

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

**October 2018**

Cover Illustration drawn by Mark Powell, Beachamwell ©

## WELCOME



Hopefully you will enjoy this latest edition of G4N.

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

'Happy Reading

**Eileen and Pam**

**The Editorial Team**

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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## ‘FROM THE RECTORY’



Rev'd Ken Waters

01366 727220

ken.waters@btinternet.com

I was looking through some photographs the other day and was surprised at how anorexic I looked in them. I lined myself up in front of the mirror and looked from photograph to image and thought..... goodness me - I look old and slightly portly..... when did that happen?

I had to have a photograph taken for my new passport a couple of weeks ago and the assistant asked me to have a look at it on screen before she printed it off. I immediately told her that it can't be me as this was a greying elderly gentleman. She looked at the screen and then back at me and said in all seriousness, but it is you. I smiled, gave a big sigh and said I know.

In my head I'm still that lithe fit young man so when I catch a glimpse of myself in some reflection on a window or in the mirror it comes as quite a shock to see this old geezer looking back at me.

My only consolation is that God does not look at our outer appearance, he sees us from within. And when I think about that I see how wonderful a gift it is to be able not to judge people by what they look like; but to see the beautiful person they truly are. My wife, Wendy, has just said over my shoulder she does that every day when she wakes up next to me! Ahhh.

We are all beautiful people to God, how about we try to see everybody we meet in future through God's eyes.

### **Joke Spot**

Little Johnny told the Church Selection Committee, "If I am selected as Vicar of this church, I will work hard to bring us into the 20th century." Someone spoke up, "Uh, Vicar, don't you mean the 21st century?" Little Johnny replied, "Let's take it one century at a time."

Growing old is inevitable, growing up is optional.

God Bless,

**Ken Waters**

## RECIPE PAGE

### TREATS FOR YOUR DOG.....

#### Banana Chips

12oz (350 g) whole wheat flour  
3 fl oz (100 ml) skimmed milk  
1 egg  
1 pureed banana  
1 tbsp. golden syrup



- Preheat the oven to 300F or 150C
- Mix all the ingredients into a dough
- Roll out the dough to 1/2 inch (1 cm) thickness and cut into small cubes
- Place the cubes onto a prepared baking sheet
- Bake for about 30 minutes

#### Vegetable Crackers

1 courgette  
1 carrot  
2 eggs  
1 tbsp. sunflower oil  
5oz (150g) whole wheat flower  
1 - 2 tbsp. milk



- Preheat the oven to 345F or 175C
- Grate the courgette and carrot very finely
- Mix with the eggs and sunflower oil
- Knead in the flour
- Add enough milk to make an easy to shape dough
- Using a teaspoon, form the dough into little balls and place on a prepared baking sheet
- Bake for 20 - 25 minutes.
- Turn off heat and allow crackers to dry in the oven

***Eileen Powell***

## COUNTRYSIDE NOTES

Wherever there are rocky rivers in Britain wild salmon might possibly be found but it is Scotland that is most famed for its salmon fishing. Eating the 'king of fish' was the prerogative of the rich until the early 1970s when rearing salmon in captivity became feasible. There are now 250 fish farms round the west coast of Scotland and the Western Isles annually producing around 177,000 tonnes of salmon of which 60% is eaten by British consumers. It is an expanding industry and salmon is Scotland's single biggest food export worth £660million and providing work for 1,500 people.

Farmed salmon are reared until they are two to three years old in large cages sited in sheltered sea lochs. Environmentalists are concerned this is having an adverse effect on our declining wild salmon population which need to pass through these lochs to reach the rivers in which they spawn. Intensively farmed captive salmon pose a number of serious health risks to migrating salmon. They are often infected with large numbers of parasitic lice. Harmful chemicals are frequently used to remove these although keeping small fish that feed on sea lice within the cages or bathing the salmon in warm water to remove the pests are alternative treatments. Further threats are pollution from the excrement of caged salmon and the fact that many escape, an estimated 300,000 in 2016, which interbreed with wild salmon the progeny of which do not possess the natural instincts needed to survive.

The whole life cycle of wild salmon is incredible. A hen fish has the ability to lay 5,000 eggs which are immediately fertilised by the male. These hatch in early spring and the miniscule creatures are known as *alevins*. As they begin to develop they become *fry* and at two to four years old are known as *parr*. At this stage, in late spring or autumn, they head out to sea and are called *smolts*. After spending at least one year as *grilse* out in the Atlantic, the few that have survived return to breed in the same river in which they hatched. After spawning both the males and females (*kelts*) are exhausted and most die. The Latin name for salmon is '*salmo salar*' which translated means salmon the leaper. They have the miraculous ability to return to the same shallow, gravel-bottomed area of the river, several miles from the sea, where they hatched and which they identify by sense of smell. These are in fast flowing rocky rivers and the salmon's tenacity in negotiating obstacles, sometimes leaping more than 10ft up steep, rocky inclines, is nothing short of amazing. They need to wait for sufficient water in the river before they can do this; heavy rain after a dry spell stimulates them into action. Autumn is generally the best time to see them leaping. Because stocks of wild salmon are in decline salmon fisheries now have a catch and release policy.

For true sportsmen the pleasure is in the catching of a salmon not in the eating!

**Jill Mason**



# MASSIVE FUEL BILLS?



## INEFFICIENT OIL FIRED & LPG BOILER? STORAGE HEATERS NEED HOME INSULATION?

On any of these Governments benefits?

- Child Tax Credit
- Working Tax Credit
- Universal Tax Credit
- Pension Guarantee Credit
- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance

## PRIVATE HOME OWNER OR TENANT?

**GOLDEN GLOBE** will do all the hard work for you using government grants funded by all the big energy companies under the watchful eye of OFGEM.

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- Book your free survey for you
- Install your new fuel efficient oil boiler



Look forward to **A Warmer Winter, Lower your fuel bills.** A home with added warmth and an **Energy Efficient New Boiler** with an **OFTEC Certificate**

**Call Golden Globe today on 020 7096 5097  
and book your appointment free of charge**



### **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

**Every minute,  
six people over  
65 suffer a fall/**

**We're here to help.**

To find out more, call us on 01553 616200  
or visit [www.careline-cs.org.uk](http://www.careline-cs.org.uk)



**Careline**  
COMMUNITY SERVICES



**Care &  
Repair**

South Coast  
King's Lynn &  
West Norfolk



## 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](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.



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at [www.csv.org.uk](http://www.csv.org.uk)

Like CSV UK' on Facebook: [www.facebook.com/CSVUK](https://www.facebook.com/CSVUK)

Follow @CSV\_UK' on Twitter: [www.twitter.com/@CSV\\_UK](https://www.twitter.com/@CSV_UK)



## LILY HAS CHANGED!

From 1 July 2018, our Lily service expanded to include everyone over 18, not just those in later years.

Lily provides a comprehensive range of support in West Norfolk to combat loneliness and social isolation in adults of all ages. The project is linked to the 'No Lonely Day' initiative and encourages our residents to develop friendships and engage in their local communities.

The Lily online directory lists organisations, services and activities that help people to live healthy, active and independent lives. It includes information relevant to adults of all ages. If you would like your event or organisation to be included in the directory, get in touch [asklily.org.uk](http://asklily.org.uk)

Lily Advisors from local charities are available to offer one-to-one support to people at home or in community locations.

Lily has a strong focus on community development, by helping groups to arrange activities and encouraging volunteering and by providing community events, onsite information sessions and support for employers, schools and colleges.

If you, or anyone you know, would like to know how Lily can help, call 01553 616200 and choose option 6.



**Tel: 01553 616200**  
**[www.asklily.org.uk](http://www.asklily.org.uk)**

**Helping adults in  
west Norfolk get  
involved in their  
community**



**in  
good  
company**

in association with

**Norfolk** County Council

borough funded by  
King's Lynn &  
West Norfolk



2018-0-2

## SWAFFHAM & LITCHAM HOME HOSPICE

On the 6<sup>th</sup> October Kings Lynn Male Voice Choir and Marham Bluebirds will be performing at the Assembly Rooms in Swaffham. The concert will start at 7.30pm and we will be running a Wine and Soft Drinks Bar. This is the fifth year running that the two choirs have performed for us and their concerts have always been very well supported. Tickets (if any still available) are £10 each and can be purchased from our office at 17-19 Brocks Road or Ceres Bookshop on London Street, Swaffham.

As we have done for many years, we will be organising a Christmas Draw and will be selling tickets in Tesco between the 21<sup>st</sup> and 25<sup>th</sup> November. The draw for the prizes (£250, £150 & £100) will take place at Tesco, 5pm, 8<sup>th</sup> December.

