

Group 4

NEWS



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

September 2016

WELCOME

By the time you read this, autumn will have officially started! With it come changes. Barbara Burton is moving to a new post in Walpole St Peter and West Walton and we wish her every success and happiness. For our villages, it will mean some time without a priest-in-charge again. The church will continue its presence in the villages, perhaps needing a little more support from the community, but still here for all who live here. We are thankful for all those who will work to keep everything going and we hope for your support in all that goes on. The sense of community is very important in rural villages.

As always, 'Happy Reading'
The Editorial Team
Eileen and Pam

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

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

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

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Please submit all information through your Village Contacts.

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

11th September

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‘FROM THE RECTORY’



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Sunday 11th September 2016 will be a special day for me – it will be almost six years to the day since I was licensed as Priest-in-Charge to the Barton Bendish and Fincham Group of Churches, and it will also be my last day as the Group's parish priest. My final service will take place that morning at 10am in St Martin's Church, Fincham, and all will be very welcome, so I hope you can come along and have some refreshments afterwards. I am moving to take up a post in our next door Deanery of Wisbech Lynn Marshland, where I will be Priest-in-Charge of two parishes, being Walpole St Peter and West Walton. In addition I'll be working in secondary schools in the Deanery and also encouraging the use of 'Fresh Expressions' in the Deanery – in other words, producing church services in a different way, in frameworks such as Café Churches and Messy Churches.

I am so grateful to all who have helped and supported me over the years – churchwardens, PCCs and congregations, school head teachers, teaching staff and Governors, Deanery and Diocesan officers and, last but not least, colleagues, both ordained priests and lay ministers. The job I do is fundamentally one about community – living and working with like-minded people to promote the kingdom of God – and I have been especially fortunate to have such wonderful people around me over the last six years.

The future of churches in rural settings can seem bleak, but it is a statistical fact that more people attend rural churches than urban/suburban ones, and we need to hang on to our faith and look to the future, and not be afraid to speak about our faith, and be proud of it. Some of the churches in our Deanery (including one in our Group) have been here for over a thousand years, and we should delight in their survival and our role in that. We are nurturing them for generations to come, each of us doing our own little bit towards their survival. Remember that God will do marvellous things for those who put their trust in him. Believe in him and rely on him, and all will come right.

On Wednesday 12th October, at 7:30pm in West Walton, Bishop Stephen will license me to my new churches, and a new phase will begin in my life as a parish priest. I hope some of you will be able to come along to the service – it would be lovely to see you there.

I will continue to pray for you, and the Group which has welcomed me and supported me so much over the last six years, and may God bless you all and be with you in the future *Barbara*

BENEFICE NEWS

The Deanery service was held at Stow Bardolph Hall on Sunday 31st July. All other services in the Deanery were cancelled to enable as many people as possible to attend and we were joined by the Roman Catholics, Salvation Army and the Methodists, which was good. There was a good attendance and everyone seemed to enjoy singing a large



number of hymns suggested by the local church congregations. The service was led by the Revd Karen Burnet– Hall, the priest in charge at Holy Trinity Stow Bardolph , with readers from several churches. Thanks are due also to Lady Rose Hare, who made her beautiful gardens available and also to Chris Young, who played all those hymns. It was a beautiful and sunny morning as well!

What made it so Pleasing ?

What was it that made it all so pleasing ,
Was it swallows above that were wheeling ?
Maybe the buzzard soaring high in the air ,
Could he see below that there were people at prayer .
Was it the bees , the flowers , the scent ,
The colours that dazzled wherever you went ?
Perhaps it was voices singing out loud ,
While the dog was puzzled to see such a crowd .
The friendship , the garden , the picnics
The Deanery Service , the readings ,
What was it that made it all so pleasing

....Perhaps the unseen , a feeling , a believing ,
Maybe that is what made it all so pleasing .

EJS

APPLE BETTY

2 large eating apples, peeled, cored and sliced

50g sultanas

8 eggs

4 tbsp sweetener

2tsp vanilla essence

175g vanilla yoghurt

Pinch of cinnamon to dust

Preheat oven to 190 C/ 170 C fan/ gas 5

Arrange the apple slices in a 20cm flan dish and sprinkle over most of the sultanas

Beat the eggs with the sweetener and vanilla essence, then add the yoghurt and beat again.

Pour the mixture over the apple slices and allow to sink into the fruit. Sprinkle over the rest of the sultanas, dust with the cinnamon and bake in the oven for 30 mins or until set.

Serve warm with cream or fromage frais

Claire Willetts

Apples- Juice – Cider

The first juicing day will be Saturday 24th
September.

Please call 01366328663 if you would like to
come (details for catering purposes.)

COUNTRYSIDE NOTES

There are 42 different species of ladybirds in the UK coming in a variety of colours which even within individual species can vary greatly. Nearly all are carnivorous and of great benefit to gardeners and farmers as they and their larvae feed on harmful insects such as aphids, small caterpillars and scale insects. The most common is red with seven black spots. The striped ladybird is a chestnut colour with cream stripes or spots, kidney-spot ladybirds are black with two large red spots, cream-spot ladybirds are maroon-brown with 14 cream spots. There are also yellow ones with varying numbers of black spots – and the list goes on! Harlequin ladybirds are unwelcome new arrivals to Britain and being cannibalistic pose a threat to our native species. Introduced originally to mainland Europe from eastern Asia to control aphids and scale insects it was only going to be a matter of time before they made it across the English Channel. Harlequins vary greatly both in the colouring of their wing cases and the number of spots which can range from none to 21. Because there is such a great variation it is very difficult to tell them apart from our native ladybirds but close inspection reveals they are generally larger and their legs are almost always brown in colour. Adult ladybirds hibernate outdoors in winter seeking shelter in conifer bushes, crevices in trees, etc but they also find their way indoors by hiding away in window frames and conservatories. In spring the first warm, sunny day stirs them into activity. When ladybirds emerge from hibernation they first feed and then mate. The females lay tiny, bright yellow eggs in a cluster on the underside of a leaf which after about a week hatch into small, black, six-legged larvae. These feed greedily on aphids and grow so quickly they shed their skin three times before becoming full grown. After 3-4 weeks each larva attaches itself to a leaf and forms a pupa from which the adult emerges a week or so later in mid to late summer. Occasionally ladybirds make headline news when great swarms appear. After feeding for a few weeks they seek out places to hibernate. Most survive less than a year but it's estimated in that time they will have consumed 5,000 aphids. Their bright colours issue a warning to birds not to eat them - the joints in their bodies give off a foul tasting fluid.

There are two theories as to why these little flying beetles got called ladybirds. Our most common ladybird, the bright red seven-spot, is thought to have inspired the name. 'Lady' referring to the Virgin Mary (Our Lady) who in early paintings is depicted wearing a red cloak, the seven spots being symbolic of the seven joys and seven sorrows of Mary. Alternatively in the Middle Ages people recognised how beneficial they were in destroying agricultural pests and they became regarded as a gift from the Our Lady hence the name ladybird. *Jill Mason*

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WILL BE REPEATING THEIR FUND RAISING MUCKATHON

CALLING ALL GARDENERS, WHY NOT TREAT YOUR ROSE BED OR VEG PATCH TO SOME NATURAL GOODNESS IN THE FORM OF WELL ROTTED FARMYARD MANURE.

