

Group 4

NEWS



The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere;
Boughton; Wereham
February 2017

WELCOME

A belated Happy New Year to all our readers!

We hope that you will enjoy the magazine in 2017 and that it will continue to provide you with news, information about local services and events, together with some lighter items and items of general information.

Please remember that this magazine can only go free of charge into more than 700 homes because it is paid for by the adverts. Use it to advertise and reach a wide audience, but if you do, please be a good customer and pay the bill promptly!

As usual, many events to read about and look forward to. It's all part of building a community.

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

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

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

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

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Please submit all information through your Village Contacts.

**Deadline for copy for the
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11th February

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FROM THE RECTORY

Dear Friends,

The first three official Church engagements in my diary for this New Year were a celebration of the Epiphany, celebration of the Baptism of Christ and on the Monday following, Blessing the Plough (for a colleague) at Northwold. All highly appropriate observances for a new year. Epiphany is the showing of Christ to the world as described by the visit of the Magi. We continue this witness as we take Christ's light on into the darkness of winter and the uncertainties of this new year. In his Baptism, Jesus was identifying with all of us who would follow him: in our everyday lives we are not alone.

Plough Sunday, traditionally the Sunday after Epiphany, is when God's blessing is asked for the plough and those who work the land, to ensure a good harvest. The next day, Plough Monday, was the day that work on the land began again after the Christmas break. Good-natured fun was had in taking a Plough through the village with a begging bowl and perhaps, as in Northwold, with mummers' plays to follow. Both the Plough Ceremony and the Mummers are associated with St Andrew's Church, with other groups joining in.

However we observed or celebrated this New Year, I hope we will feel both comforted and inspired to move into 2017, and continue into the **Interregnum**, with confidence, for once again **change** is high on the agenda for all of us! Brexit, of course, and in our village Churches a hoped for successor to Barbara as our new priest in charge. Changes will be suggested to our benefice groupings, some of which have worked creatively together for many years. There is evidence that not all of us have known the details of the Deanery Plan and have felt a degree of alarm. Now is the time to consult with our Churchwardens and deanery representatives and in our PCCs, so that the final decision about groupings and subsequent appointment(s) may be the best for all of us when the Deanery Synod meets in March.

Meanwhile, during this winter, some of us have felt the sadness of bereavement and difficulties with age and health; may all of us know that the comforting light of Christ is leading us through the darkness into the New Year.

Very sincerely

Robin

BENEFICE NEWS

Beachamwell

Beachamwell have a structural problem which seems to be water leaking into the roof area and causing the plaster to fall into the church. Please check that the church is open before setting out to attend a service there.

Deanery Plan

The PCCs are discussing the proposed Deanery plan, which will see great changes to the organisation of the eight parishes if it is accepted. Please make sure that you are aware of what the plan says and that your PCC is represented at the Deanery Synod meeting in March.

Service Rota

We are fortunate that with the help of the retired clergy, we are maintaining a fairly unchanged rota of services. However, particularly at times such as Easter and Christmas, **this will not always be possible.** Please try to attend services in other churches if there isn't one at your church. Some of our congregations are very small, so they need your support if the churches are to remain open.

Marham Sunday Café

On the first Sunday per month this is held at the Methodist Church from 10.30am to 11.30am - informal chat and the theme per meeting will be **'Getting to know you'** followed by refreshments, For further information contact ☎ Philip Fay 01760 444199.

Barton Bendish

Traditional Burns Supper Saturday 28th January – contact 01366 347849 or 01355 347563 for further information

Were you once a bellringer?

There are two pleasant and light rings of six in the benefice and returnees are always welcome. If this is you, please contact Pam Wakelng 01 366 500429 (Fincham) or Brian Hullah 01 366 347814 (Shouldham). It's never too late to come back!

STICKY TOFFEE APPLE PUDDING

Ingredients

85 g butter (melted)	140g self-raising flour
100g soft brown sugar	1tbsp baking powder
200ml milk	1 egg beaten
1tsp vanilla extract	2 Bramley apples, peeled, cored and sliced

For the topping

140g muscovado sugar	50g hazelnuts roughly chopped
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Method

Heat oven to 180C/gas mark 4

Grease a 2 litre/3½ pint ovenproof dish lightly with butter

Tip the flour and baking powder, along with a pinch of salt, into a large bowl.

Add the soft brown sugar. Blend well.

In a separate bowl, whisk together the egg and milk.

Gently melt the butter. Allow to cool slightly and whisk this into the egg and milk mixture.

Stir this into the flour mixture and beat well. Add the vanilla extract.

Peel and core the apples. Slice thickly. Place in the bottom of the prepared dish.

Pour the batter over the apples.

Make the topping:

Place the muscovado sugar into a saucepan with 250 ml of water. Bring to the boil, stirring frequently.

Spoon the liquid over the pudding mixture. Scatter over the hazelnuts.

Bake for about 35 minutes until the pudding has risen and is golden.

Use a big spoon to serve the pudding, making sure you get some of the caramel Sauce covering the bottom of the dish. Serve with pouring cream, warm custard or vanilla ice cream.

CANDLEMAS – FEBRUARY 2nd

The Feast of the Presentation of the Lord, commonly called Candlemas, commemorates the presentation of Christ in the temple and the ritual purification of the Virgin Mary. The feast falls on February 2nd. The altar is dressed in white and the priest's vestments reflect this. Alternate Names: Candlemas, Feast of the presentation of Christ in the Temple, Feast of the Purification of the Blessed Virgin, *Hypapante tou kyriou* ("meeting of the Lord").

The Feast of the Presentation, often called Candlemas, commemorates the purification of the Blessed Virgin Mary and the presentation of Christ in the temple, which occurred 40 days after his birth as prescribed by Jewish law. According to the Mosaic law, a mother who had given birth to a boy was considered unclean for seven days. Also, she was to remain 33 days "in the blood of her purification." Luke tells us, quoting Exodus 13:2,12, that Mary and Joseph took Jesus to Jerusalem because every firstborn child was to be dedicated to the Lord. They also went to sacrifice a pair of doves or two young pigeons, showing that Mary and Joseph were poor. Once in the temple, Jesus was purified by the prayer of Simeon, in the presence of Anna the prophetess. Simeon, upon seeing the Messiah, gave thanks to the Lord, singing a hymn now called the *Nunc Dimittis*:

*Lord, now you let your servant go in peace,
your word has been fulfilled:
My own eyes have seen the salvation,
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel.*

Simeon told Mary, "Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against, (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed." Simeon thus foreshadowed the crucifixion and the sorrows of Mary at seeing the death of her Son.

The name Candlemas comes from the activities associated with the feast. It came to be known as the *Candle Mass*.

History Egeria, writing around AD 380, attests to a feast of the Presentation in the Jerusalem Church. It was kept on February 14th. The day was kept by a procession to the Constantinian basilica of the Resurrection, with a homily on Luke 2:22-39. However, the feast had no proper name at this point; it was simply called the 40th day after Epiphany. This shows that the Jerusalem church celebrated Jesus' birth on the Epiphany Feast (as is common in some Eastern Churches today). In regions where Christ's birth was celebrated on December 25th, the feast began to be celebrated on February 2nd, where it is kept in the West today. In 542, the Emperor Justinian introduced the feast to the entire Eastern Roman empire in thanksgiving for the end to a great pestilence afflicting the city of Constantinople. Perhaps this is when Pope Gregory I brought the feast to Rome.. Pope Sergius (687-701) introduced the procession to the Candlemas service. The blessing of candles did not come into common use until the 11th century.

