of nutrients. Finally, having watered the subject well, and put a mulch of compost or manure round the base of the tree or bush, secure (if a tree), to a suitable support with a proper 'tie' having a buckle to tighten and then loosen as the tree grows. I now favour the support driven in away from the roots at an angle of approximately 45° to engage with the tree at about 45cm above ground level. Alternatively, there is now the belief amongst some that no manure should be put in the hole before planting. They suggest the compost or manure should be put around the subject as a top dressing and mulch. The decision is yours!

Any raspberry canes should by now have stopped growing, so give them a final tie to their support and nip out the growing tips. Sweet peas sown in October should now be potted up individually as described in my November 2012 garden tips. If anyone planted seed last month and doesn't have a copy of that article I will be quite happy to send one upon request by post or as an attachment to an email. Tel: 01366 386291 or email: [rtt.coughtrey@gmail.com](mailto:rtt.coughtrey@gmail.com)

To avoid 'wind rock' through the winter I suggest you trim your rose bushes down to approximately 45cms (18 inches). It doesn't matter where you cut and you may get some weak growth after this which will probably get frosted, but this is of no consequence as the final prune in March next year will be much lower. If any of my bushes have been subject to 'black spot' I strip all the leaves away and spray the bushes and the surrounding soil with a fungicide solution.

With autumn upon us we shall all have the inevitable problem of fallen leaves. It is important to keep these cleared away as often as you can. Leaving them upon the ground will bring problems you would rather be without – slugs, snails and not least moss in your grassed areas!

The time has come to start thinking about the winter digging programme for the vegetable garden. Try to do the job when the soil is reasonably dry. Difficult I know at this time of the year, particularly so if time is short, but I have no doubt there will still be plenty of opportunities to get the job done before the winter is out.

Have you had that last look round to see that all is secure for the winter and that all of your tender plants have been put snugly away? *Roy Coughtrey*



## RECIPE OF THE MONTH

With autumn in the air, thoughts definitely turn to comfort food. The Spanish name for this Mexican dish was quickly replaced by 'cheesy beans' in our household, but the colours and flavours are far less prosaic than this name implies. If you have a flame proof casserole dish, this is one pot cooking at its best – anything that reduces the washing up is good with me. What's more, as with many spicy dishes, the flavours mature with time, so it's even better as leftovers on day 2. Scoop up the soft beans with crunchy tortilla (nacho) chips.

### **Cheesy Beans (Habas Verdes con Queso) Serves 4 – 6**

2 tins butter beans, drained and rinsed

300g cream cheese (eg Philadelphia type – I use reduced fat version)

2 tblsp vegetable oil

2 cups chopped onions

2 large garlic cloves, minced

3 peppers, different colours, diced

2 medium carrots, diced

2 tins chopped tomatoes

2 teaspoons hot chilli powder (or to taste)

½ tsp dry mustard powder

1 tsp ground cumin

1 tsp paprika

salt to taste

tortilla chips to serve

Sauté the onions and garlic in oil until the onions are translucent. Add the peppers and carrots and continue to sauté for 5 mins. Then add the tomatoes and spices, reduce the heat and simmer for 15 mins, until the carrots are tender. Meanwhile, pre-heat the oven.

Stir the butter beans and cream cheese into the vegetable mixture. Pour into a greased casserole dish (unless you are using a flame proof dish in the first place) and cover. Bake at gas mark 4 / 180°C for 25 mins. Kirstie Urquhart

## **Beachamwell Book Group**

**Tuesday November 4th**

7.00 - 9.00pm

Beachamwell Memorial Hall

Books to be discussed at this meeting

**'Various Titles'**

**Anne Tyler**

£2.00 + Bring & Buy Bookstall  
New members welcome

Enquiries:  
Leah Spencer 01366 328536

## **Beachamwell Wednesday Walkers**

**Wednesday November 5th**

Meet at 10.00am outside  
Beachamwell Memorial Hall

Walk will be approximately  
2 hours

Dogs to be walked on a lead

Enquiries:  
Sue Pennell 01366 328452



## **Beachamwell WI**

**Thursday November 6th**

7.30pm

Beachamwell Memorial Hall

**'Autumn Supper and  
Annual Meeting'**

Enquiries:  
Jenny Gabrielsen  
01366 328297

## **Beachamwell**

**"Pop Up" Pub**

**Friday December 12th**

6.30 - 11.00 Last Orders 10.45



Beachamwell Memorial Hall  
Bring your friends  
Licensed Bar with selection of beers,  
wines and bar snacks

Enquiries  
Susie Rix 01366 328249  
*A Beachamwell Memorial Committee  
Event*

## **Beachamwell**

**Parish Council Meeting**  
**Monday November 10th**  
**7.30pm**

**Beachamwell Memorial Hall**

Enquiries  
Eileen Powell 01366 328648

## **Beachamwell**

**Local History Group**  
**Tuesday November 11<sup>th</sup>**  
**7.30**

Beachamwell Memorial Hall

**Hands-on History**  
**Spotlight on**  
**Beachamwell in 1901**

All welcome

Enquiries:  
Mike Walker 01366 328242  
or  
Maggie Mackenzie 01366 327023

## **Beachamwell**

**Scrabble**  
**Wednesday November 12th**  
**2.00 - 4.00**

Orchard House, Beachamwell

Enquiries:  
Sonia Williams 01366 328774

## **Beachamwell**

**Book Group + Horticultural Society**  
**Thursday November 13th**  
**7.30pm**

**Beachamwell Memorial Hall**

'The Writer's Garden'

An illustrated talk by local author  
Jackie Bennett

Find out how gardens played a part in  
the lives of some of our best known  
authors.

Copies of the book will be available to  
purchase.

Tickets £4 (including a glass of wine)

Enquiries:  
Leah Spencer 01366 328536

## **Beachamwell**

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

**Wednesday**  
**November 19th**  
**2 - 4pm**

**Beachamwell**  
**Memorial Hall**

Enquiries  
Sonia Williams  
01366 328774

## Beachamwell Craft Group

**Thursday November 27th**

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.

£1.50 + Bring & Buy

All welcome.

Enquiries:

Leah Spencer 01366 328536



**Beachamwell WI**  
**Saturday November 29th**

12.00 – 3.00pm

Beachamwell Memorial Hall

## Christmas Fayre

You are very welcome to join us,  
buy Christmas goodies and enjoy  
festive refreshments.

Enquiries:  
Ann Lewing  
01366 328350



## 2014 BRECKLAND ART TRAIL – BIGGER AND BETTER THAN EVER

Building on the success of previous years, the third Breckland Art Trail will offer residents the opportunity to get even more involved with the creative process.

The 2014 Trail not only showcases the work of 57 fantastic local artists, but also gives visitors the opportunity to watch demonstrations and to learn a new creative skill.

Running from 8 – 16 November at 25 venues throughout the Breckland district, the Trail will feature a whole range of unique arts and crafts work including painting, sculpture, ceramics, glass, prints, textiles and photography. Feeling creative? Then why not sign up for one of the new workshops? You can make your own ceramic Christmas decoration, have a go at building slab or coil pots, or even try your hand at ironwork!

The Art Trail aims to support local artists and encourage people to explore the district, whilst enjoying a range of work on display at different venues.

A brochure, giving details of artists' work and featuring a map showing the venues will be available in October at each town Library, Customer Service Centres, Tourist Information Centres, Leisure Centres, and Town Council offices. Alternatively, you can find out more about the Trail on the website [www.brecklandarttrail.com](http://www.brecklandarttrail.com) or call Breckland Council on 01362 656870.