As well as our own fundraising, we quite often get third parties organising their own events where we benefit from their efforts. On the 2<sup>nd</sup> September, Sue Walker, on behalf of the Horse and Groom and Stanleys presented Adrian Adcock, our treasurer, with a cheque for £4249. As part of the fundraising, Sue



had agreed to have her head shaved. Her sponsorship alone raised over £2000, the remaining monies coming from the profits from a Charity Ball. Our thanks to Trudy Cutting and her staff and customers of both businesses - a wonderful boost to our funds.

With one more promised donation to come, the final figure raised for our Relay Together event, held in June will be £7300. This figure exceeded our expectations and our thanks go to those people of Swaffham, its surrounding villages and beyond who walked or sponsored those that did and also to Bookers in Kings Lynn for their support. One of the teams that walked, The Knapp Family, raised just under £1200 in memory of a loved one.



As an organisation we need to raise around £100k per annum to continue to

provide the wide range of services we offer.

**Adrian Adcock**

## MAGPIE CENTRE NEWS



### **Craft and Country Fair is a Runaway Success**

Perfect weather, great atmosphere, a classic vehicle parade and a succession of spectacular arena displays, topped off by a flypast of the iconic Lancaster bomber, made the second Magpie Centre Craft and Country Fair, at Wallington Hall, a huge success.

Organised by volunteers of West

Norfolk Riding for the Disabled Association, this year's Fair showed a massive increase in footfall from last year's inaugural event resulting in a net profit of more than £5,000 for the Magpie Centre. Displays by Fen Falconry, the King's Morris, Lowestoft Dog Agility Display Team and Busybodies Stage School Dance Performance Team entertained visitors, young and old, throughout the day.

Moving into autumn, highlight of the Magpie Centre's calendar is the Quiz with Hog Roast (plus vegetarian option), scheduled for Saturday October 20 at a different venue this time: Watlington Village Hall, Church Road, Watlington, PE33 0HE. Doors open at 7.00 pm for a 7.30 start. There is a licensed bar, serving beer, wine, cider and soft drinks. Teams are usually from 4 to 8 people, but singles and couples are welcome to come and make up teams on the night.

Tickets, at £11 each, include the hog roast, plus a stunning array of salads and desserts: surely excellent value for a great evening out. Pre-booking is essential, so call 01553 672756 to secure your places.

Booking is also open for stallholders at our Art and Craft Fair, which will take place on Saturday November 17 at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PE. All proceeds from this will go to the Magpie Centre, home of West Norfolk Riding for the Disabled Association. To book for this, or for more information, call 07725163758.

And lastly for this month, the hunt is on for a new Secretary. This would entail attending one evening meeting per month at the Magpie Centre. It would be preferable if whoever takes on this role would like to become a Trustee, but this is not essential.

To find out more, call 01553 810202 during office hours, or -01366 500104 for an informal chat with **Rosie O'Grady, Chairwoman of WNRDA.**

## **SATURDAY AT M AND S** **(Mothers and Sons)**

The mother sighed, it would be stress, to take on Saturday's M and S. Her son was firm, yes they could hack it. He'd just to search for one plain jacket. The crowds were heaving in the shop, sometimes you'd rush then have to stop.

At last they reached the part for gents, the choice of jackets was immense. The son searched here, the son searched there, the mother stood to rest and stare.

There was no room to stretch out wide. She tucked her elbows to her side.

Her son had mischief by the sack and stood behind his mother's back

And there, before the crowd so big, he picked her up with cheeky jig.

"Oh put me down, please be a dear, there could be pupils of mine near!"

The son relents, still smiling wide. The mother's now down by his side.

"Oh Adam why that silly joke in front of all these shopping folk?"

Then Adam says so very bold, "I always do as I am told

And this time I was extra swift... I read that sign saying

**CUSTOMER LIFT!"**

*Chris Lawrence (Shouldham) (Based on a true story)*

### **Volunteers Needed!**



**Do you remember those early years?.....  
Sleepless nights, tantrums & teething.**

If you have parenting experience Home-Start Swaffham & District would love to hear from you. We have families waiting for support and all we ask is for a couple of hours a week commitment. We offer a prep course accredited through the Open College Network which takes place one day a week for 10 weeks. Term time 10am-2pm.

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

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

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

### **Bridge Street Surgery Health Roadshow**

**Friday 19th October**

**9.00am – 1.00pm**

**Downham Market Town Hall**

Our Patient Participation Group will be selling refreshments and raffle tickets to raise money for our equipment fund.

For Bridge Street Surgery Patients only we will be running a small Flu clinic at the Health Roadshow for patients over 65 years between 9.30 -12.30

# WHAT'S ON AT DOWNHAM MARKET LIBRARY

For further information about events or to book where necessary please call  
Katy Marriott 01366 383073

*All children must be accompanied by an adult*

**4 October ESOL course** – FREE 4, 11 October [not during half term] 1, 8, 15 & 22 November Free six week course for people whose first language isn't English wanting to improve and gain confidence. Booking essential.

**6 October - 40s Tea Dance** – 2pm till 4pm a Silver Sunday Fun Palace event. With music from Back Two - step back into the 40s and enjoy an afternoon tea dance. £1 Booking essential

**9 October Chair Yoga** 2pm till 3pm – second Tuesday of the month – with Lisa £3 – booking essential

**10 October Pre-School Yoga** - with Kids Yoga Tree under 5s £3 – booking essential

**23 October Chair Yoga** 2pm till 3pm – fourth Tuesday of the month – with Lisa £3 – booking essential

**24 October Sleeping Beauty Storytime and activities with Alive corn exchange** - 10.30 till 11.30 – colouring competition to win tickets for Sleeping beauty pantomime in December.

**25 October Family Art Workshop for Black History Month** 10.00-12.30pm

**25 October Halloween Storytime and crafts** 10.30-11.30pm

**27 October Cake Sale in aid of the Stroke association** 10am till 12 noon

## Regular Events

**Just a Cuppa** – Every Friday 10am – 12 noon. 50p suggested donation. Enjoy a chat over a tea or coffee.

**Active Minds** – Puzzles, board games and colouring. Every Thursday 1.30 – 3.30pm.

**Baby bounce and rhyme** - Thursdays 10-10.30 term time only. Come along and enjoy some songs and rhymes.

**Knit and Natter** – 1st and 3rd Wednesdays in month 1.30 – 3pm [except during school summer holidays]

**Mini Movers** – Fortnightly 9 October, 6 November. Let's get active with the music from the Sticky Kids. Mini Movers is for preschool age to encourage movement to music and song whilst developing numeracy and literacy skills. For further information and to book, talk to a member of staff or call 01366 383073. Booking Essential



# CHILDREN'S PAGE

## Word Search School Life

Words can go horizontally and vertically either way but not diagonally.

d	n	u	o	r	g	y	a	l	p
w	e	f	y	u	c	s	a	h	r
c	h	q	u	k	c	l	o	s	o
x	c	v	b	i	n	m	r	i	t
m	u	c	e	r	s	e	e	l	a
f	h	n	t	x	t	f	d	g	l
y	c	y	t	u	d	f	l	n	u
e	b	x	p	v	b	v	o	e	c
d	o	m	a	t	h	s	f	s	l
t	o	a	r	t	t	h	f	c	a
c	k	h	n	e	w	d	x	h	c
a	s	k	r	o	w	e	m	o	h
r	w	q	p	e	n	s	x	o	f
r	i	a	h	c	r	k	p	l	d

art

books

calculator

chair

computer

desk

english

folder

homework

maths

pens

playground

school

science

teacher

## QUIZ PAGE

01. Do elephants drink through their noses?
02. Name America's Windy City.
03. Name the three movies James Dean starred in.
04. Where was Charles Dickens born?
05. Which two colours make up the flag of Poland?
06. If you are admonished in court are you found guilty or not guilty?
07. Who usually has the most hair on their heads - blonde, brunette or redhead?
08. Which singer wrote one of his 1970's hit songs on a Stylophone?
09. What is a prairie oyster?
10. Does the 'face' of the 'man in the moon' look different in Australia?
11. Bruce, Danforth and CQR or plough are all boating terms for what?
12. What was The Beatles first number one hit?
13. What does the term 'nuclear winter' mean?
14. Honky-tonk music is normally played on what instrument?
15. Had the Duke of Cambridge been born when the Falklands War broke out?
16. Name a cabbage with the same name as a London West End Hotel.
17. Do identical twins have the same fingerprints?
18. How many fences are on the Aintree racecourse?
19. Which Prime Minister did Oxford University Dons refuse to grant an honorary degree?
20. What is the difference between an island and an atoll?
21. Unscramble LOYAL CHOPS to recall a bygone children's programme.