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PLACE YOUR ORDERS NOW,

DELIVERY FOR MID NOVEMBER

Group Harvest Supper

Hosted by Barton Bendish

Saturday 8th October

Harvest Festival Service in the church at 6 pm

Harvest Supper in the Village Hall at 7pm

Tickets will be available shortly

Wereham Village
SUMMER
Fayre

Sunday 4th September
10AM - 4PM

Car Boot
Dog Show
Classic Cars

Tombola

Raffle

Static Shows** Craft Stalls** Legacy Dance** Vintage Tractors**
Live Music from the Cords** Fly Past by A Dakota** Face Painting**
Games** Bouncy Castle** Ice Cream** Fish & Chip Van*

CAFE FOR YOUR HOT & COLD DRINKS BACON ROLLS & CAKES

FOR MORE INFO CONTACT
DOREEN ON 01366 500218
COLIN 07961 130251

LOTTERY FUNDED



HAVE FUN!
GET FIT!



WHY NOT JOIN

METHWOLD BADMINTON CLUB

THIS FRIENDLY BADMINTON CLUB MEETS EVERY
THURSDAY EVENING AT ST. GEORGE'S HALL IN THE
CENTRE OF METHWOLD FROM 7PM. ONWARDS.

THE NEW SEASON STARTS ON 1st SEPTEMBER

WHY NOT COME ALONG, MEET
NEW FRIENDS AND ENJOY AN
ACTIVE EVENING PLAYING
BADMINTON.

WANT MORE DETAILS?
PHONE 01366 383342.

HOPE TO SEE YOU!



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**BRIDGE STREET
SURGERY
HEALTH ROADSHOW**
FRIDAY 7th OCTOBER
9.00am - 1.00pm
Downham Market Town Hall



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MACMILLAN.
CANCER SUPPORT**



DIABETES UK
CARE. CONNECT. CAMPAIGN.

West Norfolk



FRIENDS IN BEREAVEMENT

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WDA



BritishRec



WNC

The Queen Elizabeth Hospital
King's Lynn



Clinical Commissioning Group

West Norfolk Carers

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across Norfolk



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CHANGE ATTITUDES. FIND A CURE. JOIN US.



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Society**

LILY



East of England Ambulance Service
NHS Trust



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 or call 01366 347995.**

The team will be happy to help with any enquiries.



www.vets-one.co.uk

Telephone 01366 384644

We work with many of the regions most successful show kennels and Mrs Doris Jameson (82) who owns Charlie the Scottish Terrier (11). Our commitment to both is equal.

5 Vets (3 of which live on site). 2 sterile operating theatres. Dental theatre. Bespoke dental X-Ray. Full digital X-Ray. Full in-house Lab. Large dog ward. Extensive cat ward.

Isolation unit. Laparoscopic bitch spays. We smile lots (even on bad days).

One phone number answered 24 hours a day. Orthopaedic work conducted in house.

Free phone advice. Shoulder to cry on. Award winning premises. We don't display pictures of fleas in reception. We don't employ a receptionist and we don't charge registered clients at the point of saying goodbye to a much loved companion.

5 minutes from Downham Market

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

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30 years experience working with animals

Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton

PIANO LESSONS



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

Absolute beginners welcome.

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

For details or to arrange an introductory lesson call Victoria on

01366 328537 or 07562 312009

or Email: victoriamacphail@yahoo.com

SWAFFHAM & LITCHAM HOME HOSPICE

It would be appropriate for us to inform you of our achievements and performance over the last year so you aware of how your donations are spent ensuring that the Charity is able to perform to the highest standard we endeavour to set ourselves caring for the patients. The majority of our referrals come from GP's, District nurses, Macmillan, local hospitals and organisations or from patients themselves. Our area of referral covers a large footfall around Swaffham and its surrounding villages. Our motto has always been "small is beautiful" and however much the organisation grows, we endeavour to keep the personal touch where we respond to people's needs and give them the service that they require.

During 2015 we had 117 new referrals, care hours provided amounted to 5738, home support visits 795hrs and there were 696 escorted journeys to hospital by our wonderful volunteers. The most surprising figure was the distance travelled, which amounted to 66087 miles. We will print further data for you in the next issue.

Huge thanks to the staff of the George Hotel who undertook a sponsored 20 mile bike ride on July 1st. They rode through local villages and raised £458.50 for the Charity.

On July 9th a Coffee Morning was held at the Conservative Club organised by Lorraine Parker, she raised a grand total of £265.00.

An open Garden Event held in the gardens of Wendy Thompson raised a phenomenal £705.38. The group photo of Wendy along with family and friends



who assisted her on the day.

Dates for your diary:
By popular request we are once again staging the Concert of Choirs in the Assembly Rooms on 1st October — 7.00 for 7.30pm, ticket price £10.00 from our Main Office 01760 722937, Ceres Bookshop or myself

on 01760 722924.

SWAFFHAM & LITCHAM HOME HOSPICE

A Dance Night on the 15th October is to be staged in the Assembly Rooms with Kenny and the Motives 8pm to Midnight, a highly popular group throughout Norfolk. Tickets are available from our Main Office on 01760 722937 or Ceres Bookshop at a cost of £10.00 limited to 100. Bar facilities will be available.

We would like to take this opportunity in thanking those who continually support us with their donations, without them we would encounter severe difficulties in continuing this so important service that the charity offers and not forgetting those wonderful volunteers who continually give up their spare time to help our patients.

David Gulliver

Wereham's Pop-Up Café Tuesday 6 September 2016 Tea or Coffee and Home Made Cake or Pastry for just £1.50

FOR A LATE BREAKFAST OR EARLY LUNCH, WHY NOT TRY ONE OF OUR SEPTEMBER SPECIALS

Regular Ploughman's£1.50 Two Cheeses, Pickles, Salad & Freshly Baked Bread Roll

Large Ploughman's £2.00 Two Cheeses, Pork Pie, Pickles, Salad & Freshly Baked Bread Roll. **.. ALL FRESHLY PREPARED TO ORDER..**

Don't miss October's Pop-Up Specials (3rd October):

Pork & Bacon Roll with Mixed Salad £2.00

Mozzarella, Tomato and Basil Skewers £2.00

Served with green salad and freshly baked bread roll

Available between 10.30am and 1.00pm All proceeds to Wereham Village Hall



Registered Charity No 1151336



Beachamwell WI

Thursday 1st September

7.30pm

Barton Bendish Village Hall

'Dressmaking Demonstration'

With Pippa Pease

Visitors Welcome

Tickets £3.50

Enquiries:

01366 328350 or 001366 328536

Beachamwell Wednesday Walkers

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

We meet at the Village Hall at 10.00 am

FIRST WEDNESDAY OF EACH MONTH

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

All, including dogs on leads, are welcome

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

Further details please telephone

01366 328452 or 01366 328536

Beachamwell Fete and Country Fair

Saturday 3rd September

12noon to 5pm

Beachamwell Memorial Hall

**A fun day out for all the
family!!**

...and in the evening ...

Pop up Pub and Live Music

Enquiries: 01366 328536



Beachamwell WI 'Craft Evening 2016'

Tuesday 20th September

7.30 - 9.30

Beachamwell Memorial Hall

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

£3 inc refreshments

More Details: 01366 328589

Beachamwell Afternoon Tea and a Chat.....

