

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

**June 2017** 

### **WELCOME**

People have been asking how things will change now that the benefice has been split into two not very happy halves. As far as we can see, there is no reason why the magazines should not continue to run as before, with a few additions to the notices. We have been assured that our services won't change unless we want them to and there is no reason why the sharing of information and events should not continue between the original eight parishes. We can urge you to attend the Open Gardens events in the four southern parishes and at the same time publicise Shouldham's Open Gardens day, their flower festival and later in the year—the Shouldham Quiz! The Fincham Memorial Hall and WI are also included at times. We already welcome people from most of the group parishes to our services, and long may that continue.

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 July 2017 edition:

### 11th June

#### **ADVERTISING**

Alan Pickering 5 Old Town Close, Downham Market PE38 9HJ Tel: 01366 386125 or 07779 787499

e:mail: group4news@gmail.com

If you use any of the advertisers in the magazine, please mention where you have seen their advertisement.

#### WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224

### **BENEFICE NEWS**

There are inevitable changes, as the Deanery Plan takes effect, but we hope to continue as a group with Fincham and the Shouldhams, where most of the parishes wish to stay in close contact, sharing our services and our events, and maintaining the many friendships we have across the old Barton Bendish and Fincham benefice. Within this edition, thanks to Gary Bainbridge, you will find ALL the services in the northern four parishes, plus the southern four and augmented by the services in Ken's old group. Please continue to support whatever suits you best. We have the first newsletter from Ken Waters, who is now priest in charge of the four parishes in the Barton Bendish benefice. The churchwardens met with him on May 17th, but some of you will already know him.

#### THE NEW VICAR



So, all the meetings have been held, the voting has taken place and the results are known. I'm not talking about the General Election; but the Deanery Pastoral Plan. The result is that I have become the Priest in Charge of the parishes of Barton Bendish, Beachamwell and Shingham, Boughton, Methwold, Wereham, West Dereham, Whittington and Wretton with Stoke Ferry.

I want to take this opportunity to introduce myself. My name is Ken Waters, I'm married to Wendy (for 47 years so far), have two grown boys (Paul & Tony), two grandchildren and a dog (Floki). We have lived in Brookville for 24 years. I served in the Army for 23 years, then industry and my mid-life crisis came in the form of leaving work and going to university to study Theology. I was ordained in 2010 and opted to be a Self Supporting Minister (SSM) as I did not wish to leave this wonderful part of the country.

Although SSM I elected to work full-time for the church and I served my curacy with the Grimshoe Benefice. In November 2015 I was asked if I would like to take over my own group of parishes of Methwold, Wereham, West Dereham, Whittington and Wretton with Stoke Ferry. Carol Nicholas-Letch and Janet Tanton were Licensed Lay Ministers (LLM) in this group. Since then we have

built a really strong Ministry Family with the addition of Ray Burman (Pioneer LLM), Peter King (LLM) and Michel Poole (Authorised Lay Minister). We have Diane Mantle in training for LLM and Susan Smith waiting to go to the selection panel for LLM. We also have two people currently doing build up work for going for selection for ordination. We carry out a lot of work with schools, families and the community through Messy Church, Adult Messy Church, Workshops, Lunch Clubs, Coffee Mornings.

Hopefully, in our new grouping we can work together to bring God's Kingdom ever closer. I'm not coming in to change things but to give you support in any way I can. Service times aren't going to change, types of service aren't going to be changed (unless that is what the individual churches want to happen). My aim is to see what we can do to ensure that our wonderful parish churches remain alive and kicking for future generations and, I hope, the same goes for all our readers. I'm excited for the future and whatever it is that you wish for, I hope and pray that we make the best of what it throws at us. And, I finish with a thought for you: "God gave us a gift of 86,400 seconds everyday. Have we used one to say 'thank you?"

God Bless,

#### Ken Waters

**Joke Spot**: Revd Little Johnny's church was visited by the bishop. Only six people turned up to hear him preach. The Bishop angrily asked the Little Johnny "Did you give notice of my visit?". "No" replied Little Johnny, "but word seems to have got round anyway, because you doubled the size of the usual congregation".

Growing old is inevitable, growing up is optional.

We pray to be a generous and visible people of Jesus Christ

#### Contact details:

Revd Ken Waters

See page 61 for an article about the Fountain at Shouldham, a Fresh Expression church which may be of interest to you.

### **ANOTHER 'FROM THE RECTORY'**

Dear Friends.