## The Breckland Society

**Friday December 12th**

7.00 - 9.00

Oak Lodge Community Building, High Lodge Forest Centre, Brandon, IP27 0AF (off the Brandon/Thetford Road - B1107)

After a short introduction on what we hope to see, we will venture into Thetford Forest for a winter night's walk in the company of the Forestry Commission's Wildlife Rangers and to stargaze through a telescope with a member of the Breckland Astronomical Society.

Cost: Breckland Society Members: £10.00, non-members £13.00 to include soup, rolls and mince pies.

Places must be booked and paid in advance.

Enquiries: Sue Pennell 01366 328452

[info@breksoc.org.uk](mailto:info@breksoc.org.uk)



## 'Eddie Seales Big Band'

**Tuesday November 4th 7.30pm**

Swaffham Assembly Rooms

£7.00 for members

£10 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries:

Eileen Powell 01366 328648



## 'Christmas is Coming' Shopfield Productions

**Sunday November 30th**

**3.00pm**

Swaffham Assembly Rooms

£7.00 for members

£10 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries

Eileen Powell 01366 328648

On  
Saturday  
6<sup>th</sup> December  
From 10am - 4pm  
Please come and join us  
at Barton Bendish church  
to see an amazing display of  
imaginatively decorated trees at our  
**CHRISTMAS TREE FESTIVAL**  
There is a Remembrance Tree to leave  
your own thoughts for loved ones and  
a tree for children's letters to Father Christmas.  
Come and visit our numerous stalls, perfect for  
Christmas present shopping, in the village hall and  
church and sample our delicious refreshments!

**Free**

**Entry**

**Then on Sunday 7<sup>th</sup> December at 3pm,  
amongst the trees, come to our  
Christingle Service by Candlelight**

## Bonfire

at

BARTON BENDISH HALL  
on

Friday 7th November 2014

From 6.30 p.m.

£5.00 per adult

(no charge for children)



Price includes hot dog and a glass of wine



Proceeds to: St Andrew's Church, & Village  
Hall, Barton Bendish,

ST ANDREW'S INVITES YOU TO JOIN IN THEIR CHRISTMAS  
CELEBRATIONS AND CAROLS AT A

## VICTORIAN EVENING OF CHRISTMAS ENTERTAINMENT, MUSIC AND CAROLS



SATURDAY 13<sup>TH</sup> DECEMBER  
AT 6PM

VILLAGE HALL, BARTON BENDISH

ENTRANCE IS FREE, BUT PLEASE BOOK YOUR  
PLACE TO AVOID DISAPPOINTMENT !!  
MHARI 347849 OR LINDA 347563

## Christingle Service

### By Candlelight

St Andrews Church ,Barton  
Bendish

Sunday 7<sup>th</sup> December 3pm

Come and join us at this special  
Christmas service for all ages  
surrounded by the beautifully  
decorated Christmas Trees.  
Everyone is very welcome.

Refreshments will be served after  
the service

For more details please contact

Mhari 347849 or Linda 347563



## Hall of Stalls

Barton Bendish  
Village Hall

Saturday 6<sup>th</sup> December  
10am -4pm

Come and buy your Christmas  
gifts. A wide range of handmade  
crafts, cards and ideal presents  
available.

Refreshments and light lunches.

For more information contact

Mhari 01366 347849 or Linda  
01366 347563



## CHRISTMAS WREATH WORKSHOP

Would you like to have a go at making your own Christmas Wreath?

Then come along to Barton Bendish Village Hall on

**Thursday 20<sup>th</sup> and Friday 21<sup>st</sup> November 2014 at 7.30pm**

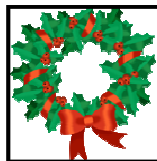
**Thursday 20<sup>th</sup> at 10am followed by an optional two course lunch at the Berney Arms**

The cost of this fun and informal workshop is £14 per person and includes festive refreshment. All basic materials are provided but you can bring your own ribbon or everlasting decoration to add if you would like to, no experience is necessary and you will go home with your own beautiful Christmas wreath. Just bring a pair of secateurs and dress for mess!

Lunch at the Berney Arms following the morning session can be booked with us and paid for on the day.

For more information and to book a place please contact

Mhari – 01366 347 849 or Linda – 01366 347 563.



## THE HISTORY OF BARTON BENDISH and THE LOCALITY

### AN ILLUSTRATED TALK

BY DAVID MASON

PLEASE NOTE THIS IS A REPEAT

OF THE TALK GIVEN PREVIOUSLY

**BARTON BENDISH VILLAGE HALL**

**FRIDAY NOVEMBER 14th 7.30 pm  
TICKETS £4**

INCLUDES LIGHT REFRESHMENTS

**PLEASE BOOK IN ADVANCE**

**Mhari (01366 347849) or Linda (01366  
347563 Proceeds to St Andrew's Church**

## Boughton Parish Council.

Following the resignation of Mr D.Horkan Boughton Parish Council is seeking the services of a new Clerk. This role is non-remunerative, and being a non-resident of Boughton Parish does not preclude interest.

The role of the Clerk is to conduct the administrative business of council in accordance with instructions, and Council Standing orders. In the case of Boughton the role entails in the order of 2- 4 hours work per week. The Council will be looking for an enthusiastic individual with a commitment to Boughton and a shared desire to take the Council forward.

Any training required will be provided. Please indicate interest by contacting any of the persons named below.

Frank Reid 01366 500743

Peter Agate 01366 500044

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

Tuesday 25<sup>th</sup> November 2014, 7.30pm at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road. Please come along to this illustrated talk by Bernard Bishop, entitled:

### **History of Cley and its Management**

The Cley Nature Reserve on the North Norfolk Coast is one of the most famous reserves in the country and the Bishop family is nearly as well known as the reserve itself. Bernard has been the reserve warden for forty years and is the third generation of his family to work at Cley. We have a fascinating evening in prospect.

Visitors most welcome. Admission £2 on the night if you are not a NaVOS member. For more information about this meeting or NaVOS call Ian Black on

## **Christmas Family Prize Bingo**

### **Wereham Village Hall**

**Wednesday 3rd December**

Doors open 6.45, eyes down  
7.30pm

With brilliant prizes suitable for  
all ages!



## **Xmas Bazaar**

### **Wereham Village Hall**

**Saturday 22nd November**

**1 - 4pm**

Lots of stalls to help with Christmas  
present ideas



Visit Father  
Christmas in  
his grotto

Refreshments

## **FINCHAM HISTORY GROUP**

### **The story of Hubbard Lingley**

He shot and killed his uncle Benjamin  
Black in Barton Leys Wood in 1867.

He was the last person to be  
executed in public at Norwich Castle.

He lived in Fincham.

Hear this fascinating and troubling  
story with dramatic readings.

Fincham Memorial Hall

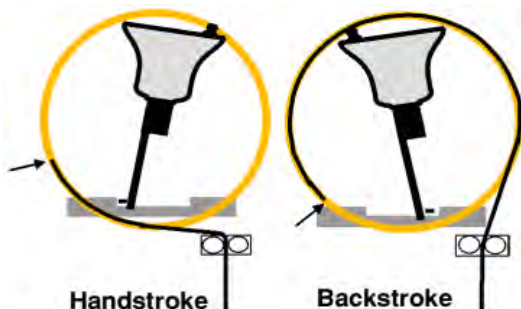
**Wednesday December 3rd 7.30 pm**

£2 entry

## BENEFICE CHOIR

This is a choir formed of interested people from the parishes in the benefice, almost all of which are represented, to sing at group services, carol services, special church events, etc. We are looking for new members who may not have formal music training but are interested in singing in a friendly group to a high standard and have the enthusiasm and commitment to keep coming back for more. It isn't necessary to read music or to have choral experience—just enthusiasm. We meet on Thursday afternoons from 2-3 pm, mostly during term time, so school pickups and visiting grandchildren should not be a problem. If you are interested, speak to Tom Golden on 01366 500 052 or to one of the choir..

