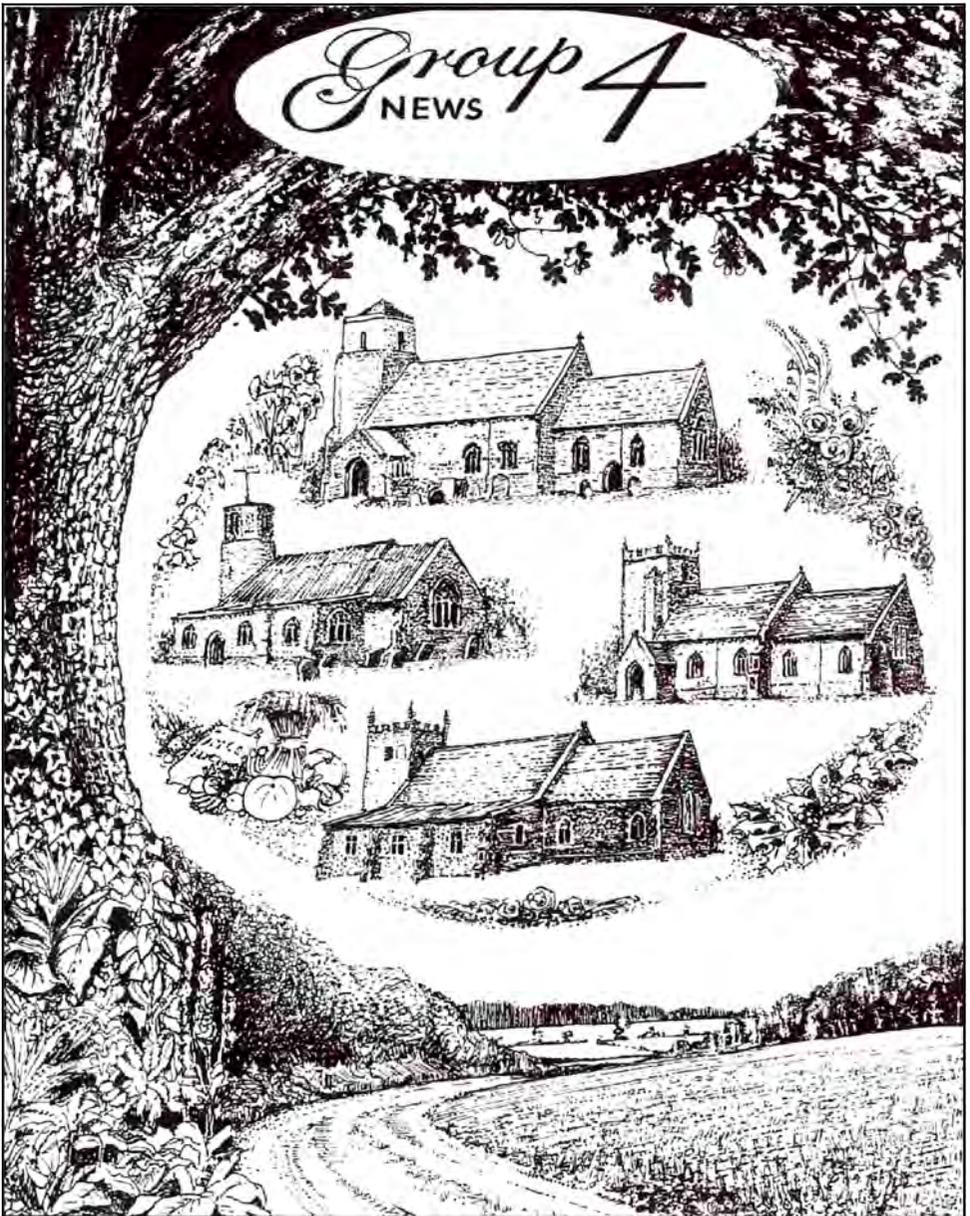


Group 4
NEWS



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

April 2019

WELCOME

Easter is the main festival in Christian churches and we are able to celebrate as we wish, or ignore it completely. Even if it's just an Easter egg hunt to you, a family day out, or over eating on Hot Cross Buns, we are free to do as we wish. Spare a thought for those who do not have that freedom and live in fear if they worship as they wish.

There's plenty going on, as usual, in the villages. AGet out and enjoy it,

PLEASE NOTE

All library times have changed. There are now three different routes and different days.

As always, 'Happy Reading'

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
May 2019 edition:**

11th April

ADVERTISING

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Kevin Fisher, Tel 01366 502224

‘FROM THE RECTORY’



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

Dear All,

OH WHAT A BEAUTIFUL MORNING. As I sit and think about what I am going to write about it's a lovely sunny morning with a glorious blue sky. I've just come back from an early morning walk with Floki, our dog. It's just one of those days that brings a smile on your face, a spring to your step and a joy in your heart. Wow! That's a nice poetic start, it can only go downhill from here. I've just had another thought. Where is this year going? I'm sure that when I wake up in the morning someone is stealing the days because they are just flying by so quickly. How does that work? I need someone with a bigger and better brain to explain to this thick Geordie how time can be quick and slow at the same time! Now for the God spot: As a Christian, the story that holds my attention this month is obviously the Crucifixion and resurrection. It's an extremely sorrowful and joyful story all at the same time. Sorrowful that Jesus was crucified but joyful that he rose again. He came to show us what God's love meant and to die for our sins so that we could be saved. I have to admit that even on the Good Friday service when everyone is a bit dour I have a great big smile inside, which I find hard to keep in. I love the fact that we have a God that loves us so much that He came to us in the form of Jesus to guide us back to Him. Personally, I am always on a high over this time because I know what this means for me. I know the Lord and what he done for me, and can do for you. I much prefer Easter to Christmas from a Christian point of view. Christ died for us, let's do something for Him this Easter – let's go to one of the services and thank Him.

God Bless, ***Ken Waters***

DOWNHAM MARKET LIBRARY EVENTS

APRIL 2019

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

Volunteers needed!

- Could you support our new Lego club, encouraging creative play with Lego?
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?

Please contact Fran at the library on 01366 383073 or email fran.valentine@norfolk.gov.uk if you'd like to find out more.

REGULAR EVENTS:

Mondays:

Community Job Club - 9:30am till 1pm drop in for CV support, job applications, interview Techniques and more

Tech Help - two 30 min booked sessions from 10.30am and one drop in from 11.30am

Tuesdays:

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

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Chair Yoga –2 pm till 3pm booking essential £3 per session

Wednesdays:

Diamond Art Club Diamond Art Club - 10am till 12 noon, call the branch for more details, booking essential

Knit and Natter - 1st & 3rd in month, 1.30pm – 3pm, drop in [except during

school summer holidays]

Thursdays:

Baby bounce and rhyme - Thursdays – 10:00am till 10:30am, come along and enjoy some songs and rhymes. Drop in no need to book.

Stay and Chat after bounce and rhyme – enjoy a cuppa and chat while the little ones play

English Course for speakers of other languages 12.30 till 2.30 – FREE booking essential.

Active Minds – Puzzles, board games & colouring. 1.30pm till 3.30pm, Drop in

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Fridays:

Just a Cuppa –10am till 12noon 50p suggested donation. Enjoy a chat over a tea, coffee & a biscuit. Drop in no need to book

WEST NORFOLK AVIATION SOCIETY

This month's aeronautical spectacular began at Steve and Jean de Roeck's palace in Saham Toney where a very welcome feast was enjoyed by a high proportion of the WNAS membership. (www.westnorfolkaviationsociety.org.uk for further details). This event was a warm-up to the unveiling of a long awaited exhibition of the on-going construction of two replica WW1 aircraft in the Watton workshop belonging to society member Roger Burrows. This modest master craftsman has spared nothing in his quest for perfection using the same production methods of the period: wood, fabric and a minimum of metal. A 5/8 scale 'Isaacs' Hawker Fury and a 7/8 scale 'Royal Aircraft Factory' SE5A are well on the way to completion with no extra help other than from the encouragement of an understanding family. The atmosphere in the 'hanger' was electric; the outpouring of enthusiasm from the crew could be felt; camaraderie abounded; nostalgia took over with reminiscences of a time gone by, and, fortunately, with none of the fear.

Many thanks go to Roger and also to the unseen caterers in both departments who helped make the day such a wonderful success.

We all look forward, someday soon perhaps, if we're lucky enough, to be invited to the maiden flights of this magnificent man in his flying machines.

Palm Sunday this year is on April 14th. There will be services in many churches. In Barton Bendish there will be a procession from the old church of St Mary to the present church of St Andrew, where a dramatized reading of the Passion Story will be read. This will be a group service for the parishes of Barton Bendish, Beachamwell, Boughton and Wereham and has become a tradition. There are other services in many of the churches in both the Wissey and the Priory groups. It's traditional for palm crosses to be distributed at these services, and refreshments will probably include hot cross buns! Everyone will be welcome.

Palm Sunday began with Jesus and His disciples traveling over the Mount of Olives. The Lord sent two disciples ahead into the village of Bethphage to find an animal to ride. They found the unbroken colt of a donkey, just as Jesus had said they would (Luke 19:29–30). When they untied the colt, the owners began to question them. The disciples responded with the answer Jesus had provided: “The Lord needs it” (Luke 19:31–34). Amazingly, the owners were satisfied with that answer and let the disciples go. “They brought [the donkey] to Jesus, threw their cloaks on the colt and put Jesus on it” (Luke 19:35).

