

# Group 4

NEWS



The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere;  
Boughton; Wereham  
**April 2015**

## WELCOME

A Happy Easter to all our readers...  
The longer days and, with luck, warmer weather will make us all feel better and finally chase away the various bugs which have plagued us. There are the usual events planned for the next few months, in all the villages, so look out for them and support the people who spend time organising them. You can go to a quiz evening, learn about local history—which is often fascinating—listen to music, play scrabble or just meet up with people for a chat and usually some excellent cakes! Don't say there's nothing to do in the country. There's often too much to fit it all in!

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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## GROUP 4 TEAM VILLAGE CONTACTS

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Please submit all information through your Village Contacts.

## Deadline for copy for the April edition: 11th April

### ADVERTISING

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## ‘FROM THE RECTORY’



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

***Dear All,***

As a butterfly soared overhead, one caterpillar said to the other, "You'll never get me up in one of those things." It's an old joke yet for every caterpillar the time comes when it instinctively begins to form a chrysalis around itself, and you'd think for all the world that the caterpillar was dead. But one morning a beautifully formed butterfly emerges. For hours it will stand stretching and drying its wings, moving them slowly up and down. And then, before you know it, the butterfly glides aloft, effortlessly riding the currents of the air.

The story of the butterfly tells us something about Easter. On Easter morning the disciples saw Jesus' grave clothes lying in the tomb, but Jesus' body was gone. An angel told them that he had risen from the dead, and over the next few weeks he appeared more than once to his disciples. What do we Christians say in the face of death? There are many mysteries. But we know something for sure. Jesus' resurrection from the grave is God's proof to us that death is not the end. The empty tomb tells us that Easter morning is God's triumph over death. And ultimately, as Jesus promised, God will raise from the dead those who believe in His Son. On Easter Day Christians celebrate Jesus' victory over death - and his victory is our victory.

*Barbara*

## BENEFICE NEWS

### Palm Sunday 29th March

Group service with dramatised reading, starting from St Mary's ,Barton Bendish at 10 am

### **Service with choir, readings and hymns at Fincham 6 pm**

Monday 30th March      Stations of the Cross at Fincham 10 am

Tuesday 31st March      Agape meal at Fincham 6 pm

Thursday 2nd April      Maundy service with Holy Communion at Boughton  
7 pm

### Good Friday 3rd April

10.30 meditation      Marham

2 pm Holy Hour      Wereham

### Saturday 4th April

Easter vigil with first communion of Easter at Boughton 8 pm - it lasts about an hour, with the choir, fire, candles, etc followed by coffee.

For all other Easter Sunday services, see page 37

### Vellore trip

There is an account of part of the trip from the perspective of the St Martin at Shouldham participants with the All Saints', Shouldham news on pages 25/26.

### News from the Diocese

The strategy consultation roadshows are now finished. Many people attended them right across the diocese. The presentation is now available on the diocesan website here: <http://www.ely.anglican.org/about/strategy-consultation.html> It is offered as a further resource and aid for individuals and parishes. A copy of the survey questions is also available.



## NEWS FOR SHARING

### SHOULDHAM Ladybirds Group

#### Forensic Science Speaker

28 April: Nicola Lloyd has been invited to give a talk on forensic science practices. Nicola is a lecturer of forensic sciences at the College of West Anglia. We can look forward to "witnessing" what is involved at a crime scene and a demonstration on finger printing etc. This evening will be very interesting to all budding detectives and those especially interested in "CSI". We look forward to welcoming you on the evening. (28 April at 7:45pm in Village Hall, Shouldham). £3.50 to attend - which includes refreshments. For further information on the above or for any other information in relation to the Ladybirds, please contact Sandra Kirk on 01366 347789 or Lorna MacKay on 01760 337089 - who will only be too happy to help.

19 May: Bodyshop Party; demonstrations and makeovers; 7.45; Shouldham Village Hall; contacts as above .....

23 June: Garden Party; pimmis, cream teas and artwork; 7.45; Shouldham (actual venue to be confirmed): contacts same as above

#### Nar Valley Ornithological Society (NarVOS)

Tuesday 28<sup>th</sup> April 2015, 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 **Rick & Elis Simpson**, entitled:

#### **WADER QUEST 'IN SEARCH OF WADERS AROUND THE WORLD'**

Many people are fascinated by wading birds but there is more to Wader Quest than looking at waders across the globe. Many waders are under threat and Wader Quest was formed in 2012 to raise money for and awareness of wader conservation. Rick and Elis are certain to demonstrate their passion for waders through this 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.

**Fincham Chorus** .....is presenting a concert in the Memorial Hall on Saturday 16th May, starting at 7.30pm. Tickets for the event entitled "Songs of the Seasons" are £10 (to include food) and are available from Chorus members.

## COUNTRYSIDE NOTES

### PLEASE KEEP YOUR DOG ON A LEAD.

This sign is not put up without good reason and it really is important to take notice at this time of year. Your dog can do so much damage to wildlife, of which you may not even be aware, not only if it's running free but even when it's at the end of a retractable lead extended to full length. The trauma pregnant ewes and those with lambs suffer if they are disturbed by a dog is well publicised but what about creatures living wild? How safe are they? Well if your dog is off the lead and disappears in a wood returning ten minutes later out of puff you're probably so relieved it's actually come back that you don't much wonder what it's been doing. Chasing rabbits perhaps? Maybe, but they don't run far - they quickly disappear down holes. Most likely it's been chasing deer which are highly strung creatures that very easily become stressed. Your dog might have had fun but the deer certainly hasn't.

Whether you're walking through woodland, across open fields or along a hedgerow with your dog there is a strong possibility in springtime that a bird nesting on or close to the ground will not be far away. Nests of pheasants, woodcock, nightjars, warblers and even nightingales can be found on the woodland floor. Lapwings nest out in open fields while rougher grassland is favoured by tiny pipits and skylarks. It's also where baby hares lay concealed. In wetter places moorhen, snipe and ducks can be found nesting. The sandy cultivated fields of Breckland may be the choice of oystercatchers, ringed plover and the iconic stone curlew. Several species choose to nest on the ground beneath a hedgerow. One of these is the yellowhammer and another is the endangered English (Grey) partridge. There, in the vegetation, she may lay up to 20 eggs but while the nest is well hidden from human eyes a dog, with its acute scenting powers, will know full well that there's something there. Inevitably further investigation will put Mrs English off – never for her to return. A tragedy when there are so few. A cold, wet snuffling nose thrust into where a bird is sitting is enough to make it fly off and in all probability not come back. Once partially incubated eggs have got cold, and it doesn't take very long, the embryo inside dies. Even if the hen bird returns later to sit on them again the damage is done for they will not hatch.

Gamekeepers have a well-earned reputation for taking people to task when they let their dogs run free. Admittedly it is foremost in their minds to protect pheasants and partridges but there is far more to it than that. At this time of year in the countryside (at least for the next three months) for the sake of our wildlife please stay on the footpaths and keep your dog close to you and under control - on a short lead if necessary.

*Jill Mason*

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## VISIT TO INDIA 2015

In February, Rev'd Barbara, Mrs Mears and Mrs Nash had the opportunity to visit India with a group of people linked with the Cambridge Ecumenical Council. We were based at the guest accommodation at a Christian hospital at Kaligiri which is about 25 minutes from Vellore (or 45 if you unfortunately caught the train barriers down!) During the 16 day visit, the teachers spent time in Christian schools, teaching lessons and joining in with all school activities. We also had the opportunity to visit a cerebral palsy school, AID support projects, and industrial training schools for teenagers, a Bible College, Teaching Training Institutes, Agricultural Training projects, Ida Scudder Hospital as well as attending many church services.



Both the Sunday services which we attended, included a Bible messages given by Rev'd Barbara which was translated into Tamil. The first Sunday service was in a village church which had over 150 people worshipping there. Most people sat on the floor and gave a

personal offering as they arrived. This varied from very small amounts of money to bags of rice or paw-paws. There were also two more offerings included in the service along with dancing, singing and communion was shared. The occasional noisy bang during the service was explained after we shared refreshments at the end as we were encouraged to gingerly climb steps near the wooden scaffolding to the first floor. The church is growing so much that extra space was being built to accommodate all worshippers.



The second Sunday saw Rev'd Barbara preaching, through an interpreter, in one of the very large town churches in Vellore. The congregation here is often in the thousands and communion had overflowed from the church and had been shared outside the previous Sunday as there were so many worshippers.

The highlight of our visit was the visit to the primary school which the pupils of Shouldham had raised £4500 to build. On arrival we were treated like royalty and showered with flower petals by a welcoming group and then treated to a program of music and dance in the small school. As there were so few resources in school, the internal walls of the school were painted in blackboard paint to a height of one metre. Pupils completed their work on this blackboard and it was cleaned each afternoon ready for the next day's learning. Later the same day we visited another local school which benefits from our fund raising as it now has toilet and water facilities.

The opportunity to see day to day life in this area of India and experience the poverty, yet generosity and hospitality, of the local people was an amazing opportunity. We have brought back many photographs, stories and resources to use with the children at St Martin school as well as the thanks of the children who truly value their education in the building we raised money for.