There can be no secret about the fact that many of us are not only disappointed but disquieted about the way in which the Deanery Plan was forced through Synod. A rational and carefully thought out amendment was put forward but was not afforded debate in the interest of getting it through 'at last' and without much regard for the casualties, namely the eight parishes who have mostly grown together over the years, but also Ken who would seem to have been forced upon us.

I have to thank Ken for his courtesy and patience while this seemingly endless discussion went on around him. I welcome his friendly piece on another page and I very much hope we will be able to support him as he takes in hand the G4 parishes while some of us also want to remain in touch with at least three of the Fincham Group.

I hope too that we in our parishes may continue to find that small is beautiful, rather than it making us vulnerable as suggested by the Establishment. What makes small groups work is for us to enjoy each other's services especially the groups. There are several things that we do which are Fresh Expressions which are quite unselfconsciously so, such as Breakfast Church. We should probably describe ourselves as semi - traditional, meaning that across our group there is something for everyone, that is, our worship must and should be, inclusive; attractive to families and young as well. If we observe these points we will be able to enjoy our worship without having to justify our performance to those who insist that small is vulnerable. How we use our church buildings is up to us but they need not be used solely for services.

As we welcome Ken and Wendy on board let us rejoice in our rural roots, remembering that Jesus said " Fear not little flock, for it is your Father's good pleasure to give you the Kingdom ". ( Luke 12 v 32 ).

picasare to give you the rangaoin . ( Lake 12 v 62 ).
With every good wish,

Yours	sincerely

Robin.

#### **COMMUNITY NOTICE BOARD**

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

DATE	VILLAGE	LOCATION	TIME
Tuesday	Beachamwell	Post Office	10:05 am
6th June	Drymere	Telephone Box	10:40 am
	Boughton	Sycamore House Mill Road	15:20 pm 15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
		The Pond	9:30 am
Mondays 5th and 19th	Wereham	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

#### **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:- <a href="https://www.farmersmarkets.net">www.farmersmarkets.net</a> 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

#### **VILLAGE BUS SERVICES**

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

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

### **ROSEMARY PARMESAN BISCUITS**

100g butter

75g grated parmesan cheese

I tbs chopped rosemary leaves or a little less (or could use oregano)

140g plain flour

Mix butter, parmesan, rosemary and flour either by hand or in a processor to form a dough.

Turn onto a lightly floured board and knead together and roll into a sausage shape with about a 5 cm diameter.

Cover in cling film and put in freezer for about 20 mins

Bring out and cut into thin rounds (about 0.5 cm thick)

Bake in a preheated oven (180 degrees) for about 8-10 mins until golden.

Cool on tray for 5 mins and then transfer onto a wire rack to cool

Can be kept in an airtight container for up to 4 days or put in freezer and pull out as needed.



### **COUNTRYSIDE NOTES JUNE 2017**

Spring is the time of year associated with reproduction and once again nature never ceases to amaze me. Every species is unique in the way it increases its numbers, it's impossible to generalise. Take deer for instance. We have five species in Britain. Both fallow and red mate in the autumn and give birth to a single offspring after approximately eight months. Muntjac have a single kid after a seven month gestation period but breed all year round. Chinese water deer take a similar length of time but may give birth to as many as six fawns at a time. Roe deer however, mate in the summer but don't give birth until nine months later normally to twins. This is not a straightforward pregnancy either because the fertilised embryo lays dormant for four months before it becomes attached to the lining of the uterus and begins developing. This delayed implantation is known as 'embryonic diapause' and also occurs in stoats, weasels, badgers, otters, mink, ferrets and martens, all members of the mustelid family, and also seals. Mouse and rat pregnancies last three weeks, hedgehogs a month and foxes seven to eight weeks. They give birth to partially developed 'altricial' young which means they are born helpless. Rabbits and hares may look alike but are very different in the way they reproduce. Rabbits, after a pregnancy of about 30 days, also bear babies that are blind, deaf and hairless but the gestation period for brown hares is two weeks longer and their babies are born fully functioning.

Snakes are another enigma. There are three kinds in Britain. The eggs of the adder and smooth snake are incubated within the body and, after a gestation period of three to four months, live young are born. On the other hand a grass snake lays its eggs in a warm place, such as a compost heap, which after about ten weeks hatch out. Slow worms look like snakes but are actually lizards. They give birth to live young as does the common lizard. However the sand lizard lays eggs which take between four and eight weeks to hatch. Frogs, toads and newts produce spawn but this is all different. Frog's eggs are laid lay in clumps, toads' in ribbons and newts individually. Slugs and snails also lay eggs. Gestation periods for domesticated animals vary greatly. For a pig its three months, three weeks and three days, for sheep and goats its five months and a cow is similar to a human. Mares carry for just over 11 months and donkeys for about a year. Cat and dog pregnancies last approximately 63 days.