**Wednesday
September 21st
2 - 4pm**

**Beachamwell
Memorial Hall**

**Enquiries
01366 347673**



Barry Tyler's Original Dixieland Jazz Band

**Saturday September 24th
7.30pm**

Swaffham Assembly Rooms

£9.00 for members

£12 non-members

Accompanied children free

**Tickets from
Green Parrot 01760 724704
Ceres Bookshop 01760 722504**

**Enquiries
01366 328648**

Barton Bendish Film Club



Proudly Presents:

'ChickLit'

Filmed in North Norfolk

**Saturday 24th September 7.30pm
Barton Bendish Village Hall**

Tickets £4

Raffle and refreshments

Box Office: 01366 347849

email: cinemabarton@gmail.com

www.bartonbendishfilmclub.btck.co.uk/

SWAFFHAM WEA 'Learn Something New'

Autumn Courses

**The Pastons and their East Anglia
Mondays at 7.30pm
from 26 September**

**Gertrude Jekyll and her influence
on Modern Gardens**

**Fridays at 10am
from 30 September**

Fee: £49 for each 7 week course

**Venue: Swaffham Community
Centre**

**Further information and booking:
Telephone 01760 723558
www.wea.org.uk/courses**

BRITISH HARVEST TRADITIONS

Harvest festival is traditionally celebrated on the Sunday nearest the **harvest moon, although these days it tends to be on the Sunday that we have a service..** The Harvest Moon is the full Moon that occurs closest to the autumn equinox (22 or 23 September). Normally falling towards the end of September, or early October, harvest festival is the closest thing we have to a day of thanksgiving. In the past, lives depended on the success of the harvest and everyone in the community from young to old took part in the communal effort. Nowadays few of us have a direct connection to farming and the land, but Harvest Festival is still an important day in the calendar. Almost all churches still decorate their building with flowers and fruits, but today people are encouraged to bring in packets and tins of food which can be donated to the local foodbank for those in need. It is also the custom in some churches to donate the harvest festival collection to a charity which will help those less fortunate than ourselves, where lives still do depend on the success of the harvest..

Harvest celebrations pre-date Christianity, but it has always been seen as a very spiritual time to give thanks for the year's crop.

Corn dollies, made out of the last sheath of the harvest, were placed on the tables when parishes had their harvest meals. The doll was then kept until the spring to ensure the continuation of a good crop next year. This custom began with Saxon farmers, who believed the last sheath contained the spirit of the corn. They would sacrifice this corn along with a hare – normally one hiding in the crop - although later there was no sacrifice and **model hares** were made out of straw instead. This then led to the making of corn dolls, which were hung up in farmhouses, and which were supposed to represent the goddess of the grain.



Credit: Gillian Nott

The word harvest normally makes us think of farming, but many harvest celebrations exist around the country to celebrate another type of harvest. There are about 24 festivals that give **thanks for the fishing seasons**. In October, in Billingsgate, London, there was the Harvest of the Sea Thanksgiving, where fish and netting decorate the church. These festivals arose in many fishing towns and villages, where the locals depended largely on fishing for a living. A tradition in North Shields, during the Blessing of the Salmon Fishery, is to give the first salmon catch to the vicar.

From the first harvest celebration, to the last – **St Michael's Mass**, on the 29th September, celebrates the end of the productive season. Also known as Michaelmas, it signifies a time when all the harvest should have been brought in. Its beginnings can be traced to the 5th century when the cult of St Michael spread

to Western Christianity. During the Middle Ages it was celebrated as a huge religious feast, and the harvest traditions grew from there. Fairs with market stalls and games, and churches decorated in autumnal colours started around this festive time. People also ate geese on this day, said to bring financial protection for the next year.

In the Barton Bendish half of the benefice, the custom started many years ago of a joint Harvest Supper prepared in each of the four villages in turn. This year is the turn of Barton Bendish itself and Harvest will be celebrated with a service and a wonderful meal on Saturday October 8th. Our friends from the Fincham half of the benefice will be welcomed. It's always a lovely occasion, with good food, companionship and thanksgiving. Contact the churchwardens for further information and tickets.

ANSWERS to trivia quiz on page 67

1. Nauru 2. China (The Grand Canal) 3. 'Terrible' or 'fearfully great' The taxon Dinosauria was formally named in 1842 by paleontologist Sir Richard Owen, who used it to refer to the "distinct tribe or sub-order of Saurian Reptiles" that were then being recognized in England and around the world. The term is derived from the Greek words *deinos*, meaning "terrible," "potent," or "fearfully great" and *sauros*, meaning "lizard" or "reptile". Though the taxonomic name has often been interpreted as a reference to dinosaurs' teeth, claws, and other fearsome characteristics, Owen intended it merely to evoke their size and majesty 4. Pablo Picasso Picasso demonstrated extraordinary artistic talent in his early years, painting in a naturalistic manner through his childhood and adolescence. During the first decade of the 20th century, his style changed as he experimented with different theories, techniques, and ideas. His work is often categorized into periods. While the names of many of his later periods are debated, the most commonly accepted periods in his work are the Blue Period (1901–1904), the Rose Period (1904–1906), the African-influenced Period (1907–1909), Analytic Cubism (1909–1912), and Synthetic Cubism (1912–1919), also referred to as the Crystal period. 5. Doughnut (Donut) In geometry, a torus (plural tori) is a surface of revolution generated by revolving a circle in three-dimensional space about an axis coplanar with the circle. If the axis of revolution does not touch the circle, the surface has a ring shape and is called a torus of revolution. Real-world examples of (approximately) toroidal objects include inner tubes, swim rings, and the surface of a doughnut or bagel. 6. Indianapolis Motor Speedway 7. Arsenal Founded in 1886, Arsenal became the first club from the south of England to join the Football League in 1893. They won five League Championships and two FA Cups in the 1930s and became the second club to win the League and FA Cup Double in the 20th century in the 1971. In the 1990s and 2000s, Arsenal won a Cup Double, two further League and FA Cup Doubles, went through the 2003–04 league season undefeated and became the first London club to reach the UEFA Champions League Final. The club's colours are traditionally red and white. Founded in Woolwich, south-east London, in 1913 they moved north across the city to Arsenal Stadium in Highbury. In 2006, they moved to the Emirates Stadium in nearby Holloway. Arsenal contest the North London derby with rivals Tottenham Hotspur. Arsenal has one of the highest incomes and largest fanbases in the world. The club was named the seventh most valuable association football club, valued at \$1.3 billion, in 2015. 8. a. Richard Todd (Todd was a member of the 7th Parachute Battalion that helped relieve British forces occupying strategic bridges in France) 9. Pathology 10. The Thin Man (1934) is a detective novel by Dashiell Hammett, originally published in Redbook. Although he never wrote a sequel, the book became the basis for a successful six-part film series, which also began in 1934 with *The Thin Man* and starred William Powell and Myrna Loy. A *Thin Man* television series followed in the 1950s.

The answer to Question 7 is possibly incorrect.. Chelsea fielded a team (i.e. a starting 11) with no English players on 26th December 1999. Arsenal's record from 2005 is that their entire squad (including substitutes) contained no English players.

SPECIAL EVENT PLANNED?