### ***Report from St Martin at Shouldham school***

- Answers to the quiz on page 71
- Gertrude Jekyll
1. Watering can 2 Garden hose 3. garden fork 4. sweet potato 5. Brussels sprout, 6. Asparagus
7. sweetcorn 8. crocus 9. gardenia 10 horticultural 11. seed potato,12.sweet pea 13 greenhouse 14. wheelbarrow 15.lawnmower
1. Rhinsky Korsakov,2 potato, 3. tapioca 4. grass 5 horse chestnut 6 bonsai7. snapdragon 8 to produce sugar/food 9.potato 10 China and Japan 11. amaryllis
- 4.Fine words butter no parsnips
- 3 I don't give a fig!
- 2.Rolling stones gather no moss.
- 1.Life is just a bowl of cherries.
- Sour grapes.



## FIT TOGETHER – FREE GUIDED WALKS IN WEST NORFOLK

If you find it difficult to get active, why not start walking? It's really easy to get started, you don't need any special equipment - and best of all it counts towards your recommended amount of physical activity.

Walking can improve your health, your happiness and, if you join one of our groups, it will give you the chance to explore the outdoors, get to know your local area and meet new people.

Walking can help to keep your mind and your social life healthy too, so why not make a start and find a walk near you today. We're a friendly bunch and we'd love you to join us.

Walking is a normal, everyday activity – and that's partly why we forget it's actually exercise at all. It's good for us. It can help us stay healthy and watch our weight. And it gives us energy (which makes us feel great). There's really no other exercise like it!

If you have a health condition, walking is a great way for you to relieve some of your symptoms, get back on the road to recovery and feel great again. But it isn't just about getting better. Walking can help prevent illnesses from developing in the first place. Walking will improve the flexibility and strength of your joints, muscles and bones too - and it'll reduce the risk of osteoporosis.

Walking at any pace will help you to manage your weight, reduce the risk of developing type-2 diabetes and reduce the risk of some cancers (inactive people are more likely to develop colon, breast and lung cancer than those who exercise).

So if you want to get started, why not find your local health walk and join today?

**The Fit Together walks range from a Grade 1 beginners' walk through to a Grade 3 for those looking for something more challenging. All walks are free. Participants are asked to complete a short health questionnaire before the start of the walk and should arrive 15 minutes early.**

*Jackie Squires*

*West Norfolk Partnership Rural Projects Officer*

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## GARDENING TIPS FOR APRIL 2015

As I write this morning the sun is shining brightly promising a beautiful day, but, the wind still has a cutting edge reminding me that it is still early in March and that I need to take care. I must practise what I preach and not be tempted to get too far ahead too quickly!

Hopefully, you have been able to get most if not all of the work completed that I wrote about in the last issue and will therefore be in a position to press ahead with the jobs now imminent. If not, then do not delay. Seize every opportunity to catch up on those tasks yet to be done. April is a busy month in the garden, preparing for the summer months ahead.

If you have bare patches in the lawn, April is an ideal month to effect repairs. Just scratch over the affected area to loosen the surface of the soil, sow a little more than the recommended quantity of grass seed on the bare area, rake it into the soil, cover with a little sieved soil or potting compost, pat the surface down evenly, water and the job is done. If dry conditions prevail you will need to keep the patched area moist to encourage good germination. Be careful not to run the lawn mower over the repaired site for several weeks, to do so could so easily drag the young grasses out of the ground. Cut the area with grass shears and carefully remove the cuttings.

Continue forking over flower beds and borders and whilst doing so apply a light application of sulphate of potash working it in round perennial plants. The latter will show its worth later in the year in the form of better quality blooms. Have you pruned your roses? If not please do not delay any further. The bushes will be coming into growth on their old wood very quickly now. This will be wasted effort – detrimental to their performance later in the year.

There are many jobs to be done in the greenhouse this month. Making further seed sowings as required and pricking out the young seedlings from sowings made earlier. I purchased a new propagator in January - my old one was some thirty plus years old and had seen better days although still working! I must confess to finding the temperature setting details on the new one a little confusing, to say the least, so I worked on my old knowledge using the settings of old. All went well and I am pleased to report that I have a really splendid germination of all the seeds sown in February and that I am well pleased with my new equipment. If you set up your dahlia tubers and chrysanthemum stools as recommended, young growth will be available early this month for cuttings to be taken.. Follow the notes I have given in the past to secure success.

In April almost anything can be sown in the vegetable garden with the exception of the most tender subjects which must wait until the danger of frost has passed – tomatoes, sweetcorn and members of the courgette and marrow family for example. However, it would be as well to wait until the second or third weeks in the month before sowing main crop beetroot and carrots. Check over soft fruit subjects for any winter damage or disease and cut away where necessary, and apply a sulphate of potash feed worked in carefully around the base of the bushes and canes.

I find that subjects in pots are often overlooked. They will need tidying up and given an application of well-rotted manure (or compost) and a shot of a general fertilizer (National Growmore is ideal).

Although it is very early in the season I have noticed several dead heads on some of my spring flowering plants – the result of a comparatively warm winter period. I have had pansies and primulas in bloom, quite unnaturally, since the middle of January! Yesterday I noticed the first member of the narcissi family just breaking colour in my garden. In fact, come to think of it, I recall noticing some in full bloom in a sheltered spot in a nearby garden two weeks ago!

Warmer conditions will undoubtedly mean the arrival of the first aphids and their predators may not yet be fully active. So they will need to be dealt with quickly if you are to avoid many, many more in the months ahead.

My final thought for the month - "beware of frost"! *Roy Coughtrey*



## SPRING ARTS EXHIBITION 8<sup>TH</sup> APRIL - 5<sup>TH</sup> MAY

BEING HELD IN THE *ARTS LOUNGE GALLERY*, MARKET PLACE, SWAFFHAM.

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## **Beachamwell WI**

**OPEN MEETING**  
Everyone welcome

**Thursday April 2nd**

7.30pm

Beachamwell Memorial Hall

**'Magic and Witchcraft in  
the Brecklands'**

Tickets £3.00

Enquiries:  
Jenny Gabrielsen 01366 328297

## **Beachamwell Book Group**

**Tuesday April 7th**

7.00 - 9.00pm

Beachamwell Memorial Hall

Books to be discussed at this meeting

The Colour of Milk  
By Nell Leyshon

Annual subscription £15.00  
**New members welcome**

Enquiries:  
Leah Spencer 01366 328536

## **Beachamwell St. Mary's Church**

**AGM**

Monday 13<sup>th</sup> April  
7.30 pm

Beachamwell Memorial Hall

Everybody Welcome

Enquiries  
Sonia Williams 01366 328774

## **Beachamwell & Fincham Family History Group**

**Tuesday 21 April**  
**2 – 4pm**

Beachamwell Memorial Hall

'Possessions' .....  
what belongings can tell us  
about our ancestors.

£2 All welcome

Enquiries:  
Janet Lynskey 01366 347694  
or  
Leah Spencer 01366 328536

## **Beachamwell Horticultural Society**

**Friday 24 April 7.30pm**

Beachamwell Memorial Hall

### **‘Growing Orchids’**

Talk with Demonstrations  
by Roger Gore-Rowe

All welcome

Tickets £3 to include a glass of  
wine

Enquiries:

Carole Wilson 01366 328628  
or Leah Spencer 01366 328536

## **Beachamwell Craft Group**

**Thursday 30th April**

2 – 4.30pm

Beachamwell Memorial Hall

Bring along something you are  
already working on or start a new  
hobby in a friendly group of like  
minded people.

£2.00 + Bring and Buy

All welcome.

Enquiries:

Leah Spencer 01366 328536

## **Beachamwell**

### **“Pop Up” Pub**

**Friday 1st May**

6.30 pm onwards

Beachamwell Memorial Hall



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

Enquiries

Susie Davis 01366 328249

*A Beachamwell Memorial Committee  
Event*

## **Beachamwell**

### **Tai Chi for Health**

**Wednesday 6th May**

2.00 – 3.15pm

Beachamwell Memorial Hall

Promoting good health Tai Chi is  
suitable for all ages and  
abilities

£5.50 session

*Initial sessions will be subsidised*

**All welcome**

Enquiries:

Barbara Smith 01760 723102

or

Leah Spencer 01366 328536

# Beachamwell

## Annual Parish Meeting and Parish Council Meeting

Monday May 11th  
7.30pm

Beachamwell Memorial Hall

Enquiries  
Eileen Powell 01366 328648



# The Breckland Society

## 'Sikking the Maharajah: The Ancient House Museum and India'

Talk by Karen-Emma White of the  
Ancient House Museum of Thetford  
Life

Friday 24<sup>th</sup> April, 7.30 p.m.