As Jesus ascended toward Jerusalem, a large multitude gathered around Him. This crowd understood that Jesus was the Messiah; what they did not understand was that it wasn't time to set up the kingdom yet—although Jesus had tried to tell them so (Luke 19:11–12). The crowd's actions along the road give rise to the name “Palm Sunday”: “A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road” (Matthew 21:8). In strewing their cloaks on the road, the people were giving Jesus the royal treatment—King Jehu was given similar honour at his coronation (2 Kings 9:13). John records the detail that the branches they cut were from palm trees (John 12:13).

On that first Palm Sunday, the people also honoured Jesus verbally: “The crowds that went ahead of him and those that followed shouted, ‘Hosanna to the Son of David!’ / ‘Blessed is he who comes in the name of the Lord!’ / ‘Hosanna in the highest heaven!’” (Matthew 21:9). In their praise of Jesus, the Jewish crowds were quoting Psalm 118:25–26, an acknowledged prophecy of the Christ. The allusion to a Messianic psalm drew resentment from the religious leaders present: “Some of the Pharisees in the crowd said to Jesus, ‘Teacher, rebuke your disciples!’” (Luke 19:39). However, Jesus saw no need to rebuke those who told the truth. He replied, “I tell you . . . if they keep quiet, the stones will cry out” (Luke 19:40).

Some 450 to 500 years prior to Jesus' arrival in Jerusalem, the prophet Zechariah had prophesied the event we now call Palm Sunday: "Rejoice greatly, Daughter Zion! / Shout, Daughter Jerusalem! / See, your king comes to you, / righteous and victorious, / lowly and riding on a donkey, / on a colt, the foal of a donkey" (Zechariah 9:9). The prophecy was fulfilled in every particular, and it was indeed a time of rejoicing, as Jerusalem welcomed their King. Unfortunately, the celebration was not to last. The crowds looked for a Messiah who would rescue them *politically* and free them *nationally*, but Jesus had come to save them *spiritually*. First things first, and mankind's primary need is spiritual, not political, cultural, or national salvation.

Even as the coatless multitudes waved the palm branches and shouted for joy, they missed the true reason for Jesus' presence. They could neither see nor understand the cross. That's why, "as [Jesus] approached Jerusalem and saw the city, he wept over it and said, 'If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes. The days will come upon you when your enemies . . . will not leave one stone on another, because you did not recognize the time of God's coming to you'" (Luke 19:41–47). It is a tragic thing to see the Savior but not recognize Him for who He is. The crowds who were crying out "Hosanna!" on Palm Sunday were crying out "Crucify Him!" later that week (Matthew 27:22–23).



There are some special foods eaten at Easter time and one of the most famous are Hot Cross Buns. These were often eaten in the U.K. on [Good Friday](#), but nowadays they are available for months before! These are traditionally yeast dough buns with currants and raisins in them, but any supermarket shelf will offer variations on this. They seem to have been created by a medieval monk in the English town of St Alban's where they were given to pilgrims at Easter time. The early version has more spice and less fruit in them.

Another food eaten in the U.K. at Easter time is Simnel Cake. This is a rich fruit cake covered with a layer of Marzipan. There are 11 marzipan balls put around the top of the cake that represent the 11 faithful disciples of Jesus. The cake is also has a layer of Marzipan in the middle of it! It is traditionally eaten on Mothering Sunday in the U.K. which is always on the middle Sunday of [Lent](#). Simnel Cakes were first made by servant girls and maids to take home to their mothers on Mothering Sunday.

A traditional Greek Easter cake is made with Oranges and Almonds in it. It is eaten with a spicy orange sauce poured over it. In Greece, Easter breakfast might even be lamb soup!

PANANG CHICKEN STIR FRY – IAN AND LIZ DAVIS

One of our favourite dishes. Vary tasty and quick. This is supposed to be for 4 people. It's enough for the two of us!

Ingredients

8oz rice

2 tbs olive oil

2 chicken breasts thinly sliced into strips

1 tbs honey (runny)

1 onion chopped

1 red pepper chopped

1 or 2 sticks celery finely chopped

$\frac{3}{4}$ ginger grated

2 cloves garlic (grated)

1 tbs curry powder

3tsb soy sauce

1 tbs sweet chilli sauce

Salt and pepper to taste

Method

Cook rice and leave to cool. Once cooled heat oil in a pan (we use a wok).

Season the chicken with the salt and pepper and drizzle the honey over as well.

Fry quickly over a high heat until golden and just cooked. Remove from pan and set aside.

Add vegetables to the pan and fry for 5 minutes, then add ginger, garlic and cur-ry powder. Fry for one minute.

Add rice, soy and sweet chilli sauce, mix together, then add the chicken.

Serve in warmed dishes.

Sunday 14th April

9.30 am

9.30 am

9.30 am

9.30 am

Word

10.00 am

10.30 am

10.20 am

(Holy Trinity)

11.00 am

3.00 pm

6.00 pm`

Palm Sunday

Shouldham Thorpe

Methwold

West Dereham

Wretton with Stoke Ferry

Barton Bendish

Stow Bridge

Marham

Runcton Holme

Nordelph

Fincham

Holy Communion

Service of the Word

Holy Communion

Service of the

Joint Palm Sunday Service

Holy Communion

Morning Worship

Holy Communion

Family Service

Evensong

Thursday 18th April

10 am

7.30 pm

7.00 pm

Friday 19th April

11.00 am

1.00 pm

2.00 pm

Hall

2.30pm

Maundy Thursday

Fincham

Methwold

Tottenham

Holy Communion

Tenebrae Service

Holy Communion

Good Friday

Whitting ton

Methwold

Nordelph Good Friday Service in the Village

Wormegay

March of Witness

Service of the Word

Lay Led Meditation

Saturday 20th April

8.00 pm

and celebration of the first communion of Easter

Boughton

Benefice Easter Vigil

Sunday 21st April

9.30 am

9.30 am

9.30 am

10.00 am

10.00 am

10.30 am

(Methodist Chapel)

10.30 am

11.00 am

11.00 am

11.00 am

3.00 pm

Easter Day

Methwold

West Dereham

Wretton with Stoke Ferry

Fincham

Shouldham

Marham

Wimbotsham

Watlington

Beachamwell

Wereham

Nordelph

Holy Communion

HC by extension

HC by extension

Holy Communion

Holy Communion

United Worship

Holy Communion

Holy Communion

HC by Extension

Morning Prayer

Family Service

From: Breaking Into News

Sent: Monday, March 11, 2019 5:21 PM

Subject: Opportunity for people interested in journalism!

Hi there

I am writing to see whether you would be interested in promoting our Breaking Into News programme to the people you work with.

Breaking Into News is run by Media Trust in partnership with ITV News, the competition offers people the chance to write and create your own news story about a local issue that they are passionate about. They don't have to have any experience in journalism.

Ten finalists, one from each ITV News region, will be selected and given the opportunity to work with top industry mentors to develop their own ideas and turn them into a news report for their local ITV newsroom. Each report will have the chance to be aired on an ITV News platform.

The overall winner will also win £400 worth of journalistic equipment.

The programme would suit those who have recently finished education, have limited media or broadcasting experience and have a keen interest in journalism. It is open to all ages.

Find out more the competition and past winners here —> <https://www.breakingintonews.co.uk>

If you would like to share this opportunity on your social media channels, I have attached a graphic to this email and please see below for some suggested text;

Want a chance to produce a news report on a local issue you are passionate about? Have limited broadcast experience? Here's your chance, enter the #BreakingIntoNews competition run by @Media_Trust in partnership with @ITVNews —> www.breakingintonews.co.uk

Want to be mentored by a top ITV News journalist and learn how a newsroom works? Enter the competition for your chance to break into news! www.breakingintonews.co.uk #BreakingIntoNews run by @Media_Trust in partnership with @ITVNews

Interested in telling local stories? Keen to start a career in journalism? Recently left education and have limited broadcast experience? @Media_Trust & @ITVNews #BreakingIntoNews could be the competition for you! Submit an application here --> www.breakingintonews.co.uk

Feel free to email me if you or any interested have any further questions, or we can arrange a call.

Warm Regards,

Tobi

FINCHAM MEMORIAL HALL DIARY

Jazzercise meets every **Monday from 7pm** (except Bank Holidays). Jazzercise is a pulse-pounding, beat-pumping fitness programme that gets you results...fast. It's a calorie-torching, hip swivelling dance party with a hot play list to distract you from the burn. Wear loose, comfortable clothing and aerobics trainers. Bring a drink. To get the most out of your class, you may like to bring a mat for floor work and a pair of hand held weights. First class is free. Come 10 minutes early to register for your first class. Costs £6 per class. Interested? Then call Hilary on 07909 282165 for more information.

Keep Fit meets every **Tuesday from 6.30pm – 7.30pm** and consists of gentle exercise, increasing to more energetic for those who are able, finishing with floor exercises, stretching and relaxation. It is suitable for all ages. Cost £4.00 per lesson. Interested? Then either just turn up with a towel and a bottle of water or contact Debbie on 01760 622108

Fincham History Group will meet on Wednesday 24th April at 7.30pm.

Fincham Flower Club will meet from **2 – 4pm** on **Thursday 4th & 18th April**

Fincham Chorus meets from **7 – 9pm** every **Thursday** and is for anyone who loves singing (especially bass and tenor). They sing all kinds of music (except modern pop!). Subs are £100 per year and can be paid half yearly or quarterly if desired.