**NEW Range cooker
and spacious larder
fridge/freezer
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: Doreen Rolph
01366 500218**

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

Wereham Messy Church

Thursday September 22nd 4pm -5.30pm

Starts in the church followed by activities and a free meal in the Village Hall

The theme is Harvest. It will be informal, fun and enjoyable. It will include stories, singing, activities and FOOD, Don't miss it. We are looking forward to seeing you there.

All Welcome

AND

Traditional Harvest festival family service.

Wereham St. Margaret's Church Sunday 25th September 11.00am.

Come and sing the traditional Harvest Hymns

Share the Harvest loaf.

Give thanks for the harvest and our food.

Have your picture taken with the vintage tractor.

Bring a harvest offering if you want.

Free magazine inspires families to get active this summer

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

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

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

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

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

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

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

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

Free home assessments on offer

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

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

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

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

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

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

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.

2016

8th Annual

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Exhibition & Sale

17th – 18th SEPTEMBER

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Sun. 18th 10:00am–5:00pm

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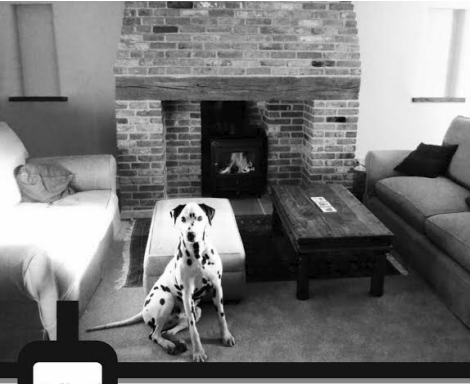
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50 THINGS TO DO IN A CHURCH

From the National Churches Trust website

As well as being places of worship, church buildings play a vital role in activities for the benefit of the wider community. It is estimated that nearly 90% of churches are used for community purposes as well as for regular worship.

Included in '50 Things to do in a Church' are activities and things to see and do linked to music and the arts, the spiritual, helping the community, art and architecture, food and drink, history, nature and wildlife, and sport and leisure.

What is your favourite thing to do in a church or chapel?

You can tell us about your favourite things to do in a church by filling in the form at the bottom of this webpage, on Twitter by using the hashtag #50thingsinachurch, on our [Facebook page](#) or email us at 50things@nationalchurchestrust.org.

The full list of '50 Things to do in a Church' is:

Music, the arts and entertainment

Go to a comedy night

Sing in a choir

Have a night out at the opera

Watch a film

Paint a picture

Have a night out at the circus

Spiritual

Light a candle

Meet a vicar

Find peace and quiet

Sing a hymn

Say a prayer

Go to a wedding

Art and Architecture

Discover a rood screen
See historic wall paintings
Marvel at stained glass
Find the green man
Sit on a Misericord

Nature

Watch the bats
Go stargazing
Discover an ancient yew tree
Find a stag beetle
Go birdwatching
Go to a flower festival

Sport and leisure

Ring the bells
Go skateboarding
Abseil down the spire
Go to a Yoga class
Camp out for the night
Take part in Ride+Stride

Community

Give blood
Learn English
Go to the post office
Volunteer at a night shelter
Vote

Use the free Wi Fi

Food and drink

Visit a Farmers 'Market

Buy Fairtrade chocolate

Enjoy a nice cup of tea

Enjoy a beer festival

Have a cream tea

Explore

Find the church cat

Climb the tower

Stand in a triple decker pulpit

Try out the organ

Visit the crypt

History

Honour the fallen

Research your family history

Take part in a historical re-enactment

Discover medieval graffiti

Discover a tomb of someone famous

Claire Walker, Chief Executive of the National Churches Trust said:

“ ‘50 Things to do in a Church’ makes it clear that churches, chapels and meeting houses are a tremendous asset to local people and communities throughout the UK.”

“The use of church buildings as ‘community hubs’ has the strong support of the public. 83% of British adults think that churches, chapels and meeting houses play an important role for society as they provide a space in which community activities can take place, as well as worship, according to the findings of a 2016 ComRes opinion poll on attitudes to church heritage.”

FINCHAM AND DISTRICT WOMEN'S INSTITUTE

Twenty two members met in the Memorial Hall for the August meeting.

Speaker for the evening was, local gardener, Roger Gore – Rowe, who informed members of the relationship between Mason's (Talbot Manor,) and Chelsea Flower Show. The late Maurice Mason was largely responsible for developing his land into beautiful gardens which were open to the public during the summer, attracting visitors from far and wide. There was a full sized bowling green and up to 14 greenhouses housing exotic species of orchids, etc. The village sign has an orchid on it, denoting the importance of the gardens at the time. Between 1964 and 1983 Masons was awarded 9 gold stars at Chelsea, exhibitions taking place every other year. Roger underlined the work involved in setting up the display, but it was obvious from his enthusiasm for the subject, that it was a labour of love. Unfortunately the gardens and greenhouses are no longer there, but Maurice Mason is remembered in the village for his contributions towards the building of, and extensions to, the Memorial Hall.

The raffle was organised by S Amies and P Biggs and won by A Bloy and P Steel.

Birthday posies were presented to I Delderfield, P Steel and S Batterham.

The table flowers were presented to I Delderfield who is shortly to celebrate her 55th wedding anniversary.

The competition - "Home – made Edible Necklace," was won by I Delderfield, 2nd – C Dungay.

Refreshments were provided and served by Mesdames Fuller, Webster and Steel.

Fincham WI is to hold a coffee morning, on Saturday 3rd September, in the Memorial Hall, 10.30am till 12.30pm. Teas, coffees and cakes will be served and there will be a produce stall. All are welcome.



Fincham Memorial Hall

BARTON BENDISH AND EASTMOOR NEWS

Broadband

Here in Barton we were getting all excited last week because there were two workmen connecting up the cables (half of which were already in place two or three months ago) along the side of Fincham Road. At last we were going to get fast(er) broadband. Hooray!! But alas it wasn't to be. So they could work in safety beside the main road the men needed three sets of traffic lights, two to control traffic on the main road and one for the top of the road up from Barton. When the truck eventually arrived it only had two sets on board so the workmen were unable to finish the job by connecting the cable at the bottom of the pole on the main road to the cable at the top. So near and yet so far! To date there has been no further sign of workmen, traffic lights or the obligatory 'cherry picker' as it seems workmen are no longer permitted to climb ladders to get to the tops of telegraph poles.

One day perhaps it'll happen!

Barton Bendish Film Club Presents

'Chicklit' on September 24th at 19:30 in Barton Bendish Village Hall.

We have been able to secure a new comedy drama called ChickLit starring Christian McKay, Dakota Blue Richards, Caroline Catz, David Troughton, Miles Jupp and John Hurt. It is about four guys trying to save their local pub from closing and was filmed in North Norfolk. It looks like being the hit of the summer and we will be screening it during its cinema release.

Running time 1hour 36 minutes

Tickets available at £4.00 from our website <http://www.bartonbendishfilmclub.btck.co.uk/> or by phone on 01366 347849

Art, Craft and Photography Exhibition 2016 September 17th and 18th

Not long now to our annual Art, Craft and Photography Exhibition which is taking place over the weekend of September 17th and 18th. Do come along and have a look at the demonstrations and fantastic selection of art and craftwork which will be on display as well as enjoying the delicious refreshments on offer.