Members £3.00, Non Members £5.00

Enquiries: Sue Pennell 01366 328452  
[info@brecsoc.org.uk](mailto:info@brecsoc.org.uk)



## 'Steve Bingham and Nine Piece Ensemble' A selection of Classical Music

**Saturday April 25th, 7.30pm**

Swaffham Assembly Rooms

£7.00 for members  
£10.00 non-members  
Accompanied children free

Tickets from  
Green Parrot 01760 724704  
Ceres Bookshop 01760 722504

Enquiries:  
Eileen Powell 01366 328648



# The Breckland Society

## AGM and Tour of Hockwold Hall and Gardens

Friday 15<sup>th</sup> May, 6.00 p.m.

Hockwold Hall  
Station Road,  
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The tour of Hockwold Hall is a  
wonderful opportunity to see this  
Grade II listed Elizabethan E-plan  
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[info@brecsoc.org.uk](mailto:info@brecsoc.org.uk)

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# EASTER WORD SEARCH

T B F G Z C X E O M T J P Z D J D A R M  
G H D J M W E Q G Z R K F F M J T W E Q  
A N A H U I Y M H O T C R O S S B U N S  
C B I B X R H S F E Q U S W O E A Z U B  
W J Y R S I E A S T E R E G G C S Y R M  
U D F F P S G N I L K C U D G Z K E B A  
O V R F Y S E J E V I G E M G E E D A L  
S R K K A G O Z D D P K C S Z R T R J H  
H I A Y L K O A K A P Y C X I T Y Q G T  
G D V I S A A D A X R I Z Y W V T O J N  
A R G B H Z E R A I O Q C Y Q C C X E I  
T U R Y O M K J A F L I X B T Z H Y L C  
S C B U N N Y Z P B F Q S D H Q O G L A  
V F B A B X N K N X B O J U T R C W Y Y  
L F O K V J S E Z W M I D R N I O B B H  
R X C H I C K S T X G P T I E B L F E A  
I O U L I W U W F C F C X Y L I A E A Z  
X H N D V O K M O T T E P U W S T X N B  
R S I C Y Q W R A L Q Y P I M E E X S K  
C O G P M P F H H M D T K O B J S S H P

BUNNY

DAFFODILS

LAMBS

DUCKLINGS

EASTEREGG

IRIS

BONNET

HYACINTH

JELLYBEANS

HOTCROSSBUNS

BASKET

SPRING

RABBIT

CHICKS

EGGS

CHOCOLATE

# EASTER SUNDAY BREAD AND BUTTER PUDDING

6 hot cross buns (the rather flat, supermarket ones are best)

50g/2oz softened butter, plus a little extra for greasing

a handful of sultanas

40g caster sugar

2 eggs

568ml/1pt milk

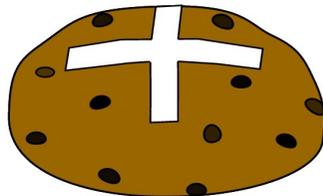
zest of one orange

freshly grated nutmeg

1. Grease a 1.1 litre / 2pt ovenproof dish with butter.
2. Cut the hot cross buns in half as usual, then cut each half on the diagonal to make half-moons. Spread the pieces thickly with the butter.
3. Arrange half the bun slices in the base of the buttered dish, butter-side up. Sprinkle over the sultanas and half the sugar.
4. Cover with the remaining bun slices, and sprinkle over the rest of the sugar.
5. Beat together the eggs, milk and orange zest. Pour over the buns, and press them down a little with the back of a fork to ensure they get well soaked. Leave this to stand for at least half an hour; can be longer if you want to prepare it in advance.
- 6 Preheat oven to 170°C / gas mark 3. Grate a little nutmeg over the pudding, and bake for 45 minutes to an hour until set and golden on top.

Serve with pouring cream.

*Kirstie Urquhart*



## Wereham

### Pop-Up Café



**1st Tuesday  
every month  
10.30 to 12.00**

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



Just £1.00.



All proceeds go to Village Hall.

## London Marathon

Shelley Yeaman and her friend Andrea will be running in the London Marathon on Sunday 26th April 2015. Their chosen charity is Phab Kids, [www.phabkids.co.uk](http://www.phabkids.co.uk)

They are a UK based charity that helps disabled children and teens prepare for independent living and also enables them to undertake activities that able bodied children take for advantage. Please support this worthwhile charity by sponsoring Shelley and Andrea at [www.virginmoneygiving.com/andishell](http://www.virginmoneygiving.com/andishell)

Enquiries

Shelley Yeaman 01366 328753

## SPECIAL EVENT PLANNED?

NEW Range Cooker

NEW Larder Fridge

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Bookings

## Wereham Weekly Cash



Wereham Village Hall

Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments  
with complimentary biscuits

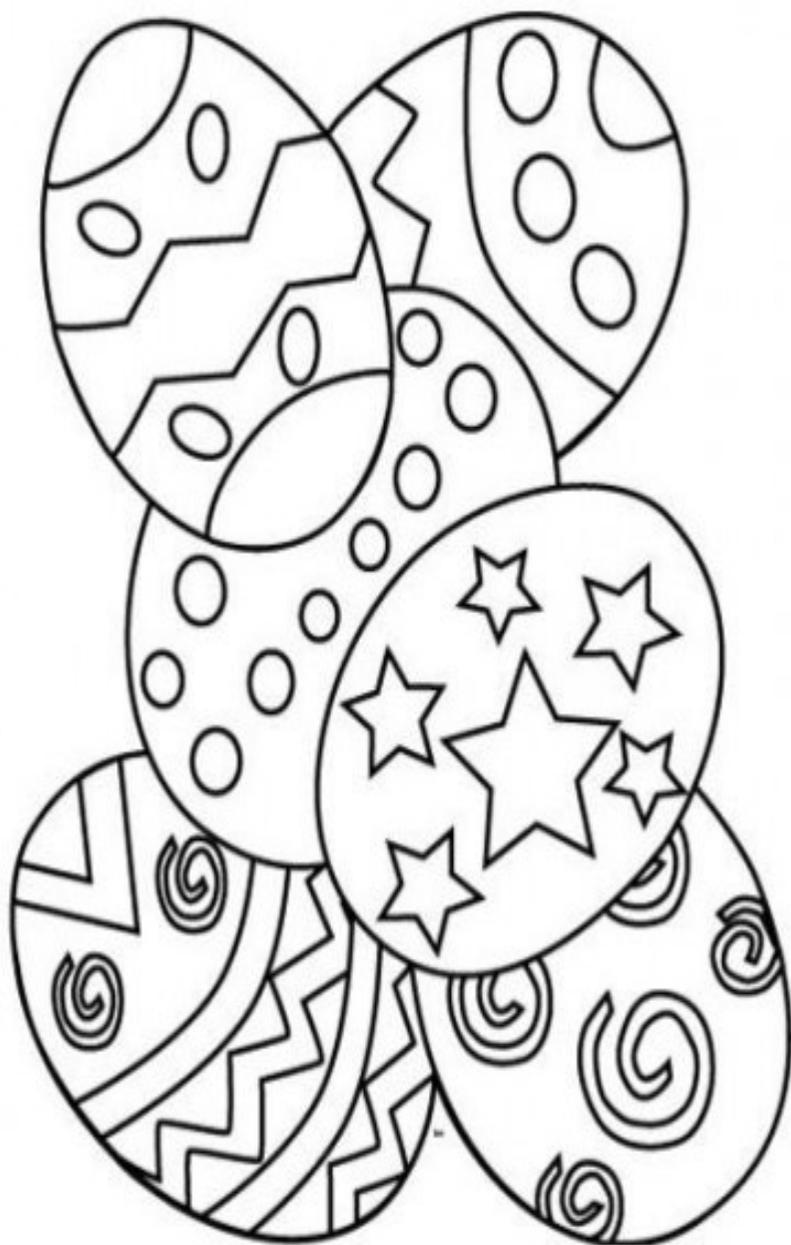


Enquiries: Roger Collins

01366 50088

All proceeds go to Village Hall

Registered Charity Number 1151336 Wereham Village Hall





# National Plant Monitoring Scheme

## EVERY FLOWER COUNTS – VOLUNTEERS NEEDED FOR ANNUAL STOCK TAKE OF UK’S WILDFLOWERS

### *Making plants a priority*

The new National Plant Monitoring Scheme (NPMS), launching in spring 2015, will for the first time enable scientists to take an annual stock take of the UK’s wild plants and their habitats, but to do this we need the public’s help. We are looking for volunteers to carry out surveys of wildflowers and their habitats that will provide robust evidence of which widespread plants are increasing or declining, as well as indicating the changing state of our most valued habitats such as grassland, fenland and even road verges. Plants are nature’s building blocks and this new monitoring scheme will sit alongside existing schemes for the UK’s birds and butterflies to help us understand more about how the countryside is changing.

**Chris Cheffings, from the Joint Nature Conservation Committee says** “Currently, information on plant species’ abundance and change is very limited, and it is difficult to gauge the condition of habitats outside protected sites. JNCC is delighted to be able to support the NPMS, which will fill this significant gap in UK biodiversity surveillance. The annual results collected by volunteers will help to identify trends in hundreds of species, allowing us to assess plant community changes.”

**The search is now on to find 2000 volunteers to take part in the NPMS** who will play a vital role in gathering information. Together the volunteers will monitor wild plants in 28 important habitats, ranging from hedgerows and meadows to salt marsh and scree slopes.