**Answers:** (1) No, they draw it up with their trunks then squirt it into their mouths. (2) Chicago. (3) 'Rebel Without a Cause', 'Giant', 'East of Eden'. (4) Portsmouth (5) Red & White. (6) Guilty. (7) Blonde. (8) David Bowie wrote 'Space Oddity'. (9) A hangover remedy consisting of raw egg, vinegar, pepper & salt. (10) Yes, it's upside down. (11) Types of anchor. (12) 'From Me to You' in 1963. (13) A hypothetical disaster when the sun is blocked out by radio active fall-out with plummeting temperatures and violent storms. (14) A piano. (15) No, Argentina invaded the Falklands on April 2nd and he wasn't born until June 21st 1984. (16) Savoy. (17) No. (18) Sixteen. (19) Mrs Thatcher in 1985 because of a row over cuts in education spending. (20) An atoll is made of coral and has a circular lagoon in the middle. (21) Play School.

## MEDICAL TERMINOLOGY.....?

- Artery - The study of paintings
- Bacteria - Back door to cafeteria
- Barium - What doctors do when patients die
- Benign - What you be, after you be eight
- Caesarean Section - A neighbourhood in Rome
- Cat scan - Searching for Kitty
- Cauterize - Made eye contact with her
- Colic - A sheep dog
- Coma - A punctuation mark
- Dilate - To live long
- Enema - Not a friend
- Fester - Quicker than someone else
- Fibula - A small lie
- Impotent - Distinguished, well known
- Labour Pain - Getting hurt at work
- Medical Staff - A Doctor's cane
- Morbid - A higher offer
- Nitrates - Rates of Pay for Working at Night, normally more money than Days
- Node - I knew it
- Outpatient - A person who has fainted
- Pelvis - Second cousin to Elvis
- Post Operative - A letter carrier
- Recovery Room - Place to do upholstery
- Rectum - Nearly killed him
- Secretion - Hiding something
- Seizure - Roman Emperor
- Tablet - A small table
- Terminal Illness - Getting sick at the airport
- Tumor - One plus one more
- Urine - Opposite of you're out

# THE WORLD'S SIX BEST DOCTORS

**Steve Jobs, co-founder of Apple, died a billionaire at age 56.  
This is his final essay.**



I reached the pinnacle of success in the business world. In some others' eyes, my life is the epitome of success. However, aside from work, I have little joy. In the end, my wealth is only a fact of life that I am accustomed to. At this moment, lying on my bed and recalling my life, I realize that all the recognition and wealth that I took so much pride in have paled and become meaningless in the face of my death.

You can employ someone to drive the car for you, make money for you but you cannot have someone bear your sickness for you. Material things lost can be found or replaced. But there is one thing that can never be found when it's lost - Life. Whichever stage in life you are in right now, with time, you will face the day when the curtain comes down.

Treasure love for your family, love for your spouse, love for your friends. Treat yourself well and cherish others. As we grow older, and hopefully wiser, we realize that a \$300 or a \$30 watch both tell the same time. You will realize that your true inner happiness does not come from the material things of this world. Whether you fly first class or economy, if the plane goes down - you go down with it.

Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven and earth, that is true happiness! Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things and not the price. Eat your food as your medicine, otherwise you have to eat medicine as your food.

The One who loves you will never leave you for another because, even if there are 100 reasons to give up, he or she will find a reason to hold on. There is a big difference between a human being and being human. Only a few really understand it. You are loved when you are born. You will be loved when you die. In between, you have to manage!

The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and **friends**. Maintain them in all stages and enjoy a healthy life."

## SOME UNIVERSAL TRUTHS

1. I think part of a best friend's job should be to immediately clear your computer history if you die.
2. Nothing sucks more than that moment during an argument when you realize you're wrong.
3. I totally take back all those times I didn't want to nap when I was younger.
4. There is great need for a sarcasm font.
5. How on earth are you supposed to fold a fitted sheet?
6. I can't remember the last time I wasn't at least kind of tired.
7. Bad decisions make good stories.
8. You never know when it will strike but there comes a moment at work when you know that you just aren't going to do anything productive for the rest of the day.
9. I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page research paper that I swear I did not make any changes to.
10. "Do not machine wash or tumble dry" means I will never wash this - ever.
11. I hate when I just miss a call by the last ring but when I immediately call back, it rings nine times and goes to voicemail. What did you do after I didn't answer? Drop the phone and run away?
12. I think the freezer deserves a light as well.
13. I wish Google Maps had an "Avoid " routing option.
14. Sometimes, I'll watch a movie that I watched when I was younger and suddenly realize I had no idea what the heck was going on when I first saw it.
15. I would rather try to carry ten plastic grocery bags in each hand than take two trips to bring my groceries in.
16. I have a hard time deciphering the fine line between boredom and hunger.
17. How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
18. I love the sense of camaraderie when an entire line of cars team up to prevent someone from cutting in at the front.
19. Is it just me or do high school kids get dumber and dumber every year?
20. There's no worse feeling than that millisecond you're sure you are going to die after leaning your chair back a little too far.
21. Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.





The intensity of the dog's face shows more sincerity than most people!

## Have you seen Arnie?

**Please help us to find him.**

He was last seen in Oxborough at about 4pm on Monday 10th September. Arnie is a white and black, neutered male cat. He is approximately 17 months old, slender with long legs and a long, thin tail. He has a pink nose. When last seen he was wearing a red, quickrelease collar with a bell. He is good-natured, kind and much missed.

**Please call 07342 754934. Thank you**

## WEST NORFOLK AVIATION SOCIETY

In August's the society visited a local crash site. Just off to the west of the



A1065 on the road between Mundford and Brandon is the location and memorial of this tragic event. Member, Simon Booth takes up the story below:

### **Visit To The Mundford Lancaster HK773 Memorial**

Back in the heat soaked days of August, a small but dedicated group of the society's members met under leaden skies in readiness to be escorted up to the Lancaster crash site by Rod Billen - the local memorial custodian.

Fortunately the predicted thunder storms held off and once at the crash site Rod delivered a very informative talk detailing the events leading up to the crash and the subsequent efforts made to remember those that lost their lives with the creation of the permanent memorial. With the skies continuing to darken, the assembled party returned to Mundford Church, where a brief inspection was made of another small memorial plaque before retiring to the 'The Crown Hotel' for much needed refreshments.

A further visit to the site is being arranged again by Rod Billen. This will be in the form of a memorial walk from Mundford Cricket Club on Sunday 11th November (exact timing TBC)

He also said that he is prepared to drive anyone unable to complete the walk.

Also check this out: <https://www.warmemorialsonline.org.uk/memorial/193683/> and an article published in the magazine 'Speak-Up' Summer 2007

For further information about the society's adventures please visit our website at: <http://www.westnorfolkaviationsociety.uk.org>

**Nigel Tooth, Press Secretary, WNAS 01842878232**



## Oxburgh Hall Events

Unless otherwise indicated, please call 08442 491895 to book tickets.

**Friday 26<sup>th</sup> October and Saturday 27<sup>th</sup> October, half-hourly from 5pm till 7.30pm**

### **Oxburgh by Candlelight**

Escape modern day Halloween and join us for a candlelit tour of Oxburgh Hall after dark. See the Hall in a different light and find out what made a Victorian All Hallows Eve.

This event is a tour that focuses on the history of All Hallows Eve and as such is not suitable for children under 16. Tours are timed and will last one hour. Late comers may not be permitted to join the tour. Tea room will be open until 8:00pm to purchase warm drinks, soup, and light snacks. Shop will also be open.

**£15 per adult. Booking is essential as places are limited.  
Ring 0344 2491895**

**20<sup>th</sup> to 28<sup>th</sup> October (Trail); 26, 27<sup>th</sup>, 28<sup>th</sup> October (Activities),  
10.30am – 3pm**

### **Pumpkin Event**

Explore the grounds to find the carved pumpkins and discover their hidden secrets. Going trick or treating? Drop in to the Halloween-themed craft activities and find something scary to add to your disguise. Maybe a mask or a scary spider, there is likely to be something for everyone.

**Free event but normal admission to gardens applies.**



Behind every  
successful woman is  
herself



## BaroqueSeason

### Norwich Baroque Quartet

*(Music for 2 Violins, Cello and Harpsichord)*

October 21st, Sunday 3.00pm,  
Swaffham Assembly Rooms

### Tale Dolce Musica

*(Music for Soprano, Flute, Oboe, Bassoon and Harpsichord Continuo)*

November 18th, Sunday 3.00pm,  
Swaffham Assembly Rooms  
£9 for members, £12 non-members,  
accompanied children free

Tickets from  
Green Parrot 01760 724704 and  
Ceres Bookshop 01760 722504  
Enquiries: 01366 328648

## Nar Valley Ornithological Society (NarVOS)

**Tuesday 30th October at 7.30pm**

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

Please come along to this illustrated talk  
by Zoe Smith, entitled:

### 'Peregrines and Sculthorpe Moor'

Zoe Smith is Peregrine Project Officer at Sculthorpe Moor Reserve. As you probably know the Hawk & Owl Trust runs the reserve as well as Norwich Cathedral's Peregrine Project which has enjoyed such fantastic publicity and interest. Zoe is particularly interested in the development and expansion of urban Peregrines.