## BELL RINGERS WANTED



It's a traditional English activity which has been continued for hundreds of years. It's fun and interesting - keeps the brain active! There are two good ringing towers in this benefice, at a time when bells are going silent elsewhere. If you've been to a wedding where the bride is saluted with bells, or a service where the

bells welcome people to church, you will know what a difference they make. Help us to keep them going by coming along and seeing what it involves. It does require enthusiasm and some commitment, but it isn't physically demanding and tuition is readily available. We really don't want to see the bells silenced after so many years and the dedication of so many people. It's part of our heritage and needs to be preserved. Shouldham and Fincham will both welcome visitors who want to find out more, so come along. If you are interested, or you know a member of your family might find it interesting and worthwhile, get in touch.



Contact Brian Hullah (347814) or Pam Wakeling (500429) to arrange a visit.



**NORFOLK**  
CONSTABULARY  
Our Priority to You

Borough Council of  
King's Lynn &  
West Norfolk



## **SAFER NEIGHBOURHOOD ACTION** **PANEL - PUBLIC MEETING**

### **The next meeting for WATLINGTON is**

Wed 19th Nov., 7pm at All Saints Academy, Wretton Rd, Stoke Ferry PE33

#### **Neighbourhood Includes:**

West Winch, North Runcton, Setchey, Middleton, Fair Green, Blackborough End, Watlington, Tottenhill, Runcton Holme, South Runcton, Wormegay, Shouldham Thorpe, Shouldham, Stow Bardolph, Marham, Wimbotsham, Crimplesham, Stradsett, Fincham, West Dereham, Barton Bendish, Wereham, Wretton, Boughton, Beachamwell, Stoke Ferry.

#### **This is your opportunity to have your say. You can:**

- Highlight a community problem
- Suggest ideas to improve your neighbourhood
- Discuss what should be a priority for your neighbourhood

#### **The Neighbourhood's current priorities are:**

- Patrol play area at Stoke Ferry Playing field
- Patrol Shouldham to give neighbourhood assurances regarding potential anti-social behaviour
- 

#### **For more information, contact:**

The Neighbourhood Officers  
Tel: 01553 616200  
Email: [snaps@west-norfolk.gov.uk](mailto:snaps@west-norfolk.gov.uk)  
Visit: [www.west-norfolk.gov.uk/SNAP](http://www.west-norfolk.gov.uk/SNAP)

Norfolk Constabulary  
Tel: 101 (calls cost 15 pence)  
Visit: [www.norfolk.police.uk/saferneighbourhoods.aspx](http://www.norfolk.police.uk/saferneighbourhoods.aspx)



West Norfolk Carers is a local charity supporting unpaid family carers of all ages in West Norfolk and parts of Fenland, Breckland and North Norfolk. West Norfolk Carers are also partner members of the Carers Agency Partnership in Norfolk. A carer is anybody who looks after a family member, partner or friend who needs help because of their illness, frailty or disability and all the care they give is unpaid.

Many carers don't see themselves as carers and it takes an average of two years to acknowledge their role as a carer. It can be difficult for carers to see their caring role as separate from the relationship they have with the person they care for, whether that relationship is as a parent, a son or daughter, or a friend. That is why West Norfolk Carers aims to support the whole family. We offer support services which include one-to-one listening support, formal counselling and groups activities in various locations across Norfolk. We also offer support in GP Surgeries and the Queen Elizabeth Hospital, King's Lynn. Carers can also join the Carers Council for Norfolk and have a say about services development for carers across the county.

If you would like more information or support please contact West Norfolk Carers on 01553 – 768155 or check out our website [www.westnorfolkcarers.org.uk](http://www.westnorfolkcarers.org.uk)

*The program we use to produce the magazine works in multiples of 4 pages, so it's highly annoying to be left with just one blank page. In the search for something to put on it, I found the 'Did you know?' website, so I hope a) that they are accurate and b) that you find them interesting!*

Did you know 11% of people are left handed

Did you know the average person falls asleep in 7 minutes

Did you know the smallest bones in the human body are found in your ear

Did you know stewardesses is the longest word that is typed with only the left hand

Did you know all the blinking in one day equates to having your eyes closed for 30 minutes

Did you know your foot has 26 bones in it

Did you know a 1/4 of your bones are in your feet

Did you know your tongue is the fastest healing part of your body

Did you know a 1 minute kiss burns 26 calories

## 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.

"I love deadlines. I love the  
whooshing noise they  
make as they go by."

— [Douglas Adams, \*The  
Salmon of Doubt\*](#)

"Deadlines just aren't real  
to me until I'm staring one  
in the face."

— [Rick Riordan, \*The  
Lightning Thief\*](#)

## SPECIAL EVENT PLANNED?

NEW Range Cooker

NEW Larder Fridge

Music System....



All available when you hire

**WEREHAM VILLAGE HALL!**



Contact Doreen  
on 500218 for  
Bookings

## Wereham Weekly Cash



**Wereham Village Hall  
Wednesdays**

**Doors open 6.45 pm**

**Eyes down 7.30 pm**

Raffle and Refreshments  
with complimentary biscuits



**Enquiries: Roger Collins  
01366 500088**

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



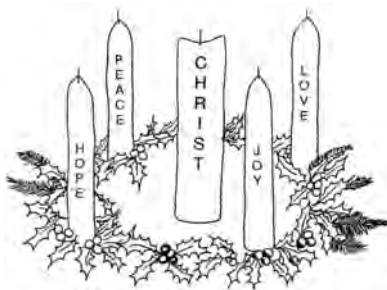
## What is Advent?



Advent is the four-week period beginning on the Sunday nearest the feast day of St. Andrew the Apostle (November 30) through the following three Sundays. Historians estimate that Advent, which derives from the Latin word for coming, has been celebrated since the fourth century. The period originally began as a time for converts to Christianity to prepare for baptism, but is now more commonly associated with the anticipation of the anniversary of Christ's birth on December 25.

An **Advent calendar** is a special calendar used to count or celebrate the days in anticipation of [Christmas](#). The days usually overlap with the Christian season of [Advent](#), which can be as early as November 27 and as late as December 3. Many take the form of a large rectangular card with "windows" of which there are usually 24: one for each day of December leading up to Christmas Day. The calendar windows open to reveal an image, poem, a portion of a story (such as the story of the [Nativity of Jesus](#)) or a small gift, such as a toy or a chocolate item. Some calendars are strictly religious, whereas others are secular in content. Advent calendars typically don't follow the period of Advent described above. Instead, they begin on December 1 and mark the 24 days before Christmas. Today, most Advent calendars include paper doors that open to reveal an image, Bible verse, or piece of chocolate. The tradition dates to the mid-19th century, when German Protestants made chalk marks on doors or lit candles to count the days leading up to Christmas. The producer of the first printed Advent calendar in the early 1900s is widely thought to be a German named Gerhard Lang.

Around the same time, a German newspaper included an Advent calendar insert as a gift to its readers. Lang's calendar was inspired by one that his mother had made for him and featured 24 coloured pictures that attached to a piece of cardboard. Lang modified his calendars to include the little doors that are a staple of most Advent calendars today and they became a commercial success in Germany. Production stopped due to a cardboard shortage during World War II, but resumed soon after, with Richard Sellmer emerging as the leading producer of commercial Advent calendars.