Please contact either Mhari (347849) or Linda (347563) if you, or anyone you know, would be willing to help in any way.

Harvest Supper SATURDAY October 8th at 7pm

This year it is Barton's turn to host the Harvest Supper which will follow immediately after the Harvest Thanksgiving Service being held in St Andrew's Church at 6.00pm.

Further details next month.

Wreath Making Workshops November 17th, 18th and 19th

Mhari and Linda have already taken several bookings for these ever popular workshops so please make a note of the dates and book early to avoid disappointment.

Contact either Mhari on 347849 or Linda on 347563

FORTHCOMING EVENTS

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

Saturday SEPTEMBER 24th at 19:30 Film British Comedy 'ChickLit'

Saturday OCTOBER 8th Harvest Thanksgiving Service in St Andrew's at 6pm followed by Harvest Supper in the Village Hall

NOVEMBER 17th, 18th and 19th Wreath Making Workshops

SHOULDHAM

Diary – There will be an **Autumn Quiz** in the Village Hall on **Sat. 12th November**, starting at **7pm** – to book a table (up to 6 persons) at £4 per person, please contact Ann Hullah, either annhullah@btinternet.com or 347814. This is usually a popular evening, so please book your table in good time.

Help shape this key planning document – September consultation

Breckland Council is calling on local people to help shape a key planning document that will provide a framework for growth for the next 20 years and set out the policies used to determine planning applications.

The third Local Plan public consultation will open mid-September and run for six weeks. This consultation focusses on the preferred sites for housing and employment growth and outlines proposed changes to settlement boundaries.

During the six weeks residents and businesses can view the proposals and make their views known via an online consultation on the Breckland website or through written responses. You will also be able to find out more at a series of drop-in events held in the market towns.

Feedback from the previous two public consultations, and from expert bodies such as Highways England, Natural England and the Environment Agency, helped shape the current draft proposals. More recently, Town and Parish Councillors gave their views at a series of meetings held over the summer, to help Breckland Councillors refine the document before the September public consultation.

Breckland welcomes the input and on-the-ground knowledge of local people and all comments received during the consultation will be considered and used to help shape the next version of the Plan. This will go out to a final public consultation before submission to the Planning Inspector.

Once adopted in 2017, the new Local Plan will identify a five year supply of housing land which will give the Council more control of the location of new housing and will reduce the likelihood of ad-hoc development.

Dates and venues for the drop-in events will be given on the Breckland website nearer the time.

Alternatively, you can email planningpolicyteam@breckland.gov.uk and ask to be notified when these are finalised.



BEACHAMWELL AND SHINGHAM VILLAGE NEWS

Mobile Post Office

Monday and Thursday 12.45 – 13.05

Tuesday and Wednesday 11.25 – 11.55

Parish Council



Dates for future meetings are: **2016:** September 12th
November 14th **2017:** January 9th March 13th May 8th

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.

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

Eileen Powell [Parish Clerk]

St Mary's Church

"Many historic churches, chapels and meeting houses are battling to survive. Roofs leak, ancient timbers rot and medieval stonework crumbles. Now you can help by joining a sponsored bike ride or walk discovering beautiful churches, which also raises money for their repair and preservation." **Bear Grylls**

BIKE, WALK, DRIVE... IN THE NORFOLK COUNTRYSIDE. A fun day out for all, stopping off at as many Churches and Chapels as you can! Saturday 10th September 2016 9.00 am - 5.00 pm **OVER 600 CHURCHES AND CHAPELS OPEN TO VISIT NEAR YOU!** Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches in Norfolk as you can. **PLUS** you can raise money en route to help 'The Norfolk Churches Trust' continue to preserve these building for future generations. Simply get sponsored for each building you visit or make a donation - find out more at norfolkchurchestrust.org.uk/sponsored-bike-ride.

One of our churchwardens, John Sanderson, has recently undergone knee surgery and we wish him a full and speedy recovery.

Fabric - The PCC has confirmed the order for the bird doors to be made to prevent the pigeons from entering the recently re-furbished porch. The next large project will need to be the repair of the thatch.

The Afternoon Teas continue to be popular with the September event being on the 21st in the Memorial Hall as usual. Come along and enjoy a chat, tea/coffee and delicious homemade cakes, all welcome.

It is the turn of our friends in Barton Bendish to host the annual Harvest Supper, which is at 7pm on Saturday October 8th. Please contact either Mhari on 347849 or Linda on 347563 for tickets and further details.

September services at St. Mary's will be Holy Communion 11am on 4th and a Family service on 18th. All welcome.

St. Mary's PCC

Flower Rota for September

4th Sonia Williams; 11th Carole Wilson; 18th Karen Butler and Jeanne Flynn; 25th Jenny Gabrielsen

If anyone is interested in joining the Flower Rota please contact me and I will explain what is involved. **Eileen Powell**

WI

The August meeting was certainly different and most enjoyable. It started with a video made in the early 50s and showed families really enjoying themselves at Great Yarmouth and Lowestoft and included a new facility called Butlins Holiday Camp! There were so many people on the beaches and in the sea!! All were enjoying doing the usual things, donkey rides, Punch and Judy, candyfloss, rock and ice cream cornets. This led to group work to discuss childhood memories of holidays enjoyed. The Competition was to try and identify "who owned the childhood photo" but this proved really difficult, how everybody had changed. Heidi managed top score. Thanks to the Committee for organising something different.

Pat won the flower of the month with her amazing Dahlia and she also won the raffle. Next meeting will be the Members Meeting and will be held at Barton Bendish Village Hall. Time for the Committee to have a well earned rest.

Thought for the month: Try to do unto others as you would have them do to you and do not be discouraged if they fail sometimes. It is much better that they should fail than you should - Dickens. **Carole Wilson**

The afternoon Strawberry Cream Tea, which was held on August 15th at the Old Rectory, was delightful – very relaxing. The weather was perfect; the garden was brilliant as usual and the tea scrumptious.

It was a pity that not all members could attend but we did have several visitors including the guests who were staying at the Rectory, including a lady from New Zealand and six Beachamwell residents.

Thanks and 'well done' to Maggie and Carole who organised this extra event

Eileen Powell

Beachamwell Local History Group

If you are interested in History, here are two dates for your diary.

Firstly our "Venerating the Ancestors" event which had to be cancelled in July will now go ahead on Saturday, October 22nd. This will be a talk at 11am in the Memorial Hall by local expert, Anne Mason, about how attitudes to mortality have changed through the centuries and how we commemorate the dead. This will be followed in the early afternoon by a visit to St Mary's Church to examine some of the church monuments and memorials. This should be really interesting event. Anne has worked for a range of organisations including the Churches Conservation trust, English Heritage, the Forestry Commission and the Breckland Society and she is a most engaging speaker. Everyone is most welcome to join us. There will be a charge of £3 for non-members. If you would like to come along, please could you call Maggie Mackenzie (01366 327023) or Mike Walker (01366 328242) to book your place.

Secondly, there will be a further illustrated talk at our evening meeting on Tuesday, 22nd November, by Charlotte Paton, on "Victorian Rural Women". Further information in later G4Ns.

Maggie Mackenzie

DATES FROM MARHAM AND SHOULDHAM

Date for the Diaries:

Harvest Supper: 23 September: Marham Village Hall: £7:00 Per person. 7:00pm - 9.30pm. Please contact Norma on: 01760 339093 or Babs on 01760 337154.