All our bird species lay eggs and incubation times vary greatly. One of the shortest is the sparrow being 11 to 14 days; add a day or two more for

blackbirds and wrens. Chicken eggs take three weeks to hatch while duck's and turkey's take about 28 days. An incubation period of between seven and eight weeks for the fulmar means it has one of the longest for British birds.

# Nar Valley Ornithological Society (NarVOS)

Tuesday 27<sup>th</sup> June 2017, 7.30pm at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road.

Please come along to a NarVOS Social Evening including a presentation on:

#### **Butterflies with Graham Sherwin**

Local wildlife enthusiast Graham Sherwin will give us a presentation which will include his video footage of UK Butterflies. Graham's presentation will be a highlight of this NarVOS Members' Social evening, which is open to all. We invite members and visitors to bring along books, photographs, paintings or anything else of wildlife interest to this social and informal meeting.

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.

#### DO YOU HAVE A JUNE BIRTHDAY?

June 12 - Anne Frank (1929-1945) was born in Frankfurt, Germany. She is perhaps the best known victim of the Nazi Holocaust. Anne and her family moved from Germany to Amsterdam to flee Nazi persecution, then went into hiding in a small attic after Holland was invaded by Nazis. Anne, a girl on the verge of womanhood, was unable to go outside for any reason. In 1942, she began a diary to cope with the boredom, fear, annoyances, and loneliness of captivity. Her family's hiding place was eventually discovered and Anne and her family were deported to Nazi concentration camps. She contracted typhus and died at Bergen-Belsen in 1945. After the war, her father published her diary, which inspired the world, revealing a young woman who had managed to remain hopeful, despite it all.

Every birthday is a gift. Every day is a gift. Aretha Franklin



# Boughton Cricket Club—latest news

Welcome again to Boughton Cricket Club (BCC) - Now that the winter is over and the season has just begun I thought I would give you all an update on recent events within the club as we look forward to a glorious English summer of cricket.

Firstly the cricket and I can tell you that we have a pretty full calendar of fixtures which I hope will appeal to all comers. We have a good mix of friendly 40 over matches on Sundays and also a comprehensive program of evening T20 matches to played on Tuesday evenings running in-between our regular Tuesday night net sessions at the ground overseen by Hugh Jenkins, Ash Legge and Ollie Short. Further to this and the biggest news is that Boughton CC have entered the Norfolk Saturday league for the first time in several decades. This means that we now have the full complement of all grass root formats and should be able to accommodate any player wishing to get involved in whatever capacity. Fixtures are posted on the website www.boughtoncricketclub.co.uk - follow the 'Fixtures' link on the home page. If you would like to play in any of these games please get in touch via the contact link on the website or via twitter @boughtoncc - we are an inclusive club and will always try to get you a game whatever your ability.

If you just want to watch or get involved as a social member we would love to see you. The T20 evenings are always exciting with a bit of a party atmosphere and the £5 match fee includes a beer or soft drink at the end for everyone including spectators. It's much more fun than sitting at home watching Eastenders on a Tuesday evening!! so let's hope for some warm summer evenings So .as you can see from this comprehensive fixture list cricket is well and truly alive in Boughton.

In other news you may remember that the club was awarded a grant from Sport England of approx. £54,000 towards the building of a permenant pavilion at the ground in Wretton Road. Following a very successful fundraising effort within the club last year and with a £5000 additional grant from the Norfolk Community Foundation, who recognised the community benefits that our club provides, this pavilion is now finished and operational. It is a wonderful asset for the club and the result of a great team and community effort from the village and club.

This is all fantastic news for club and at some point over the summer there will be an official opening of the pavillion.



The surface also playing continues to develop and improve as the wicket beds in further and starts to benefit from regular attention and the outfield looking in great condition despite the dry weather thanks to the regular mowing by David Cooper. With the additional fixtures for the 2017 season we are extending the square to include five playing

strips. This is work in progress at the present time and we wont really see the benefits until next season.

We have an enthusiastic and loyal following of players but are always on the lookout for more players, helpers and social members to enable to club to flourish and progress in the years to come. There are no special criteria for joining only that you have to enjoy being involved in a community organisation and/or playing or watching cricket and maybe want to have a bit of competitive fun with a great bunch of people.