**Hayley New, from Plantlife says** “The NPMS is hugely enjoyable and over 400 volunteers have helped us set up the new scheme. It’s easy to do and everyone will receive free training and guidance plus support from the partnership for volunteers who have queries, as well as web support and illustrated guidance notes – so volunteers will have the perfect survey tool kit to get them started!”

**Dr Kevin Walker, Head of Science, Botanical Society of Britain and Ireland (BSBI) says:**

“It’s really great to finally have a national scheme that everyone can take part in. Whether you simply love wildflowers or are a budding botanist, input from volunteers will provide sound evidence on how our wild plants and habitats are

changing. It's a fantastic achievement and should mean that wild plants are at the forefront of discussions on how our environment is changing and what we should be doing about it."

### **How does the NPMS work?**

- Volunteers will be able to choose from three options depending on their level of expertise: recording from a short or an extended list of target species in each habitat or recording all species they find in their plots.
- Volunteers will be given a 1 km square with a grid showing up to 25 locations. Surveyors will be asked to visit three of those locations and carry out surveys in square plots and then identify two linear features such as hedgerows, rivers and road verges and survey these locations too.
- The squares have been randomly chosen, but with a focus on squares containing habitats of interest.

**Oliver Pescott, from the Centre for Ecology & Hydrology says** "The results from this new scheme should allow us to quantify the smaller changes that are occurring within our most valuable habitats. In the past, volunteer-collected data have been able to demonstrate the results of large-scale habitat loss over the last century, now we would like to reveal even more detail about the changes within the remaining areas of these habitats in our landscape."

**For more information on the NPMS and how to take part please visit [www.npms.org.uk](http://www.npms.org.uk)**

**-ENDS-**

### **NOTES TO EDITORS**

For enquiries and interviews please contact Hayley New on [hayley.new@plantlife.org.uk](mailto:hayley.new@plantlife.org.uk) or call **07741 314155**. We also have stunning images available.

The NPMS is a partnership of the **Botanical Society of Britain and Ireland (BSBI)**, the **Biological Records Centre (within the Centre for Ecology & Hydrology)**, **Joint Nature Conservation Committee (JNCC)** and **Plantlife**. The NPMS builds upon previous research projects funded by **JNCC** and **Defra**.



## COMMUNITY NOTICE BOARD

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

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

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

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

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

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

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

*ASPIRES* Chapel Farm, Downham Road, Fincham,

PE33 9HF

Aspires is a day centre at Fincham for people with learning and / or physical disabilities. We open 5 days a week and currently there are 43 people aged between 18 and 70+ accessing the service. During the mornings we provide employment experience, assembling and packing a large variety of items sourced from local and national companies. This gives a sense of purpose, self-worth, friendship and team work. Also, the money raised by the packing, pays for annual outings and events for everyone. During the afternoons we enjoy leisure activities.

**THE FRIENDS OF ASPIRES Committee** (known as LET'S GO) raises money to give everyone at Aspires special days out of their own choice every year – maybe to see a London show, watch a cricket match at Lords or perhaps enjoy a pamper session – whatever their idea of a great day out, LET'S GO will try to make this happen for them.

#### **CUTS TO SERVICES 2014-2018**

Owing to government finance cuts Norfolk County Council are making budget cuts of £1.8 million to Social Services. During 2014-15 their target has been the transport allowance which enables people to access their day service. After a concerted effort by Aspires, the County Councillors at a meeting on February 16<sup>th</sup> agreed to suspend the transport cuts in the short term. The County Council leader George Nobbs said after the meeting: *"We had provision to use some money which we had at the end of the calculations, £227,000, and thank goodness we were able to use that money to take this cut off the table so that they don't have to worry, their transport will not be cut and they can still use that money to go to places like Aspires"*

**HOWEVER**, we know that the next few years will see massive cuts being put into place which will involve the transport that is vital in our rural area. Aspires intends to challenge the cuts that will make the vulnerable people in our care lose the day services which in many cases are the centre of their lives, providing companionship, purpose and fun.

Contact Jackie Murphy MA

Tel/Fax 01366 347721 e-mail [jackie@aspres.ltd.uk](mailto:jackie@aspres.ltd.uk)

[www.aspiresfincham.co.uk](http://www.aspiresfincham.co.uk)

Aspires Day Service



# **BARTON BENDISH AND EASTMOOR VILLAGE NEWS**

## **KEITH BENN**

Keith Benn sadly passed away peacefully on March 3rd with his family around him having spent the last few weeks of his life in a Home near to them where he had enjoyed daily visits from his children and grandchildren.

Keith, a retired chartered accountant, lived in Barton for 15 years and supported the village in many ways. He became treasurer for Barton Bendish Parochial Church Council and was also a former Parish Councillor. He had previously served in the Royal Air Force and was treasurer for the RAF Bircham Newton Preservation Society. Keith was an avid stamp collector and a model railway enthusiast as well as being a volunteer guide at Oxborough Hall and a familiar face at village events.

His funeral was held in Manchester on March 19th and flowers were sent on behalf of his friends in Barton Bendish. A Memorial service will be held in St Andrew's church on May 9th at 2.0pm followed by refreshments in the Village Hall.

## **ROYAL BRITISH LEGION COFFEE MORNING – POPPY APPEAL 2014**

A very successful Coffee Morning was held in Barton Bendish Village Hall on Saturday 7th March. It was a happy occasion and enjoyed by the many people who attended.

My sincere thanks to the willing helpers serving coffee and refreshments of various sorts and organizing the stalls. Many, many thanks also for all the prizes, cakes, preserves and donations received. Also to the many people who came along to meet over a cup of coffee. It was good to see Warrant Officer Laddie with his friends along with other members of the Royal British Legion – Downham Branch who organized the raffle.

A total of £354.83p was raised and handed to the Members who expressed their delight at the enjoyable morning they had had together with the wonderful amount raised.

They expressed their thanks to all who had helped in any way. *Freda Rumball*

### **EASTER COFFEE MORNING Saturday April 4th**

We are holding our annual coffee morning to raise funds for the Village Hall on Easter Saturday April 4th. There will be the usual Easter Egg tombola, stalls, raffle and a few things for the children to do. There will also be one of Joan's superb cakes decorated with eggs to win if you can guess the correct number of eggs she's used.

This year however instead of having competitions for the best hats in different classes we will hold an exhibition of them with a small gift being given to each child who enters. Adults who enter will be rewarded with a free slice of cake.

As usual donations of Easter Eggs, raffle prizes, cakes and produce would be greatly appreciated.

Do please come along to support your village hall and enjoy a cup of coffee, piece of cake and a chat.

Looking forward to seeing you Jill

### **QUIZ NIGHT Saturday April 18th**

Our annual Quiz Night is being held in the Village Hall at 7.30pm on Saturday April 18th. To book a table please contact - Linda and Tim 347563 or Janice and Chris 347983

### **GARDENS OPEN JUNE 7th**

This year our 'Gardens Open Day' will be held on the first Sunday in June between 11am and 5pm. Ploughmans lunches will be served from noon in the Village Hall followed by afternoon tea at 2pm. There will be the usual cake and plant stalls as well as a raffle.

All proceeds from the day go to St Andrew's church. This is a main fund raiser for the church and attracts many visitors from away into the village. It is always good to have some fresh gardens for them to look at so if you feel you would like to add yours to the list of regulars please do. They don't have to be spectacular, fancy or large. What people seem most to enjoy is seeing what other people have done with their gardens, discussing them, asking advice on solving problems and generally looking for ideas.

If you are able to help in any way on the day please let me know. Donations of raffle prizes and plants and cakes for the stalls would be much appreciated.

Further details please contact Maureen Tasker 01366 347432

Also this year at Open Gardens we are hoping to have a display of Classic/Vintage/Old cars in the village. If anyone is interested in exhibiting their car please can you contact Val McAlister on 01366 347570 for further details.

**BARTON BENDISH FILM CLUB PRESENT: 'PADDINGTON' AT BARTON BENDISH VILLAGE HALL ON FRIDAY 12th JUNE 7:30pm**

A story of a young Peruvian bear who travels to London in search of a home. This is a gem of a film, which will entertain the young and young at heart of all ages! Running Time 95 mins

Tickets £4 in advance £5 on the door; with refreshments and raffle. Please call Box office: 01366 347849 or email: [cinemabarton@gmail.com](mailto:cinemabarton@gmail.com) or see our website at : <http://bartonbendishfilmclub.btck.co.uk> for details."

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

Look out for the new Barton Bendish quiz sheet. There are 50 questions with answers all on a CHEESE and WINE theme.

**More people are needed to sell the Quiz sheets so please contact Mhari or Linda if you feel you would be able to help**

Quiz sheets are also available at Barton Bendish fund raising events.

Proceeds in aid of St Andrew's Church

**EASTER CHICKS AND BUNNIES**

Look out for this year's most sought after Easter gifts!!! Once again we are selling knitted Easter bunnies and chicks, (and a couple of new lines too) stuffed with Cadburys crème eggs, in aid of St Andrew's church fund. They can be purchased at the Berney Arms, at Barton Bendish fundraising events and from Linda or Mhari.