As NarVOS has its own breeding Peregrines this should be a fascinating talk from Zoe.

Admission £2 on the night for non-member  
and visitors are most welcome.  
Enquiries: 01760 724092



## Stow Hall Gardens

Stow Bardolph

Open every Wednesday  
until 31st October

Admission £5  
Children free

## Wereham's

### Pop-Up Cafe

will 'pop up'

**Twice Every Month**

1st and 3rd Tuesdays

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

Look out for our monthly specials

Enquiries: 01366 500218

## Beachamwell

### Book Group

**Tuesday 2nd October**

**7.30**

**Beachamwell Village Hall**

Book to be discussed over a glass of wine

**'All the Light We Cannot See'**

Anthony Doerr

Annual Subscription £12.50

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 Bingo



Village Hall

Wednesdays

Doors Open 6.45pm

Eyes Down 7.30

Raffle and refreshments with  
complimentary biscuits

Enquiries: 01366 500798

All proceeds go to the Village Hall  
Registered Charity Number 1168472  
Wereham Village Hall



## Beachamwell

### Creative Writing Group



Meets every  
second Monday  
Afternoon

2.30pm

Everyone with an interest in  
putting pen to paper welcome.

Enquiries: 01366 328895  
or  
james@jamesknoxwhittet.plus.com

## Beachamwell

### Table Tennis



**Every Friday at  
3.00pm  
Village Hall**

Enquiries: 01366 328895  
or  
james@jamesknoxwhittet.plus.com

## Wereham

### Short Mat Bowls Club



**Thursdays  
7.30pm**

**Village Hall**

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 a chat  
contact 01366 501330



## Beachamwell WI

**Thursday 4th October  
7.30pm  
Village Hall**

**'Celebrating 100 years of  
Votes for Women'**

Visitors welcome

01366 327023 or  
01366 328589



**Calling all Children and Their Adults!**

Come and Join

**Beachamwell's  
Countryfile-style Ramble**

For  
**Children in Need**

On  
**Sunday 7<sup>th</sup> October 2018**

**Ramble starts at 10.30 a.m. from Beachamwell Village Hall**

**Registration from 10.15 a.m**

**Admission to Ramble: 50p per child, £1.00 per adult**

(All money to go to *Children in Need*)

The Ramble will follow public footpaths across fields, through woods and along a quiet country road to Shingham and back. It is about three miles (we will not ramble quickly). Please wear suitable clothes and 'sensible' footwear.

**All children must be accompanied by an adult**

Further details from Leah (01366 328536) or Sue (01366 328452)

## **Barton Bendish**



### **A Macmillan Coffee Morning**

**Thursday October 11th  
10.00am -12.00 noon**

**Barton Bendish Village  
Hall**

**Raffle, Produce and Cake  
Stall**

**In Aid of Macmillan Support  
Charity**

**Enquiries: 01366 347928**

## **Barton Bendish Breakfast Church**



**All Welcome**

**Saturday 13th October  
9.30**

**Barton Bendish Village Hall**

Join us for an informal gathering over  
breakfast with friends to discuss  
thoughts prompted by faith and  
spirituality, which will certainly moti-  
vate and inspire us all.

**Menu:**

**Coffee, tea, croissants and bacon  
rolls**

**Book your reservation  
01366 347849 or 01366 347563**

## **Beachamwell & Fincham**

### **Family History Group**

**Tuesday 16th October**

**2.00pm**

**Beachamwell Village Hall**

**Enquiries:**

**01366 347694 or 01366 328536**

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

**Wednesday  
October 17th  
2 - 4pm**

**Beachamwell  
Village Hall**



**Enquiries:  
01366  
347673**

## Beachamwell Pop Up Pub



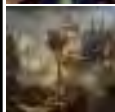
**Friday 19th October**

**7.30pm**

**Beachamwell Village Hall**

We will be offering food on the night –  
Sausage Casserole with French  
Bread for £6.00 per person.

Please book your food in advance by  
telephoning either 01366 328418 or  
01366 328536



## Barton Bendish Trafalgar Night Supper

**Barton Bendish Village Hall**

**Saturday 20th October**

**7 for 7:30pm**

**Tickets £14**

Evening to include

2 Course "Themed Menu"

Tea/Coffee and Mints, Tot of Rum to

Toast Nelson's Memory

Followed by Entertainment

(w/ Vegetarian Option)

(welcome to bring your own drinks)

Enquiries 01366347849 or 01366347563

*To engage in the spirit of the evening please  
wear something Red, White or Blue!*

Proceeds to St Andrew's Church

## Wereham Halloween Quiz



**Saturday  
October 27th  
7.30pm**

**Wereham Village Hall**

Tickets £5.00 includes a hot  
supper

Bring your own drink and glasses.

Enquiries:

01366 500766 or 01366 500218

Proceeds to Wereham Village Hall Funds

## Wereham Craft Fair



**Saturday 3rd November**

**10am- pm**

**Village Hall**

We hope you all come along to see  
all the lovely items on offer. There  
will be a good cross section of  
crafters displaying their goods. This  
will be a very good opportunity to start  
your Christmas shopping.

Please contact

07759033492 or 01366501330

**e-mail**

rosemary.pease@btinternet.com.

## Wereham

### Indoor / Outdoor Car Boot Sales and Café

The last Sunday of every month  
until end of November 2018

9am until 1pm

Cafe 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  
07759033492 or 01366501330  
**e-mail**  
rosemary.pease@btinternet.com.

## Shouldham Annual Quiz

**Saturday November 17th**

**7.00pm**

**Shouldham Village Hall**

£4.00 per person. Tables up to 6

Bring your own refreshments

To book a table contact  
01366 347814 or  
annhullah@btinternet.com.  
Early booking advisable

Proceeds to All Saints' Church  
Shouldham

## Barton Bendish



### Wreath Making Workshop

**Thursday 22nd, Friday 23rd  
at 7.30pm or Saturday 24th November  
at 10am at 7.30pm**

Cost £15.00 per person - 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!

Places limited/RSVP required  
Enquiries and Bookings  
01366 347 849 or 01366 347 563

## Beachamwell



### Children's Christmas Party

Celebrate the festive season with  
friends and neighbours. Fun for  
all the family.

**Saturday 15th December**

**4pm - 6pm**

**Village Hall**

Limited spaces available!  
£3 entry

For tickets call 01366 328968 or  
01366 32809

Children to be accompanied by an  
adult please



*Werham Heritage Group invite you to*

# **WERHAM'S WW1 CENTENARY COMMEMORATION**

**1914 – 1918**



**BATTLE'S OVER...**

**SATURDAY 10<sup>TH</sup> NOVEMBER 2018**

**6.45pm at the War Memorial  
then 7pm onwards in the Village Hall**

Using song, music and storytelling to mark this year's special anniversary  
with over 20 local performers

An enjoyable and thought provoking evening with lots of laughter, and  
maybe a few tears

**Remembering the men of Werham who gave their lives**

*Ticket price £5 includes interval buffet – bring your own drinks & glasses*

*Under 12s free*

*Please pre-book to assist with catering*

*Tickets from Werham Village Hall on weekdays between 10am & 4pm  
or from Werham Heritage Group members Doreen Rolph, Ian Rye & Sue Smith*

**Enquiries 07863 049677 or [werhamheritagegroup@gmail.com](mailto:werhamheritagegroup@gmail.com)**

*Do wear any family or personal medals*

# **BARTON BENDISH & EASTMOOR VILLAGE NEWS**

## **Tribute to Bill Tasker**

There is one fewer character in this world now that Bill has left us.

Born in Bexley Heath, Kent he spent 30 years of his working life serving in the Metropolitan Police Service. His career saw him assigned as a protection officer to cabinet ministers and royalty before he joined the Metropolitan Police Traffic Division and became one of the elite 'Black Rats'.

Well over a hundred people attended Bill's funeral service at Mintlyn with his family and friends being joined by many of his retired colleagues from the Met. Bill was actively involved with many groups and among his varied interests were cricket, cars, motorbikes and steam trains, both real and model ones. He played bowls for Barton and between them, for many years, he and Maureen kept the Village Hall running smoothly.