We pride ourselves on having a very diverse range of ages, genders and abilities. Whether or not you have played recently doesn't matter, as I mentioned previously, we have regular net sessions during the season and you can brush up on your technique or learn more from some of our more experienced players – there is always plenty of free advice available. Also we have our own very good equipment for you to borrow so all you need is a pair of trainers!

We will continue to post fixtures, net sessions updates and other news in G4 News and on the website and twitter account but in the meantime please feel free to contact me on 07768807534 or email me at

#### theoldstablesboughton@btinternet.com

If you are interested in joining or coming along just for a look or if you know someone locally that might be interested please let them know - there are no geographical barriers to membership.

Also continue to look out for more news of our upcoming fund raising events.

#### **CLUB INFORMATION**

### THE MONTH OF JUNE

June 4, 1989 - The Chinese government ordered its troops to open fire on unarmed protesters in Tiananmen Square in Beijing. The protest had started on April 16 as about 1,000 students marched to mourn the death of Hu Yaobang, a pro-reform leader within the Chinese government. Despite government warnings, pro-reform and pro-democracy demonstrations continued for a month drawing ever-larger crowds of young people, eventually totaling over a million persons. On May 13, three thousand students began an eight-day hunger strike. The government imposed martial law on May 20 and brought in troops. On June 2, in their first clash with the People's Army, demonstrators turned back an advance of unarmed troops. However, in the pre-dawn hours of June 4, the People's Army, using tanks, machine-guns, clubs and tear gas, opened fire on the unarmed protesters. Armored personnel carriers then rolled into the square crushing students still sleeping in their tents. The Chinese government later claimed only 300 died in the attack. U.S. estimates put the toll at over 3,000. Following the massacre, over 1,600 demonstrators were rounded up and jailed, with 27 being executed.

June 5, 1968 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles. The shooting occurred after a celebration of Kennedy's victory in the California presidential primary. He died at 1:44 a.m., June 6, at age 42, leaving behind his wife Ethel and eleven children, the last one born after his death. President John F. Kennedy had named his brother and campaign manager, Robert Francis Kennedy, to the post of U.S. Attorney General in 1961. Robert served as the president's closest confidant. After the assassination of JFK, Robert remained as Attorney General until 1964, when he resigned to make a successful run for the U.S. Senate from New York. Allied with the plight of the poor and disadvantaged in America, he spoke out against racial discrimination, economic injustice and the Vietnam War. In March of 1968, he had announced his candidacy for the presidency. And with the win in California, appeared headed for the nomination.

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France and the Low Countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

June 9, 1898 - The British signed a 99-year lease for Hong Kong, located on the southeastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

June 10, 1942 - In one of the most infamous single acts of World War II in Europe, all 172 men and boys over age 16 in the Czech village of Lidice were shot by Nazis in reprisal for the assassination of SS leader Reinhard Heydrich. The women were deported to Ravensbrück concentration camp where most died. Ninety young children were sent to the concentration camp at Gneisenau, with some later taken to Nazi orphanages if they were German looking. The village was then completely levelled until not a trace remained.

June 11, 1994 - After 49 years, the Soviet military occupation of East Germany ended. At one time there had been 337,800 Soviet troops stationed in Germany. Over 300,000 Russians died during World War II in the Battle for Berlin.

June 15, 1215 - King John set his seal to Magna Carta, the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world.

June 16, 1963 - Valentina Tereshkova, 26, became the first woman in space as her Soviet spacecraft, Vostok 6, took off from the Tyuratam launch site. She manually controlled the spacecraft completing 48 orbits in 71 hours before landing safely.

June 18, 1815 - On the fields near Waterloo in central Belgium, 72,000 French troops, led by Napoleon, suffered a crushing military defeat from a combined Allied army of 113,000 British, Dutch, Belgian, and Prussian troops. Thus ended 23 years of warfare between France and the other powers of Europe. Napoleon was then sent into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, the former vainglorious Emperor died alone on the tiny island, abandoned by everyone.

June 24, 1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th.

Birthday - British satirist George Orwell (1903-1950) was born at Montihari in Bengal (as Eric Arthur Blair). He is best known for two works of fiction Animal Farm (1944), and 1984 (1949).

June 26, 1945 - The United Nations Charter was signed in San Francisco by 50 nations. The Charter was ratified on October 24, 1945.