**THE  
BERNEY  
ARMS**



**Church Road, Barton Bendish**



**Traditional village Inn offering luxury accommodation and restaurant with AA Rosette.**

**Real ales, good food and a warm welcome.**

**Open 7 days a week, Monday to Saturday 12 noon to 11pm, Sunday's 12 noon to 10pm.**

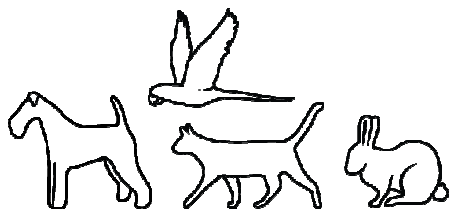
**Locally sourced, home cooked food served every day.**

**Enjoy our extensive gardens & unique Children's Play Church Tower, traditional deck chairs & large multi-coloured bean bags.**

**Free WiFi available in the pub, gardens and rooms.**

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

**Phil, Sue and the team will be happy to help with any enquiries.**



## Vets 1 Small

'Veterinary Surgeons'

*"Nothing says more about the Vets 1 team than its policy of not charging clients at the point at which they have to say goodbye to their much loved pet"*

Everything you would expect from a Vet (and a little more)

**Telephone: 01366 384 644 (24/7)**

### Jen's Pet Care



#### Are you at work all day?

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

Does your puppy need socialising and some basic training? Maybe you're an older person who needs help exercising and caring for your dog?

**Contact Jen at Wretton on 07799 733 463**

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

**30 years experience working with animals**

**Reasonable Pricing - please ask**

[www.facebook.com/JensPetCareWretton](http://www.facebook.com/JensPetCareWretton)

### Beachamwell Lamb



Our delicious lamb is now available to you by the joint, frozen so you can enjoy it whenever you fancy!

Whole or half legs & shoulders for parties or lunch for 2.

Mince & chops for BBQs or casseroles & tagines.

**Telephone me first to come & have a butchers!**

**Caroline Sanderson  
01366 328244**

## COMMUNITY NOTICE BOARD

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

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

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

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

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

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

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

## **CANON ANDREW WHITE, VICAR OF BAGHDAD ON FORGIVENESS**

Andrew is in grave danger from ISIS. He majors on reconciliation. Forgiveness is a learning process and I am grateful to have learnt more about it during my time in this benefice. Andrew writes: "Forgiveness is the most important thing in my life, since it is the only thing that can prevent the pain of the past from determining our future.

"Reconciliation is not an isolated event, but a continuing process; a journey. It is something that cannot quickly be conjured up, but requires immense patience and nurture. Forgiveness is a constant, continuous act of the will - something we walk out and practise regularly.

"When you release the wrongdoer from the wrong, you cut a malignant tumour out of your inner life. You set a prisoner free, but you discover that the real prisoner was yourself. This reminds me that 'Father, forgive' is a confession that releases grace to the wrongdoer, but freedom to ourselves. Forgiveness is a process that takes time, but so many cripple themselves by clinging on to the pain of the past, unwilling to relinquish it. Of course, it is not easy to let go of pain, but it surely prevents us from moving forward.

"So often, our cry for 'justice' is really a cry for what we believe we want or need - which is often a vindictive strike back at the person or people who caused our pain. So often we are consumed with merely "getting back" at those who have hurt us in order to cause them similar suffering.

"Anger is wrong when it makes us bitter against people, and leads us to hate them and to want to do or say evil against them. Anger, as the mere expression of wounded personality, is sinful; for it means that self is in command."

May we all learn to forgive, as Andrew does in such a difficult context, and as Jesus taught us, even when he was being crucified. We surely need his help to do this.

*Tony Highton*

# **BARTON BENDISH & EASTMOOR VILLAGE NEWS**

## **FOOTPATH**

I'm sure everyone who uses the footpath from the village to Chapel Lane very much appreciates the fact that it has been kept regularly trimmed out this year by Albanwise. Thank you.

## **ART, PHOTOGRAPHY and CRAFT EXHIBITION 2014**

What lovely weather we had for the weekend of our 6<sup>th</sup> annual Art & Craft Exhibition at the end of September. Over 50 exhibitors came and displayed pictures, photographs, knitting, jewellery, patchwork, mosaics, fabric boxes, glass work and other crafts both in the village hall and the church. This year was the best for pictures with around 180 shown in the village hall and there was little room left in the church too for all the beautiful things the crafts people had made. A very big thank you goes to everyone who helped with the organization, the setting up, the catering, stewarding and helping on the day. You all know who you are and we thank you for all the help you give. Thank you also to The Berney Arms for the nibbles on the preview evening and to Hylton Golt for sponsoring the wine. To all the exhibitors for exhibiting and all the lovely people who came and supported us over the weekend. You all helped raise just over £1000 which is fantastic. *Mhari & Linda*

## **MACMILLAN COFFEE MORNING**

**A huge thank you to everyone for helping make it our best Macmillan Coffee Morning yet.** The combination of some really good raffle prizes, delicious home made cakes and jams plus fresh produce and a lot of people calling in, as well as those who were unable to come sending donations, all helped to raise the magnificent total of £430. We not only appreciate the support of everyone who made the morning so successful but also the fact that a number of them came from Beachamwell and contributed in one way or another to raising this large amount of money for Macmillan Cancer Support Charity.

Thanks again to you all and particularly to the helpers who made it all possible.  
*Jill and the Gang*

**BARTON BENDISH FILM CLUB    Friday 31st October at 7.30pm**



Barton Bendish Film Club are proud to present the film **'The Love Punch'**. Starring Emma Thompson, Pierce Brosnan, Timothy Spall and Celia Imrie. Described as the 'feel good' film of the year.

Box Office on 01366 347849. Raffle and refreshments available. For more information please visit our website [www.bartonbendishfilmclub.btck.co.uk](http://www.bartonbendishfilmclub.btck.co.uk) .

### **BARTON BENDISH HALL BBQ AND BONFIRE 7<sup>th</sup> November 2014**

All are invited to enjoy a Bonfire at Barton Bendish Hall on 7<sup>th</sup> November 6:30pm-9:30pm. Suggested donation of £5 per adult to include a BBQ and a glass of wine with all proceeds to St Andrews Church and the Village Hall. Free entry to accompanied supervised children.

### **ROYAL BRITISH LEGION POPPY COLLECTION**

As there are so many events in Barton being held in November and December Freda is planning to postpone her Coffee Morning in aid of the Royal British Legion until early next March. She will however, at the beginning of November, be braving the elements with her tray of poppies to carry out her customary door-to-door collection in aid of this charity which continues to do such magnificent work for the armed services.

**Please**

**give generously in respect of Freda's fund raising efforts.**

### **HISTORY OF BARTON BENDISH Illustrated talk to be repeated on November 14th**

On the 28th November last year Barton's village hall was the venue for a 'sell out' talk by David Mason on the history of the village and surrounding area. It was a 'sell out' again when he repeated it in March so, as there are still people who weren't able to come previously and wish to see it, he will be presenting the talk once again on Friday November 14th at 7.30pm. It offers glimpses of times gone by illustrated throughout with photographs of people and places along with many anecdotes. Refreshments will be provided. Tickets are £4, payable on the night, but please book in advance to avoid disappointment.

Contact Linda (347563) or Mhari (347849) to be sure to reserve your place.