The origins of the feast are based in Scriptural chronology. Some superstitions developed about Candlemas, including the belief that if one does not take down Christmas decorations by Candlemas, traces of the holly and berries will bring about the death of the person involved. In past times, Candlemas was sometimes viewed as the end of the Christmas season, although there doesn't seem to be strong evidence it was officially ever considered part of the Christmas season.

Candlemas Day was also the day when some cultures predicted weather patterns. Farmers believed that the remainder of winter would be the opposite of whatever the weather was like on Candlemas Day. An old English song goes:

*If Candlemas be fair and bright,
Come winter, have another flight;
If Candlemas bring clouds and rain,
Go winter, and come not again.*

Thus if the sun cast a shadow on Candlemas day, more winter was on the way; if there was no shadow, winter was thought to be ending soon. This practice led to the folklore behind "Groundhog's Day," which falls on Candlemas Day. Today, the feast is still celebrated on February 14th in some Eastern Churches, including the Armenian Church, where the feast is called, "The Coming of the Son of God into the Temple." Most churches celebrate it on February 2nd.

This is a shortened and edited version of the information found on *ChurchYear.Net*.

COUNTRYSIDE NOTES ORIGINS OF SAYINGS

It was customary for poor people to only bath once a year and it's said the tradition of brides carrying a bouquet of flowers came about as it helped conceal body odours. Men, women and children, in that order would take their bath in a large tub of clean water drawn from the well. Babies were bathed last by which time the water was possibly so dirty they might disappear from view hence the saying *'Don't throw the baby out with the bath water!'*

The roofs of houses were nearly all thatched thickly with straw providing a cosy place in which various small animals such as mice, rats, bugs, birds and even cats and dogs sought comfort. Canopies above beds provided protection from the creatures' excrement dropping from the roof space. If the thatch was wet or frozen animals walking about on top the roof would sometimes slip off giving rise to the saying *'It's raining cats and dogs.'*

Only the rich could afford anything better than a dirt floor, hence the descriptive term *'dirt poor.'* The well-off had brick or slate flooring which became slippery in winter when it was wet. To overcome this threshed straw was spread over it which was added to as winter progressed. This ended up thick enough to fall out the door when it was opened so a piece of wood known as a *'thresh hold'* was fixed across the entrance to keep the thresh (straw) inside.

Poor people could rarely afford meat although occasionally they might acquire some bacon. This would be proudly displayed where visitors could see it as a sign that the man of the house could afford *'to bring home the bacon.'* Visitors were offered small pieces and would sit around and *'chew the fat.'* Bread was shared out according to status. Workers got the bottom of the loaf which was often burnt, the family ate the middle and guests were presented with the top - the *'upper crust.'*

Ale and whisky were often drunk from lead cups the combination of which sometimes rendered the drinkers unconscious for a couple of days. They appeared dead but as a safeguard prior to burial the body would be laid out on a table for a couple of days while the family gathered round eating and drinking and waiting to see if it would wake up. Hence the custom of holding a *'wake.'*

In some churchyards there was little room for fresh graves and coffins were dug up so the space could be reused. It was not unusual to find scratch marks on the inside indicating that the occupant had been buried alive. It then became customary to tie a piece of string on the wrist of the corpse which was threaded through the coffin and out of the ground where it was attached to a bell. Someone would sit out in the graveyard all night, *'the graveyard shift,'* listening for the bell. Thus if movement was detected the body inside the coffin could be *'saved by the bell'* or was considered a *'dead ringer.'* Jill Mason

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. £5 per class - (or only £18 per month by standing order only). 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 if 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 The **W.I.** meets on the second Wednesday of every month at 7.30pm. Subscription is paid each January -£39.00 and there is just 15p towards teas and a raffle ticket - 50p - on the night. New Members are always welcome – either just turn up or contact Sue on 01366 347305. **Fincham Local History Group** meets every two months on a Wednesday. The **Flower Club** meets on a Thursday afternoon from 2.30pm – 4.30pm. **Fincham Chorus** meets every Thursday from 7.00pm – 9.00pm and is for anyone who loves singing (especially bass and tenor). They sing all kinds of music (except modern pop!). Subs are £88 per year and can be paid half-yearly or quarterly if wished. Interested? Then just turn up – no need for an audition. **U3A Patchwork & Quilting group** meets on the first and third Friday of each month from 1.30pm – 4.00pm. They are part of Downham Market District University of the Third Age. Further information about this can be found on the U3A website. Anyone who would like to join the P and Q group does need to be a member of the U3A. The aim is to enjoy the craft and learn as they go along. They have a whole day workshop each term with an outside tutor and they try to do something for charity every year. They have also started to exhibit their work to show off the talents in the group. They also meet socially for meals and visits to places of interest. Please contact Carole at 01366 388845 for more information. **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 tipple and snacks. Costs £2.00 per person

Barbara Ponder

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for the outdoors

Further details please telephone
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Beachamwell WI

Thursday 2nd February
7.30pm

Beachamwell Village Hall
An Illustrated talk given by Maggie
Mackenzie

**“A Road Trip in the
American West”**

Visitors Welcome
Tickets £3.50

Enquiries:

Beachamwell Book Group

Tuesday 7th February

7.30 – 9.00

Beachamwell Village Hall

Book to be discussed over a glass of
wine

**‘The King’s Curse’
by Philippa Gregory**

Annual Subscription £15.00

New members welcome

Beachamwell Afternoon Tea and a Chat.....

Wednesday
February 15th
2 - 4pm

**Beachamwell
Village Hall**



Enquiries
01366
347673

Beachamwell & Fincham

Family History Group

“Practical Sorting Session with Kelvin Smith”

A chance to go through some of your photos, papers etc and sort them out.

Tuesday 21st February
12.00 -4.00
Beachamwell Village Hall

Enquiries:
01366 347694 or 01366 328536

Beachamwell Craft Group

Wednesday 22nd February

2.00 - 4.00

Beachamwell Village Hall
PLEASE NOTE CHANGE OF DAY

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:01366 328536

Nar Valley Ornithological Society (NarVOS)

Tuesday 28th February 2017, 7.30pm at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road.

Please come along to:

An Evening with Chris Knights

It's a little while since we have had a full evening's worth of Chris Knights, so we look forward with eager anticipation to his presentation – on whatever wildlife subjects and locations he chooses. Chris is well known as a farmer, conservationist, award winning photographer and film maker. Whatever topic Chris chooses, it is bound to be enthralling, entertaining and informative with superb photography.

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.



Poppy Kleiser

the Fenland Poet

**Sunday February 26th
3.00 pm**

Swaffham Assembly Rooms

£9.00 for members

£12 non-members

Accompanied children free

Tickets from
Green Parrot 01760 724704
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Enquiries
01366 328648

Forthcoming events at Downham Market Library

Regular events

Scrabble Club

8th, 15th, 22nd and 29th

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

Knit and Natter

1st and 3rd Wednesdays, term time only.

1.30 – 3pm.

2nd and 16th November

Baby bounce and rhyme

Thursdays – 10-10.30 term time only

Other events

Tax, Care and Toy Boys

A talk by Collective Legal Solutions on Inheritance tax, long term care and sideways disinheritance.

Tuesday 1st November 1 - 2pm.

Please note this event is part of the Friendship group so £1 is payable on arrival, includes refreshments. Booking essential.

Make a gem card for Christmas

Come along and make a Christmas gem card.