June 28, 1914 - Archduke Francis Ferdinand, Crown Prince of Austria and his wife were assassinated at Sarajevo, touching off a conflict between the Austro-Hungarian government and Serbia that escalated into World War I.

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# Wereham Short Mat Bowls Club

Thursdays 7pm

Free drop in sessions in The Village Hall for the next 6 weeks

## with free refreshments

Come and meet our friendly club, find out what's involved, try a new activity, help grow our club and have some fun!

For more info or for a chat, contact Phillip on 501330 Wereham Village Hall

'Buy a Brick' Campaign

Britain's First Passivhaus Village Hall



is no ordinary 'Buy a Brick' campaign (largely because there are no bricks) but this is rdinary village hall! It's your village hall to support you, your events and your activities.

re so close – our community fundraising is going well but we've not yet reached our et of £20,000 so please support us by visitingour

site <a href="http://www.werehamvillagehall.co.uk">http://www.werehamvillagehall.co.uk</a> and follow the link on the home page to dedicated 'MyDonate' donations page.

r donations will buy:

- •£10 three breeze blocks
- •£100 timber cladding
- £250 internal fire door
   £500 Passivhaus certified window

\*£500 Passivnaus certified window

further details contact Trustee John Millard on  $\underline{01366\ 500790}$ 

Thank you - Together, we'll do it!

# WEREHAM'S POP-UP CAFÉ

will 'pop-up'

# TWICE EVERY MONTH

(initially on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday)

from 10.30am till 1.00pm

The café will continue to serve a hot drink and a pastry or slice of home-made cake for just

£1.50

#### **PLUS**

a light lunch 'dish of the day' for an additional £2.50

# YOUR CHANCE TO RAISE FUNDS FOR THE MAGPIE CENTRE

Trinity Rotary Club, Kings Lynn, and the Magpie Centre, home of West Norfolk Riding for the Disabled Association, are holding a Walk and Run event on Saturday, June 17 in the fabulous grounds of Wallington Hall, South Runcton, PE33 0EP. Find us on the A10, about three miles north of Downham Market.

The event comprises a marshalled 10 kilometre run, for more athletic participants, starting at 9.30 am, and also a shorter walk for younger, and older, families to enjoy, starting at 10.00 am, all within the grounds of Wallington Hall, which is a private estate.

This is your chance to run or stroll around the grounds, see the Magpie Centre horses and ponies grazing in their paddocks, and, if you're lucky, you might even spot a deer. We are most grateful to John and Tian Plaxton, owners of Wallington Hall, for allowing this event to take place, so do, please support the event, at which well-behaved dogs on leads are permitted.

Entry fee is £5.00 per participant, but £7.50 after June 5, so get your entries in now. Under 10's go free. To enter call John Taylor on 01553 840592, or email <a href="mailto:john.jayne1942@gmail.com">john.jayne1942@gmail.com</a> or call the Magpie Centre on 01553 810202. Parking is free, and refreshments, including a BBQ, offering locally-sourced produce, will be available all day. Proceeds will be divided between the Magpie

produce, will be available all day. Proceeds will be divided between the Magpie Centre and Trinity Rotary charities.

Sunday July 2 sees the Magpie Centre Open Show, including ridden and inhand showing, dressage, show jumping and a handy pony competition. Details are on Horse Dates and schedules will be appearing in tack and feed shops any time soon.

And if you're not on holiday, don't miss the fantastic Craft and Country Fair, scheduled for Sunday August 20, 10.00 am – 5 00pm, again at Wallington Hall. Attractions include an indoor Arts and Crafts Fair, Classic Lorries, Cars, Tractors and Motorbikes, Trade Stands ,Pony Rides and Carriage Drives, plus BBQ and refreshments.

For exhibitor, catering units and trade stand details, contact Graham Adderson on 01366 388478 or 07957 335104, and for Craft Fair stands, call 01553



Look back to the 'good old days', when children used to play outside, ride bikes, build forts and use their imagination to create games and 'pretend' worlds. They didn't require costly equipment such as mobile phones or iPads, their sensory world was simple and nature based.

Today, children are using technology more than ever before, from as young as three! Constant 'tech-play' is limiting their creativity and imaginations, as well as restricting necessary movement to ensure their bodies achieve physical growth and development. Inactive bodies bombarded with visual stimulation are resulting in delayed development at a crucial developmental stage, negatively impacting on children's basic skills and health, such as speech, and even obesity.