There is a saying that 'once a policeman, always a policeman' and this was applicable to Bill. Not that he had a passion for law enforcement it was just that he always knew what was going on, and who was about, in the village. If any of us wanted to know anything we asked Bill. He also had a heart of gold and was always there for us. If anyone was in a fix it was him we first went to. However, you could never have a quick conversation with Bill, but that was part of what made him the character he was.

It was so sad to watch his health rapidly deteriorate over the last few months and we all admired Maureen's dedication to caring for him. With him being so independent by nature this could not have been an easy task. Bill's last few days were spent in the tender care of Tapping House Hospice to which donations, exceeding £860, made in memory of him have been sent.

Bill, we all miss you and thanks for everything.

## **Macmillan Coffee Morning Thursday 11th October 10am to noon**

Once again it's time for our annual Macmillan Coffee Morning which this year will be held from 10 – 12noon on Thursday October 11th. As usual there will be a raffle and a book stall as well as a cake and produce stall. Donations for any of which would be very much appreciated.

You are assured of a warm welcome so please come along and show your support for this very worthy cause. Last year we raised the magnificent sum of £452.50 for Macmillan - our best total yet. Let's try to top that this year.

Hope to see you there

***Jill and the gang***

# BARTON BENDISH & EASTMOOR VILLAGE NEWS

## Barton Bendish Art, Photography and Craft Exhibition



It's quite amazing that, just when you think Barton Bendish can't possibly produce a more impressive or successful event, another one comes along which lifts the bar even further. For its size, the village always seems to have the ability to punch above its weight and the Art and Craft weekend is a fine example of this. It attracts a huge range of artists, from those just starting out to

those with a nationally established reputation. The variety of work on display is incredible providing evidence that we are culturally rich in this part of Norfolk as well as opportunities to buy presents for Christmas or even for ourselves.

As well as the huge number of items for sale, crafts were demonstrated at both venues. There were writers and bell ringers and a lovely atmosphere, commented on by many of the villages.



The exhibition was a triumph of organisation and shows what can be achieved by a small community which enjoys working together. The proceeds of the weekend, which are estimated at almost £3,000, go the Church (75%) and to the Village Hall (25%), two causes close to the hearts of residents and participants alike. This is definitely our best performance to date with an approximate footfall of 500. In future years an extended and improved Village Hall will enable us to stage an even more successful event and, who knows, we might be able to start making improvements to St Andrew's Church.

**Andrew Stephen**

## **BARTON BENDISH & EASTMOOR VILLAGE NEWS**

### **Harvest Breakfast Church Saturday 13th October at 9.30am**

This month's Breakfast will have a harvest thanksgiving theme. It's on Saturday October 13th at 9.30am in the Village Hall. Coffee, tea, croissants and bacon rolls are on the menu. Please reserve your place by phoning Mhari on 347849 or Linda on 347563

### **Trafalgar Night Saturday 20th October**

Saturday 20th of October will find Barton Bendish celebrating one of Britain's greatest naval victories in the form of a Trafalgar Night Supper. The 2 course meal will have a Trafalgar theme; after which tea, coffee and mints will be served along with a tot of rum to toast Lord Nelson's memory. Entertainment will be of a nautical nature and guests are asked to engage in the spirit of the evening by wearing red, white and blue.

The evening will commence at 7pm with food being served at 7.30pm. Tickets are £14 and can be purchased from Mhari 347849 and Linda 347563. Please advise if you would prefer a vegetarian option.

### **Centenary Commemoration of the ending of WW1 Sunday 11th November**

Everyone is invited to Barton Bendish Village Hall on Sunday 11th November at 6.30pm to celebrate the 100th Anniversary of the end of WWI. This will be a Social Evening of Remembrance and Thanksgiving.

#### ***Val McAlister***

There will be a Remembrance Service held at St Andrew's at 10.30am

### **Wreath Making Workshops November 22nd – 24th**

Due to the popularity of the wreath making workshops, this year being held at 7.30pm on the evenings of Thursday November 22nd, Friday November 23rd and Saturday November 24th, plus an additional workshop on the Saturday at 10am, it is important to book early. Tickets are £15 each with everything needed being supplied although a pair of secateurs will be required. Please bring your own special decorations or ribbon for the finishing touches and dress for mess! Refreshments are provided.

***Please contact either Linda 347563 or Mhari 347849 ASAP to book your place.***

# **BARTON BENDISH & EASTMOOR VILLAGE NEWS**

**Calendars:** David Mason is once again selling wildlife wall calendars for £5 each, this year in aid of the local charity The Norfolk Hospice, Tapping House. He has had them printed using his own pictures and will be donating £2.50 from each sale to the charity. The calendars come complete with envelopes and will be available at village events or by contacting David on 07884411619 or email [masons.sandmere@btinternet.com](mailto:masons.sandmere@btinternet.com)

## **Extract from the Norwich Mercury 11th October 1884**

### **BARTON BENDISH**

*The Wesleyans of the above place have just celebrated their harvest thanksgiving service. Tea was provided, at which a goodly number sat down. Afterwards a public meeting was held in the chapel, which had been very neatly and tastefully decorated with fruits of the season. Mr Charles Hewitt, of Barton, occupied the chair. Addresses followed by the circuit minister, and Mr James Pollard, of Shouldham Mills. Messrs Tuck and Smith, of Northdelph were among the speakers. The attendance was exceedingly good and a collection was made at the close in aid of the circuit fund.*

## **Forthcoming Events**

### **Thursday October 11th**

Macmillan Coffee Morning 10am – 12pm Village Hall see advert page 26

### **Saturday October 13th**

Breakfast Church 9.30am Village Hall see advert page 26

### **Saturday October 20th**

Trafalgar Evening 7 for 7.30pm Village Hall see advert page 27

### **Sunday November 11th**

Remembrance Service 10.30 am St Andrew's

100th Anniversary of the end of WWI 6.30pm Village Hall

### **Thursday, Friday, Saturday November 22nd, 23rd, 24th**

Wreath Making Workshops see advert page 28

### **Sunday December 9th**

Christingle Service 3.00 pm St Andrew's

### **Saturday December 15th**

Victorian Evening 6pm Village Hall

### **January 2019**

tbc Burns Supper

## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

### Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40

### My Summer

We had fun in the summer holidays. It has been sunny for a long time. We did lots of different things. I enjoyed going to the cinema and for pizza in Kings Lynn with my friend called Clara. We enjoyed roller skating together every Wednesday at Downham Market Leisure Centre. One of our best days was swimming in the sea at Holme where the water was really warm. We saw the sun set and had ice cream. I went to the Sealife Centre in Hunstanton and saw the rescued seals swimming behind the glass but there



others who had been found by the sea who were still poorly and in the seal hospital. There were otters and one of the otters was a mother! On some days my family and I travelled further. One day we went to Pleasurewood Hills. The roller coaster was fun. We went away as a family for a time too and we swam in an outdoor pool with lovely neighbours. Back home, we went to Blakeney to go on a boat to see the seals. The seals stay on sand for 80% of their lives. For my little sister's birthday we went camping with our cousins near Cromer where we saw the lifeboat go out and went bike riding and horse riding. We travelled to Norwich twice to follow the 'GoGoHare' trail and found our school hare, Nibbles. I went to Carrow Road to watch Norwich City play, but they lost 3-4. It was back to school last week and it was



nice to see my friends again. There is lots to do where I live.

**Phoebe James, age 7**

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## Parish Council



Some of the items covered at the September meeting were Highways (including speed awareness), Footpaths and Public Rights of Way, Church wall, Asparagus field, Bulb planting in Chestnut Walk, Poplar trees at West End and Fallen cherry tree branch. The minutes of the meeting can be found on the website [beachamwell-pc.norfolkparishes.gov.uk](http://beachamwell-pc.norfolkparishes.gov.uk) and the Parish Notice Board.

The next Parish Council meeting will take place on November 12th at 7.30pm.

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

As always, if you have a query or a problem, you can consult 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 Beachamwell



On Saturday, 8<sup>th</sup> August, the Norfolk Historic Churches Trust bike ride took place and it was good to see some cyclists visit St. Mary's despite the wind and rain which only eased a little in the afternoon. The money raised in sponsorship is used to provide grants to maintain Norfolk's many historic churches. Over the past thirty years or so, the annual bike ride has raised almost three million pounds for churches throughout the county. With the drastic decline in congregations, the money raised has become increasingly important to preserve the ever decaying fabric of ancient buildings. Those of us who live

in Norfolk tend to forget that the county has the largest collection of medieval churches in the world. These buildings are not only works of art in themselves but they contain unique works of art within, such as painted screens, frescoes, statues, intricately carved woodwork, irreplaceable organs and sonorous bells. Medieval artists believed that it was only by witnessing beauty that humans could form some conception of the beauty of the Creator and that is why they strove to create beautiful works of art. In the words of one of the greatest artists, Michelangelo: *Every beauty which is seen by persons of perception resembles more than anything else that celestial source from which we all come.* Michelangelo saw himself not so much as a creator as someone



## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

who reveals the beauty which lies trapped and unseen around us. He wrote: *I saw the angel in the marble and carved until I set him free.*

**James Knox Whittet**

### The Friends of St Mary's

The sun came out for us for the Village Fete but luckily it did not diminish our visitors thirst for tea or appetite for cake - the Friends raised almost £700



towards the repairs of the Church which is a great result. Thank you to all the bakers and helpers who made this possible.