Tuesday 8th November 10.30am - 12 noon

£2 covers cost of materials and refreshments. Booking essential.

Internet for beginners

For those struggling to get started

Wednesday 23rd November and 30th November 10am – 12 noon.

Free – Booking essential.

Downham Market Library Friends Group

Are you interested in finding out how you can support your local library? If so then contact us to find out more about our Downham Market Library Friends group. The roles are very

flexible and vary depending on the time you can give. For further information give Fran, Linda or Elena a ring on 01366 383073

November 5th and 6th – Love to Read Weekend

Visit your local library and find out what books the library staff are recommending.

Find out what else you could be reading...

www.facebook.com/NorfolkLibrariesUK

<https://norfolklibrarybookreviewblog.wordpress.com>

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Elena Parkin, Community Librarian

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other person or some
other time. We are the
ones we've been
waiting for. We are
the change that we
seek.**

Barack Obama

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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:

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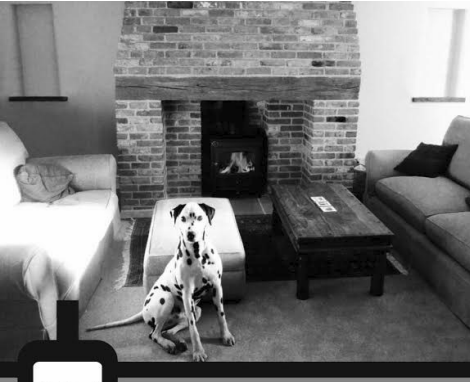
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Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent.

Martin Luther King, Jr.



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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 .





Make a difference to the lives of vulnerable children and young people by becoming a volunteer in our Swaffham shop.

The Children's Society charity shop in Swaffham has opportunities for new volunteers to join its friendly team.

Our charity provides a range of different services to the most vulnerable children and young people across the country, including those living in poverty, missing from home or at risk of sexual exploitation. Our shop volunteers enable us to raise vital income, ensuring we are there for vulnerable children in their time of need.

Volunteering in a charity shop is a great way to learn new skills, meet new people and have fun. The only skills required are good customer service, the ability to work as part of a team, and a genuine commitment to the work of The Children's Society. Volunteering days and hours are flexible and full training is provided.

If you would like to volunteer, please visit the shop and speak to the manager Tracey Green, or Caroline Welham, e-mail volunteeringteam@childrenssociety.org.uk or alternatively visit www.childrenssociety.org.uk/what-you-can-do/volunteer

The shop is located at 45 Market Place, Swaffham, PE37 7LA. Tel: 01760 725116 or 01760 724231.

MAGPIE CENTRE NEWS



More than 70 people attended the Magpie Centre Carol Service, held on Thursday December 8 in the indoor school at Wallington Hall.

Stars of the show were members of the Watlington Primary School choir, conducted by music teacher Mrs Heather Simmons, who gave a delightful performance of Christmas Calypso. This was followed by a Nativity tableau, complete with "Mary" riding RDA pony Pebbles.

Next were cheque presentations to Rosie O'Grady, Chair of West Norfolk Riding for the Disabled Association, from the Fenman Motorcycle Club; the Clerks of Works East Anglia Chapter, and Trevor Sturrock who raised £675 for the Magpie Centre by cycling a magnificent 1,334 miles – some of which was through a blizzard on the Isle of Skye.

The event culminated with mulled wine, apple juice and mince pies all round, and the raffle, plus bucket donations realised £168 profit for the Centre.

For those organising programmes for local groups, the Magpie Centre can supply speakers on the topic of riding as therapy for people with disabilities, the development of the Riding for the Disabled movement, and current activities at the Magpie Centre, home of WNRDA.

And if volunteering is on your New Year resolution list, look no further. The Magpie Centre welcomes your talents, whether hands-on with the ponies, walking beside the riders, making cakes or helping at events, we'd love to hear from you. Just call 01553 810202.

For any queries or more details, please call me on 01553 828935 or email c.dudley@success-in-english.co.uk.

For those organising programmes for local groups, the Magpie Centre can supply speakers on the topic of riding as therapy for people with disabilities, the development of the Riding for the Disabled movement, and current activities at the Magpie Centre, home of WNRDA.

And if volunteering is on your New Year resolution list, look no further. The Magpie Centre welcomes your talents, whether hands-on with the ponies, walking beside the riders, making cakes or helping at events, we'd love to hear from you. Just call 01553 810202.



Do something amazing this year and support an older person in Norfolk

Every year, thousands of older people look to local charity Age UK Norfolk for support. Whether it's a bit of advice in a time of need, help filling out complicated forms or just a friendly chat when they're feeling lonely, we are here to help.

But we can't do it alone. Without the help of our dedicated team of volunteers who give up their own time, we couldn't deliver all the services that we do. This year, following on from campaigns such as Good Morning Britain's 1 Million Minutes, we're asking if you could pledge some time to help make a change in someone's life.

No experience is necessary, and whatever your talents and interests, there is bound to be a voluntary opportunity where you can share your knowledge, make new friends and make a real difference.

All volunteers are offered full training and will get ongoing support and advice from the volunteer management team.

To find out more call 01603 785 241 or visit www.ageuknorfolk.org.uk

For any more information regarding this advertorial, please contact Michelle Jay, Marketing and Communications Officer on 01603 785 215 or marketing@ageuknorfolk.org.uk

Age UK Norfolk is the operating name of Age Concern Norfolk, a charitable company limited by guarantee and registered in England and Wales (registered charity number 1077097 and registered company number 03783205).

Change your life today. Don't gamble on the future, act now, without delay.
Simone de Beauvoir

Never believe that a few caring people can't change the world. For, indeed,
that's all who ever have. Margaret Mead

Change is the law of life. And those who look only to the past or present are

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.

SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

The Office Staff and Volunteers hope that you all had a wonderful Christmas and New Year enjoying both festive events.

I want to apologise for omitting the lucky winner's names from our annual Christmas Draw that was drawn last month, they are as follows: 1st prize a cheque for £250.00, Robert Southgate, 2nd prize a cheque for £150.00, Barbara Lawrence and finally the 3rd prize a cheque for £100.00, yours truly. I would like to mention that Barbara donated £50.00 of her prize back to the Charity. Finally a big Thank You to Tesco for allowing us to sit in the Store for a week selling the raffle tickets, the local shops who assisted us as well and our volunteers who sold many of the books.

Early in December Ashill WI held a Carol Concert in their Community Centre with the proceeds coming to the Hospice. The Choir sung to a packed audience and made a total of £514.00. This was followed during the run-up to Christmas, with the Ashill Harmony Choir singing carols outside Waitrose, which netted another £157.59.

The annual Tree of Lights Ceremony held in the Great Britain Centre was again well supported by those relatives who have lost loved ones not only last year but in previous years too. The opening address was given by our Co-ordinator, Wendy Martin, the Service was conducted by The Reverend Hilary De Lyon of St Peter & St Paul church, and readings were read by Sarah Leggett and Rachel Varney with the final address given by our Chairman Dr Ian Haczewski and all supported by the wonderful Phoenix Singers. The Charity netted a total of £5539.00; thank you to all who donated once again to this fitting memorial evening.

Just to remind you once again, we are the benefactors of the Snowdrop Walk at Lexham Hall on the 12th February, so please come along and support us at this very prestigious event by kind permission of Mr & Mrs Foster. As we are staging a tombola table on the day, the Charity are desperate for prizes, contact the Hospice on 01760 722937 if you can assist us please.