If you enjoy knitting and would be willing to join our knitters (wool and patterns can be provided), or you have oddments of wool you would be happy to donate, please contact Mhari (347849) or Linda (347563)



## PARISH COUNCIL ELECTIONS

Parish Council elections will be taking place on Thursday 7 May 2015.

If you are interested in becoming a Parish Councillor or would like further information please contact the Clerk on the details below.

Forms of nomination have to be returned by Thursday April 9th  
Miss Sarah Thorpe, Parish Clerk Telephone number: 01945 430930  
Email: bartonbendishparishcouncil@aol.co.uk

### CALLING ALL WORD GAME AND CROSS-WORD FANS!

Look out for the next Barton Bendish quiz sheet. There are 50 questions with answers all on a CHEESE and WINE theme. This quiz will keep you entertained for hours and only costs £1! There is a prize of £15 for the winner. Names of correct entries (or those who have the highest number of correct answers) will be put 'into a hat' and the winner drawn on May 22nd.

To get your sheet you can contact;

Mhari Blanchfield 01366 347 849 (Barton Bendish)

Linda Webster 01366 347563 (Barton Bendish)

Jill Mason 01366 347928 (Barton Bendish)

St Andrew's Church (Barton Bendish)

Ann Lewing 01366 328350 ( Eastmoor)

Margaret Webster 01366 328888 (Beachamwell)

Sonia Williams 01366 328774 ( Beachamwell)

Debbie Fisher 01366 502224 ( Boughton)

Lynda Eddy 01366 501308 (Wereham)

The Berney Arms 01366 347995 (Barton Bendish)

Quiz sheets are also available at Barton Bendish fund raising events.

Proceeds in aid of St Andrew's Church

**More people are needed to sell the Quiz sheets so please contact Mhari or Linda if you feel you would be able to help**

### ? Quiz Night



Saturday April 18<sup>th</sup> 7.30pm

Barton Bendish Village Hall

Teams of up to 6 people £4 per person

Coffee and tea will be available but please bring your own food and drink

To book your table please contact

Linda and Tim 347563 or Janice and Chris 347983

Proceeds to St Andrews Church

FAMILY COFFEE MORNING  
at  
Barton Bendish Village Hall on

Easter Saturday **APRIL 4th 10am-  
Midday**

Exhibition of Easter Hats

A small gift will be given to every child who exhibits a hat

Easter Egg Tombola Produce stall, Cakes, Raffle, etc Any Donations very welcome

**PLEASE COME ALONG AND JOIN IN  
THE FUN**

## MAINTAINING THE BELLS

As local bellringers we are trying our hardest to keep the church bells around this area ringing. But like everything else, bells need a certain amount of maintenance, in this case replacing a stay. The stay is the piece of wood attached to the headstock which allows the bell to 'stand', that is, rest with the mouth upwards ready for ringing.

The stay, which is made of ash, is designed to break in the event of another problem such as a rope breaking or a novice ringer losing control of the bell. This prevents damage to the rest of the bell or to the wooden frame which holds



the bells, by several hundredweight of metal coming to a sudden stop. In this case the stay had simply cracked after years of use.

We are a fairly small team of ringers in this area, and we are all getting older, so this type of maintenance is becoming harder. If the local bells are going to continue to ring out, we need more ringers. Learners of any age are welcome. If you are interested in learning the ancient art of ringing church bells, please contact Stewart on 01366 347 672, Pam on 01366 500429 or Brian on 01366 347814

*Photo and text by Gary Bainbridge*

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## St. Mary's Church

St. Mary's AGM will take place on Monday 13<sup>th</sup> April at 7.30pm in Beachamwell Memorial Hall. Everybody is welcome to attend.

**Graham Williams (Church Warden)**

## WI

The speaker for the evening was Laura Cowland (who used to be one of Irene's Brownies). I met her at West Acre's Christmas Craft Fayre last year and she very kindly agreed to give us a talk, 'Aromatherapy and Therapeutic Massage'. It was very informative and we learnt lots about the oils. Anita offered to have

the demonstration massage, thoroughly enjoyed it and felt totally relaxed.

Our next meeting is "Magic and Witchcraft in the Brecklands". It is an Open Meeting on April 2<sup>nd</sup> and everyone is very welcome to come. When this talk was give at The Breckland Society it was a great success so now you have the opportunity to hear it for yourself.....



The thought for the month was:-  
A husband read an article to his wife about how many words women use a day... 30,000 to a man's 15,000.

The wife replied, 'The reason has to be because we have to repeat everything to men...'

The husband then turned to his wife and asked, 'What?'

**Eileen Powell**



# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

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

We are delighted to announce that we have received a grant of £1,000 from Breckland Participatory Budget Fund via the Icen Partnership based at Swaffham. The grant is to be used for projects which get people active.

In Beachamwell we already have a number of groups catering for exercise and fitness. Every week there are two yoga groups and two pilates sessions and each month Wednesday Walkers continues to attract people keen to explore the parish footpaths. The grant will be used to subsidise Tai Chi classes, which we hope will offer an opportunity for exercise for people of all ages who find yoga and pilates too strenuous. The remainder of the grant will be used to encourage activity amongst our teenage population. We will be buying a table tennis table and equipment for the hall and we will be replacing the football posts. Let us hope that all these new facilities will be well used and enjoyed.

A report on the AGM (25 March) will appear in the next issue.

### ***Beachamwell Memorial Hall Committee***

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

## **Tai Chi**

As promised in the March edition, Tai Chi classes will take place in the Memorial Hall 2.00 - 3.15pm on Wednesday afternoons beginning 6 May. This is an excellent form of low impact exercise for people of all ages who want to improve their posture, mobility and balance. It helps relieve arthritis, reduces stress, helps physical and mental wellbeing and is an ideal rehabilitation exercise.

We have received a grant from the Icen Partnership to help us set up this health promoting class, so initial sessions will be subsidised and will cost only £5.50 per session. To book a place please contact ***Leah Spencer 01366 328536***

## **Half Marathon**

We hope you are all in training for the Half Marathon on Sunday May 3rd. Hopefully we can get enough Sponsor money to pay for the Church porch repairs. Watch for Posters. ***Brian and Carole Wilson***

**Mobile Post Office:** The opening hours are as follows:-

Monday and Thursday: 11.30 - 12.00

Tuesday, Wednesday and Friday: 11.15 – 12.00

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## Beachamwell Horticultural Society - Growing Orchids

Once an expensive rarity, we can now buy orchids in every supermarket and garden centre in the land. But do you know how to get the best from these exotic plants?

Don't miss the chance to discover the secret of growing beautiful orchids when local expert, Roger Gore-Rowe, comes to Beachamwell Memorial Hall on Friday 24 April at 7.30pm. Roger will share his knowledge, gained over many years and will demonstrate prize-winning techniques. All welcome!

Tickets £3 to include a glass of wine. Enquiries please contact:

*Carole Wilson 01366 328628 or Leah Spencer 01366 328536*

## Horticultural Show

You may remember last Autumn reading that our Horticultural Show had inspired our Kiwi friends who were staying with us at the time, to organise a Pro-

duce Show in the Coromandel where they live and where we stay to avoid the English winter. I am pleased to report that the Summer Veggie and Produce Show which took place on February 14th was a huge success with 397 individual entries. How pleased we were to be invited to be "International Judges" and delighted to have inspired our friends to introduce a little bit of Beachamwell into New Zealand. Plans are already underway for another Show in 2016.

The Giant Onions will be available late April early May for Beachamwell Show on August 16<sup>th</sup> **Brian and Carole Wilson**



# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## **Wednesday Walkers – A February Surprise!**

The Old Hall Lane – Caldecote – Langwade Green – Shingham and back to the Memorial Hall is one of our longer walks taking us outside the boundaries of Beachamwell and into the parishes of Oxborough and Cockley Cley, and one that we always enjoy. The panoramic views are spectacular, the larks in full song and the wind at full blast! But, on this occasion, there was a surprise. Set high on the track between Caldicote and Shingham we discovered new fingerposts posting across fields where the footpaths run. Wonderful and now we can safely explore further afield.

The next Wednesday Walkers will meet at the Memorial Hall at 10.00 am. Wednesday, 1<sup>st</sup> April, when we hope to wander along the beautiful stream towards Eastmoor.

***Sue Pennell***



## **Local History Website**

The recently formed Beachamwell Local History Group now has its own website. The site includes a What's On page with details of the group's programme, together with information about other meetings and events in the area with a local history interest. There is also a section of online resources for Beachamwell local history researchers, plus links to other local history groups and organisations. Philip Spencer, who helps to maintain the website, says that as research projects are completed by members of the group, this information will also be added. To keep in touch and receive news and updates, visitors to the website can easily subscribe via email.

Visit the website at [www.beachamwell.org.uk](http://www.beachamwell.org.uk)

# BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

## Parish Council



Don't forget the forthcoming elections and if you are interested in becoming a Parish Councillor keep an eye open for details which will be posted on the Notice Board.