Quiz Night is the **first Friday of each month** starting at **7.30pm**. This is a really fun evening with several teams of 4 – 6 people and lots of laughter. There is a cash raffle each month. Bring your friends and make up your own table or come along by yourself and join one of the existing teams. Also feel free to bring your favourite tippie and snacks. Costs £2.00 per person

CASH BINGO will take place on the **3rd Friday** of each month, doors open at 7.30pm with 'eyes down' at 8pm. £6 for a book of 6 tickets. 50/50 cash raffle. As with the quiz night, please bring your own refreshments. The £2 entrance cost will go to the Memorial Hall restoration funds.

Fincham History Group will meet on Wednesday 24th April at 7.30pm.

Fincham Flower Club will meet from **2 – 4pm** on **Thursday 4th & 18th April**

Lily has changed!

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

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

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

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

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

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

Nar Valley Ornithological Society (NarVOS)

Tuesday 30th April 2019, 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 **Alison Charles**, entitled:

RSPCA Wildlife Centre, East Winch

We are delighted to welcome Alison Charles, Centre Manager at the nationally famous RSPCA Wildlife Centre at East Winch. The centre cares for seals, birds, hedgehogs and wildlife in general so we are most fortunate to have Alison give us an insight into the remarkable work carried out by her team at East Winch. Don't miss it.

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.

Come and join us to hear

Alex Epstein speak about his research

A MOLECULAR APPROACH TO ALZHEIMER'S
PREVENTING THE DISEASE OF THE FUTURE

Alex Epstein is a Rotary International Global
scholar studying at the MRC Laboratory of
Molecular Biology and Cambridge University

Organised by St Andrew's church, Barton Bendish

Wednesday 17th April 6.30pm

Barton Bendish Village Hall

Homemade Soup with Crusty Bread will be served

Booking is essential

email Rev Ken Waters on ken.waters@btinternet.com
or Ray Burman on rayburman@me.com Tel 01842 828891

Marham Village Pre-school



We are a small and friendly Pre-school and place a strong emphasis on

Play With A Purpose

Opening Hours 8.30am til 3pm Daily Term Time

Places Available for children aged 2-4years

Contact us on 07950753877
or marhamvillagepreschool@hotmail.com
For more information visit our website



ESTABLISHED 44 years



We hold a monthly Bingo and all proceeds made go to the pre-school.

Next Bingo 21st November 2018

doors open 6.45pm eyes down 7.30 pm Refreshments Available

At Marham Bowls Club



FIT MAMAS & CO

Approx. 1 hours brisk walking...

PLEASE BRING COMFY FOOTWEAR & A SMILE!!

Fitness walking group for all ages!

Mama's, Papa's, Nanna's, Grandad's, Children & Pushchairs all welcome!

Mondays @ 10.30am

Starting location will vary weekly from surrounding villages (Wereham, Wretton, Boughton, Stoke Ferry, Oxborough, Barton Bendish)

For information please contact **Charlotte** on 07873355671 or follow Fit Mamas & Co on facebook!!

FINCHAM AND DISTRICT WI

April 10th EARLY START 7-00pm
Fincham Memorial Hall

OUR BIRTHDAY NIGHT

Talk by Pat Knights--'Joyce Grenfell'

Light Supper and raffle.

Get Set for Gardening 2019

Good Friday 19th April

Garden paraphernalia and plants for sale at

Tapestry Cottage, Chapel Road, Boughton

From 10 am until.....everything sold!

All proceeds to All Saints' Church, Boughton

'We're open for hot drinks 10am-3pm weekdays, when you can browse the pre-loved book stall and enjoy our free Wi-Fi!'

Activities and Community Groups, extend a warm welcome to all new visitors

- **Monday** -
 - **Hatha Yoga** - Monday 9.30am to 11am. Main hall. Become more aware of how we conduct ourselves, physically, emotionally, mentally and spiritually. Call Gail 07938978980
 - **Fit Camp** - Monday evening 7.15pm to 8pm. Main Hall. Suitable for all fitness levels and abilities. Age 11+, under 16s £2, but must be accompanied by an adult. Call Shaun 07775 424325
 - **No Mean Feet**, foot care specialist – 1st Monday and Tuesday of the month, 10am to 2pm, meeting room. Call Steve 07837 506906
 - **Friends of Wereham Village Hall (FoWVH)**, fundraising events group –7.30pm. Monthly meet to discuss new ideas and organise events. Call Doreen 01366 500218 or email doreenirolph@talktalk.net
- **Tuesday** -
 - **Pilates** - 9.30am to 10.30am. £5 Increase flexibility, joint mobility and circulation. Main hall. Call Christine 07796 102677
 - **Pop Up Café** - 1st and 3rd Tuesday of every month 10.45am – 1pm. Main Hall. Selection of hot drinks and a slice of homemade cake £1.50. Light lunch £2.50. See Facebook or call Doreen 500218 for latest menu.
 - **Craft Group**, social fundraising group - 2nd Tuesday of every month, Community Room, 10.30am – 12.30pm. Meet for a social, drink, cake and try different crafts. Call Rosemary 01366 501330
 - **Wellbeing course**, 1pm to 3pm, 5 weeks from 30th April, Community Room. Delivered by Norfolk Community Learning Service. Book www.werehamvillagehall.co.uk/events or call the office 07497 430005
 - **Beginners Yoga**, by Restore and More Yoga - 5.45pm to 6.45pm, main hall. Call Gemma 07943 848431
 - **Restore and More Yoga**, 7pm to 8.15pm, Vinyasa Flow, main hall. Call Gemma 07943 848431
- **Wednesday**
 - **Zumba** - 9.30am to 10.30am, main hall. A fun dance-fitness programme. Call Dominique 07769 341680
 - **Cash Bingo** - doors open 6.30pm, eyes down 7.30pm, main hall. Café open before and during the break. Weekly prize money + jackpot with prize Bingo's at Easter and Christmas. Call Diane 01366 500798.
- **Thursday**
 - **Line dancing** 9.30am to 11.00am, main hall, beginners welcome, £5. Call Ron 01406 350732
 - **Short Mat Bowls** 7pm to 9pm, main hall. £2 per player, spectators are free, includes tea/coffee and biscuits. New players welcomed. Call Philip 01366 501330
 - **Youth Club** (Term Time) 4.45pm to 6.45pm, main hall. Age 8+, free of charge. Call Swann Project 01366 386259. Tuck shop including hot dogs 50p, drinks and snacks.
 - **Drama Group 'Wissey Players'** every other Thursday 7.30pm to 9.00pm, community room. Call Keith 01366 500976
- **Friday**
 - **Wereham Tots**, (Term Time), parents and toddler group 10am to 12.00pm, main hall. £2 per session for up to 2 children (50p per additional child). Call Angela 01366 500115.
 - **Tai Chi**, 12.30pm to 1.30pm, £3, main hall. Helps with breathing and relaxation. Call Pete 01945 700222
 - **Cinema Night** Friday once a month. Main hall. Bar open from 7.00pm. £5. Loyalty card, 5 for the price of 4. Book www.werehamvillagehall.co.uk/events or call the office 07497 430005. See trailers on Facebook.
- **Sunday**
 - **Car Boot and Café** last Sunday of every month except April & December. 9am to 1pm, Café open 8am with hot breakfast rolls, snacks and drinks. To book a £5 pitch indoor/outdoor call/txt Phillip 07759033492.

For more information on activities, cinema listings or to book, go to
<https://www.werehamvillagehall.co.uk/whats-on>
or pop in weekdays 10am–3pm to speak to Jo, Lyn or Sara or call us on
07497 430005, www.facebook.com/werehamvillagehall



Able Community Care has had printed the above door sticker which we are offering free to older people's groups.

Statistics show that older people are being continually tricked by fraudulent tradesmen turning up on their door step.

If you would like to receive a number of the above door stickers free of charge, please reply to this email giving us your postal address and the number you would like.

Able Community Care, a Norfolk company, is a nationwide provider of Live-in Care Services for older people.

www.ablecommunitycare.com

NB. We do not have your details on a database, and you will not receive further emails from us about this offer.