Cheese and Wine Evening: Ladybirds, Shouldham. Tuesday 27 September 2016 Waitrose have kindly agreed to host this evening in Shouldham Village Hall: 7:45pm. Jackie and Mary (two very knowledgeable ladies) - are coming along from Waitrose to give a most interesting talk on various wines and cheeses; discuss which cheeses and desserts are good choices with various wines. Various wines, cheeses and biscuits are all tasters supplied by Waitrose: to include (red, white); Prosecco; Dessert; Ale and Cider. This evening is open to friends and family; ladies and gentlemen - so please come along and enjoy a nice friendly atmosphere with a tipple or two. Non-Ladybird Members: £4:00. For further information please contact Lorna on 01760 337089.

Ladybirds, Shouldham: Bodyshop Evening: Thursday, November 3:

The Ladybirds are hosting another popular Bodyshop evening in Shouldham Village Hall at 7:45pm. Pre-Christmas shopping evening with loads of lovely Christmas present ideas with amazing Christmas gifts at good reasonable prices plus ... Fantastic raffle prizes to be won on the evening. For further information,

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday 27th Septmber	Beachamwell	Post Office	10:05 am
	Drymere	Telephone Box	10:40 am
	Boughton	Sycamore House Mill Road	15:20 pm 15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Monday 12th and 26th	Wereham	The Pond	9:30 am
		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

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

FARMERS' MARKETS

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

For information:- www.farmersmarkets.net or your local Tourist Information Office

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES IN SEPTEMBER

Sunday 4th September Trinity 15

9.30 am	Shouldham	Morning Prayer
10.30 am	Marham	Holy Communion (Methodist Chapel)
11.00 am	Beachamwell	Holy Communion
6.00 pm	Wereham	Evening Service

Sunday 11th September Trinity 16

10. 00 am Fincham Holy Communion

This will be Barbara's last service in the benefice and there are no other services in the benefice. Refreshments will be served afterwards, so any contributions will no doubt be welcomed.

Sunday 18th September Trinity 17

9.30 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (MC)
11.00 am	Beachamwell	Family Service
11.00 am	Wereham	Holy Communion

Sunday 25th September Trinity 18

9.30 am	Fincham	Holy Communion (said BCP)
10.30 am	Marham	Holy Communion (Holy Trinity)
11.00 am	Boughton	Harvest Festival Holy Communion
6.00 am	Barton Bendish	Evening Service

Thursday services of Holy Communion at 10 am. Followed by refreshments. September 1st, 15th 22nd and 29th at Fincham, 8th at Boughton. All welcome, even if you don't wish to take communion..

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 Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

All Saints' Church

Thanks to Sandy and Frank for putting on another Breakfast Church in August, as the normal September date will be Barbara Burton's last service (10 am at Fincham) before leaving for a new appointment in West Walton and Walpole St Peter. We will miss her and wish her well in her new benefice. We've all enjoyed working with her and hope to see something of her in the future Breakfast Church welcomed people from Fincham, Wereham, Wretton, Luke and Stacey, who will be marrying in the church in October, Downham Market.....and some from Boughton. Everyone was pleased to congratulate Isabella on her ninth birthday.

The church's Harvest Festival will be celebrated on Sunday 25th September and everyone will be welcome. If possible, please come along and help decorate the church on Saturday morning, after 10.30 am if there is a Pilates class. If you can't bring yourself, please bring some autumn flowers or foliage and fruit if you wish for decoration purposes only. In recent years, our Harvest offerings have taken the form of tins and packets, or jars of coffee, jam, etc, and these are donated to the Foodbank in Downham Market. Please be generous, as there are many poorer places and people than Boughton. In addition, we normally donate our Harvest Festival collection to a charity. If anyone has a suggestion or a preferred charity, please let me know – not Cats' Protection or Dogs' Trust in this instance!

The PCC has an application in to Ely because we want to do some work on the decorative gratings which lie underneath the long carpet down the centre of the church. It's planned to infill them with a coloured material, which will allow them to be revealed and admired. They were originally installed to allow air to the old boiler system. We are also seeking permission to widen the church path, so that wheelchair access can be improved. The present path is not wide enough and causes a problem when the weather is wet. We need permission from Ely to do any work in the church and sometimes in the churchyard itself. Earlier in the year we had a meeting with a representative of the Norfolk Wildlife Trust and went round the churchyard noting how many different species of wildflower could be found. A proper survey has been done and when we have received it we are looking to allow small areas of the churchyard to remain uncut so that the native flora and fauna can re-establish. The areas will be small and will not make the main churchyard look uncared for. More of this later.

Advance notices for your diaries:

Group Harvest Supper: this year it is being hosted by Barton Bendish on Saturday October 8th. It's always worth going and very enjoyable. Boughton always supports this really well, so as soon as I have tickets I'll let everyone know. Next year it will be in Boughton .

The very popular Bistro Quiz is planned to return on Friday October 28th. This combines a meal with a quiz and is back by popular demand. Make a note in your diaries and tickets will be available nearer the time.

Finally, this month we are saying goodbye to Bill Miller who is moving to live nearer to his son. Bill has been a good friend to the church and to many in the village. We wish him well in his new life. *Pam Wakeling*

All Saints Church Donation Bottle

There being no standard charge for Breakfast church, we do encourage donations . To this end and to solicit the accustomed generosity, there has been a story built up regarding our wonderful donation bottle. I have been requested to summarise this for inclusion in G4. So in summary :-

The saga starts in 2015 when an antique dealer visited Boughton for open gardens.

Went down to the church to enjoy a lunch. He spotted our donation bottle and realised that we were unwittingly in possession of an icon. He rushed up to Winward where Geoff and I (and a few others) were performing our annual tasting reviews on various wines and ciders . He expressed his excitement at seeing our bottle, and recommended that we arrange to have its provenance checked. He kindly offered to take it down to Sothebys for an inspection. The outcome of this stunned us. The moulded plastic bottle is an original Quality Street sweet jar, and despite several different wear patterns visible in the screw neck, the top is original. To our delight Sothebys provided us with a provenance . Informing us of it's substantial value

We were then contacted by the Fitzwilliam museum in Cambridge asking if they could place our bottle on display for a couple of weeks, which of course we agreed to. While at Fitzwilliam they became very interested in the printed label, and they contacted Cambridge Science Park, instigating a thorough scientific examination of the label. They have declared that the word "DONATIONS" was in fact printed by one of the original Sinclair printers, of which there were only two produced. One is at Cambridge science park. The whereabouts of the other being currently unknown.

This has now substantially enhanced the value of our bottle, which I must add has now had a GPS tracking device installed and is kept in a very safe place.

Tim Scrivener to his credit realised that if we were able to attach an accurate history to our bottle, its value would again be enhanced. Tim has started researching the bottles history for us and has uncovered some very surprising facts .

Group4 News

The photo attached demonstrates that our donation bottle has been around. Seen with the 1966 England world cup winning team, and was there for the first moon landing.

We will keep you up to date with further revelations (stories) as Tim uncovers them.

When you see our bottle in Church please do not hesitate to drop a note or two into it.