The Annual Parish Meeting and next Parish Council Meeting will take place on Monday May 11th in the Memorial Hall at 7.30. Everyone is welcome to attend. If you have any items for the agenda please give them to me in writing at least a week beforehand.

can consult any of the  
listen and help if they can.

As always, if you have a query or a problem, you  
Councillors at any time – they are more than willing to

## Councillors

John Adcock [Chair]	01760 337058
Matthew Adcock	01366 328848
Brian Cockerill	01366 328218
Pat Clarke	01366 328983
Diana Lambert [Vice Chair]	01366 328227
Mark Powell	01366 328648
Tom Sanderson	01366 328244

## County Councillor

Ian Monson 01366 328 101 / 296 [ian.monson@norfolk.gov.uk](mailto:ian.monson@norfolk.gov.uk)

## District Councillor

Mike Nairn 01842 810212 Nairn, [mike.nairn@breckland.gov.uk](mailto:mike.nairn@breckland.gov.uk)

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



## COMMUNITY NOTICE BOARD

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

DATE	VILLAGE	LOCATION	TIME
Tuesday April 14th	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
Mondays 13th and 27th April	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](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

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

### FARMERS' MARKETS

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

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

### VILLAGE AND PARISH HALL BOOKINGS

Barton Bendish	Bill Tasker	01366 347432
Boughton	Pam Wakeling	01366 500429
Beachamwell	Caroline Sanderson	01366 328244
Wereham	Doreen Rolph	01366 500218

# CHURCH SERVICES IN APRIL

## Easter Sunday 5th April

Shouldham	09.30 am	Holy Communion by extension
Barton Bendish	09.30 am	Holy Communion by extension
Shouldham Thorpe	09.30 am	Holy Communion
Fincham	09.30 am	Holy Communion
Marham	10.30 am	Methodist Church—no cafe
Beachamwell	11.00 am	Holy Communion
Wereham	11.00 am	Holy Communion

For other Holy Week services and events see page 4

## **Sunday 12th April**

ShouldhamThorpe	NO SERVICE	
Boughton	10.00 am	Breakfast Church
Marham	10.30 am	Morning Prayer (HT)
Barton Bendish	11.00 am	Family Commiunion
Fincham	6.00 pm	Evensong

## **Sunday 19th April**

Shouldham	09.30am	Holy Communion
Marham	10.30 am	United Service oft the Word
Beachamwell	11.00 am	Morning Prayer
Wereham	11.00 am	Morning Prayer

## **Sunday 26th April**

Fincham	09.30 am	Holy Communion (BCP said)
Marham	10.30 am	Holy Communion
Boughton	11.00 am	Holy Communion
Barton Bendish	6.00 pm	Evening Service

**Thursdays at 10 am** -short service of Holy Communion followed by coffee. No service on 2nd April,, 9th at Boughton, the remainder at Fincham.

## **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 Revd. Barbara Burton or the Churchwarden in your parish.

## BOUGHTON VILLAGE NEWS

### Boughton Fen Reed Cutting

At last, the weather has allowed us to get an area of reed cut. We have been able to drop the water level in the fen to a point where the reed cutter could work, and the levels will now be rising again as he has finished. The machine used was an amazing piece of kit – incorporating the cutter, as well as a threaded contraption which tied the reed into bundles, making it much easier to collect. All this was handled by one man!



After the cut, the reed was disposed of by burning, under expert guidance, aided by our own volunteers.

Mark Pogmore



## Raptors over Boughton

Have you seen the magnificent birds of prey soaring over Boughton?

They are probably Red Kites. This magnificently graceful bird of prey is unmistakable with its reddish-brown body with a whitish wide stripe on the underside of each of its angled wings, and a deeply forked tail. It was saved from national extinction by one of the world's longest running protection programmes, and has now

been successfully re-introduced to England and Scotland.

They have a wingspan of nearly two metres (about five-and-a-half-feet), but a relatively small body weight of 2 - 3 lbs.

This means the bird is incredibly agile, and can stay in the air for many hours with hardly a beat of its wings.

It is certainly a sight to behold as they glide over the village looking no doubt for a tasty meal of small mammals and occasional carrion.

Travelling recently along Gibbet Lane coming home we saw a Barn Owl flying parallel to the road over the dyke also looking for a meal. We travelled with it for almost the whole length of the straight part of the road. Towards the end we saw another large bird approach and it appeared to attack the owl in flight. This we identified as a Red Kite.

However it may have been a territorial dispute as we saw the owl fly away, and have seen it since patrolling along Gibbet Lane.

So if you hear a high pitched screech from above and see a large bird with light stripes on the underside of the wings it may well be one of our local Red Kites. Take a minute to enjoy the graceful beauty of one of nature's wonders and think how lucky we are to enjoy such sights.

*Peter Agate*

Boughton Parish Council Elections.

May 7<sup>th</sup>. 2015.

ELECTION PACKS AND NOMINATION FORMS ARE AVAILABLE FOR ANYONE INTERESTED in standing for election to join Boughton Parish Council.

Nominations must be received at KL&WNBC. Electoral office no later than 9<sup>th</sup> April. 2015.

Please contact.

C.Woolnough :- Horsemans Cottage. 01366 501035

F.Reid :- Winward. 01366 500743

## Open Gardens Day June 14th 2015

Please consider opening your garden to visitors on our annual Open Gardens Day in aid of All Saints' Church. This is the major fundraising event for the church and we rely on it to keep the building going and to pay our share to Ely, which pays for the church to have a priest. As we are also the community building, everyone has a stake in its future. Open Gardens Day is hard work, but fun, with many complimentary comments made about the village. Your garden may still be a 'work in progress' - all the best ones are, as a finished garden will be sterile, but our visitors are always gardeners themselves with a genuine interest. Gardens of any size are valued, and of any style. Please contact me on 500429 if you are able to help—or I'll contact you! *Pam Wakeling*



One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors.

**Plato**

Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly and applying the wrong remedies.

**Groucho Marx**

Democracy is when the indigent, and not the men of property, are the rulers.

**Aristotle**

Under every stone there lurks a politician. **Aristophanes**

## WEREHAM VILLAGE NEWS

### Wereham says No to further housing Development at The Springs, Flegg Green

The Borough Council have put forward recommendations to extend Wereham's parish boundary to build 8 more houses on the plot of land called the Springs along Flegg Green. The local Internal Drainage Board have stressed that this land has a groundwater problem and is not a good choice for housing. The builders who developed the existing Springs Court have stated that the land is unsafe for further development. Many residents along Flegg Green have objected strongly to the Borough's recommendation because they feel it is high risk and threatens greenfield land and a woodland wildlife habitat. We are raising a local petition to submit to a forthcoming Inspector's enquiry in an attempt to get this unsound recommendation quashed. Please support us and protect Wereham from invasive building developments by signing our petition. Further details to be posted on the community notice boards.

### May Miscellany with the Fincham chorus and guests

at St Margaret's Church Wereham Saturday May 23rd 7pm-8.45pm

St Margaret's Church proudly presents and May Miscellany

Come and enjoy an evening of music, poetry and prose.

Start the evening with a glass of sparkling wine or soft drink

(Served from 6:30 PM)

Enjoy the singing of the Fincham Chorus, listen to the readings and singing from our experienced performers many of whom took part in the First World War evening in November.

Interval refreshments and nibbles will be provided along with the opportunity to win some wonderful raffle prizes.

Come and enjoy the material carefully selected for a spring evening in the beautiful surroundings of our parish church

Tickets available from Tom Golden, Debbie and Ian Rye £6 each

Proceeds to St Margaret's Church Wereham.

For more information please tel: Ian or Debbie Rye 01366502083 or Tom Golden on 01366500052

## ST. MARGARET'S FESTIVAL

Stallholders, organizers and any interested members of the public are invited to a meeting in St. Margaret's Church, Wereham on Monday 11<sup>th</sup> May at 7. 00 pm. We need to make arrangements for the annual St. Margaret's Festival to be held on **Sunday 19<sup>th</sup> July.**

## WEREHAM OPEN GARDENS

.....it's not too late to say I'll open my garden on June 20<sup>th</sup> & 21<sup>st</sup> or just one of the days. Do we have any new gardens in the village? Visitors would be interested to watch your garden evolve over the years. Please think about opening, this is our 13<sup>th</sup> year and it would be great to add some new gardens to the day. The day is a major fund raiser for the church and helps to keep the church running. If gardens aren't your thing, why not just come and have lunch or afternoon tea at the village hall one of the days? If you would like to know more please don't hesitate to contact me, Lizzie 500233.

As always donations of cakes and bakes, plants, rooted cuttings, garden bits and pieces, and any help you would like to give on or before the day are always appreciated too.

Thanks *Lizzie*

**WEREHAM PARISH COUNCIL** met on 10<sup>th</sup> March. Draft minutes of the meeting can be requested from the Clerk as below.