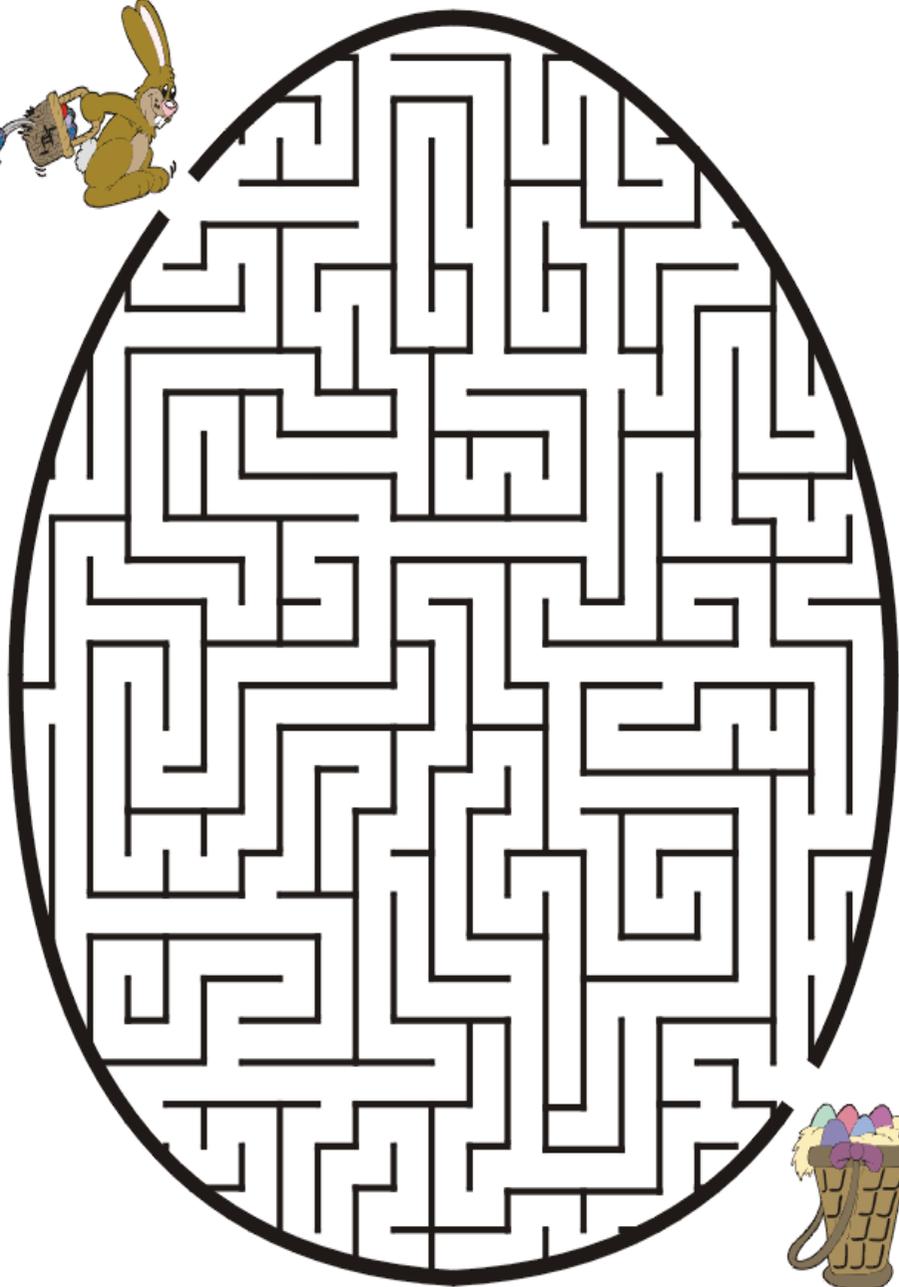
Shouldham Ladybirds: Tuesday 16 April:

The Ladybirds can now confirm the arrangements for a Private Group Booking for a **Darker Side of Lynn Walk** [on Tuesday 16th April 2019 at 6.00 pm](#). Have provisionally given a number of 15-20 people.

The arrangements are to make your own way to King's Lynn and meet our guide for the evening: Edith Reeves. We are to meet Edith outside St Nicholas' Chapel to start this guided tour which will last for 1.5 to 2 hours and end in the Saturday Market Place area.

The cost is £4.00 per person which is payable on the evening to the guide. If you wish to pay by cheque this should be payable to "King's Lynn Town Guides." On previous occasions we have gone for supper afterwards if you wish to join us for supper (venue to be confirmed) then please email and confirm. In the meantime if you have any further queries please do not hesitate to contact me: Lorna MacKay on 01760 337089 or email: lorna.mackay@hotmail.co.uk or contact: Maureen Austin on [01366 347433](tel:01366347433) or maureen.h.austin@gmail.com

Find the eggs.....



SWAFFHAM AND LITCHAM HOME HOSPICE

In our report last month we mentioned that we had been invited to staff and run the Snowdrop Walk at Lexham Hall on the 17th February. It was a beautiful sunny day, more like May than the middle of February. Visitors came in their hundreds to enjoy the wonderful array of snowdrops, a lovely walk and the refreshments on sale. Our team running the event was made up of Home Hospice staff and volunteers and other supporters who were prepared to give their time to help the cause. Our grateful thanks to everybody involved and to Mr & Mrs Foster at Lexham Hall for the invitation. The day itself raised in excess of £5000 for our funds. As an organisation, we need to raise around £100,000 per annum to continue to provide the wide range of services that we offer. To do this, we are reliant on donations, legacies and our own and third party fundraising.

By the time you read this, our Quiz at the Conservative Club will have taken place and we will be looking forward to our Street Collection in Swaffham which is scheduled for the 11th May.

On the 12th July, The Phoenix Singers have arranged a performance at the Community Centre and will be donating the proceeds to us. Our thanks to them for this kind gesture.

For many years now, Swaffham and District Lions Club have organised Pancake races in Swaffham on Shrove Tuesday. Our staff have supported this event



every year. Fancy Dress has been the order of the day each year and this year was no exception. Our team did not win but would claim to be the best dressed team taking part. Well done to Sarah and Kim.



6th April 2019

18:30 hrs.' for 19:00 hrs.'



1940's Desert ★ Rats



★ D-Day★ Dinner & ★ ★ Dance



On 6th April 2019
18:30 hrs.' for 19:00 hrs.'

£44.00 per person,
advance booking required

Period or Smart Dress



Tickets include: 3-course meal with tea/coffee,

1940's Swingtime Sweetheart singers,

Piper, DJ - AndyV8

Carriages at 00:59 hrs.'

*To be held at: Lynford Hall Hotel,
Mundford, Thetford, Norfolk. IP26 5HW*



Visit the Website for details:

<http://www.desertrats.org.uk/dance>

contact Debbie Wells Tel: 01366 347316

email : desert.rats.events@gmail.com



KING'S LYNN FESTIVAL CHORUS IN VERDI'S TOUR DE FORCE

As proud members of probably the best mainstream mixed chorus in the area, we are really looking forward to joining forces with Ely Sinfonia and professional soloists in this performance of one of the all-time giants of the choral repertoire.

Verdi nearly didn't write the Requiem – “there are so many masses for the dead. It would be pointless to add one more”, he told a friend.

However, he was inspired upon the death of his hero, a much loved and respected poet, playwright and novelist Alessandro Manzoni, who shared many of Verdi's political ideals.

As someone who composed mainly dramatic operas all his life, Verdi's Requiem has sometimes been described as a 'sacred opera' or 'an opera in church vestments'!

Who can forget the spine-chilling Dies Irae (Days of Wrath) that has even made it as a backing track to some dramatic TV advertisements? That theme of hell, damnation, retribution and finally compassion is a recurring theme. Moments of pure drama are balanced with moments of tenderness, intercession, pleading and supplication.

Interestingly, the last movement 'Libera me' is a re-worked version of his homage to Rossini whose work Petite Messe Solennelle we performed in February this year. Like any dramatic composition, there are some wonderful tunes and some impressive sounds from the large orchestra, including atmospheric off-stage trumpets.

This is an occasion not to be missed, performed in the beautiful ambience of Ely Cathedral. Tickets with some concessions are available from Ely Cathedral Box Office, tel: 01353 660349 and on their website: www.elycathedral.org/events

We are sure you will enjoy listening to the music as much as we enjoy singing it.

Mike Walker (Beachamwell)



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. To book an appointment call the Careline Community Team on 01553 760671 .

SPECIAL EVENT PLANNED?



NEW Range cooker and spacious larder fridge/freezer available when you hire

WEREHAM VILLAGE HALL!

Contact Doreen on 500218 for Bookings





Beachamwell WI

'Get Fit, Stay Fit'

with Susi Hancock

Thursday April 4th

7:30pm

Beachamwell Village Hall

Visitors welcome

01366 328536 or 01366 328589

Beachamwell

Table Tennis



Every Friday at

3.00pm

Village Hall

Enquiries: 01366 328895

or

james@jamesknoxwhittet.plus.com

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

Creative Writing Group



Af-

Meets every
second
Monday
ternoon

2.30pm

Everyone with an interest in
putting pen to paper welcome.

Enquiries: 01366 328895

or

james@jamesknoxwhittet.plus.com

Beachamwell Book Group

Tuesday 2nd April
7.30

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'Together'

By Julie Cohen

New members welcome

Enquiries: 01366 327 023

Beachamwell Afternoon Tea and a Chat.....

Wednesday
April 17th
2 - 4pm

Beachamwell
Village Hall



Enquiries
01366
347673



The Ella McCready Trio

(Classical Music and more)

www.facebook.com/EllaMcCreadytrio

Sunday April 28th

3.00pm,

Swaffham Assembly Rooms

Tickets from

Green Parrot 01760 724704 and
Ceres Bookshop 01760 722504

Enquiries: 01366 328648



SWAFFHAM WEA

'Learn something new'

Hoods, Hosens, Furs and Farthingales

*The styles, fabrics, colours and
accessories of Tudor dress*

Tutor: Jean Smith

Saturday 6 April, 10am - 4pm
Community Centre, Swaffham

Fee: £15.00

Must be booked in advance

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.

MASSIVE FUEL BILLS?



**INEFFICIENT OIL FIRED
& LPG BOILER?**

STORAGE HEATERS

NEED HOME

INSULATION?



On any of these Governments benefits?

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

PRIVATE HOME OWNER OR TENANT?

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

- Confirm your benefits with DWP
- Book your free survey for you
- Install your new fuel efficient oil boiler



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

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



Beachamwell



Quiz



**Saturday
May 11th
7.30**

£3.00 per person

Beachamwell Village Hall

Bring your own refreshments

There will be a Raffle

All proceeds to The Friends of St.
Mary's Church, Beachamwell

Enquiries and to book a table:
01366 328648 / 01366 328729

FAMILY COFFEE MORNING at

Barton Bendish Village Hall on

Easter Saturday

April 20th 10am-Midday

Easter Egg Tombola

Produce stall, Cakes, Raffle, etc
Any Donations very welcome

**PLEASE COME ALONG AND
ENJOY A CHAT**

In Aid of the Village Hall
For more information
please contact:

**Jill Mason Tel 01366 347928 or
07884411619**

? Quiz Night ?