Events last month were the Local History Group celebration of the churches in the village and the ever jolly Quiz - very popular!

Our bank balance is slowly rising and it is hoped we will soon be able to apply for a matching grant so we can start

repairs on the roof. We will keep you updated.

If you are interested in getting involved please let me know.

**Peggy Ray (Chair of the Friends of St Mary's)**

### Flower and Brass Cleaning Rota for October

2<sup>nd</sup> Ann Knox Whittet, 7<sup>th</sup> Diana Lambert, 14<sup>th</sup> Olwyn Locke, 21<sup>st</sup> Eileen Powell, 28<sup>th</sup> Mary Riches

If anyone would like to join or have more information about this Rota, please let me know. **Eileen Powell**

### WI

September is traditionally the Members' Meeting at Beachamwell WI. This is an opportunity for our hardworking committee members to relax, while others take on their roles and responsibilities for the evening.



The speaker for the meeting was Sue Pennell, who gave a very interesting presentation with the intriguing title, 'The World of Fairy Rings and Witches' Butter'.



## BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Far from introducing us to the worlds of magic jewellery and dairy products, this was a fascinating insight into the world of fungi and some of the stories surrounding them. Sue has a deep knowledge of our local area and most of the examples she showed us were photographed from footpaths in nearby woods. Some fungi are tiny and inconspicuous, others are impressively large and colourful; some are delicious, while others are poisonous. Her talk made us all realise just how much there is to see, if we only take the time to look more closely at our natural surroundings, especially at this wonderful time of the year.



The talk was followed by social time, a chance to talk, laugh and share refreshments provided by members.

Our next meeting will be held in Beachamwell Village Hall on Thursday 4 October 7.30pm and will celebrate 100 years of Votes for Women. Visitors are always welcome, so why not join us? Telephone: Maggie Mackenzie 01366 327023 or Helen Richardson 01366328589

***Leah Spencer***

### **Wednesday Walkers**

The September Wednesday walk followed the long-established bridleways that cross Beachamwell Warren. This is a regular route for the W.W.'s and much enjoyed as the walking is easy on the feet!

It may be a regular route, but there is always something unique about each walk we do. This month it was the spectacular skyscapes that were particularly memorable with blues skies to the south and with grey, threatening clouds to the north. Our luck held and we didn't get wet!

We were delighted to welcome new walkers to the group and hope they too will become regulars.

Next month it is back to the forest rides for some autumnal colour. We leave the village hall at 10.00 am. on Wednesday, 3<sup>rd</sup> October and hope you will join us.

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

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

### **Beachamwell Village Fete and Country Day 2018**

On 1<sup>st</sup> September Beachamwell was blessed with fine weather for the biennial Fete and Country Day. The Village Green looked great bedecked with bunting and the colourful gazebos alongside the more traditional marquees really did resemble a quintessential English Village event.

Officially opened at Midday by Group Captain Ian Townsend, Station Commander at RAF Marham, stalls and attractions were soon flooded with people. The car park was quickly packed and the Village Green dotted with families and their dogs eager to take part in the very popular dog show, with many a canine proudly sporting their colourful rosettes after success in the ring.

The huge variety of different stalls and attractions gave everyone, young and old, the chance to participate and enjoy various traditional and some more modern games. It was great to hear so many people enjoying themselves – delighting in their piggy winning a race or the ability to hook a duck to win some sweets. Too many separate attractions to list here but the balance of fun opportunities seemed to be just right. The Bar was very busy, the hall was constantly filled with people enjoying Tea and Cake and the Barbeque was as always very popular.

The great atmosphere was enhanced by the arrival of The Hobblers who sang and played folk songs to entertain everyone – many took an opportunity to have a dance to their favourite tune.

The Village Hall Committee is so grateful for all the help received by the many volunteers who give up their spare time in order help raise money for the Village Hall upkeep. There are many tasks to prepare the site beforehand – measuring and marking up the green, putting up marquees and gazebos, cabling for the electrics, purchasing food and drink – the list is virtually endless but everyone does their bit and the Fete happens. Many volunteers on the day run their stalls with great skill and manage to make everyone participating feel very special. Memories are made on days like these with many great photo opportunities to fill the family album.

The clay shoot was very popular and provided participants with some challenging targets. The clay team, headed up by Jonathan Balls, all worked very hard and came along to the green afterwards covered in a layer of dust. Again, planning and setting up for the competition has to be done over several days before the event and everything packed and taken away afterwards.

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Special thanks also go to Mary Riches and her stalwart team who collect Bric a Brac throughout the months preceding the Fete and then spend the whole of the week sorting and pricing the goods before Fete day. Thanks Mary and team, you really work so hard and the Fete would not be the great success that it is without you.

We hope that everyone who attended had a great time, whether as a visitor or a volunteer and we look forward to welcoming you again to the event in 2020.

We don't have the final total raised but it will be in November's G4N

***Susie Rix (on behalf of Beachamwell Village Hall Committee)***

## **Bric-A-Brac Stall**

Following the success of Beachamwell Fete, the Bric-A-Brac team would like to thank everyone who contributed their unwanted items which raised a total of £1,276 which will go towards the Village Hall funds. However, we still have a few items to sell and the total could well be more.

Also, a big thank you to everyone who helped in any way during the week and on the day.

***The Bric-A-Brac Team***

## **Well Done**

As Breckland District Councillor for the Nar Valley Ward, I work and support Beachamwell Parish Council and residents. My wife and I attended your Village fair on Saturday 1<sup>st</sup> September we found it to be very homely, friendly, proper old fashioned fair which we enjoyed immensely - a credit to all of the organizers.

***Peter Wilkinson (Conservative Councillor Breckland D.C.)***

## **Beachamwell Pop Up Pub**

The next Pop up Pub will take place in Beachamwell Village Hall on Friday 19<sup>th</sup> October at 7.30 pm. We will be offering food on the night – Sausage Casserole with French Bread for £6.00 per person.



Please book your food in advance by telephoning either ***Judith Blatchford on 01366 328418 or Leah Spencer on 01366 328536.***

## CHURCH SERVICES IN OCTOBER

### (Wissey Valley/Southern Group)

#### **Sunday 7th October      The Nineteenth Sunday after Trinity**

9.30 am	Wretton with Stoke Ferry	Service of the Word
11.00am	Beachamwell	Holy Communion
11.00am	West Dereham	Family Service
6.00 pm	Wereham	Evensong
6.00 pm	Methwold	Harvest Festival (with supper)

#### **Saturday 13th October**

9.30 am	Barton Bendish	Breakfast Church
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#### **Sunday 14th October      The Twentieth Sunday after Trinity**

9.30 am	Methwold	Holy Communion
9.30 am	West Dereham	Service of the Word
9.30 am	Whittington	Service of the Word
10.00 am	Boughton	Breakfast Church

#### **Sunday 21st October      The Twenty-First Sunday after Trinity**

9.30 am	Methwold	Service of the Word
9.30am	West Dereham	Service of the Word
9.30am	Wretton with Stoke Ferry	Holy Communion
11.00am	Beachamwell	Service of the Word
11.00 am	Wereham	Morning Prayer

#### **Sunday 28th October      The Last Sunday after Trinity**

9.30am	West Dereham	Service of the Word
10.00 am	Whittington	All Age Service
11.00 am	Boughton	Holy Communion
11.00 am	Methwold	Service of the Word
6.00 pm	Barton Bendish	Evensong

#### **Midweek Services**

**Holy Communion** 10.00am **Boughton** Thursdays 11th and 25th

**Holy Communion** 10.00am **Wretton** with Stoke Ferry Tuesday 16th

**Compline** 5.30pm **Whittington** Thursday 18th

#### **Baptisms and Weddings**

Please contact the Churchwarden in your Parish

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

# CHURCH SERVICES IN OCTOBER

## (Priory/Northern group)

### **Sunday 7th October      The Nineteenth Sunday after Trinity**

10.00 am	Fincham	Family Communion
10.00 am	Shouldham	Morning Prayer
10.30 am	Marham	United Worship (Methodist Chapel)
10.30 am	Stow Bardolph	Holy Communion
11.00 am	Runcton Holme	Harvest Festival