Once again a reminder for all to use the dog waste bins and clear up after their pets. There are three dog waste bins in Wereham, one on the playing field by the Village Hall, the second at the Flegg Green end of Lammas Meadow Lane and the third along Cavenham Road, please pass by one of these and use it to **dispose of any dog waste responsibly at all times;**

When visiting the Village Hall by **car please avoid parking on the playing field** where possible. The grass gets churned up and damaged in bad weather, please look after the field to avoid the need for costly repairs.

The remaining Wereham Parish Council meetings scheduled for 2015 are:

Tuesday 12 <sup>th</sup> May	7:00pm Annual Parish Meeting and 7:30pm Annual Parish Council Meeting
Tuesday 14 <sup>th</sup> July	7.30pm Ordinary Meeting
Tuesday 8 <sup>th</sup> September	7:30pm Ordinary Meeting
Tuesday 10 <sup>th</sup> November	7:30pm Ordinary Meeting

All will be held at Wereham Village Hall. The Agendas for the meetings are always published on the Wereham Village Notice Board three clear days before the meeting and also on the Wereham Parish Council Facebook page. If you have any items that you wish to be discussed by the Parish Council please

always ensure that these are with the Clerk, Mrs N Cooper at werehampc@gmail.com or Clavering House, Stoke Road, Wereham PE33 9AT or 01366 500527 **by the end of the month before the meeting** to ensure that they are included on the agenda.

### **WANT TO BE A PARISH COUNCILLOR?p**

**The 2015 Elections are fast approaching. Now is your chance to stand as a candidate for Wereham Parish Council.**

**Parish Councillors need no specific qualifications experience, just a passion for doing the best for your local community.**

**Don't feel you can't do it - there is always help and guidance available. Help to make a difference!**

**Don't delay, submit a nomination pack for your chance to get involved!**

To request a nomination pack and get further guidance / questions answered please contact the Parish Clerk on werehampc@gmail.com or 01366 500527 between the hours of 9am and 3pm. Nomination packs must be returned to the Borough Council of King's Lynn and West Norfolk by 4pm on 9<sup>th</sup> April to qualify.

### **March Update from Wereham Village Hall Committee**

The Quiz night at the beginning of March proved another success with more than 50 people filling the hall. The hot supper was appreciated by all and the grand total raised on the evening was £294.33.

Thanks to everyone who helped and especially to Angela, Diane, Doreen, Lynda, Liz and John.

### **Update from the New Build Project Team**

It has taken us two and a half years of hard work, preparation, planning and evidencing but we're thrilled to confirm that we have submitted Stage 1 of the Lottery Application!!!! 'We're Wereham, We're Together!' is our project name.

The purpose of our project has been to clarify what Wereham and the surrounding neighbourhood needs. We have found that -

- Older and Young people want an opportunity to socialise and join in group activities

- All ages would like a village cinema
- All ages would like opportunities for physical activities
- Adults would like opportunities to learn new skills.

Unfortunately, the existing village hall is unable to meet these needs due to the age of the building and restrictions on its use. To meet these needs, we need to build a new community hub for Wereham and the surrounding neighbourhood.

The Lottery expect to respond within 10 weeks to advise if we've been successful, then we'll be invited to submit a Stage 2 application. Please join us in keeping your fingers and toes crossed! In the meantime, the project team will be busy investigating other sources of funding to fund the balance of the project.

To enable us to meet the needs of our community, we have created the following mini-projects to deliver activities in the new community hub -

- 1 - Youth Club - managed by Trustee Nikki Loake
- 2 - Older Person Social Group - volunteer required
- 3 - Village Cinema - managed by volunteer Cliff Goddon
- 4 - Learning New Skills - managed by volunteer Sue Smith
- 5 - Physical Activities for all ages - managed by volunteer Liz Howard

Supported by the Project Team, these 4 mini-project managers will be vital to delivering services in the new community hub. I hope, as the project progresses and they hold focus groups or open days that you will give your support to ensure you get what you need.

If you would be interested in creating an Older Persons Social Group and would like to find out more, please contact Victoria Gray on 501277 or [darren.gray@tesco.net](mailto:darren.gray@tesco.net).

If you would like to be one of the first people to know if the Lottery say YES! click the 'Follow' link on [www.facebook.com/werehamvillagehall](http://www.facebook.com/werehamvillagehall) With best wishes from the project team - *Victoria Gray, Helen Richardson, Rachel Barron and John Eastgate.*

**Wereham Village Hall Bonus Ball Club** The lucky winners in February were Teresa Walldridge and Janet Rich – congratulations to you both! We still have four numbers available: 1, 7, 13 and 33 so please do get in touch with Helen Richardson ASAP if you would like to become a member of the bonus ball club with the chance each month to win £50 (as well as helping to raise vital funds for the Village Hall). *Helen Richardson, Secretary (07795006811 or helenar82@outlook.com)* **Ink Cartridges** - collection boxes for ink cartridges are on the piano in the hall, open 10-12 Fridays. Or alternatively, leave them in a bag at the door of the village hall.

### Events list

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

**Pop up Café** – first Tuesday of the month, 10.30-12. Next dates are Tuesday 7<sup>th</sup> April and Tuesday 5<sup>th</sup> May. Join Jacqueline and friends for a slice of homemade cake & a hot drink for just £1. Join us for a natter and a read of the daily papers. Cake donations/queries to Jacqueline 500880.

**Indoor/Outdoor Car Boot** – last Sunday of the month, 9am-1pm. Next dates Sunday 26<sup>th</sup> April and Sunday 31<sup>st</sup> May. Café with bacon rolls, bric-a-brac and book stall. £5 pitch or, if you have earned time credits, there are two tables available at a cost of 4 time credits each. To book call Nikki/Chris on 01366 501111.

**Family Easter Prize Bingo** – Wednesday 1<sup>st</sup> April, doors open 6.45pm, eyes down 7.30pm. Prizes for all ages – all welcome! For more details contact Doreen on 01366 500218. **Yard Sale** – Sunday 3<sup>rd</sup> May, 9am start. More details to follow.

**For all the pictures and feedback** from our events, log onto [www.facebook.com/werehamvillagehall](http://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](http://www.facebook.com/werehamvillagehall)

**PRAISE FOR VILLAGE HALL COMMITTEE AND A LOOK AHEAD TO JUNE**

Congratulations to the Wereham Village Hall Committee in reaching the first milestone, submitting the application to the Heritage Lottery Fund. The Committee, especially the Trustees, have all worked tirelessly over the last 2 and a half years. Three of the four Trustees are mums with small children, who have been juggling home, family and work commitments to progress to this stage – not a straightforward task, and yet have done so with passion and enthusiasm. Thank you to their families for the support they have given in making this possible.

The outcome of the Heritage Lottery Fund’s decision on Stage One is still weeks away, but in the meantime, work goes on looking further ahead with a positive mind-set. The door to door community survey completed in July 2013, and subsequent meetings, identified a number of factors which resulted in residents feeling bored, lonely and isolated, and offered suggestions for overcoming them. Now 4 Mini Project Managers have been appointed to look into ways of addressing the main areas, and I have taken on the role of managing the Adult Education (Learning New Skills) Project. Targets in this area include creating opportunities in the village to enable residents to learn new skills, meet other people, and for self-improvement, particularly in the areas of cookery and IT skills. In order to establish the specifics of those needs in more detail, and with a view to tailoring future courses to current requirements, a Focus Group session will take place in the Village Hall on Thursday 25<sup>th</sup> June. At this stage it is too early for a detailed run down of what the session will involve, but it is likely to include a Cookery Demonstration, refreshments and discussion groups. Please mark this date in your diaries and tell your friends and neighbours – non Wereham residents are equally welcome. More details will follow in the coming months.

*Sue Smith*



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🌐 Web site: [www.norfolkshandyman.co.uk](http://www.norfolkshandyman.co.uk)



# **Downham Market Town Council**



## **Dates for your Diary**

**Thursday, 23<sup>rd</sup> April 2015 10:00am**  
St Georges Day Celebrations on the Town Square

**Thursday 30<sup>th</sup> April 2015 7:30pm**  
Downham Market Town Hall Cinema - The Imitation Game (12a)

**Thursday 25<sup>th</sup> June 2015 7:30pm**  
Downham Market Town Hall Cinema Film to be confirmed

**Saturday, 4<sup>th</sup> July 2015 10:00am - 5:00pm**  
Downham Market Town Hall Summer Craft Fair

**Thursday 30<sup>th</sup> July 2015 7:30pm**  
Downham Market Town Hall Cinema Film to be confirmed

**Sunday, 9<sup>th</sup> August 2015 10:00am - 5:00pm**  
Downham Market Water Festival - Hythe Bridge,  
Great River Ouse Relief Channel

**Thursday 27<sup>th</sup> August 2015 7:30pm**  
Downham Market Town Hall Cinema Film to be confirmed

**Saturday 12<sup>th</sup> & Sunday 13<sup>th</sup> September 2015 10:00am - 5:00pm**  
Downham Market Town Hall Autumn Craft Fair

**Thursday 24<sup>th</sup> September 2015 7:30pm**  
Downham Market Town Hall Cinema Film to be confirmed

For any more information on the above events please contact  
Nikki on 01366 387770 [nikki@downhammarkettc.co.uk](mailto:nikki@downhammarkettc.co.uk)



## NATIONAL TRUST

Oxburgh Hall

Tel: 01366 328258

### APRIL

#### Easter Egg Trails 4, 5, 6 April

Join in the Easter fun and become an 'eggexplorer' with Cadbury Easter Egg Trails on Easter Saturday, Sunday and Monday.