Another date for your dairies is the forthcoming Fashion Show by Allez Chic of Castle Rising. The event is being staged in the Pedlar Suite of the Gorge Hotel, Swaffham on Wednesday 29th March 7pm for 7.30pm. At Allez Chic you will find beautiful quality clothes to suit a varied age and size range at very affordable prices, from both day wear to dressier occasions.

David Gulliver

BARTON BENDISH AND EASTMOOR VILLAGE NEWS

Victorian Evening

Barton really came up trumps this year with its answer to the Thursford Christmas Spectacular. The only thing missing were scantily clad sylph-like dancers but they're very hard if not impossible to find in Barton! Any offers for next year? (Who remembers Les Dawson's Roly Polys?)

HRH Queen Victoria very graciously opened the proceedings and the newly formed Barton Bendish Choir, dressed appropriately for the era, immediately got us in the Christmas spirit. Under Lissa's guidance and strict regime of rehearsals they appeared very professional and were a pleasure to listen to. The opening medley of songs was followed by several readings of a humorous nature interspersed with the audience singing carols led by Tom Golden.

As usual the Singing Shepherd put in an appearance telling some new jokes he'd managed to unearth from somewhere and singing a couple of songs. Written in 1905 it was by no means the first time that his song 'If Those Lips Could Only Speak' would have been heard in the Village Hall. Back in the days when every man had his own personal signature tune at the 'village social' it was a popular choice and it may well have been David's very own grandfather George who sung it. The Shepherd ended his act with the emotive 'Willie McBride' reminding us that 2016 was the centenary of the Battle of the Somme. With reverence to the occasion Alan said the closing prayer after which the audience joined in with a couple of carols and the choir brought the entertainment to a close with a beautiful rendition of the 'Irish Blessing'. The evening ended with Tom leading the audience in singing more carols including a lively version of 'The Twelve Days of Christmas' which left us all more than ready for the mulled wine and mince pies!

A load of thanks are due to Mhari and Linda for organising the evening, Lissa for the work she put in with the choir and to the members for entertaining us so well. Also Elizabeth for the wonderful Victorian bonnets she made for the ladies in the choir. Special thanks as well to everyone else who participated in the show especially young Quinn for the part he played in the Kornmuller family's presentation 'The Night Before Christmas'

Last and by no means least a huge thank you to Tom Golden who as usual did such an amazing job playing the keyboard and leading the audience in singing carols.

entertainment.

I never knew so much talent existed in Barton.

Jill

Carol Singing

The Barton Bendish Choir was in action again a few days before Christmas when they went round the village carol singing. To hear carols being sung outdoors always seems to add to the magic of Christmas so thank you very much for calling.

Jill

Visit by the Bishop of Huntingdon to St Andrew's

The Bishop of Huntingdon is coming to take the service at St Andrews on 12th Feb at 11am. All would be most welcome. Refreshments will be served afterwards.

Barton Bendish Film Club.

Our next screening will be on 18th February 2017 at 7:30pm in the village hall 'Eddie the Eagle@ Please keep an eye on our website (www.bartonbendishfilmclub.btck.co.uk) or join our mailing list using our 'contact us' webpage for details and timings of all our screenings. Alternatively phone 01366 347849

Open Gardens

Looking forward to the summer, as I'm sure we all are, Barton will be first on the list this year with our Open Gardens taking place on Sunday June 4th

FORTHCOMING EVENTS 2017

Saturday JANUARY 28th

Burns Supper Village Hall at 7.30pm.

Sunday FEBRUARY 12th

Andrew's at 11am

Visit by the Bishop of Huntingdon to St

Saturday FEBRUARY 18th

advert on page 11

Film at 7.30pm For contact details see

Sunday JUNE 4th

Open Gardens

BEACHAMWELL, DRYMERE AND SHINGHAM VILLAGE NEWS

Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40

Apologies for any upset / confusion caused due to the incorrect times being printed in the last edition of G4N. I experienced horrendous computer problems, totally beyond my control, just as I was doing the final proof-read. Thanks to Pam Wakeling and Gary Bainbridge for the magazine actually getting to the printers on time.....**Eileen Powell**

Parish Council



We are hoping to purchase a defibrillator in the event of a cardiac arrest. We need volunteers to be trained to use the defibrillator in case of such an emergency. If you are interested in being a volunteer please phone me on 01366 328500. Cllr Pat O'Donnell

If you have any items for the agenda please give them to me in writing at least a week beforehand. As always, if you have a query or a problem, you can consult the Councillors at any time – they are more than willing to listen and help if they can.

Dates for future meetings are March 13th and May 8th – everyone welcome

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

Eileen Powell (Parish Clerk)

St Mary's Church



The services during the Festive season were well attended and our service of Carols by Candlelight saw our church packed to the rafters. It was great to see so many of the local families and some visitors enjoy the singing, mince pies and mulled wine. Our thanks go to all those who helped make this an enjoyable evening by providing the flowers, decorations, music, readings and the refreshments. Special thanks go to

the young readers who did such a great job!

As the new year gets under way and the days get longer (though not necessarily warmer) our thoughts move from the wonderful story of Jesus's birth toward the last period of his life on Earth. As it is in the case of any human life, the miraculous beginning and the inevitable end, usually leave the greatest marks on those witnessing these events.

This year Shrove Tuesday falls on the 28th February. It is the last day before the start of the Lent period. According to Christian tradition, Lent commemorates the 40 days that Jesus spent in the wilderness and traditionally this was a period of fasting. The reason for having pancakes on Shrove Tuesday came from the need to use up the ingredients, such as eggs and milk, prior to the fasting period. Pancake races have been held in England for more than 500 years, some sources suggest that they may have started as far back as 1445.

As the Spring approaches we shall be preparing for the forthcoming fund-raising events. The Half Marathon is to be held on 30th April and will be organised again by Carole and Brian. Marshals will be needed to ensure the race runs safely and smoothly. The Open Gardens will be held on 25th June and yet again, we will rely on the co-operation of the local gardeners to help us make this event a success.

The fund-raising continues to be of vital importance to ensure the future of our beautiful church. As with any old building the maintenance costs are quite high. A number of urgent repair jobs are still outstanding from the last quinquennial report; the estimate for which is in the region of £20K. The most urgent repairs are needed on the thatched roof and this year's fund-raising events will greatly help towards those costs.

We've just discovered on 13th January an area of loose plaster within our church ceiling. As the affected area of the ceiling covers a large number of the pews and the access to both the altar and the tower, Dick Wainer and myself have concluded that it may not be safe to use our church until we've had a professional inspection carried out. Please do not turn up for the scheduled services and the flower rota and daily church opening will be put on hold for the time being.

Vesna Hudson (churchwarden)



Beachamwell Village Hall (Charity registration number 303900)

Children's Christmas Party

A great time was had by all at the Beachamwell Children's Christmas party on Saturday 17th December. With many families able to attend, and kindly bringing food and drink supplies to keep the children going, Santa had to request an orderly queue for his part in the festivities! Only his arrival stopped the endless requests for musical bumps and such, and there was the odd break in (mainly chocolate eating) games to allow volunteers from St Mary's to run some lovely crafts and lead a carol sing song. We

hope all Beachamwell residents had a wonderful Christmas and look forward to seeing many families get together again this year.

Bridget James

We are delighted to report that we have been awarded a grant from WREN to carry out improvements to disabled access in the village hall. This will involve widening doors, installing a disabled lavatory and reconfiguring the ladies cloakroom to provide two unisex lavatories. Lots of work ahead!