**. CALLING ALL WORD GAME AND CROSSWORD FANS!**

Look out for the next Barton Bendish quiz sheet. There are 50 questions with answers all on a BIRDS theme. This quiz will keep you entertained for hours and only costs £1! There is a prize of £15 for the winner. Names of correct entries (or those who have the highest number of correct answers) will be put 'into a hat' and the winner drawn on November 29th. To get your sheet you can contact;

Mhari Blanchfield 01366 347 849 (Barton Bendish)

Linda Webster 01366 347563 (Barton Bendish)

Jill Mason 01366 347928 (Barton Bendish)

St Andrew's Church (Barton Bendish)

Ann Lewing 01366 328350 ( Eastmoor)

Margaret Webster 01366 328888 (Beachamwell)

Sonia Williams 01366 328774 ( Beachamwell)

Debbie Fisher 01366 502224 (Boughton)

Lynda Eddy 01366 501308 (Wereham)

The Berney Arms 01366 347995 (Barton Bendish)

Quiz sheets are also available in St Andrews Church and at Barton Bendish fund raising events.

Proceeds in aid of St Andrew's Church

**CHRISTMAS WREATH MAKING WORKSHOPS**

**This year once again there will be three sessions taking place on:**

**Thursday 20<sup>th</sup> November at 10am followed by an optional two course lunch at the Berney Arms**

**Thursday 20<sup>th</sup> and Friday 21<sup>st</sup> November 2014 at 7.30pm**

The cost of this fun and informal workshop is £14 per person and includes festive refreshment. All basic materials are provided but you can bring your own

ribbon or everlasting decoration to add if you would like to, no experience is necessary and you will go home with your own beautiful Christmas wreath.

**Just bring a pair of secateurs and dress for mess!**

Lunch at the Berney Arms following the morning session can be booked with us and paid for

on the day.

For more information and to book a place please contact

Mhari – 01366 347 849 or Linda – 01366 347 563.

**HALL OF STALLS and CHRISTMAS TREE FESTIVAL**

Once again we are holding a Christmas Tree Festival in St Andrew's church over the weekend of December 6th and 7th. This is combined with a 'Hall of Stalls' in the Village Hall on the Saturday. If you are interested in having a stall please let us know. **The more Christmas trees in the church the merrier so please if you can spare a little time to decorate one do join in.** There is now electricity available to light up your lights should you want to add them. A Christingle Service will be held at 3pm in the church on the Sunday amidst the beautiful decorated trees.

For more information please contact

Mhari – 01366 347 849 or Linda – 01366 347 563.

**A VICTORIAN EVENING OF CHRISTMAS ENTERTAINMENT, MUSIC AND**

**CAROLS Saturday 13<sup>th</sup> December at 6pm**

Come and join in the Christmas celebrations at this evening of entertainment for all ages!

Victorian dress is optional for the audience but if you have any 'suitable costumes' you could lend us for the 'cast' we would be very pleased to hear from you! If you would like to take part, we would also be very pleased to welcome you to the 'concert party'!

The entertainment will be followed by light refreshments and mulled wine.

## **Barton Bendish Ordinary Parish Council Meeting**

**Held on 10<sup>th</sup> September 2014**

The meeting was chaired by Cllr P A J Carter, 1 parishioner attended.

At the 9th July Meeting the Council discussed complaints concerning long outstanding repairs to Freebridge Community Housing (FCH) properties in Hatherley Gardens and resolved that the Clerk take up matters with the FCH CEO. The Council was pleased to learn that all the repairs had now been carried out and the Clerk was thanked for dealing with the matter so expeditiously and successfully. The thanks of the residents had been passed on to the Council for a job well done.

A new Internal Auditor will be required for the financial year ending 31<sup>st</sup> March 2015. This is to be considered over the next two months and discussed again at the November meeting.

Concern was expressed that a notice has appeared on the BT kiosk in Eastmoor saying that BT would be removing the kiosk. The Parish Council believes that it adopted this about 5/6 years ago and therefore it cannot be removed by BT. The Clerk will contact BT to inform them of the situation.

A new mobile Post Office service has started in Fincham following the closure of the Post Office. It is situated in the lay-by opposite the Memorial Hall from Monday to Friday between 12.05 and 12.35. It was agreed that the Clerk should ask if this service could visit Barton Bendish.

The next meeting of Barton Bendish Parish Council will take place on Wednesday 12<sup>th</sup> November, 2014. This will be an Ordinary Parish Council Meeting starting at 7.00 pm in the Village Hall.

Miss Sarah Thorpe, Parish Clerk

Telephone number: 01945 430930

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

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## Mobile Post Office

The opening hours are as follows:-

Monday and Thursday: 11.30 - 12.00

Tuesday, Wednesday and Friday: 11.15 – 12.00

## Parish Council

Some of you may know that the Parish Boundaries are changing next year. At present we are in Mid Forest Group with Mike Nairn as our District Councillor. Next year we will move to Nar Valley Group and we do not know who will be our District Councillor.

Mike will be bringing Peter Wilkinson, a prospective candidate, to the next Parish Council meeting on November 10<sup>th</sup>.

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

***Eileen Powell (Parish Clerk)***

## St. Mary's Church

This year's Remembrance Sunday Service on 9<sup>th</sup> November will be a joint service for all the 8 parishes in our Group and will be held in St. Martin's Church, Fincham. The Service will start at 10.30 am and there are plans for a military presence, a band and the British Legion will also take part in the Service.



The wreaths from each Church in the Group will be blessed at this Service and a representative from each parish will read out the names inscribed on each Church's Memorial. After the Service in Fincham the wreath from Beachamwell will be brought back to St Mary's Church and laid on the Memorial here with a short prayer.

If you would like a name read out at this Service please let either of the churchwardens have their name (and rank if possible) and they will be included. These names do not have to be from Norfolk as it is entirely appropriate that we remember everyone who has given their life in any conflict or peace-keeping activity since World War 1.

Graham Williams 01366 328774 or John Sanderson 01366 328818

***Graham Williams (Churchwarden)***

## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

### WI

Fifteen members and three guests attended the October meeting which is traditionally a Craft Evening. Joan Forster, one of our Members, is a volunteer needlewoman at Oxborough Hall. Joan happened to mention to us during the summer about her work which involved repairing and placing items on the many costumes at the Hall and we asked her to talk to us about her work at the October Meeting. At the moment she and the other volunteers are working on Tudor costumes and the need to remake buttons. Some of the costumes needing up to 25 buttons each. We spent a very enjoyable evening making Tudor buttons. Thank you Joan for passing on this skill to us.



The Box Workshop which Eileen organised was a great success. Ten members and two visitors came with a "Fat Quarter" and went home with a wonderful box. Thanks to Maurice for being such a patient

teacher.

We were reminded that next meeting on November 6th will be the Annual Meeting and nominations are required for Committee. The usual Halloween Supper will be served by the Committee so remember your "tools".

Another reminder was to keep knitting, sewing and cooking for the Christmas Fayre on November 29th. We hope everybody will come and support us.

New Members are always welcome. **Carole Wilson**



## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

### Horticultural Society

We received this email from our friend Martin Edwards which we would like to share with you....

*"Whilst visiting our friends in Beachamwell, UK, they were preparing for their Village Show the coming weekend. Carole was frantically phoning and chatting to people making sure things were going to go smoothly on the Saturday morning when exhibitors would be arriving with all their produce."*



*We come from a slightly bigger village in New Zealand called Coromandel, with a population of around 1200. About 30 years ago apparently, Coromandel used to have a similar Village Show and on the long plane journey home I thought why don't we bring it back and have another go. When we got home I floated the idea with some of our Bowling Club members and they were just so enthusiastic that I knew we would be on to a winner.*

*Since then the marquees have been ordered, the Citizen's Band arranged and a communication channel is now fully open between Coromandel NZ and Beachamwell UK, so we can use what has been learned already from your*

## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

*lovely village show.*

*We will certainly report back in early March 2015 when it's all over. Many thanks for all your help."*

Brian and I have been invited to be Judges so we are looking forward to this.