Saturday April 6th

7.00pm for 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

Gardeners' Question Time

Wednesday 24th April at 7pm

Barton Bendish Village Hall

An evening to share our collective
gardening knowledge and experience

Tickets £5 Children FOC

In aid of Barton Bendish Village Hall

Improvement Fund

If you'd like to send in any questions
to the panel in advance please do so to

Anthony.blanchfield@btinternet.com

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday April 23rd	Beachamwell	Post Office	9.45 am
	Boughton	Sycamore House Mill Road	10.45 am
	Barton Bendish	Hatherley Gardens	11.10 am
Monday 8th April	Wereham	The Pond	12.25 pm
		Queen's Close	12.45 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

Drymere has changed routes. 9.45 am on 2nd and 30th April.

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	Theford/Downham

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Maureen Tasker	01366 347432
Beachamwell	Cathy Friend	01366 328892
Boughton	Pam Wakeling	01366 500429
Wereham	Doreen Rolph	01366 500218

Welcome to our store in Hunstanton

THE
LEATHER
SHOP

QUALITY AT A FAIR PRICE



Unit 1 Harlequin House (corner of main car park)

Le Strange Terrace PE36 5AJ

Tel: 01485 535486

www.edwardsleathercraft.co.uk

BARTON BENDISH NEWS

LIFE IN BARTON IN THE 1950S - continued

The School

Every child's first taste of education was in "the little room" where Mrs Trippe welcomed everyone and taught them the basic 3Rs. She loved to take everyone on Nature Walks in all seasons. Pupils moved up to the "Big Room" at seven years old where Mrs Warner took over teaching until it was time, at the age of eleven years, to move on to either the Grammar or Secondary Modern, as these schools were then known. The playground always seemed to be teeming with children; the girls loved skipping, the boys football and fighting! The school was linked closely with the Church and the Rector appeared every Tuesday morning to instruct in Religious Knowledge. It was always the tradition to attend the Church on Ascension Day and Saint Andrew's day. Sunday School was a must run by Miss Bessie Rumball. The annual summer outing to Hunstanton was a highlight of the year as was the Christmas Party held at the Village Hall with lots of food and games. The Methodist Chapel was also well attended with the Preacher cycling to the Village every Sunday to take the service. Children took part in what was known as "The Anniversary" and as a reward enjoyed a fine spread afterwards.

Maureen Buck

Poor's Charity

Don't forget the deadline for submitting the form you need to fill in to receive payment from the Poores Charity is Friday April 5th and should be sent to Miss Sarah Thorpe, Clerk to the Trustees.

88 Smeeth Road, Marshland St James, Wisbech, Cambs. PE14 8JF

Telephone number: 01945 430930

Email: bbpoorscharity@gmail.com

Barton Bendish Film Club Saturday April 13th at 7.00pm

Presents **The Guernsey Literary & Potato Peel Pie Society**

Starring Jessica Brown Findlay, Tom Courtenay, Lily James and Michiel Huisman.

In the aftermath of World War 11, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war.

Saturday 13th April 2019 – 7:00pm Running time 2 hrs 4 mins

Barton Bendish Village Hall Doors open at 6.30pm

Free popcorn and post screening refreshments included Tickets £5.00

To reserve your seat please contact tel 01366 347849 or email cinemabarton@gmail.com

Easter Family Coffee Morning Saturday April 20th 10am – 12noon

Please support our Village Hall by joining us for Coffee, Cake and a Chat between 10am and noon on Easter Saturday.

As usual there will be an Easter Egg tombola as well as the chance to win a delicious cake by entering the competition to guess how many eggs it is decorated with. There will also be book, cake and produce stalls as well the usual raffle.

Put your Easter Bonnet on display if you have the time to create one.

This is an event held annually to raise funds towards the costs involved with running our Village Hall. Money is needed to pay for insurances, water rates, electricity etc. As you all know they don't come cheap!!

Needless to say donations of cakes, produce, Easter eggs, raffle prizes etc would be very much appreciated.

Jill Mason 01366 347928 - Mob 07884411619 email masons.sandmere@btinternet.com

Gardeners' Question Time Wednesday April 24th at 7pm Village Hall

After a 12 year break Barton Bendish Village Hall is once again proud to host a Gardeners' Question Time at Barton Bendish Village Hall on Wednesday 24th April at 7pm. For novice or expert alike do come along for some fun in celebration of all things horticultural. It's an evening to share our collective gardening knowledge and experience. If you'd like to send in any questions to the panel in advance please do so to Anthony.blanchfield@btinternet.com

Tickets £5 in aid of Barton Bendish Village Hall Improvements . Children FOC Anthony Blanchfield (01366 347849)

Village Open Gardens Sunday June 2nd

An opportunity to wander round a number of gardens in the village and chat to the owners as well as enjoying a ploughman's lunch or tea and cake later on in the day.

Brian Reynolds – In His Own Write Autobiography Launch June 8th

Those people who have lived here any length of time will need no introduction to Brian. His work with Albanwise and as a leader in our community is the stuff of legend. A tireless workaholic, he believed in innovation, conservation and good husbandry. He has been a wonderful advertisement for the farming industry and an example of how the finest traditions can be built on with ideas and a perception of the future. He will not thank me for being so effusive but those who know him will know what I have said is deserved and accurate.

Brian has written an autobiographical book and, understandably wants to launch it, as Jill Mason did with her novel, in the Village Hall. We are still working on the fine detail but the event will be held in the Village Hall on the afternoon of Saturday June 8th. There will be no charge but there will be a retiring collection. Brian, who suffers from Parkinson's Disease, wishes to sell his book at £10 per copy in aid of Parkinsons, which is a very generous gesture. Obviously, the more books he sells the better so I hope this will be a popular event.

I know that Brian is going to talk, amongst other things, about his time as a boarder at King Edward VII Grammar School, King's Lynn which is where we first met. He has asked that we invite Will Stebbings (who was at Jill Mason's book launch) and Michael Walker, who is updating his superb book about the Grammar School, to join him at the book launch to discuss their books and experiences. There will probably be a number of ex Grammar School Boys at the event but there is bound to be a lot of local interest.

If you would like to come along please let me know so that we can arrange adequate seating and, no doubt, much better than average refreshments.

Andrew Stephen (acstephen@hotmail.com)

Village Hall Update

I am very pleased to confirm that good progress is being made with grant applications. We have applied for £144,00 worth of funding so far and have £21,000 in the kitty already. We are approximately $\frac{3}{4}$ of the way through the process of applying for funding. Some grants can't be applied for until a certain proportion of the total has been raised. We have been assured that we will be favourably considered by the Council when we are nearer to raising the total figure.

We have met with a Lottery representative who was very encouraging. We need to think very carefully about all the benefits that an extended and fully renovated Village Hall will bring to the community. Certainly, it is an asset which we cannot afford to lose given the activities which we already manage to hold in it. If you have any ideas about activities which would be popular and of benefit to our community, please let us know.

There is a Treasury Fund which exists to relieve VAT payments on Village Hall improvements. Our plans would cost us over £40,000 if all the planned work is done. Liz Truss, our MP, has been very supportive and we have been in frequent contact with her to access this fund. This would be a huge boost to our efforts and we are entirely confident that we qualify for this relief.

Can I remind you to support the Gardeners' Question Time at 7pm on April 24th? The cost of this is £5 and a fascinating evening will include a raffle and refreshments. All receipts will be in support of the Village Hall. Look out for other fundraising events.

Finally, can I urge you to support the West Norfolk Wins Lottery? It really does help us.

Thank you for your continued support. It's been a long road but we are getting there.

Andrew Stephen – Chair of Barton Bendish Village Hall Management Committee

The Berney Arms – a thank you

The Breakfast Club has been so well supported and encouraged by the staff at the Berney Arms that we have had a number of extra 'meetings'. There had been fears that we could no longer refer to the pub as 'our local' but these fears have been seen off. The new Manager is a breath of fresh air and it is wonderful that, once again, locals feel welcome if only for a drink. The Old Lennensians Committee met there last week and have suggested that we should always meet there! Such was the quality of the food and service. Now is the time, I feel, to support the efforts being made by the staff at our local. They deserve every success.

We don't yet have a date for our next Breakfast but we have been delighted at how successful these events have proved to be. All are welcome, irrespective, of belief. More than anything, it is an opportunity for the community to break bread together and to enjoy each other's company. Look out for posters!

Andrew Stephen

Look on www.bbvillagehall.btck.co.uk for further information about the village

Voices from the Vestry

Annual Parochial Church Meeting – April 3rd

The new Electoral Roll (ER) has now been completed and the Annual Meeting will be held at St Andrew's Church at 7.30pm on April 3rd. This meeting will consider changes to the ER; an Annual Report on the proceedings of the PCC and Parish activities; financial statements; a report of the fabric, goods and ornaments of the church; a report on the proceedings of the Deanery Synod and other parochial matters. Elections will also be held for the positions of Churchwardens, Synod Representative and members of the PCC.

Quiz Night – April 6th

This year Barton's ever popular Quiz Night is being held on Saturday, April 6th at 7pm for a 7.30pm start in the Village Hall. Teams can be of up to 6 people, £4 per person. Tea or coffee will be served but please bring your own food and

drink. To book your table contact 01366 347563 or 347 983.

Palm Sunday - April 14, 2019 at 10am

Group service for Palm Sunday starting at St Mary's Church. (You may start at St Andrew's if you wish.)