During the course of our grant application we discovered that although the village hall has been referred to as a Memorial Hall for many years, that name was never registered with the Charity Commission, where it is named as a Village Hall. Similarly the committee's bank accounts are in the name of Beachamwell Village Hall. To avoid confusion and unnecessary complications, we will now be known as Beachamwell Village Hall in all correspondence and business dealings and groups and individuals hiring the hall should make cheques out to **Beachamwell Village Hall**.

Beachamwell Village Hall Committee

Contact: Leah Spencer 01366 328536 or leah@wissey.co.uk

Beachamwell WI

We all really enjoyed the St Marys Handbell Ringers from Denver at our December meeting. They certainly helped us to think "Christmas". The buffet prepared by members was excellent. Maggie MacKenzie our President informed us that over £1000 was made at the Christmas Fayre held in

November and we thank everybody who came and purchased our wares and supported the event. We received excellent feedback so it was well worth all the hard work in preparing for it. **Carole Wilson**

our January meeting was one that demonstrates that the WI is not all “jam and Jerusalem”, for this was Resolutions month (but not the New Year kind). Every year, members all over the country decide which current issue they most want the WI to adopt for its national campaign. Some past campaigns have been ground-breaking, for instance, one that led to the NHS cervical screening programme, another that ensured better support for individuals in the criminal justice system with mental health issues, and more recently one that alerted the world to the plight of the honey bee. At our January meeting, there were presentations by members and discussion about the six issues on this year's shortlist, before we cast our votes in the national ballot. Some resolutions concerned issues which directly affect the lives of women: calling for action on female genital mutilation, access to specialist mental health support for pregnant and postnatal women, safe spaces for women and children in refugee camps and refuges for women who suffer domestic abuse. Action to alleviate loneliness was the fifth resolution and the problem of microplastic fibres in our oceans was the final one. We agreed that all are weighty and pressing issues, and so it was a difficult choice. After refreshments, the members discussed plans for the future of our group. A table sale of unwanted Christmas presents raised £18 for the Associated Country Women of the World.

Beachamwell WI always welcomes new members. We meet in the Village Hall on the first Thursday of each month at 7.30. The varied programme for 2017 includes speakers on the Hawk and Owl Trust, on Being a Magistrate, the Blickling Belles and Historical quilts. There are also occasional trips and outings and a regular craft evening for those who are interested.

Becoming a member of the WI is a really good way to get to know people and to make new friends. If you are perhaps interested in joining us, why not come along for an evening to see what goes on. Call Maggie Mackenzie 01366 327023 or Helen Ranger 01366 328589 and we can arrange for one of our members to pick you up or meet you if you would rather not come alone.

Next month's meeting, on February 2nd, features an illustrated talk about a road trip through the scenic national parks of Western USA.

Maggie Mackenzie

Beachamwell Art Group

Since our first meeting in October 2015, the Beachamwell Art Group has continued to develop and in 2016 we held 3 exciting printing workshops with Nick Sampson, former tutor at the College of West Anglia. We are looking forward to further workshops with Nick in 2017.

Three members of the group attended an oil painting session with Colin Mason in the Arts Lounge Swaffham and another group visited the studio of Swaffham based artist Nigel Walker, to find out about his oil painting techniques. We hope to have a follow up landscape painting day with Nigel in April.

Artist Sharon Virtue, who has recently moved to Didlington, is keen to run an acrylic painting workshop in Beachamwell in February.

If you would like to be informed about forthcoming workshops, why not add your name to the to the Beachamwell Art Group mailing list by emailing leah@wissey.co.uk or telephoning 01366 328536 **Leah Spencer**

Beachamwell Annual Produce Show

Date for your Diary. This will take place on August 13th 2017. There are not so many vegetable classes but more craft and produce. The Giant Onions plants are on order and will be on sale at the end of April. To be sure of getting one make sure you call 01366 328628. **Carole Wilson**

Breckland Council is switching to one main customer contact number – **01362 656 870** – with new, simple touch-tone options to make it quicker and more convenient for customers to contact us. As a valued partner, we wanted to make you aware that these changes are being introduced from Monday (**12 December 2016**), so from this date we will only be promoting 'one number for Breckland'. By investing in touch-tone technology, the Council aims to not only improve its customer service, but also to work more efficiently by making better use of officer time and council resources. For the time-being, all other existing customer contact numbers (Eg: Housing or Council Tax) will continue to work, but will be phased out by **1 April 2017**. Please note: Direct dial numbers for individual officers remain **unaffected by the changes** we are making to our main contact number. **How you can help: Please help us promote the changes by considering using the template text attached to this email in your next newsletter or on your website (if you have one). I have also attached a poster and some digital artwork, which I hope will be of use to you.**

If you have any further questions about 'one number for Breckland', please contact: Dylan Powles, Customer Service Manager, at dylan.powles@breckland.gov.uk Sarah Barsby

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday 14th February	Beachamwell	Post Office	10:05 am
	Drymere	Telephone Box	10:40 am
	Boughton	Sycamore House Mill Road	15:20 pm 15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Monday 13th and 27th February	Wereham	The Pond	9:30 am
		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

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

FARMERS' MARKETS

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES IN FEBRUARY 2017

Sunday 5th February 4th before Lent

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

Sunday 12th February Proper 2

9.30 am	Shouldham Thorpe	Holy Communion
10.00 am	Boughton	Breakfast Church
10.30 am	Marham	Morning Prayer
11.00 am	Barton Bendish	Family Communion

Sunday 19th February 2nd before Lent

9.30 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (MC)
11.00 am	Beachamwell	Services suspended
11.00 am	Wereham	Holy Communion

Sunday 26th February Sunday next before Lent

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

THURSDAY COMMUNIONS

1st, 3rd Thursdays at Fincham. 2nd and 4th Thursday at Boughton. Service at 10 am, followed by coffee and biscuits. Everyone welcome, even if you don't wish to take communion.

CHURCHWARDENS

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	John Sanderson	01366 328818
	Vesna Hudson	07854 261273
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

All Saints' Church

It's always difficult to find news for this edition, as we have to look back to before Christmas to report on important events in our church year. The Annual Carol service of Nine Lessons and Carols seems a long time ago now, but it is always delightful and we are grateful to Robin for taking it, to Tom and the choir for making it special. The church was decorated the day before with holly (and berries this year) from a variety of gardens and a tree kindly donated by Geoff Proctor. With the addition of as many candles as we could fit in, our church was warm and welcoming to a large congregation and as usual it's a church that 'dresses up well.' After the service, many people had brought food to share in a simple village party, with mulled wine donated and served by Frank and Sandy. The collection at this service was for **Crisis at Christmas** and £120 was sent to them.

On Christmas Eve, we had our traditional short crib service, much enhanced by the arrival of Bubbles the Donkey. He'd been fetched from Litcham by Paul Coultlen and friend, to stand beautifully in a 'stable' made from bales of straw lent to us by Geoff Proctor again and placed near the Christmas tree. His behaviour was impeccable, in spite of the distraction of toddlers tossing straw in and out of the manger and over the floor! There were over 170 people in the church, including many small toddlers and some larger toddlers. The baby Jesus was played by 4 week old Beatrice, in her second starring role in the part. The lesson was read by an American father, who coped magnificently with having to bounce his baby boy up and down at the same time. It was a lovely service led by Pippa, with help from Hannah-Lou and others. The collection at this service was shared between **Embrace** and the **Camphill Village Trust**, with each charity receiving £145. Giving to others at this time is an important part of our mission and it was good to do. Many thanks to those who contributed.