### **Sunday 14th October      The Twentieth Sunday after Trinity**

9.30 am	Shouldham Thorpe	Holy Communion
10.30 am	Stow Bridge	Holy Communion
10.30 am	Marham	Morning Worship (Holy Trinity)
11.00 am	Tottenhill	Holy Communion
6.00 pm	Fincham	Evensong

### **Sunday 21st October      The Twenty-First Sunday after Trinity**

10.00 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (Methodist Chapel)
10.30 am	Nordelph	Holy Communion in the Village Hall
11.00 am	Watlington	Holy Communion

### **Sunday 28th October      The Last Sunday after Trinity**

9.30 am	Fincham	Holy Communion (said BCP)
10.30 am	Marham	Holy Communion (Holy Trinity)
10.30 am	Wimbotsham	Holy Communion
11.00 am	Wormegay	Lay-led morning prayer

### **Thursday Services at 10am**

Holy Communion Fincham 4th and 18th

### **BAPTISMS AND WEDDINGS**

Please contact the Churchwarden in your parish

Fincham	Cathy O'Brien	01366 347279
Marham	Philip Fay	01760 444199
Shouldham	Brian & Ann Hullah	01366 347814
Shouldham Thorpe	Gordon Reid	01366 347253
Shouldham Thorpe	Gary Eggleton	01366 347829

## COMMUNITY NOTICE BOARD

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

DATE	VILLAGE	LOCATION	TIME
Thursday 23rd October	Barton Bendish	Hatherley Gardens	09:55 am
	Beachamwell	Old Post Office	10:15 am
	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Thursday 8th & 22nd October	Wereham	Church Road Queen's Close	09.30 am 16:20 pm

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

### VILLAGE BUS SERVICES

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

Traveline 0871 200 22 33 or ([www.traveline.info](http://www.traveline.info)) Call cost 12p per minute

### VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

### FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	First Thursday 12.00pm to 5.00pm
Swaffham	No longer trading
King's Lynn	Third Friday

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

## **BOUGHTON VILLAGE NEWS**

### **All Saints' Church**

We were pleased to welcome many of the Breakfast church regulars to the Morning Prayer service on 9<sup>th</sup> September, lured perhaps by the promise of ample refreshments. Thanks to Pippa for the supplies of cake and, even more importantly, for taking the service. There was a very good atmosphere afterwards, as most people stayed for a coffee and the cakes, supplemented by fresh apple juice supplied by Hans.

Rather less happily, we discover that our oil tank will need replacing and await a quote for the job. The new tank will need to be bunded and permission will be needed from the Archdeacon. Many people who use our church are grateful for the heat supplied by the boiler, so if anyone feels they can contribute to the cost of a new tank I'm sure Paul Coulten, our Treasurer, would be pleased to hear from you. We are a small congregation working to keep the building and the church presence going in the village.

Dates: the traditional Nine Lessons and Carols service will be held on Monday 17<sup>th</sup> December at 6.30 pm. It's later than usual, because Christmas Day will be a Tuesday and our normal Tuesday is just too soon before Christmas.

### **Group 4**

You may have noticed that I'm getting older and I'd be very grateful for anyone in Church Lane who would be prepared to deliver the magazines there on a regular basis. Angela has taken over most of the village delivery, but it would be better if someone in the road would take the responsibility. In most villages, there are groups who deliver a dozen or so, but in Boughton from the beginning I delivered to everyone and then Angela very kindly took over half. It's about a dozen magazines, once a month.

***Pam Wakeling***

### **Boughton Fen – into the Autumn**

So – the days are getting shorter, the aggressive heat of the summer has settled to something a good deal more comfortable, and you are wondering whether you should settle down in front of the television, or get out and do something active.

We have the answer. Boughton Fen Working parties will be starting again from October.

Working parties usually run at the weekends, on Saturday or Sunday mornings, every two or three weeks. Volunteers are welcome, old and new, whether for

## BOUGHTON VILLAGE NEWS

the whole session, or just an hour or two. This is a really good way to get out in the fresh air over the winter, get some exercise, enjoy the surroundings and meet people.

Boughton Fen, for the uninitiated, is a SSSI site, consisting of a reed fen, as well as a circular walk, grassy areas, and woodland. It supports a variety of wildlife, and is very popular with birdwatchers due to the variety of species it supports.

We are a friendly bunch, all ages and sizes. Work varies from scrub clearing, repairs to the boardwalk, clearing and burning cut reed, and anything else that crops up. You may have seen this sort of thing on Countryfile, and other TV



programmes.

We are just the same, only smaller and closer to home.

If you are interested in helping, please get in touch, and we can add you to our list of volunteers.

For more information, contact 01366 500461, or [mark@pogmore.myzen.co.uk](mailto:mark@pogmore.myzen.co.uk)

**Mark Pogmore**

### Concern for Bottle

We have received some startling intelligence. MI5 report that an attempt to abduct the Bottle is imminent, code level **RED**. Theresa May has convened a full Cobra meeting to discuss protective measures to ensure the safety of the Bottle. Royal Air Force Marham has committed full resources. You will perhaps have noticed increased flying hours, and the new F35 over the village. They are locked and loaded. Villagers are warned not to wave at them as they fly over, this could be mistaken for an act of aggression.

Probably best to give the impression that you know nothing.

The following information is strictly secret!! --- The Bottle is now at a safe house in a very secret location.

MI5, MI6, are working to identify who the potential abductors are. Until then please do not attempt to find out where the bottle is, this could place you in considerable danger.

We will let you know when the threat has passed and the bottle is safe.

In the meantime --- mums the word.

**Frank Reid**



## WEREHAM VILLAGE NEWS

### **Wereham Parish Council**

Next Meeting Dates: Tuesday 13 November 2018 at 7.00 pm in the Wereham 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](mailto:werehampc@gmail.com). The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the Website [www.werehamparishcouncil.co.uk](http://www.werehamparishcouncil.co.uk). You will also find minutes of all meetings here too.

**Wereham Cemetery Memorial Safety** - The Parish Council are trying to trace relatives or those responsible for memorials. The Wereham Parish Council have recently reviewed its responsibilities for health and safety within the Wereham Cemetery and commissioned a report with a registered qualified inspector of all memorials. The inspector advised the Parish Council of 17 memorials in the cemetery that they classify as 'dangerous' to public safety and therefore in order to remedy they recommend fitting what is called a 'naam bar' for the current memorial to remain in use, these 17 are memorials that we would like to hear from people about. Please contact the Clerk if you are responsible for a memorial in the cemetery. These memorials have now been laid down by the Parish Council as agreed at their meeting in July 2018 in line with their health and safety responsibilities because no contact had been received. All of the memorials effected can be reinstated by the owners as long as within safety guidelines. The Parish Council recommends that purchasing records are checked for any guarantee of workmanship which it may be possible to claim from. The inspecting company is able to provide costs of fitting a 'naam' bar. If you are the person responsible, relative or have knowledge of contact, a response would really be appreciated, as you will have realised, this is a health and safety issue which the Parish Council are obliged to resolve as soon as possible.

**New Dog Waste Bins** – Two new dog bins have now been installed in the village by the Wereham Parish Council. The new places are at the junction of Back Lane/Church Road and at the junction of Wretton Row and The Row. There are three others are located at the end of Lamas Lane (Flegg Green end); along Cavenham Road towards the public footpath (field end); and on the playing field near the village hall entrance.

These dog bins have been purchased using precept funds, and the costs of emptying them is also paid for in the same way. Please could we all be encouraged to use these bins and keep our village a pleasant place to live.

## WEREHAM VILLAGE NEWS

All are welcome to attend meetings in 2018, if there are topics or ideas that you wish to share or be discussed with the Parish Council at any time during 2018, please email me on [werehampc@gmail.com](mailto:werehampc@gmail.com).

***Helen Richardson Wereham Parish Clerk and Finance Responsible Person***  
***Email [werehampc@gmail.com](mailto:werehampc@gmail.com) or Phone/Text: [0779 500 6811](tel:07795006811)***

**Wereham World War 1 Commemoration November 10th 6.45pm-9.30pm.**

Four years ago the residents of Wereham staged an evening of entertainment to mark the centenary of the start of World War 1 and to honour those men including those named on the Wereham war memorial who lost their lives fighting for their country. Four years on and the Wereham Heritage group have assembled another talented cast to commemorate the end of the war.

It promises to be an excellent evening of 1918 style entertainment, and reflections of what life was like during the early 1900s. It is guaranteed to inform, entertain and possibly even make you cry! We will have a display of objects for the period including decommissioned weapons, medals, and uniform items. We will hear the stories of local people, enjoy some of the music hall songs that were popular then and sample some of the food that was eaten during that time.