Palm Sunday is the final Sunday of Lent, the beginning of Holy Week, and commemorates the triumphant arrival of Christ in Jerusalem, days before he was crucified.

Palm Sunday is known as such because the faithful will often receive palm fronds which they use to participate in the reenactment of Christ's arrival in Jerusalem. In the Gospels, Jesus entered Jerusalem riding a young donkey, and to the lavish praise of the townspeople who threw clothes, or possibly palms or small branches, in front of him as a sign of homage. This was a customary practice for people of great respect.

Palm branches are a widely recognized symbol of peace and victory, hence their preferred use on Palm Sunday.

The use of a donkey instead of a horse is highly symbolic. It represents the humble arrival of someone in peace, as opposed to arriving on a steed in war.

Talk About Alzheimer's – April 17th

Alex Epstein (Rotary International Global scholar studying at the MRC Laboratory of Molecular Biology and Cambridge University) will talk about 'A Molecular Approach to Alzheimer's – Preventing the Disease of the Future'. Soup and crusty bread will be served. This will take place at 6.30pm in the Village Hall. Booking is essential. Contact ken.waters@btinternet.com (01366 727220) or rayburman@me.com (01842 828891).

Open Gardens – June 2nd

We hope that as many people as possible will open their gardens to make this a truly communal event. Those who visit Barton are always pleased with the welcome they receive here. Long may it continue.

Summer Soirée – July 28th

This will be held in St Mary's Church at 4pm. It will feature an afternoon tea and music performed by the village choir and some of their friends. Entry will cost £3 per person and the proceeds will be in aid of St Andrew's Church. A lovely time is guaranteed for all. Contact Linda or Mhari to find out more or to book your place.

Art/Craft/Photography Exhibition – September 13th/14th/15th

Dates for your diary! More details in the coming months.

TOPICAL QUIZ

1. **One important article of the Lisbon treaty must be invoked before Britain can leave the European Union. What is the article's number? a) 15 b) 40 c) 50**
2. **2. What is the name of the serving Governor of the Bank of England, who's Friday morning speech is thought to have calmed some of the market chaos?**
3. **In which year did Britain originally join the EEC, now known as the European Union? a) 1963 b) 1973 c) 1983**
4. **Which country followed Slovenia to become the second former Yugoslavian country to join the EU, when it joined in July 2013?**
5. **How many of the six founding members of the European Union can you name? A point for each.**
6. **In which year did Britain first hold a referendum on their continued membership of the European community?**
7. **What was the final tally of the 2016 referendum? a) 51.9% vs 48.1% b) 51.7% vs 48.3% c) 51.2% vs 48.8%**
8. **The Deutsche Mark is the former currency of which current European Union member, which now uses the Euro?**

1. 1.50
2. 2. Mark Carney
3. 3. 1973
4. 4. Croatia
5. 5. Belgium, France, West Germany, Italy, Luxembourg, Netherlands
6. 6. 1973
7. 7. 51.9% vs 48.1%
8. 8. Germany

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office—New Times

Monday and Thursday 13.00 – 13.15

Tuesday and Wednesday 11.10 – 11.30

Parish Council



The Annual Parish Council meeting and Ordinary Parish Council meeting will take place on May 13th at 7.30pm.

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

St Mary's Church



At a special meeting in St. Mary's on the 7th of March, a representative from Ely diocese outlined the possible courses of action the church might take when it ceases to hold regular services. He arrived late and was unable to illustrate his talk as he had forgotten to load the programme onto his laptop. He ran through the six possible options,

ending with the rather drastic option of having the building knocked down for safety reasons. Although he admitted that this eventuality was extremely unlikely, it was rather unsettling to have this possibility even mentioned. The rest of the options he outlined did not seem at all applicable to such a small community as Beachamwell. He stated that if the church closed, it would be very unlikely that any conservation trust would help in the preservation of the building.

Before the meeting, the favoured option by the PCC was to go down the route of the Festival Church. Although this concept was proposed by the Church of England some three years ago, it is so vague and ill-thought out that there is no practical guidance as to how any community can go about setting up a Festival Church. Worse still, the Ely Diocese would still demand that the church pay all or most of its parish share even though churches such as St. Mary's cannot pay its full parish share with its existing twice monthly services. How the church would be able to pay its parish share with only four services each year is something of a mystery.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The meeting was relatively well attended although the church was a long way from being full. After the presentation, a number of pertinent points were raised. Perhaps the most revealing comment was from someone who complained that many members of the community did not know that such an important meeting was being held this evening. Apparently, it's too much of an effort and commitment for many people to spend a few minutes each month to read *Group 4* and find out what is happening in their own village. One can only assume that the leaflet in last month's magazine had been eaten by the dog. Given that attitude, it's hardly surprising that the village church is in the state it now finds itself.

James Knox Whittet

Flower and Brass Cleaning Rota for April

7th Anne Knox Whittet; 14th Diana Lambert; 21st Easter Sunday [Several people]; 28th Victoria Lee

WI



At our March meeting, we welcomed local writer, Jackie Bennett who entertained us with a talk about the making of her latest book, "Britain's Island Gardens". Her talk gave a taste of her book and focussed on gardens in a selection of the islands she visited, from Orkney to the Scillies. It was illustrated with beautiful photographs taken by Richard Hanson. The talk also included some

of the hazards involved in producing such a book, from seasickness to misbehaving drones! At a time of dark nights and dull days, the evening gave us a lovely, timely reminder of what a beautiful country we live in. We were delighted to welcome a number of visitors, and we hope they enjoyed the evening as much as the members did.

Next month, on April 4th, Susi Hancock will give us a talk about how to keep fit and supple, with easy exercise ideas. Looking ahead, our May meeting which is a Storytelling session with Diana Mullis will be held in Barton Bendish village hall, because of local elections. As always, prospective new members and visitors are very welcome to join us.

Enquiries to Leah 01366 328536 or Helen 01366 328589

Maggie Mackenzie

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Daffodils

Chestnut Walk - 2,000 daffodils and counting! Those planted in 2017 are now a lovely display and those planted in the verge last autumn are just struggling through. Don't the ones planted by village children around the Fiveways island look splendid!



This autumn the plan is to plant at least a similar number around the church end of the village green: perhaps you and your family would be able spare an hour to help. No sophisticated equipment required. We'll try and give some notice but it's a bit weather/delivery dependent.

Simon Smith and Chrissy Barr

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	Second Saturday

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

CHURCH SERVICES IN APRIL Priory/Northern group)

Sunday 7th April The Fifth Sunday of Lent

10.00 am	Fincham Eucharist
10.00 am	Shouldham Morning Prayer
10.30 am	Marham United Worship (Methodist Chapel)
10.30 am	Stow Bardolph Holy Communion
11.00 am	Wormegay Holy Communion
3.00 pm	Nordelph Family Service

Sunday 14th April Palm Sunday

9.30 am	Shouldham Thorpe Holy Communion
10.30 am	Stow Bridge Holy Communion
10.20 am	Marham Morning Worship (Holy Trinity)
11.00 am	Runcton Holme Holy Communion
3.00 pm	Nordelph Family Service
6.00 pm	Fincham Evensong

Thursday 18th April Maundy Thursday

7.00 pm	Tottenhill Holy Communion
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Friday 19th April Good Friday

2.00 pm	Nordelph Good Friday Service in the Village Hall
2.30 pm	Wormegay Lay Led Meditation

Sunday 21st April Easter Day

10.00 am	Fincham Holy Communion
10.00 am	Shouldham Holy Communion
10.30 am	Marham United Worship (Methodist Chapel)
10.30 am	Wimbotsham Holy Communion
11.00 am	Watlington Holy Communion
3.00 pm	Nordelph Family Service

Sunday 28th April The Second Sunday of Easter

9.30 am	Fincham Holy Communion (said BCP)
10.30 am	Marham Holy Communion (Holy Trinity)
10.30 am	Nordelph Holy Communion
3.00 pm	Nordelph Family Service

THURSDAY SERVICES at 10am

HOLY COMMUNION **Fincham** 4th and 18th.(Maundy Thursday)

BAPTISMS AND WEDDINGS Please contact Mrs. Louise Vigus
Church Office, 27/29 Bridge Street, Downham Market, PE38 9DW
07596 707469 louise.vigus@westnorfolkpriorygroup.co.uk

CHURCH SERVICES IN APRIL (Wissey Valley/Southern Group)

Sunday 7th April The Fifth Sunday of Lent

9.30 am	Methwold	Holy Communion
9.30 am	Whittington	Service of the Word
11.00 am	Beachamwell	Holy Communion
11.00 am	West Dereham	Family Service
6.00 pm	Wereham	Evensong

Sunday 14th April Palm Sunday

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Holy Communion
9.30 am	Wretton with Stoke Ferry	Service of the Word
10.00 am	Barton Bendish	Joint Palm Sunday Service

Thursday 18th April Maundy Thursday

7.30 pm	Methwold	Tenebrae Service
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Friday 19th April Good Friday

11.00 am	Whittington	March of Witness
1.00 pm	Methwold	Service of the Word

Saturday 20th April

8.00 pm	Boughton	Benefice Easter Vigil
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Sunday 21st April Easter Day

9.30 am	Methwold	Holy Communion
9.30 am	West Dereham	Communion by Extension
9.30 am	Wretton with Stoke Ferry	Communion by Extension
11.00 am	Beachamwell	Communion by Extension
11.00 am	Wereham	Morning Prayer

Sunday 28th April The Second Sunday of Easter

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

MIDWEEK SERVICES

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

BOUGHTON VILLAGE NEWS

The Annual Parish Council Meeting was held on Monday March 18th, to report on the church affairs for the past year and to elect a churchwarden and Parochial Parish Council. Pam Wakeling was re-elected as churchwarden and the PCC comprises Angela and Andrew Faherty , Sandy Reid, Pippa Blackall and Janet Tidy. Paul Coulten has resigned as Treasurer and was thanked for his past service. We are in need of someone to take over this task in order to ensure the smooth running of the church. If you think you could be the person we need, please contact either the churchwarden or one of the PCC.