There was no service at Boughton on Christmas Day, but several people from Boughton were at the well-attended service at Fincham, chosen because of its central position, and there was also a good congregation at the Wereham Midnight service. There was also a service at Marham. We are all sorry that we can't have services in our own church at such times, but even if we weren't in interregnum it wouldn't be possible. It's also good to gather in larger groups to sing and worship in fellowship and celebration

Open Gardens Day will be on the second Sunday in June as usual. This year that's the 11th June. Please consider opening your garden or offering to help in any other way.

Pam Wakeling

Poppy Appeal 2016

The British Legion Poppy Appeal house-to-house collection in Boughton raised £200.40. Many thanks for your generosity.

Angela Faherty

IKEA help! I bought a small set of storage drawers, thinking that I'd be able to put it together, but it needs two people and more confidence than I have! Any offers of help would be gratefully received. *Pam*

Boughton Cricket Club

The annual dinner was held on Friday 13th Jan at The Kings Arms Shouldham - after a wonderful meal chairman Steve Short gave a brief summary of what had taken place over the past year and looked forward to the 2017 season- transcript as follows,

'2016 was a year of highs and lows for the club-We have made huge strides in our pavilion project from what was a vision 3 years ago to what is today an almost complete and ready to use building standing proudly at the top of our ground on Wretton Road. There has been involvement from a great number of people and the club expresses its thanks to all of those but in particular to Jon Allen and James Webb who instigated the original design and put together our successful grant application to Sport England, but also to Mark Pogmore and Tim Madgwick who have managed the project and budget in an exceptionally professional manner and got us to the point where we are today with the build. The club is extremely thankful for all of their selfless hard work and dedication.

2016 was also a year tinged with sadness for us all as we lost our President Alan Wilkinson. Alan was probably the most visionary amongst us and without his enthusiasm, dedication, wisdom, generosity and humour I don't think the club would exist today. Whilst Alan never got to see the finished article in our pavilion project I think he could see that we were well on the way to bringing it to fruition - The members drank a toast to Alan.

Moving onto 2017 and the year ahead of us I am delighted to say that the pavilion is looking like it will be complete by the beginning of the new season at the end of April and this is fitting in that Boughton CC will for the first time in recent years, be fielding a Saturday league side which is a real achievement for the club and marks real progress for us. We must not forget though where the

success of the club has come from in these recent years and that is by being an open, friendly and inclusive club serving the local and wider community and we will continue to provide cricket for all comers be that more formal league cricket or for friendly Sunday games and the very successful evening T20 matches which are always a lot of fun for everyone involved and watching. With that a toast was drunk to the future of the club.'

Fishy Goings on in Boughton



Last September, Boughton Pond suffered an incident resulting in the loss of a substantial number of fish. This has happened before, and has been caused by heavy rain falling suddenly, after a warm dry spell. This results in de-oxygenation of the water, and the death of the fish, on a large scale. The fisheries team at the Environment Agency are the people to contact about these problems, and

following a call from Boughton Parish Council, they offered to help. Having tested the water immediately after the problem occurred, they arranged to carry out a pond stock survey during the winter.

On 9th January, a team of four arrived from their headquarters at Brampton, and their activities attracted quite a bit of interest from local people who turned up to watch the action. One female onlooker was heard to comment that we don't very often get four 'fit blokes' in Boughton, and she was not talking about the group of well known local photographers who brought their cameras along to record the event. Anyway, suitably clad in drysuits, the four men entered the water, and waded around the perimeter of the pond. Using an electric stunner, they immobilised the fish close to the reeds, and collected them up into a large keep net. Then, with the aid of a small dinghy to carry the



netting, they put a very large net over half the pond, kept afloat around its edge by orange balls. To do this, two of the chaps waded right across the centre of the pond.

Once the net was in place, they returned to shore, where they began the physically arduous job of hauling it back in again, complete with the 'catch', which was added to the keep nets for recording and weighing. The process was repeated for the other half of the open water. The initial results were surprising, with an eclectic assortment of fish, including a large goldfish, a magnificent pike, and the usual suspects – rudd, roach and perch.

The guys involved seemed a cheerful bunch, and looked as though they enjoyed their work more than most of us. It's certainly a different, and wetter, way to spend the working day. Details of the survey will be sent on to the Parish Council when it has been completed. *Mark Pogmore*

Father Christmas Saves the Bottle.

Following the dastardly crime of kidnapping our donation bottle. We were fortunate in locating a Pig Whisperer in deepest Norfolk, (Well where else would you find one?) who agreed to whisper to Geoff's Piglets. They had seen something, quite a bit actually. The whisperer asked them if they had seen any strange people about, and they replied that everyone they see around Boughton is strange, however the people who bring them apples, and other treats are very nice, But on one of their little jaunts down Church Lane they did see someone slinking around the Churchyard, and running off with a container that looked like a sweet jar – smart little pigs! They had also heard on the pig vine where the bottle was being held. They offered to talk to Father Christmas who is well known to them, as he always stops off in Geoff's farm yard on Christmas Eve for some fresh hay and pulp nuts for his reindeer. Santa agreed to use his magic powers to climb down the chimney to see if he could find it.

There it was, chained to the leg of a table, afraid but unharmed. Our bottle was rescued and enjoyed a sleigh ride home. After recuperating by Santa's hearth it is now back in the church safe and ready to accept all the Christmas donations it can hold.



The bottle sends a happy New Year to everyone.

The piglets say they were happy to help and said they would be pleased to receive any left over mince pies, or Christmas pudding. Their best by date extends well beyond ours.

WEREHAM VILLAGE NEWS

Invitation to St Margaret's Festival Planning meeting 7th February

There will be a meeting at 7pm in the Church on Tuesday 7th February to plan and discuss the next festival of St Margaret in July . We hope that anyone who is willing to help us or participate in any way will be able to come along and join the discussion - we look forward to hearing your ideas and views. Please join us for coffee and cake afterwards.

Your help will be very much appreciated.

St Margaret's PCC



Wereham Messy Church
February 2nd 2017 4pm -5.30pm

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

Messy Church is a service for families. It will include a story, singing, drama and activities to do together as a family. A hot meal and pudding will be provided free of charge for everyone who comes

This service is guaranteed not to be boring. There will be no long-winded sermons. No-one will disapprove of children making a noise. If you enjoyed Wereham's nativity service before Christmas this is something for you.

Don't miss it. We are looking forward to seeing you there

For further information please ask Debbie or Ian Rye telephone [502083](tel:502083) or call in at The Old Chapel by the pond.

Message from Santa

Thank you to all those children who came to see me at Wereham Village Hall. It was a pleasure meeting you and hearing about the presents you wanted me to bring on Christmas day. Thanks to Faye who gave me my first Christmas card of the season again this year. I hope you liked the presents that I left for you.

Thank you to those who left me a drink and mince pie and for the water and carrots left for my reindeer.

Be good during 2017 and see you next December.

Santa

Wereham Craft Group

We have had a very good year with our crafts. The craft group held their very first meeting on 8th October 2015 and our first foray into craft selling was at the Christmas bazaar in November 2015. In those first 14 months we have sold and put into the village hall funds £2,205.20. We hope to have an even better year this year. We would like to say a big thank you to all who support us by buying our goods. Starting in February this year we intend to open up the craft group to anyone who would like to come especially if you are stuck with a project and would like some help, so we will now be holding our meetings in the village hall, dates to be announced very shortly. It is not necessary to join our group but you are very welcome to come along and see what you think. Everything that we make is donated to our craft stall for sale. We have plenty of fabrics and wool for anyone to use for that purpose. Wishing you all a very happy new year and look forward to seeing some of you soon. My contact details are. Rosemary on

01366 501330 or e-mail rosemary.pease@btinternet.com.