Tickets are now on sale from the Wereham village hall (£5 per person, children free). Surely an evening not to be missed.

### **Poppies for the war memorial**

We also invite all Wereham households to make a poppy either knitted, crochet or made of felt that will be displayed on our war memorial by the pond to commemorate the 100year anniversary of the end of WW1. Please contact Rosemary or a Wereham craft group member who can provide a pattern if needed.

Poppies can be left in the village hall anytime before November 9th.

***For more information please contact Debbie or Ian Rye tel [07863049677](tel:07863049677)***

### **Wereham Village Hall Early Christmas Festivities.**

Put a date in your diaries for Sunday December 9<sup>th</sup> 2018.

Plans are still in the early stages but we are hoping to have a Christmas Lunch, in Wereham Village Hall this year.

Now that Wereham has a beautiful, well appointed hall please let us try to use it to host a community meal with some entertainment in traditional style.

Ideas and input are welcome.

This is for the community with help from the community.

Enquiries to Sue and Gordon [01366 858237](tel:01366858237) or Angela and Cliff [01366 500115](tel:01366500115)

Full Details to follow in Group 4 in November.

# WEREHAM VILLAGE NEWS

## September Update from The Village Hall Committee

We were blessed with perfect weather for this years' Summer Fayre and the whole day was a massive success with a constant stream of visitors enjoying the many activities and attractions. Thank you to everyone who was involved: the classic car and tractor owners, Dawn til Dusk Falconry, Jurassic Bark for running the dog show, Legacy Dance, the Craft Group and to Doreen and the FoWVH without whom none of this would have happened. We raised more than £1600 which is a fantastic achievement!



Our next event will be a **Treasure Hunt** on Sunday 7<sup>th</sup> October. Teams will set off from the Village Hall, from 1pm, to walk around the village solving a range of clues and ending up back at the hall for a well-deserved cream tea at approximately 3pm. The route will be broken into sections, allowing you to do as much or as little as you want. Tickets are £5

for adults and £2 for under 12's. Please book in advance by contacting either Doreen Rolph ([01366 500218](tel:01366500218)) or John Eastgate ([01366 500766](tel:01366500766)).

**The Halloween Quiz Night** is back Saturday 27<sup>th</sup> October, 7.30pm. Tickets £5 including supper but please bring your own drinks, glasses and snacks. Again, please contact either Doreen or John for tickets.

Both events will also have a raffle (of course!) and so any donations of raffle prizes would be most gratefully received.

## Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in September were Darren Edwards and John Voutt – congratulations to you both! **Helen Richardson, Secretary.**

## WEREHAM VILLAGE NEWS

### Events List

**Bingo** - Wereham Village Hall "Cash Prize" Bingo every Wednesday, doors open 6.45, eyes down 7.30pm. Teas/coffees available with complimentary biscuits. For enquiries contact Angela 01366 [500115](tel:01366500115)) or Diane ([01366500798](tel:01366500798)). Visit our website, [www.werehamvillagehall.co.uk](http://www.werehamvillagehall.co.uk) or log onto [www.facebook.com/werehamvillagehall](https://www.facebook.com/werehamvillagehall) to stay up to date with what's on, or call Lyn, Sara or Sue on [07497 430005](tel:07497430005) between 10am and 4pm Monday to Friday for more information.

Book your babysitters ready for Saturday November 17th as "Gravel Road" (rock/ pop group) will be performing in the Village Hall. More information in next month's issue and on Village Hall website.

### Poppy Sellers Needed

If you can help with the sale of poppies in Wereham please contact **Charles Humphries on 01366 501108.**

### Wereham Craft Group.

Well what a fabulous day was had by all at the summer fayre. I think it must be one of our best. The craft stall did very well in our fundraising efforts for the village hall. We continue to make items for the craft stall alongside baby blankets and quilts for the Linus Project who give them to terminally ill babies and children; they are a hug in a blanket. If anyone has surplus DK yarn/wool or cotton fabric they would like to donate to the group we would be eternally grateful. The girls are also making poppies for Ian Rye's World War One display in November, some are knitted and some are being made in felt, for the felt ones it is just a matter of putting the 2 pieces together and sewing a black button in the middle. We would very much appreciate some help with making poppies so if anyone out there would like to help please give me a call. I have red DK yarn here also felt and patterns. I will cut out the felt ones for anyone who would like to help and give you black buttons; there will be no expense on your part just some time for sewing or knitting.

We are holding another CRAFT FAIR on November 3<sup>rd</sup> 10am until 4pm in the village hall. We hope you all come along to see all the lovely items on offer. There will be a good cross section of crafters displaying their goods. This will be a very good opportunity to start your Christmas shopping. I am going to look into an open day mid week in early December so watch this space. For details of any of the above please contact me, **Rosemary. On 01366 501330, or 07749240606, email [rosemary.pease@btinternet.com](mailto:rosemary.pease@btinternet.com).**

## WEREHAM VILLAGE NEWS

### Short Mat Bowls

The numbers playing bowls continue to increase. At the moment we play on a Thursday evening 7.30pm until 9.30pm but when the clocks change at the end of October we will go over to a Thursday afternoon 2pm until 4pm. The start date for the afternoon sessions will 25<sup>th</sup> October until 4<sup>th</sup> April, after this date we will revert to Thursday evenings for the summer. We are a very friendly and happy bunch who play for fun rather than being too serious. New players or learners are always welcome.

For details please contact **Philip on 01366501330 or 07759033492.**

**E-mail [rosemary.pease@btinternet.com](mailto:rosemary.pease@btinternet.com).**

### Car Boot and Café

Only 2 more car boots left for 2018, October and November we then take a break until the end of January 2019. Why not have a sort out, book a table and earn a bit of cash for your Christmas shopping. Cafe always open with bacon rolls, egg rolls, or sausage in a roll with plenty of tea and coffee. Warm friendly atmosphere, children's playground. We also run a 50/50 raffle with half the money going to the village hall and the other half to the lucky ticket number. We also have a donated goods stall which raises funds for the village hall, we are happy to receive good items for this stall but please no crockery, glassware or books these items go to Doreen Rolph for her bric a brac stall later on. We will be happy to collect from you any items you would like to donate.

For details please contact **Philip on 01366 501330 or 07759033492.**

**email [rosemary.pease@btinternet.com](mailto:rosemary.pease@btinternet.com).**





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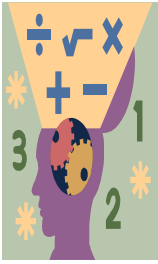
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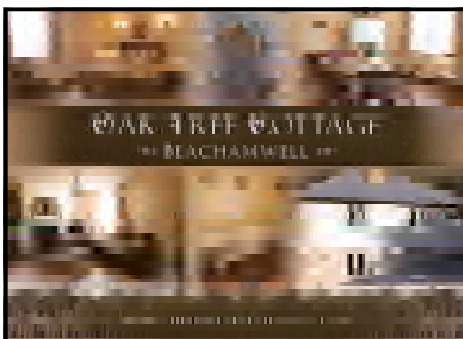
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2.30pm**

**Monday  
24<sup>th</sup> September**

**Saturday  
13<sup>th</sup> October**

**Monday  
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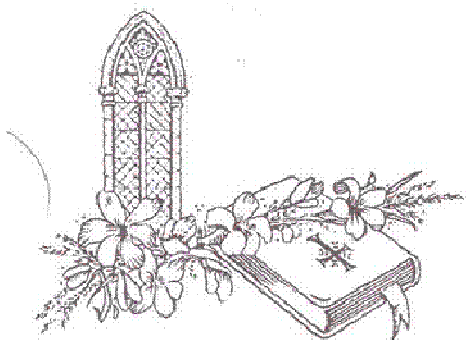
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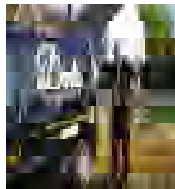
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## Traditional Values ...



Life has changed so much since this photograph was taken...

But the traditional values of honesty, integrity and service associated with the time are an essential part of our business.

So if you are thinking of buying, selling, letting or renting and seek the reassurance of an Agent practicing these traditional values, yet with a modern approach, please call us on 01366 388991

**Ashton Roberts**

Letting Agents • Estate Agents

19a High Street, Downham Market, Norfolk, PE38 9DA  
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**Our surgery times are listed below. Please note that appointments are now necessary for all evening surgeries.**

**Open surgeries: Monday to Friday , 9-10am, Saturday 10-11.30am**

**All other consultations will be by appointment only  
so please ring in advance**

**[info@crossingsvets.co.uk](mailto:info@crossingsvets.co.uk)**

**01366 382219**

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