**Carole Wilson. Photograph Eileen Powell**

### **"Hands-on History"**

Did you enjoy the Connecting Threads exhibition and weekend? Are you interested in our local heritage - the history of the people and landscapes of the Beachamwell area?



Is so, you may like to join the "History Detectives" in Beachamwell's new local history group, which is forming as a result of the interest generated by last year's highly successful Connecting Threads project.

Its launch event will be held at Beachamwell Memorial Hall on Tuesday, 11<sup>th</sup> November at 7:30. There will be a taster activity, using some real archives to do some "hands-on" History detective work, with a spotlight on

Beachamwell in 1901. We will also begin to plan the first projects and forthcoming meetings. Refreshments will be provided.

We are still looking for a snappy name for this new group. Any ideas will be gratefully received!

Further information from:-

**Mike Walker 01366 328242 or Maggie Mackenzie 01366 327023**

### **Wednesday Walkers – Third Birthday!**

The first Wednesday Walkers met at the beginning of October 2012 to explore the rights of way across the parish of Beachamwell. On that first walk, the sky was blue and the sun shone, and, on the first Wednesday of October 2014 – our third anniversary – the sun shone and the sky was blue. Perhaps its temping fate, but to date we have never been rained off – long may it last!

**Sue Pennell**

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## **Breckland Art Trails**

Now in its third year the Breckland Art Trail is establishing itself as a key event in the Norfolk art calendar. This time around the Trail sees the return of a number of familiar artists, as well as welcoming some new exhibitors for 2014. This year there are 57 artists taking part at 25 venues throughout Breckland.

Artists will be opening the doors to their studios or to community exhibition spaces in Breckland from 8 – 16 November 2014. With a huge variety of work on display, including sculpture, paintings, prints, ceramics, metalwork and textiles, there's sure to be something to delight everyone!

For those who want to try something a little more hands on, there is an exciting addition to this year's Trail with a programme of demonstrations and workshops for visitors. Full details of all the artists, venues and events can be found online at [www.brecklandarttrail.com](http://www.brecklandarttrail.com) or Tel: 01362 656848.

In Beachamwell Leah and I will be taking part. Leah makes prints using a variety of techniques; I am a photographer and digital print maker. Our work will be on show at 11 West End, Beachamwell, PE37 8BE on Saturday 15 and Sunday 16 November from 10am to 5pm each day – Tel 01366 328536

***Philip Spencer***

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

You could think that the committee might be resting after the very successful Fete and Country Fair, but no. A Pop up Pub is planned for December and the committee is already planning how to spend funds to improve and develop the hall's facilities, based on user comments and a recent building survey. Watch the noticeboard for news...

Hall users will already find new shelves in the walk in cupboard. This will help organise storage. Minor repairs have also been made in both cloakrooms.

Coming soon: a group of volunteers will cover 32 cushions for use in the hall.

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

***Beachamwell Memorial Hall Committee***

## COMMUNITY NOTICE BOARD

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

DATE	VILLAGE	LOCATION	TIME
Thursday	Beachamwell	Post Office	10:05 am
21st November	Drymere	Telephone Box	10:40 am
19th December	Boughton	Sycamore House Mill Road	15:20 pm 15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Thursday	Wereham	The Pond	9:30 am
7th, 21st November		Queen's Close	16:20 pm
5th, 19th December			

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

### VILLAGE BUS SERVICES

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

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

### FARMERS' MARKETS

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

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

### VILLAGE AND PARISH HALL BOOKINGS

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

# CHURCH SERVICES IN NOVEMBER

## Sunday November 2nd

Shouldham	9.45 am	Holy Communion
Marham	10.30 am - 11.30 am	Café Church
Beachamwell	11.00 am	Holy Communion
Wereham	6.00pm	Evening Service

## Sunday November 9th Remembrance Sunday

The Group Service for Remembrance Sunday will be held at St Martin's Church Fincham on Sunday 9th November 2014, commencing at 10:30am. Following the Act of Remembrance there will be Holy Communion for those who wish it, and refreshments will follow thereafter. Wreaths will be blessed during the service, and returned to their respective villages for laying on the War Memorials. Brief service at Marham War Memorial at approximately 12 noon.

## Sunday November 16th

Shouldham	9.45 am	Morning Prayer
Marham	10.30 am	Morning Prayer
Beachamwell	11.00 am	Morning Prayer
Wereham	11.00 am	Morning Prayer

## Sunday November 23rd

Fincham	9.30 am	Holy Communion
Marham	10.30 am	United Morning Service (MC)
Boughton	11.00 am	Holy Communion
Barton Bendish	6.00 pm	Evening Service

## Sunday November 30th Advent Sunday

**Wereham 10 am Group Service—Advent Carol Service**

**Thursdays at 10 am** -short said service of Holy Communion followed by coffee.  
6th, 20th, 27th Fincham , 13th Boughton

## CHURCHWARDENS

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

**Baptisms and Weddings** Please contact the Rev'd. Barbara Burton (01366 348079) or the Churchwarden in your parish.

## BOUGHTON VILLAGE NEWS

### Pond Maintenance

Many thanks to Tom and Peter for organising the recent work party clearing up around the pond edge. Thanks also to Pam for taking the photographs. They say a picture paints a thousand words, so I will just leave it at that. *Frank.*

On Saturday 27<sup>th</sup> September, Frank, Tom, Paul, Andy and Golly were engaged in vital village work. From time to time, the pond needs attention, as the irises and reeds which make it so attractive in summer become too vigorous and threaten to take

over. If it weren't for the noble souls who venture into uncharted waters and bring the plants back into order, we'd lose the lovely pond at the heart of our village. There are rumours of strange water creatures lurking in the depths ( no—Frank didn't fall in!)







Whatever happened to the terrapins?



Joking apart, Frank and his mates do a great deal of hard work to keep the village looking as lovely as it does and we all appreciate it. They also have a good deal of fun!

I'm not sure how Andy managed to escape the camera!

### **Boughton Parish Council.**

Following the resignation of Mr D.Horkan Boughton Parish Council is seeking the services of a new Clerk.

This role is non- remunerative, and being a non-resident of Boughton Parish does not preclude interest.

The role of the Clerk is to conduct the administrative business of council in accordance with instructions, and Council Standing orders.

In the case of Boughton the role entails in the order of 2- 4 hours work per week.

The Council will be looking for an enthusiastic individual with a commitment to Boughton and a shared desire to take the Council forward. Any training required will be provided.

Please indicate interest by contacting any of the persons named below.

Frank Reid                      01366 500743

Peter Agate                    01366 500044



## George Seymour

George was baptised in Boughton church on 4<sup>th</sup> September 1887. He was the youngest child of William and Sarah Anne Seymour and had two older sisters, Harriet and Louise. On 22<sup>nd</sup> November 1913, he married Ethel Carter of Wereham. In the register he was described as a labourer, resident in Boughton. It wasn't until Pamela Jennings pointed it out that I realised he has an official war grave headstone. George and Ethel had a son, William, whose baptism is also recorded for 1914. George joined the 1st/4th Bn. Norfolk Regiment and saw service as a private in the Palestine campaign. He was wounded and died of his wounds

at home in 1918. That's all I've been able to find out so far, but if anyone has any more information, or a photo of him, I'd be interested to hear from them.