Wereham Parish Council

Success – Defibrillator for Wereham – The Wereham Parish Council have been successful in its application to the 'Lottery Awards for All Fund' to purchase a Community Defibrillator. The Defibrillator will be installed in the red telephone box near the pond so this in turn will also ensure that the box is kept and not lost in the recent BT move to remove from villages. This will become a vital unit for the village in helping to save lives and it is hoped that it will be fully installed by the end of the financial year. Please watch this space for more information, and if you would be interested in being added to the training list to be held in 2017 please email the Clerk werehampc@gmail.com.

Disabled Parking Access - Post Box at Wereham Pond – Please ensure that you or guests to the village do not park cars in front of the dropped kerb at the Village pond, it is there to allow disabled access for those wishing to use the post box and view the parish notice board. Thank you.

Meeting Dates

Tuesday 14 March 2017, 7 pm, Wereham Village hall

Tuesday 9 May 2017 (AGM and Annual Parish Meeting), time TBC

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.

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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

December/January Update from Wereham Village Hall Committee

Happy New Year from all of us on the Wereham Village Hall Committee!

Whilst it was a little while ago now, December proved a very successful month for us with numerous festive events enjoyed by many from Wereham and beyond.

The Christmas Bazaar had the usual excellent range of stalls and Father Christmas was kept very busy with a long queue of children wanting to meet him and share their Christmas lists! A big thank you to all of the volunteers and helpers who worked so hard to make this event such success; we raised £501.83!

Next came the The Pop-up cafe where we were treated to a choice of turkey or brie sandwiches along with the usual plates of cakes, sausage rolls, scones, etc. Thanks to John, Angela and Diane for running the café and Doreen for doing the raffle. In total £135.10 was raised.

The Christmas prize bingo was packed! A massive well done to Angela and Diane as well as to Doreen in the kitchen; the evening raised £638.25. This was closely followed by the Christmas Quiz evening, with 50 quizzers testing their memories and raising £336.05 towards Village Hall funds. Special thanks to Janet for organising the food and everyone who made sandwiches, sausage rolls, apple tarts, etc. and helped on the evening to make it a success. Also thanks to Tom and Cliff for their help with the music rounds and to quizmaster John.

As always, carols by the pond was very festive. Thanks to the Hilgay brass band for braving the cold and playing such a wide range of carols for us. Fortunately we soon all defrosted in the village hall with warm food, good company, and more carol singing and the event raised £220.91.

Rosemary and her very prolific band of Crafty Folk had stalls at the Christmas bazaar, Tots and pop-up café as well as holding an open day. In total, they have raised over £500 towards village hall funds over the Christmas period alone!

And finally, we must say a huge thank you to Colin, Sue and their family who have supported the village hall tirelessly, particularly in running the car boot. Their last car boot was in November and we are all very grateful to them!

Now for 2017 – the first pop-up café was on Tuesday 3rd January and will be held **fortnightly** from now on. Weekly bingo also started back during the first week of January and the next car boot and café will be on on Sunday 29th Jan – under new management but still going strong!

If you would like to get involved with the Friends of Wereham Village Hall Group, we are always looking for new volunteers and, now really is the time that we need as much help as possible. There are jobs for everyone so contact Doreen on [01366 500218](tel:01366500218).

Update from the New Build Project Team

We're almost there!

Following the Lottery award, the balance of funding required from third party grants and our own funds was approximately £250,000. In addition to an amazing fundraising effort in December, and a good start to our Buy-a-brick campaign, we were also very excited to receive a number of other grant pledges at the end of last year which have reduced that balance to approximately £125,000. This will be covered by a combination of other funders and a small percentage more community fund-raising and we are confident that this is achievable.

We have submitted 4 other grant applications with responses expected over the next couple of months. We have also put in an application to LEADER. This is a 2 stage process; we've cleared Stage 1 and are now working on the final submission. However, to meet LEADER's timetable, and with the Lottery's approval, we've had to delay the build start date to July, with expected completion of the new hall by Easter 2018. Submission of the final LEADER application will be in March, with a response expected during May.

Thank you to everyone who has contributed either via our fundraising events or the Buy-a-brick campaign. We still have a way to go and it's not too late to donate so please, please visit our online donation portal which is accessed via

our webpage <http://www.werehamvillagehall.co.uk>. Every donation, however big or small, will push us closer to delivering exciting new activities for you, your family and your community! *Victoria, John E, John M & Rachel.*

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in November were Chris Harrison and Liz Baddock, in December were Janet Rich and Theresa Wooldridge and in January were Margaret and Dudley Pickston and John Carter – congratulations to you all! *Helen Richardson, Secretary.*

Events list

Bingo - Wereham Village Hall "Cash Prize" Bingo every Wednesday, doors open 6.45, eyes down 7.30pm. Teas/coffees available with complimentary biscuits. For enquiries contact Doreen on [01366 500218](tel:01366500218).

Pop up Café – first and third Tuesday of the month, 10.30-1pm. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available – look out for our monthly specials! Cake donations/queries to Doreen on [01366 500218](tel:01366500218). Next dates Tuesday 7th and 21st February and Tuesday 6th and 20th March.

Car boot and Café – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 29th January and Sunday 26th February. Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Rosemary on [07749240606](tel:07749240606).

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

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

Home: 501277 Mobile: [07725513583](tel:07725513583)

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

Intelligence is the ability to adapt to change. Stephen Hawking

press release**Sailing Dates for 2017**

The Open Days in 2017 (i.e. when novice members of the public can come along and have a go for free) are:

Saturday 20th May 12.30 onwards Saturday 8th July 2.00 pm onwards

The Open Meetings in 2017 (i.e. when non-member sailors can bring their boats and join in the racing sailing) are:

Saturday July 1st 12.15 Topper Travellers Open

North West Norfolk Sailing Association "Norfolk Week" at SBSC: Friday 11th August 08.00 & Saturday 12th August 08.30

Lionel Wilkinson All-comers Memorial Cup and Ken Gray trophy: Sun 13th Aug 09:00

2000 Class 2017 Millennium Series: Sunday 27th August 09.10 and Monday (bank holiday) 28th August 10.00

If you want to get afloat check out the opportunities on the website at www.snetbeach.co.uk and speak to Jane Leet: Chief Dinghy & Power Instructor c_instructor@snetbeach.co.uk [07938 190 846](tel:07938190846) or [01485 779 027](tel:01485779027)

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Nelson Mandela

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We pray to be generous and visible people of Jesus Christ

That is our vision and Paul's letter to the Philippians helps us with what it means to live out that vision. Indeed, I believe, there could not be a better basis in Scripture for our exploration of our diocesan vision.

The Letter to the Philippians is Paul's most generously orientated letter. Here, Paul discusses Christian friendship and generosity in the face of the servanthood of Christ, who gave up his glory to be the slave of all.

Paul helps us understand the depth of the word We in our vision statement. He shows us, as the people of Jesus Christ, a new and challenging way of living. This includes a radical call to generosity through reflecting on God's generosity and a challenge to live in our communities as people unafraid to name the name of Jesus Christ.

Imagine what could happen if we were shaped for humility of service as Paul sets out in this letter, just how deep and wide will be the peace of God which passes all understanding?