The new oil tank has been ordered at the time of writing,, so there should be heating for the Easter services. Thanks to those who have faithfully supported us during some rather chilly times.

There will be the Traditional Easter Vigil and Celebrations on Holy Saturday April 20th, starting at 8 pm in the church. Those who have been before will know that it's a very uplifting and exciting service, to which all are welcome. We will join with other parishes at Barton Bendish for the Palm Sunday service and Procession on April 14th.

Open Gardens Day will be on Sunday June 9th this year, and we would be delighted to have your garden on display, no matter what the size. It doesn't have to be perfect, (mine isn't) , but visitors enjoy the variety. Not all the normal gardens will be available this year, so any new offers will be gratefully appreciated. Some people worry about having strangers in their gardens, but the majority of those who have taken part have found it very rewarding. There will be plants on sale as well, so you may have spares to donate. Get in touch with me on 500429.

Pam Wakeling

Get Set for Gardening 2019

Calling all gardeners, Good Friday 19th April is a date for your diaries. There will be a selection of garden paraphernalia and plants for sale at Tapestry Cottage, Chapel Road, Boughton. From 10 am until.....everything sold!

All proceeds to All Saints' Church and yes, if you have any items to donate they will be greatly appreciated.

Andrew & Angela on behalf of Boughton PCC

The final meeting of the Parish Council before elections will be on Thursday April 25th in the church. Thank you to all those councillors who give up their time for the village.

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Dates

Tuesday 14 May 2019 at 7.00 pm in the Wereham Village Hall (Annual Parish Meeting and Annual Meeting of the Parish Council)

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

Wereham Cemetery – Memorials Next of Kin

Please could any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk to agree to share their contact details. We need to ensure that our contact database for the purposes of contacting next of kin, where we need to discuss

memorials is as up to date as possible. *Helen Richardson*
Wereham Parish Clerk and Finance Responsible Person

Email werehampc@gmail.com or Phone/Text: [0779 500 6811](tel:07795006811)

Craft Group.

Our meetings are held monthly on the second Tuesday of every month, 10.30am until about 12.30pm, coffee and cake or biscuits are served during the morning. Last month one of our members gave us a demonstration on paper flower making and the end result can be seen in the foyer cafe on the tables. New members always welcome. Our next craft Fair is on 1st June 2019. for details please contact me on [01366 501330](tel:01366501330) or [07749240606](tel:07749240606), e mail rosemary.pease@btinternet.com.

Short Mat Bowls.

Just a reminder that as from 4th April we will be playing on a Thursday evening from 7pm until 9pm, new members always welcome. For details please contact Philip on [01366 501330](tel:01366501330), or [07759033492](tel:07759033492), e mail rosemary.pease@btinternet.com.

Car Boot and Cafe.

These are very popular and are always busy, we have added toast and butter to our Sunday menu now which was very popular last month. For further details please contact Philip on [01366 501330](tel:01366501330), or [07759033492](tel:07759033492). Email rosemary.pease@btinternet.com. All are welcome.

Calling all actors – casting for new production in West Norfolk

The recently formed drama group, Wissey Valley Players, are planning a production of Tom Stoppard's hilarious parody of a country house murder mystery, *The Real Inspector Hound*. There are plenty of laughs as the one-act play unfolds and the fog rolls in. Agatha Christie it is not, but a minor comic masterpiece to tickle your ribs it is.

Founders of the group, Keith and Chris Murray said: "We already have some interest in the production and are now looking to cast the key roles".

If you would like to get involved, the group are based in the lovely Wereham

Village Hall (the UK's 1st accredited Passivhaus Village Hall, built in 2018 and offering great facilities). Wissey Valley Players meet fortnightly, and to register your interest or for further information please contact Keith or Chris at: stagestruck_37@hotmail.com .

WEREHAM VILLAGE HALL ACTIVITIES

All activities are listed in the Community Section of this magazine. Any further details are featured in the website www.werehamvillagehall.co.uk and on the Facebook page Wereham Village Hall.

WEREHAM MESSY CHURCH St, Margaret's Church, Wereham

Wednesday 3rd April 4.00pm – 5.15pm

Messy church is a family friendly church service which involves a craft activity, a short service where children read, play instruments, sing songs and then eating together.

There is no charge . Everyone is welcome.

Please tel Debbie or Ian Rye on 07863049677 if you have any questions or just turn up and join in.

Donations to the church are welcomed

WEREHAM OPEN GARDENS SUNDAY 16TH JUNE

For St. Margaret's Church, Open Gardens in June and the Church Festival in July are the two main sources of income which keep the church going. There is a dedicated group of gardeners and helpers who take part every year and without them Open Gardens couldn't continue, but it is also great to welcome new gardens to add extra variety to the event.

So, if you would consider opening your garden or helping with the organisation I would be very pleased to hear from you. As a reward you meet a lot of friendly visitors who are genuinely interested in your garden—that's where they get their ideas from!—and you will be helping to raise vital funds for our beautiful village church of St. Margaret.

Thanks. Greg Baddock. [01366 500233](tel:01366500233)

CINEMA – WEREHAM VILLAGE HALL

Bohemian Rhapsody

Friday 26th April

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Book online at www.werehamvillagehall.co.uk, or on the door.

Also at the Village Hall (10.00am – 3.00pm.)

Wereham Church Festival (21July 2019). Planning Meeting Two

Our 2nd planning meeting will be held on Tuesday 9th April In the church at 7.00pm . If you are keen to be involved and wish to contribute, please come along and join us .This very popular annual event is vital to help maintain our ancient church in the centre of our expanding village.

Tom Golden

Swaffham Jazz Club

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Tuesday 9 April at 7.30.
Lee Vasey and Friends

Tuesday 14 May at 7.30.
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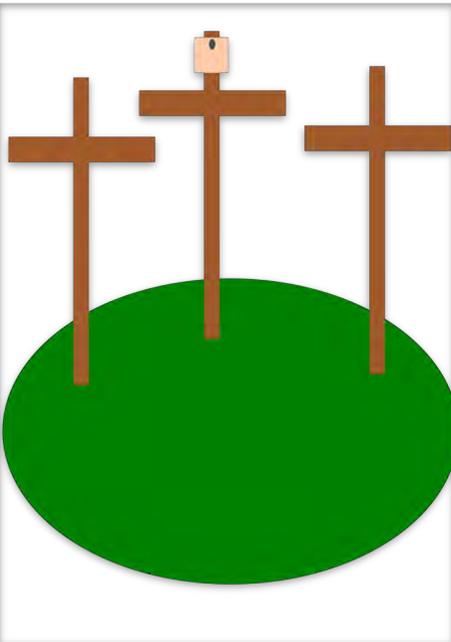


COUNTRYSIDE NOTES - FEATHERS

In these modern times not many people have ever plucked a bird but it is in fact quite interesting to do so. Feathers are complex structures. Being barbed they interlock, serve specific purposes and come in different shapes and sizes, even on the same bird. Like our finger nails they are made from a tough, flexible material known as keratin and new feathers grow surprisingly quickly.

Perhaps the first thing we notice about a bird is its plumage and this time of year they look their best. Some species are quite drab, others moderately colourful and some are truly spectacular, especially the feathers on a kingfisher, a swallow or the heads of cock pheasants and mallard drakes which shine iridescent when they catch the light. Even the humble starling can look magnificent when the sun is shining. Very often the female is quite dowdy compared with the cock but in some cases they look identical. Each year birds gradually moult in summer and grow a new set of feathers. Interestingly male ducks lose all their wing feathers at the same time and are unable to fly for a few weeks. Their colourful body feathers are replaced with brown ones so they look like females; this provides camouflage when they are vulnerable. The drakes then moult again, regaining their colour. This process is known as 'eclipse'. Feathers provide insulation and it's very important they are kept clean and serviceable. Some species do this by either dustbathing or bathing in water. Most have an oily preen gland at the base of the tail which they use afterwards to waterproof their feathers.