*Pam Wakeling*



## Remembrance 2014

As there is no Remembrance service in Boughton Church this year, I will be laying our wreaths at the War Memorial in the church at 11 am on Tuesday 11th November. Anyone who wishes to join me will be very welcome. *Frank Reid*

*The badge of the Norfolk regiment on George Seymour's gravestone.*







## Harvest Festival

Sandy and I had fun decorating the church for Harvest Festival – lovely arrangements by Sandy, seas of Michaelmas Daisies from my garden and beautiful branches of gold and red crab apples! It's a small church, but it dresses up well. There was a good congregation, all in good voice and we sang the traditional harvest hymns with gusto – as an organist it makes such a difference if one can actually hear which verse the congregation are singing. We didn't have a sermon, by request, but Barbara reminded the congregation of the two charities we were supporting. The donations of tins and

packets would go to the Downham Market Foodbank and Barbara gave an example from her own experience of the value of foodbanks to everyone. She had known someone whose husband had been killed in an accident and, until her benefits were sorted out, had no money to feed her family. The foodbank had given her enough to tide her over. The collection was to support a charity which twins toilets!!\* The money would help provide adequate toilets in countries where people were forced to use unsanitary and unsafe locations, with health and safety problems. We collected £120, which would twin us with two toilets overseas. *Pam Wakeling*



*Since writing the above, we have received certificates linking us to two toilets, one in Burundi and one in Bangladesh.*

## Carol Service

There will be many carol services in the area next month, but our own service of Nine Lessons and Carols will be on Tuesday 16th December at 7 pm. This is the traditional service with the readings as they have been for generations. Many of you will be familiar with them from watching the Christmas Eve service on television. We have plenty of opportunities for the vigorous singing of carols, with input from the choir as well. I never have any trouble finding readers to take part and come along, but it would be good to have new people as well. Perhaps one of the teenagers or older children in the village would like to take part and I'm more than willing to give an opportunity for practising in the church. It's a regular village event, usually followed by refreshments! This church depends on audience participation to stay alive, so come along and take part. Book the date in your diary NOW!

*Pam*

*There will be no service in Boughton on Christmas Day itself, but there are services in churches nearby. Full details will be published next month.*

World's Biggest Coffee Morning, Event for Macmillan Cancer Support  
Our thanks goes out to the wonderful people of Boughton (and a few friends from further afield) for their support of our Macmillan Coffee Morning held on 26<sup>th</sup> September.

When the money finally stopped coming in we were delighted with the magnificent total of £292.47!

So a huge thank you, not only to those that baked and/or came along on the morning, but also to those who donated despite not being around to join in the fun.

*Angela Lankfer, Jane Kilian & Fiona Robinson*

## WEREHAM VILLAGE NEWS

The Wereham Parish Council met on 9th Sept. Minutes are available from the Clerk on 01366 500527 / [werehampc@gmail.com](mailto:werehampc@gmail.com) and can also be viewed on our facebook page Wereham Parish Council.

A few things to highlight:

A warm welcome to our new Councillor Mrs Nicola Loake who joined the Council

after being voted on at the September meeting. Cllr Loake is an active member of the Wereham Community (many of you may know her from the Wereham Car Boot and other Village Hall events) and will provide a great contribution to the Council.

Does anyone have the time to volunteer to undertake some general maintenance works such as painting the goal posts at the playing field please? All the paint etc will be paid for but we need a little help in sprucing things up in our lovely village! All help would be greatly appreciated!

Also - its been noted that the dog waste bins are being used for general rubbish. Please only use the bins for their intended purpose. For now there are no litter bins in the village so please take your litter home with you and help to keep the area tidy.

The next meeting will be held on Tuesday 11th November 2014, 7.30pm at Wereham Village Hall. Any agenda items to the Clerk by the end of October please. All welcome to attend. *Mrs N Cooper, Wereham Parish Clerk.*

#### Wereham World War 1 Commemoration November 8th



Reminder: Evening starts 6.45pm at War Memorial. Tickets needed for village hall. Please remember to bring your own glasses and drinks. Food is provided and cost included in ticket price.

For further info please tel Ian or Debbie Rye, The Old Chapel, Ben's Lane.

Tel: 01366 502083

#### Messy Church

Our Messy Advent service will be held on Thursday November 27th 4pm -5.30pm

Starts in the church followed by activities and a free meal in the Village Hall The theme is Advent. It will again be informal, fun , and enjoyable. It will include stories, singing, activities, Christmas party games and FOOD. Don't miss it. We are looking forward to seeing you there.

Please also put this date in your diary



Sunday 21<sup>st</sup> December Nativity service and children's drama

To book places or for further information please ask Debbie or Ian Rye telephone 502083 or call in at The Old Chapel by the pond.

Wereham Nativity Sunday 21st December

We are planning another epic Christmas celebration in St Margaret's church on December 21st 3pm.

It will have the traditional nativity and a play for older children and carols for us all to sing.

Please contact Debbie Rye 01366502083 for further information and look out for the article in next month's Group 4

WEREHAM NEIGHBOURHOOD WATCH NEWSLETTER. The meeting was held on 16th

September 2014 in Wereham Village Hall. Nominations were called for as our

Vice Chairman Phil Norris had moved away from the village. Pammie Walker

was nominated and agreed to stand. Her appointment was approved by the whole meeting. The Crime Figures are up considerable from last year from 5 to 12 this year, they include Burglary, Theft and Assault. We would remind members AGAIN to contact the police if they see anything suspicious, in the case of vehicles please try and get the licence plate number, you should phone 101 for non urgent matters and 999 in the case of an emergency. Norfolk Police also report thefts of mopeds and motorbikes are on the increase in the Downham Market area and recommend that they should be made secure with a sturdy lock and left where possible in a garage or shed overnight.

Thefts of heating oil are also on the increase. If you see any suspicious activity around oil tanks please make a note of any vehicle registration numbers and phone the police as indicated above.

You can also get police updates on [www.policedirect.norfolkpolice.uk](http://www.policedirect.norfolkpolice.uk) The

A.G.M will be held on Tuesday 17th March 2015 in Wereham Village Hall at 7.30pm. A big thank you to everyone who supported the Macmillan Coffee Morning at Wereham Tots. We made an amazing £300! *Rachel and Angela*

### October Update from Wereham Village Hall Committee

Well, the weather was perfect, the field was packed with stalls and the kitchen did a roaring trade in bacon rolls and cakes.....this year's Village Fayre really was a fantastic success!

We had visitors from far and wide and everyone seemed to really enjoy themselves so a huge thank you to everyone involved – the Marquettes for their displays, CompanionCare King's Lynn for jumping in at the last minute and running the brilliant dog show for us, all the stall holders and car and tractor owners and the Friends of Wereham Village Hall for putting together such a well organised event (especially Chris, Nikki and Doreen who spent the whole day looking very harassed but fortunately have not been put off that much as they are already taking bookings and making plans for next year!). Also to everybody who donated prizes, cakes, time.....and also everyone who came and supported the day. We raised more than £1200 which is just brilliant!

Thanks *Rachel*

Wereham Village Hall is now a member of SPICE.



Volunteering with us entitles you to collect time credits to be used across the county and beyond.

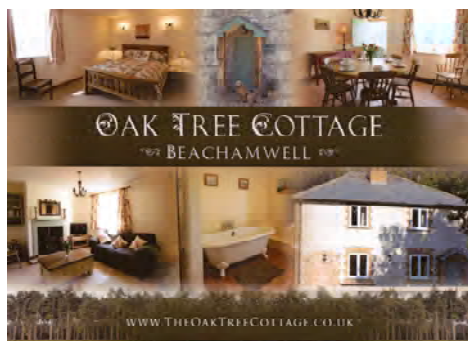
See [www.west-norfolk.gov.uk/default.aspx?page=26770](http://www.west-norfolk.gov.uk/default.aspx?page=26770) for more details or contact Nikki Loake, our time credits facilitator on 01366 501111

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— [Oscar Wilde, A Woman of No Importance](#)

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."