Normal admission, £2.00 per trail.

### MAY

#### Evening Chorus Walk

Friday 1 May 6pm-8pm

Join our Outdoors Team and a local naturalist for a celebration of birdsong in this magical setting. An alternative to a dawn chorus, take this chance to visit Oxburgh at the other end of the day and discover why birds sing in the evening as well as in the morning.

£6 per person, or £15 for a family, includes tea/coffee.

Limited numbers, booking essential

#### Bat Walk

Friday 8 May 7.45pm-10pm

Join Dr Stuart Warrington, NT nature conservation expert, and our own Outdoors Manager to discover the evening world of bats.

Find out how many varieties we have in the British Isles and how many of these are found at Oxburgh. This will be followed up with a walk in the grounds. Bring a jacket, a torch and comfortable shoes.

£9.50 including tea/coffee on arrival.

Limited numbers, booking essential

#### 50 Things to Do before you're 11 ¾ - Launch Weekend

Saturday 23 & Sunday 24 May 11am - 1pm  
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**Margaret Thatcher**

In the period before the arrival of Mrs. Thatcher, politics had been in such low esteem. Everything was so hedged, so mealy-mouthed. Then along came this woman who seemed to have no manners at all and said exactly what she thought. Everyone's eyes were popping and their jaws were dropping, and I really enjoyed that.

**Tom Stoppard**

If God wanted us to vote, he would have given us candidates.

**Jay Leno**

Politicians are the same all over. They promise to build a bridge even where there is no river.

**Nikita Khrushchev**

Why pay money to have your family tree traced? Go into politics and your opponents will do it for you.

**Anonymous**

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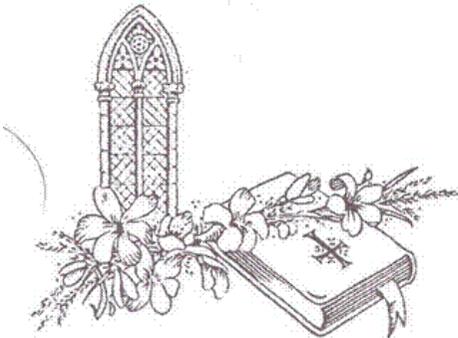
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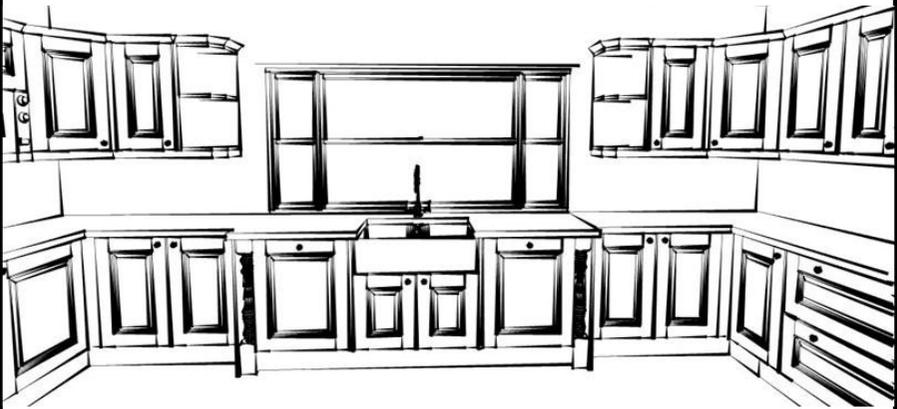
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Maundy Thursday is the Thursday before Easter. Christians remember it as the day of the Last Supper, when Jesus washed the feet of his disciples and established the ceremony known as the Eucharist. The word Maundy" comes from the French word, "Mande," meaning "command" or "mandate" and is taken from the command given by Christ at the Last Supper, "love one another as I have loved you." In Britain, the Queen takes part in the Ceremony of the Royal Maundy, which dates back to Edward 1. This involves the distribution of Maundy Money to deserving senior citizens (one man and one woman for each year of the sovereign's age), usually chosen for having done service to their community. They receive ceremonial red and white purses which contain coins made especially for the occasion. The white purse contains one coin for each year of the monarch's reign. The red purse contains money in place of other gifts that used to be given to the poor. In the 17th century, and earlier, the King or Queen would wash the feet of the selected poor people as a gesture of humility, but the last monarch to do this was James 2.

At the ceremony which takes place annually on Maundy Thursday, the sovereign hands to each recipient two small leather string purses. One, a red purse, contains - in ordinary coinage - money in lieu of food and clothing; the other, a white purse, contains silver Maundy coins consisting of the same number of pence as the years of the sovereign's age. Maundy money has remained in much the same form since 1670, and the coins used for the Maundy ceremony have traditionally been struck in sterling silver save for the brief interruptions of Henry's VIII's debasement of the coinage and the general change to 50% silver coins in 1920. The sterling silver standard (92.5%) was resumed following the Coinage Act of 1946 and in 1971, when decimalisation took place, the face values of the coins were increased from old to new pence. The effigy of The Queen on ordinary circulating coinage has undergone three changes, but Maundy coins still bear the same portrait of Her Majesty prepared by Mary Gillick for the first coins issued in the year of her coronation in 1953..." © Royal Mint, 2007. In 2013, there was a break with traditions as the Queen handed out the Mandy money in York. The pope washed the feet of 12 prisoners in a youth detention centre near Rome, another break with tradition from the usual the foot-washing ceremony, normally performed on lay people in one of Rome's basilicas.

This year the ceremony will be held at Sheffield cathedral, the first time in 900 years that it has taken place in South Yorkshire.





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**April events at Downham Market Library**

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

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

Regular events

Scrabble Club

Tuesdays 14th and 28th April

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

**Holiday Storytime and activities**

Thursdays 2nd and 9th April

10.30 - 11.30am. All children to be accompanied by an adult

**Reading group**

Tuesday 21st April 3- 4pm.

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

Knit and Natter.

Meets on the first and third Wednesday of the month in term time 1.30 - 3pm

15th April

Bounce and rhyme

Weekly on Thursdays 10.30am - 11am term time only

Bring your little ones along for some stories and rhymes.

16th, 23rd and 30th April

Other events

Talk by LIST - Local Information Support Team – their aim is to prevent falls and accidents, reduce risks and help you maintain a healthy, independent, safe life at home. Part of Friendship group meeting so £1 payable on arrival, includes refreshments.

Tuesday 21st April 1.30 - 2.30pm

Dementia Awareness session

On the afternoon of Wednesday 22nd April the library will be hosting an Dementia awareness and activity session. If you'd like further information when available please contact the library. Booking will be essential for this event.

**The Great Big Read Coffee Morning!**

If you have read, or are reading, the Garden of Evening Mist by Tan Twan Eng. why not come along and share your thoughts about the book with others.

Friday 24th April

10am - 11.30am

Brave New Reads!

Starts Friday 1st May 10am! Why not try one of the books selected for this promotion! For further information contact the library.

## QUIZ WITH A HORTICULTURAL THEME

If you cross Hamlet's mother with an unstable Victorian doctor, which famous gardener do you get?.....

These are anagrams of common garden objects or plants

- |                     |                     |                   |
|---------------------|---------------------|-------------------|
| 1. Wanting care     | 6. A sugar sap      | 11. teapot dose   |
| 2. Heed groans      | 7. new corset       | 12. aw steep      |
| 3. Frank gored      | 8. occurs           | 13. gee hose run  |
| 4. Tattoos weep     | 9. drainage         | 14. bra where owl |
| 5. Posters slur sub | 10. tailor curl hut | 15. warn me low   |

- Who composed "the flight of the bumblebee"?
- What sort of Vegetable are the following. Marfona, Romano, Pentland, Javelin?
- What popular pudding is made from the root of the Cassava plant?
- What is the most common type of plant in the World?
- Which tree produces conkers?
- What is the name given to very small Japanese trees grown in pots?
- What is the popular name for the Antirrhinum?
- What is the function of the leaves on a plant?
- What crop is the Colorado Beetle best known for attacking?
- Where do most species of Clematis originate. Australia, China & Japan, South America or Europe?
11. Nerines are closely related to which other plant? Amaryllis, crocus, iris or tulip?

Horticultural images are often used in proverbs, phrases or sayings. Identify them from the following definitions:

- 1 Root vegetables will not gain a coating of a dairy product simply through the use of pretentious language.
- 2 I decline to donate the pulpy fruit of the ficus.
- 3 It's no use thinking you can collect bryophytic plants by using rounded mineral matter, even in motion.
- 4 A container of globose fruit is a metaphor for existence.
5. Sweet fruits of the vine? Just the opposite. *Answers on page 9*



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