All the very best. *Frank*

Fabulous Flamenco in support of the playground

The church looked fabulous decked out in an array of flamenco dresses, shawls and fans and the children were all very excited for what was a unique and very enjoyable afternoon. Many of the girls came prepared in polka dotted flamenco styled dresses and flowers in their hair. All had the opportunity to accessorise with a hand decorated fan - there were some wonderful creations made.



Teresa, assisted by Karen and Peter took the children through the steps of a traditional dance, The Bulerias, which is a very popular little flamenco dance, often done at parties and fiestas. Such a wonderful sight to see all ages so immersed in the rhythm, truly concentrating on the timing, clapping, foot stamping and theatrical hand movements. We were also treated to a demonstration dance performed by

Teresa and Karen and classical Spanish guitar playing by Peter during the



intervals.

So a huge thank you to Teresa, Karen and Peter for giving their talents and time so freely. A thank you too to our merry band of helpers - putting up the marquee and baking wonderfully tasty treats and of course to the families who came along. We are just finalising the monies but we will have raised around £80 towards our playground funds and the children

greatly contributed to our 'design a playground' poster too!

P.S....Our next fund-raiser is focused on our garden-loving neighbours with the return of our popular 'Muckathon' - see our advert for all the details.

- Jenny, Angela, Andy & Carol

Jazz Picnic

This year's Jazz Picnic at Rectory House was blessed with fine weather, and a healthy turnout relaxed on the lawn to the strains of traditional jazz tunes from Barry Tyler's band, assisted no doubt by some delicious Moonraker bitter beer from the Norfolk Brewery at Hindringham. The more energetic made full use of the outside dance floor or paraded round the garden with their brollies, to the sounds of a New Orleans street march. This year's charities to benefit from a generous audience are Help for Heroes with £500 and Boughton Cricket Club's pavilion project £750, where work is about to start with a new water supply.



Paul Coulten

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting is: Tuesday 8 November 2016, 7 pm, Wereham Village hall

Agenda items must be received before the end of October for this meeting. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk. You will also find minutes of all meetings here too.

Please find issues discussed at the July meeting below, a full set of the minutes can be found on the Wereham Parish Council Website.

- Private Pumping Stations – if residents have private pumping stations on their property they should get in touch with Anglian water who taking over such stations.
- Village Pond Night Fishing – The Parish Council agreed this was not acceptable and agreed for a new sign to be placed at the pond to advise that night fishing and camping is prohibited; fishing on the pond is for Wereham Parishioners only and fishing is only allowable during daylight hours.
- Thanks to Chris Loake, Lee Gardner and Brian Bruce for repairing the pond edge.
- Thanks to Gerald Gott for agreeing to continue to pressure wash the Play Area floor tiles from moss growth.
- A recent Cemetery inspection by the Parish Council highlighted that a bench present was not repairable. The Parish Council agreed to offer anyone who wished to purchase a replacement memorial bench the chance to, to please contact the Clerk with their interest.
- Lottery Awards for All Application was approved for funding towards a Defibrillator to be installed in the telephone box.
- It was agreed that the Clerk would apply for Parish Partnership Funding for costs towards pond repair for the 2017/18 funding available.

An update of the meeting held on 13 September will be provided in the next issue.

WEREHAM CRAFT GROUP.

Our group is going from strength to strength with our fundraising efforts for the village hall. If you are a crafter of any sort we would love to see you at one of our group meetings. If you prefer not to come to a meeting but would like to donate your craft items for us to sell then that is just fine. We have three more events when we will have the craft tables out, they are;

September 10th for the Macmillan coffee morning,

September 4th for the Summer Fayre

November 26th for the Christmas Bazaar.

Please contact me for further details or to donate your goods.

Rosemary on 01366 501330, 07749240606, or e-mail

rosemary.pease@btinternet.com.

WEREHAM VILLAGE SUMMER FAYRE

Sunday 4th September 10.00am – 4.00pm

The day will include:

Car Boot

Dog Show

Classic Cars

Tombola and raffle

Craft Stalls, Static Shows, Legacy Dance, Vintage Tractors,

Live music from The Cords, Fly Past by a Dakota, Face Painting, Bouncy Castle,

Ice Cream, Fish and Chips, Café for hot and cold drinks, bacon rolls and cake.

For more info contact:

Doreen 01366 500218 Colin 07961130251

Traditional Harvest festival family service.

Wereham St. Margaret's Church

Sunday 25th September 11.00am.

Come and sing the traditional Harvest Hymns

Share the Harvest loaf.

Give thanks for the harvest and our food.

Have your picture taken with the vintage tractor.

Bring a harvest offering if you want.

All welcome to this family friendly service.

Wereham Messy Church

Thursday September 22nd 4pm -5.30pm

Starts in the church followed by activities and a free meal in the Village Hall.

The theme is Harvest. It will be informal, fun and enjoyable. It will include stories, singing, activities and **FOOD**, Don't miss it. We are looking forward to seeing you there. All Welcome

St Margaret's Festival.....The BIG Thank You.

Our Festival Sunday proved, once again, that simple pleasures are still enjoyed by all ages on a sunny afternoon in rural Norfolk.

Thanks to all the willing hands, bunting was hung, flowers arranged, burgers were flipped, tea and cake consumed, tickets sold, produce purchased, good times were had and little hands created. The church and grounds buzzed with activity. Thank you to everyone who came together to make the day a success. It is said 'time is the most precious gift you can give' and many of you gave unseen hours, to their appointed tasks, to make this afternoon a good time for others and themselves. This was a team effort; So Well Done Team!! We raised just over £1000.00 for St Margaret's.

Thank you to everyone in the village, and beyond; from inside and outside the church community, for your generous contributions of cakes, produce, money, prizes, flowers and foliage. We could not have this Festival without your support.

N.B. We had some very generous late donations of goods which would have overloaded our Raffle....so these items will be held over for our 'Poppy Day Raffle' in November. Watch out for tickets and your chance to win.

Thank you all from The Festival Committee of St Margaret's.

August Update from Wereham Village Hall Committee

The Wereham Village Fayre is almost upon us. Do come along this Sunday 4th

September and enjoy the usual car boot, dog show, bouncy castle, displays, stalls and attractions – it's always a great day out! This year, there will also be a fly past by a Battle of Britain Dakota – definitely not to be missed! We are always very grateful for any donations of cakes and raffle/tombola prizes which can be brought on the day or please contact Doreen on 01366 500218 or Colin on 07961 130251.

The pop up café is back at the beginning of September and as well as the usual cakes and hot drinks, why not enjoy a late breakfast or early lunch with us. Our September Specials are: Regular Ploughman's (cheeses, pickles, salad and freshly baked roll for £1.50) or Large Ploughmans (cheeses, pork pie, pickles, salad and freshly bakes bread roll for £2). Looking further ahead to 3rd October, the Specials will be Pork and bacon roll with mixed salad or Mozzarella, tomato and basil skewers (£2 each).

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

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in August were John Eastgate and Barbara Carter – congratulations to you both!

Helen Richardson, Secretary.

Events list

Village Fayre – Sunday 4th September, 10am-4pm. Including car boot, dog show, static shows, games and much much more. Contact Doreen on 01366 500218 or Colin on 07961 130251.

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

Pop up Café – first Tuesday of the month, 10.30-1pm. Next dates Tuesday 6th September and Tuesday 3rd October. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available (September Special is Ploughman's). Cake donations/queries to Doreen on 01366 500218.