Obviously the large wing (remiges) and tail feathers (rectrices), also known as quills, are very important as an aid to flying. It is common practice to clip half the feathers on one wing of a chicken to prevent it flying out of its pen. The short feathers on the top of the wing are called coverts. The body is covered with contour feathers which overlap like roof tiles, large ones on the flanks and either side of the breast and smaller elsewhere. These can be raised to trap air beneath for insulation or lowered at will. Beneath this covering are filoplumes – sensory hair like feathers. Wildfowl, sea birds and gulls have an additional insulating layer of light, fluffy down beneath their feathers. Originally eiderdowns were stuffed with the down from eider ducks but most down is now imported from China, typically from birds killed for their meat. The bodies of pigeons, herons, bitterns and some species of parrots are covered with what is known as powder down or dander. This grows continuously and instead of being moulted the tips disintegrate into a powdery substance. These species have a reduced preen gland or none at all. Owls' feathers are designed so that they can fly silently. *Jill Mason*



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

Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB

Tel: 01760 721271

Email: admin@homestartswaffham.org.uk

 **National Trust**
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Events 2019

April

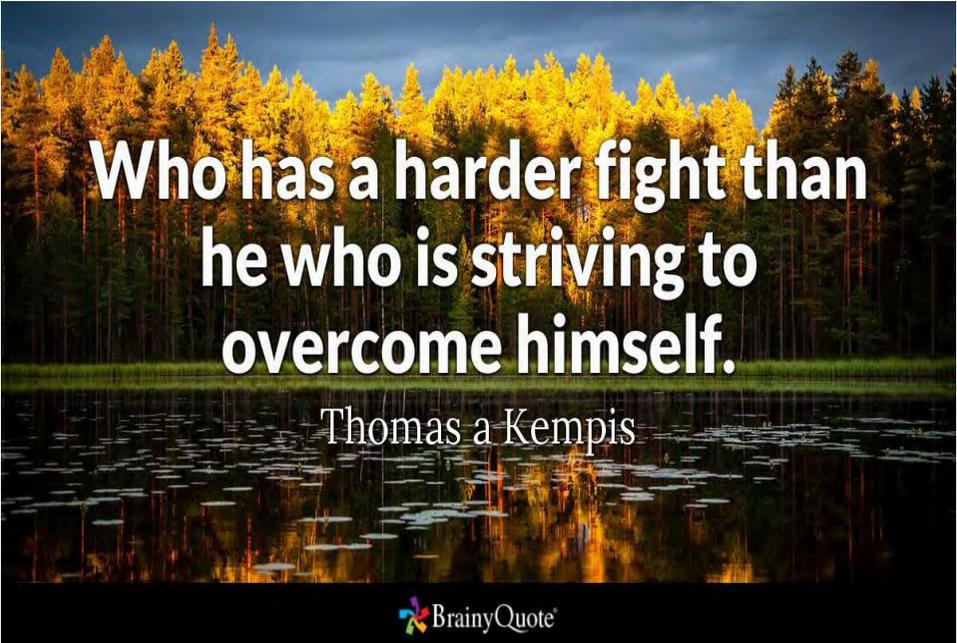
Saturday 20th, Sunday 21st and Monday 22nd April, 10.30am – 4.30pm (last trail sold at 3.30pm)

Cadbury Easter Hunt

Easter is that time of year when the natural world around us springs back to life. Experience all that nature has to offer exploring the grounds following the Easter hunt and claim your Cadbury chocolate prize.

There will be outdoor activities and garden games to enjoy, too.

£2.50 per Hunt, plus normal admission to grounds applies.



**Who has a harder fight than
he who is striving to
overcome himself.**

Thomas a Kempis

SWAFFHAM HERITAGE

Easter approaches, and holidays for children. Wondering what to do during the holiday? Visit us. Swaffham Museum as part of Swaffham Heritage, reopened in February after a very busy six weeks. The closed period saw changes to galleries and to the Tourist Information Centre which is situated in the Museum shop.

Swaffham Heritage's Archaeology Room has been renamed the Monique Slaven Room in honour of the work done by the metal detectorist in the fields of Sporle with Palgrave over almost 30 years.

Monique's hobby brought to light a huge variety of objects from Stone Age flint tools to 20th century military badges and children's toys. One of her proudest moments was uncovering the Mid-Norfolk hoard – a collection of medieval silver coins which is still being added to today by later detectorists. The hoard is unusual in content and experts believe that Sporle was a commerce base during the 14th to 15th centuries. Monique died last year aged 91 and had been a favourite steward of the museum for many years until shortly before her death. The renaming of the room is a fitting tribute.

In this room we have a large Flint Core – which has a 'face' with eyes and a mouth. We have a monthly competition to name the core, and the winning name for February is 'Cappi'. If you would like to enter a name, then visit us, or see her/him on our website. The prize is a family entry ticket.

Conflict and Consequences – This Gallery looks at the effects of conflict on a small market town and its environs. This gallery has benefitted from a grant from The Heritage Lottery Fund. We have many artefacts, and this room – like all rooms – has activities for children.

Open Mon – Fri 10-4, Sat 10 to 1. A small charge applies, except on Saturdays which are free during 2019. More information on our website (www.swaffhammuseum.co.uk)

Veronica Hutchby – Publicity Officer

Joke Spot: *Little Johnny who was 6 years old had attended the Ash Wednesday service and had the cross marked in ash on his forehead. On the way home he bumped into Rachel, a friend from school. She asked Little Johnny what that smudge was on his forehead. He replied, "Its Ash Wednesday." "What's Ash Wednesday?" Rachel asked. "Oh, its when Christians begin their diet," he replied.*

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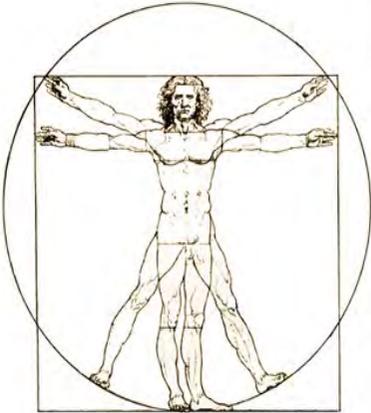
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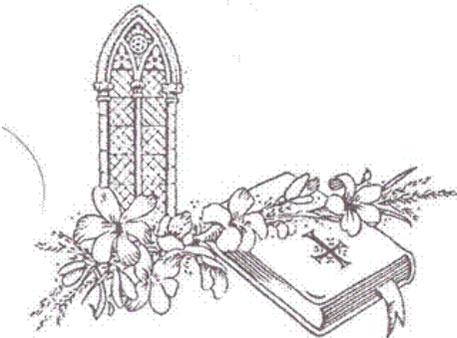
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^{16b-21} So they took Jesus and he went out carrying the cross himself, to a place called Skull Hill (in Hebrew, Golgotha). There they crucified him, and two others, one on either side of him with Jesus in the middle. Pilate had a placard written out and put on the cross, reading, JESUS OF NAZARETH, THE KING OF THE JEWS. This placard was read by many of the Jews because the place where Jesus was crucified was quite near Jerusalem, and it was written in Hebrew as well as in Latin and Greek. So the chief priests said to Pilate, "You should not write 'The King of the Jews', but 'This man said, I am King of the Jews.'" To which Pilate retorted, "Indeed? What I have written, I have written." When the soldiers had crucified Jesus, they divided his clothes between them, taking a quarter-share each. There remained his shirt, which was seamless—woven in one piece from the top to the bottom. So they said to each other, "Don't let us tear it; let's draw lots and see who gets it." This happened to fulfil the scripture which says—'They divided my garments among them, and for my clothing they cast lots'.²⁵⁻

²⁷ While the soldiers were doing this, Jesus' mother was standing near the cross with her sister, and with them Mary, the wife of Clopas and Mary of Magdala. Jesus saw his mother and the disciple whom he loved standing by her side, and said to her, "Look, there is your son!" And then he said to the disciple, "And there is your mother!" And from that time the disciple took Mary into his own home.²⁸ After this, Jesus realising that everything was now completed said (fulfilling the saying of scripture), "I am thirsty."²⁹⁻³⁰ There was a bowl of sour wine standing there. So they soaked a sponge in the wine, put it on a spear, and pushed it up towards his mouth. When Jesus had taken it, he cried, "It is finished!" His head fell forward, and he died. The body of Jesus is removed³¹⁻³⁶ As it was the day of preparation for the Passover, the Jews wanted to avoid the bodies being left on the crosses over the Sabbath (for that was a particularly important Sabbath), and they requested Pilate to have the men's legs broken and the bodies removed. So the soldiers went and broke the legs of the first man and of the other who was crucified with Jesus. But when they came to him, they saw that he was already dead and they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there was an outrush of blood and water. And the man who saw this is our witness: his evidence is true. (He is certain that he is speaking the truth, so that you may believe as well.) For this happened to fulfil the scripture, 'Not one of his bones shall be broken.'³⁷ And again another scripture says—'They shall look on him whom they pierced.'³⁸⁻

⁴² After it was all over, Joseph (who came from Arimathaea and was a disciple of Jesus, though secretly for fear of the Jews) requested Pilate that he might take away Jesus' body, and Pilate gave him permission. So he came and took his body down. Nicodemus also, the man who had come to him at the beginning by night, arrived bringing a mixture of myrrh and aloes, weighing about a hundred pounds. So they took his body and wound it round with linen strips with the spices, according to the Jewish custom of preparing a body for burial. In the place where he was crucified, there was a garden containing a new tomb in which nobody had yet been laid. Because it was the preparation day and because the tomb was conveniently near, they laid Jesus in this tomb.

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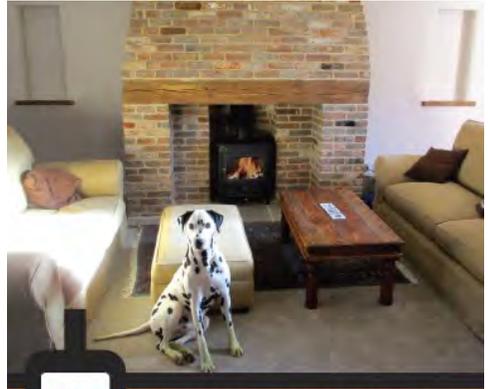
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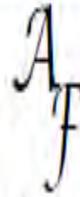
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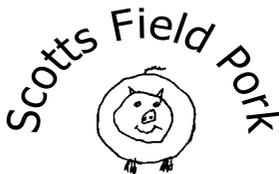
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