— [Albert Einstein](#)

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read."

— [Groucho Marx, The Essential Groucho: Writings For By And About Groucho Marx](#)



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## **Fincham and District W.I.**

Twenty-two members met in the Memorial Hall for the October meeting, Mrs. Dungay presiding. Speaker for the evening was Paramedic Pete Leggett, who works for the East of England Ambulance Service, one of the biggest ambulance services in the country, providing emergency cover for 5.2 million people and covering 7,500 square miles. He talked about what to do if you suspected someone had had a cardiac arrest, beginning with dialling 999 and continuing with Cardio Pulmonary Resuscitation (CPR) until the paramedic arrives. He demonstrated CPR on a dummy, with P. Wakeling, S. Amies and I. Delderfield also having a go. He also suggested that the chances of surviving a cardiac arrest are only 4% in the UK, compared with 30% in the USA, which has a defibrillator on every street corner and where children are taught, at an early age, how to use it. A very interesting and informative speaker.

Birthday posies were presented to P. Wakeling and J. Lynskey. The table flowers were presented, after the meeting, to Lesley Phillips. The raffle prize was provided by C. Guynan and organised by R. McClean. The Competition: "A cartoon - why do you want an ambulance?" was won by T. Taylor. Teas were provided and served



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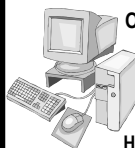
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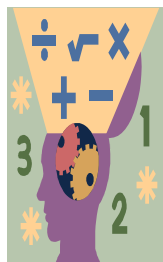
**Rebecca Judge RNMH, BSc, MSc, MAREBT, BABCP**

**EMDR & Psychotherapist on:**

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Email: [enquiries@cbtnorfolk.co.uk](mailto:enquiries@cbtnorfolk.co.uk)

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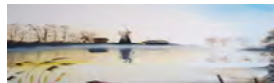
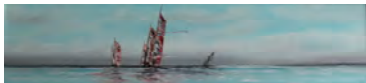
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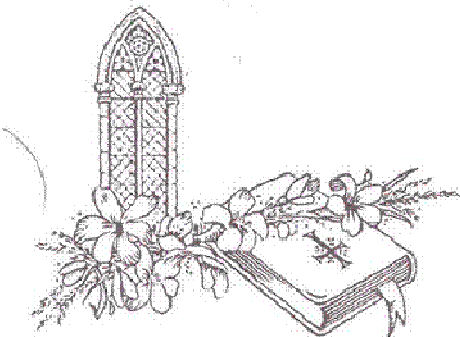
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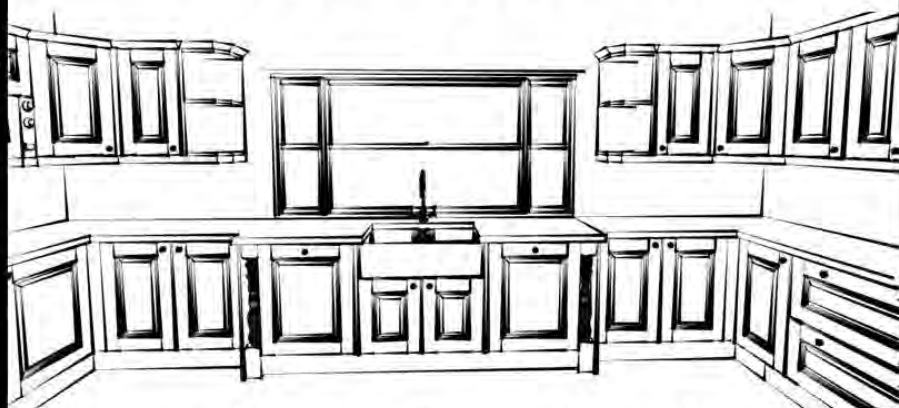
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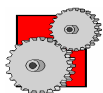
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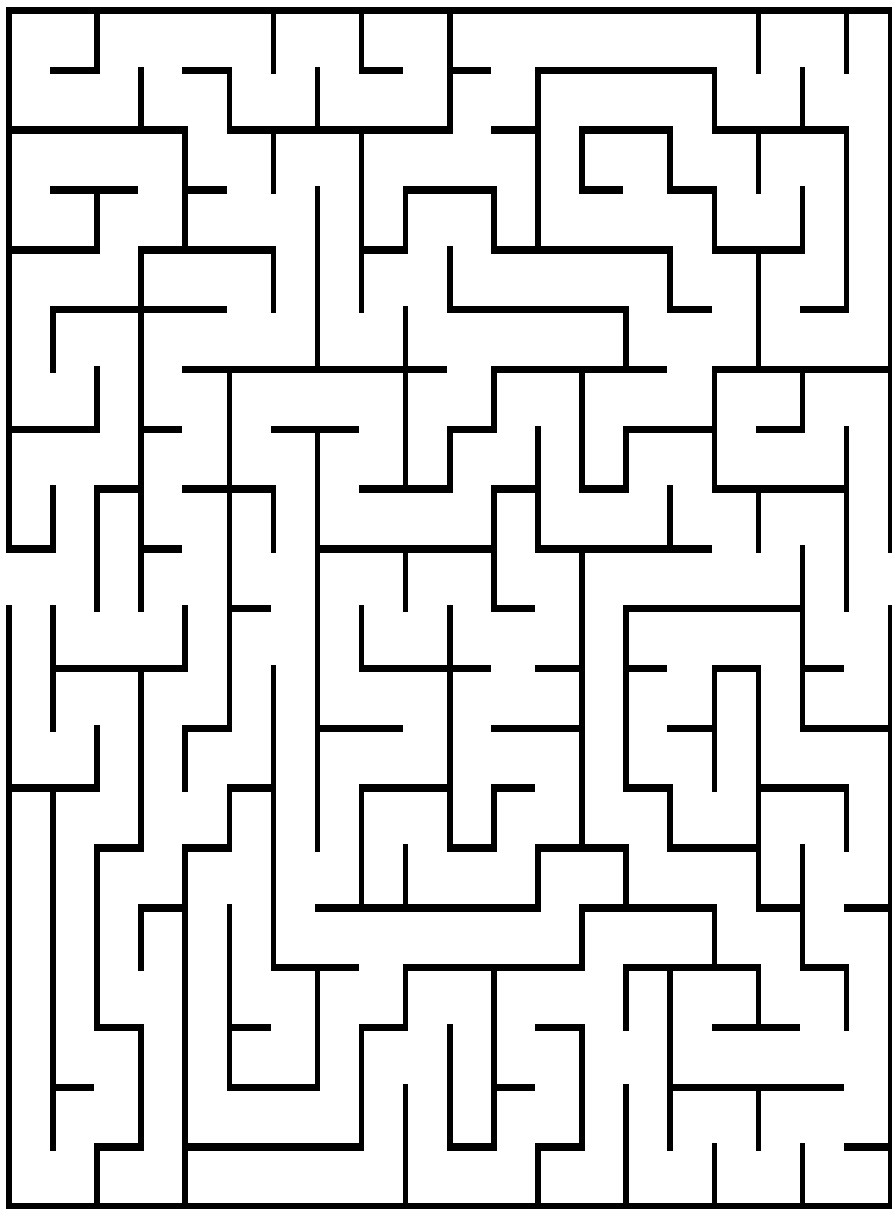
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CHILDREN’S PAGE



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