This course is entirely home-grown, which thrills me. My grateful thanks go to those who have written this material; Richard Darmody, James Blandford-Baker and Andy Chrich.

I am encouraged about the work that has gone into this, not only because we are invited to engage with the Bible, hymnody and the testimony of our friends in Christ for the season of Lent; but because we can go on benefiting from its insights in our parishes long after Lent. My hope is that you will use this material in any period of the coming year, or further beyond.

Throughout your Lent and Eastertide experience, remember that the peace of God, which passes all understanding, keeps your hearts and minds in the knowledge and love of our Lord Jesus Christ. Hang onto this always. Living this blessing is at the heart of living the diocesan Strategy.

Keep praying with me, as I pray to grow in Christ.

I warmly commend these studies to you.

The Rt Revd Stephen Conway

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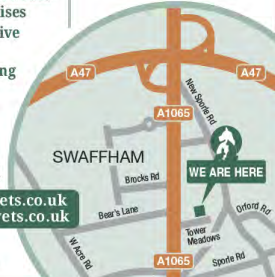
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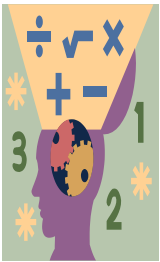
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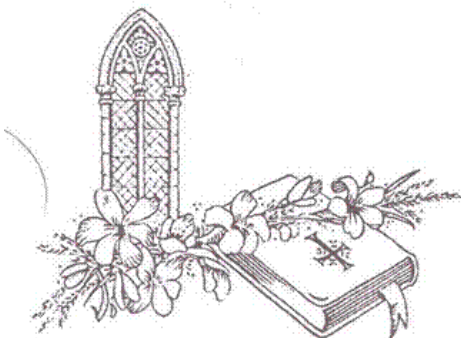
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Candles have deep symbolic meaning in Judaism and are used on a wide variety of religious occasions.

When Jewish Custom Uses Candles

Candles are lit prior to every Shabbat in Jewish homes or synagogues before sunset on Friday evening.

At the end of Shabbat a special braided *havdalah* candle is lit, in which the candle, or fire, represents the first work of the new week.

During Chanukah, candles are lit on the Chanukiyah each night to commemorate the rededication of the

Temple, when the oil that should have lasted just one night lasted for a miraculous eight nights. Candles are lit prior to major Jewish holidays such as Yom Kippur, Rosh Hashanah, Passover, Sukkot, and Shavuot. Memorial candles are lit by Jewish families on the *yahrzeit* (anniversary of a death) of close loved ones every year.

The eternal flame, or *Ner Tamid*, found in most synagogues above the ark where the Torah scrolls are kept is meant to represent the original flame of the Holy Temple in Jerusalem, although most synagogues use electric lamps instead of actual oil lamps today for safety reasons.

The Meaning of Candles in Judaism

From the many examples above, candles represent a variety of meanings within Judaism. Candlelight is often thought of as a reminder of God's divine presence, and candles lit during Jewish holidays and on Shabbat serve as reminders that the occasion is holy and distinct from our day-to-day life. The two candles lit on Shabbat also serve as a reminder of the biblical requirements to *shamor v'zachor* — "keep" (Deuteronomy 5:12) and "remember" (Exodus 20:8) — the Sabbath. They also represent *kavod* (honor) for the Sabbath and *oneg Shabbat* (enjoyment of Shabbat), because, as Rashi explains:

"... without light there can be no peace, because [people] will constantly stumble and be compelled to eat in the dark (Commentary to Talmud, Shabbat 25b)."

Candles are also equated with joy in Judaism, drawing upon a passage in the biblical book of Esther, which finds its way into the weekly *havdalah* ceremony.

The Jews had light and joy, and gladness and honor (Esther 8:16).

לַיהוּדִים הָיְתָה אוֹרָה וְשִׂמְחָה וְשָׁלוֹם וְיָקָר

In Jewish tradition, the candle's flame is also thought to symbolically represent the human soul and serves as a reminder of the frailty and beauty of life. Like a human soul, flames must breathe, change, grow, strive against the darkness, and, ultimately, fade away. Thus, the flickering of candlelight helps to remind us of the precious fragility of our life and the lives of our loved ones, a life that must be embraced and cherished at all times. Because of this symbolism, Jews light memorial candles on certain holidays and their loved ones' *yahrzeits* (death anniversary).

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National Trust

Oxburgh Hall

Saturday 11th February, 10:00am to 3pm.

Go wild in the woods - A family adventure (6-12 year olds)

Can you survive a day in the woodland with the Oxburgh Ranger? Using hand tools you will have a go at the traditional way of managing a woodland through coppicing. The wood will then be used to help you survive in the wild and build your own waterproof shelter. Enjoy your own picnic lunch followed by some more bush craft activities including cooking a snack over an open fire.

Please note there is a walk of about 20 minutes from the car park to the event area.

Bring along a packed lunch and wear clothes you don't mind getting muddy in plus sturdy boots or wellies.

£7.50 per child. All children must be accompanied by an adult (admission free of charge for up to 2 accompanying adults). Includes a hot drink at lunch time i.e. tea, coffee, hot chocolate or orange squash and a snack for toasting.

Booking essential (capacity 20 children) Call 08442 491895

Ticket price includes a drink and a snack for toasting.

Tuesday 14th and Wednesday 15th February, 12.30 to 2.30pm.

Nest Box Building - A Family Activity (5-13 year olds)

Come and join the Outdoors Team during National Nest Box Week and build a nest box for the birds that live in Oxburgh's woodlands. Then afterwards we will take a wander through the estate to attach our nest boxes to a tree.

Come back and visit your nest box throughout the bird breeding season. Will there be any young? Will the baby birds fledge? Will another woodland animal make its home in your box?

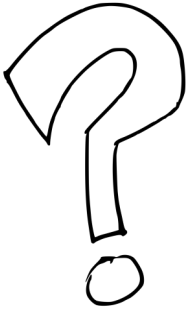
Please wear outdoor clothes and shoes suitable for the weather conditions. This activity will take place outdoors. There could be a long walk (up to 20 mins) to your nest box location.

Booking is essential as places are limited.(10 children per day - each child must be accompanied by an adult). Please ring the Outdoors Manager on 01366 328926 to book.

This event is free, but normal admission charges apply for the venue.

PUZZLE PAGE

1. What Comes Next: 18, 4, 13, 6?
2. What Comes Next: Afghanistan, Albania, Algeria, Andorra?
3. What Comes Next: Q W E R T Y?
4. What Comes Next: And now for something completely different, The Holy Grail, The life of Brian?
5. What Comes Next: Brazil, Brazil, England, Brazil, West Germany?
6. What Comes Next: Avon, Bedfordshire, Berkshire, Buckinghamshire?
7. What Comes Next: Roger, John, Brian, ?
8. What Comes Next: Home, brain, heart?
9. What Comes Next: Genesis, Exodus, Leviticus?
10. What Comes Next: James Callaghan, Michael Foot, Neil



1. 10 (numbers on a dart board)
2. Angola (countries of the world in alphabetical order)
3. U (top row keys on a standard English keyboard / typewriter)
4. The Meaning of Life (Films by the Monty Python crew)
5. Argentina (World cup winning nations in order)
6. Cambridgeshire (Counties of England alphabetically)
7. Freddie (Members of Queen)
8. Courage (sought after by the main characters in the Wizard of Oz)
9. Numbers (Books in the bible)
10. John Smith (Leaders of the Labour Party)



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