Indoor/Outdoor Car Boot – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 25th September and Sunday 30th October. Café serving bacon butties, hot dogs and hot drinks. £5 pitch or, if you have earned time credits, there are two pitches/tables available at a cost of 4 time credits each. To book call Colin on 07961130251/01366 502281.

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

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact Victoria Gray, Chair, Wereham Village Hall Committee

Home: 501277 Mobile: 07725513583

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

Wereham Heritage Group needs your help: Save the date for our opening heritage event on Saturday 12th November. Afternoon refreshments of tea and cake will be accompanied with the display of previously unseen photographs from personal collections.

We encourage you to submit your own photographs (copies will be made to ensure the preservation of your originals), as well as provide valuable information dating and identifying others' collections.

More information to follow in next month's issue

For any queries or to submit photographs, please contact either:

Eleanor Smith - eleanor.s23@hotmail.co.uk

Ian Rye - ian_rye@msn.com



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Swaffham, PE37 7RB
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Email: admin@homestartswaffham.org.uk**



The Embroiderers Guild: Spirit of Oxburgh

2 to 28 September, 11am – 4pm

As part of the 300th anniversary celebrations of the birth of 'Capability' Brown, the Embroiderers' Guild is holding the largest exhibition it has ever produced, across the country. Using the landscapes and architecture of Oxburgh as their inspiration, members have interpreted these with fabric and thread to produce unique pieces of work which will be on display in the Chapel. **Normal admission**

Costume Weekend

Saturday 10 & Sunday 11 September,
10.30am – 4pm

Our costumed volunteers have re-created 15th century life at Oxburgh. Setting up an encampment on the terrace, they illustrate what life would have been like when the hall was built. With craft displays and demonstrations, costumes to try and a fire cooking their lunch. **Normal admission**

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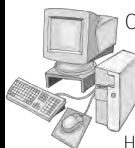
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NEWS FROM THE MAGPIE CENTRE

(West Norfolk Riding for the Disabled)

THE Magpie Centre gives more than 100 lessons a week to people of all ages, with a wide range of physical and learning disabilities. We receive no Government funding, and so our £100,000a year budget, around one-third comes from grants, one-third from riders' and carriage driver' donations and the remainder from our own fundraising efforts. We are based at Wallington Hall, South Runcton, PE33 0EP (just off the A10 north of the turning to Stow Bridge

We always welcome volunteers; hands-on with the horses; DIY; paddock maintenance and catering for events. Those interested should call 01553 810202 and we will find a role to suit you in our friendly team.

As the summer holidays draw to a close, it's time to focus on what the autumn has in store.

There will be an Equestrian Table Top sale, plus BBQ, in the indoor school at The Magpie Centre on Sunday September 24th. No dogs allowed. Setting-up starts at 10a and the event is open to the public from 11am to 2pm.

Pitches are £7 each. To book call 01553 672756.

It's an opportunity to make a few pennies on your unwanted tack, plus kit out your horse, and yourself for winter at a modest cost. Looking ahead to October, Sunday October 15th is the date of the Magpie Centre Ceilidh (like a barn dance), plus Hog Roast. Venue is Stow Bridge Village Hall. This promises to a hugely enjoyable event, suitable for all ages, singletons or groups.

For more information, or to book, call 01553 828935.



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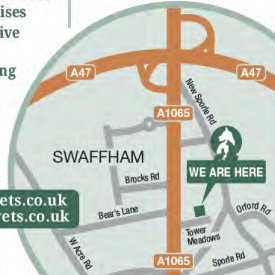
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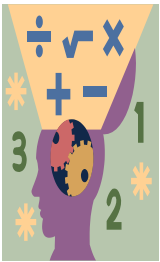
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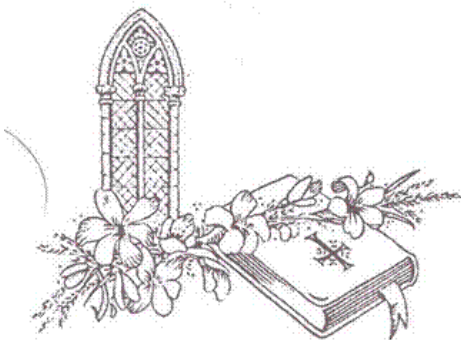
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FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY – SEPTEMBER

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

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

Summer Holiday storytime

Thursday 10.30 – 11.30am. Come along for some stories and activities!

1st September Children must be accompanied by an adult.

The Story of Ely A talk by local historian Michael Rouse. Tuesday 6th September 1 - 2pm Booking essential. Please note this event is part of the Friendship Group so £1 payable on arrival, includes refreshments.

New Creative Writing Course! Are you interested in learning about creative writing? Then book in for our workshops! Tuesdays 10am - 12.30pm on the following dates: 6th and 20th Sept; 4th and 18th Oct; 1st and 15th November £30 payable on booking.

Regular events

Scrabble Club 13th, 20th and 27th September 1pm – 3pm. No need to book but places on first come basis.

Reading group Tuesday 20th September 3 – 4pm Please contact the library to see about joining and the books being read.

Knit and Natter 1st and 3rd Wednesdays, term time only. 1.30 – 3pm. 7th and 21st September **Nar Valley Ornithological Society (NarVOS)**

TRIVIA TIME

1. The name of the second least populated country in the world, when translated, probably means 'I go to the beach'. Can you name the country?
2. With 1,100 miles, the longest man made canal in the world is found in which country?
3. The word 'dinosaur' stems from the two Greek words 'deinos' and 'sauros'. Sauros means reptile or lizard. What does deinos mean?
4. Which artist had a 'Blue Period' and a 'Rose Period'?
5. The shape of a 'Torus' is often compared with which popular North American calorie bomb?
6. At which famous racing circuit outside of Europe have a record seven Formula 1 pilots been killed since 1950?
7. Which English Premier League club was the first to field a team without any English players? (14 Feb, 2005)
8. Although he turned it down, which actor in the 1962 film 'The Longest Day' was offered the chance to play himself?
a. Richard Todd b. John Wayne c. Richard Burton d. Henry Fonda
9. What is the study of disease called?

Answers on page 17

Tuesday 27th September 2016, 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 Chris Mills: **An Evening with Chris Mills**

Chris Mills lives in the Hunstanton area and runs Norfolk Birding which specialises in guided birdwatching tours and holidays in Norfolk, Scotland, Spain and India. Also, Chris organises guided wildlife photography events in Norfolk. All this means that we can expect an appealing wildlife experience as with Chris's previous visits to NarVOS, even though we do not yet have a specific title for his talk.

Visitors most welcome. Admission £2 on the night if you are not a NarVOS member. For more information about this meeting or NarVOS call Ian Black on 01760 724092.



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Many practices now use other veterinary surgeries for their out of hours work. This means that you will have to travel to an unfamiliar practice which is likely to be much further away. Despite being only a two vet. practice we continue to do all of our own on call cover. The phones are diverted directly to the vet on call as we know that clients appreciate a familiar voice at the end of the phone, 24 hours a day, who knows their pets and, if treatment is necessary, then they prefer to travel to their own practice to be seen. This is part of our Professional and Personal service that our existing clients are accustomed to and we warmly welcome new clients who wish to register with us.

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
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