The significant effects of technology on our children's physical, psychological and behavioural well-being and development is evident but often ignored. There are even unwanted implications on their ability to develop and sustain relationships.



Technology is a fact of life that is here to stay, so we must face it head on. However, too much use of technology is already resulting lack in а involvement from what society should value most, our children! Rather than hugging, running, den building, pretend playing and talking with their children, parents are increasingly pre-occupied with their mobile phone or laptop and subsequently resort to providing their children with more TV, video games, and tablets, creating an unseen disconnection between parent and child.

Critical factors necessary to achieve healthy child development are movement, touch, human connection, and exposure to nature.

Welcome to

Stay and Play Garden Café!



# Oxburgh Hall

#### Bee Weekend

10th and 11th June 10:30am - 4:30pm both days.

Join us to celebrate the value of bees.

The West Norfolk Bee-keeping Association will be here alongside other exhibitors with various interactive displays so that you can discover the wonderful things about bees.

Childrens' activities, including trails will be available.

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

# National Meadows Day - Meadows and Minibeasts Sat 1st July 11:30am - 2:00pm.

Celebrate National Meadows Day with the Outdoors Team by enjoying a ramble through the Wash Pit meadow. Go mini-beast hunting and discover the wildlife that lives amongst the grasses and flowers growing there.

Suitable for children aged 3 and upwards.

Children must be accompanied by an adult.

There is no charge for this event but donations on the day will be welcome.

Normal admission charges apply.

# NO MEAN FEET

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# **NO MEAN FEET**

CARE IN THE COMFORT OF YOUR OWN HOME

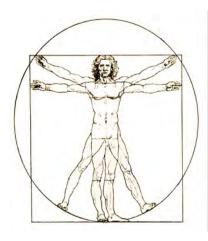
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**✓ LYMPHATIC DRAINAGE** 

# **CALL STEVE ON 07837 506 906**

STEVE JONES MBE, SACDip FHP(Adv), Dip C Tec, Dip Bmec, Dip RM Fellow of The Alliance of Private Sector Practitioners
Member, Accredited Register of Foot Health Practitioners

## **SWAFFHAM MUSEUM**

Swaffham Museum reopened in February after a busy six weeks. Behind the scenes work included **two new exhibitions**, **a new activity** for adults and children 'Do you know how to use a 1930's typewriter?', **additional dressing-up options** and **a new museum trail**.

The first new exhibition 'Philo's diary' has extracts from a diary written in 1850 by James Philo (1810-1877) who worked as a boot and shoemaker from his home at 8 London Street – approximately where Blaine's shop is today. He revisited the diary in 1873 and he describes the changes in Swaffham over the 19<sup>th</sup> Century. Besides his own personal sentiments, there are references to Education, Emigration, Local Government, Unions and Entertainment in Swaffham.

Our second exhibition is a display of paintings from our store. This is mostly paintings from the Carter family – Samuel John (father to Howard Carter), and Harry Carter who is well respected for his village signs. There are some copies of Harry's original designs. There are also some works from the graphic designer, Max Mueller. Max was a graphic artist and printer in Liepzig before becoming an unwilling conscript in the German army during WW11. He surrendered to the American army and eventually came to live as a prisoner of war in the camp at Cockley Cley. After his release he remained within the locality working for a funeral director before setting up his own printing press.

#### 30th Anniversary of Swaffham Museum

This year is the 30<sup>th</sup> Anniversary of the Opening of Swaffham Museum. It was opened on March 14 by Dick Joice, well known and respected presenter of regional television and of the 'Bygones' programme. The Museum started with two rooms in the Town Hall, and there were over 1000 artefacts which had been collected during the previous 10 years. Mrs Merle Boddy was a prime mover in the establishment of the Museum. We will celebrate our 30 years in September on one of the Heritage Open Days.

Open Mon – Sat 10am to 4pm. More information on our website (www.swaffhammuseum.co.uk)

Veronica Hutchby - Publicity Officer

# WEREHAM'S POP-UP CAFÉ

will 'pop-up'

# TWICE EVERY MONTH

(initially on the 1st and 3st Tuesday) from 10.30am till 1.00pm

The cafe will continue to serve a hot drink and a pastry or slice of home-made cake for just

£1.50

#### PLU5

a light lunch 'dish of the day' for an additional £2.50

# Wereham Weekly Cash



Wereham Village Hall Wednesdays Doors open 6.45 pm Eyes down 7.30 pm

Raffle and Refreshments with complimentary biscuits



Enquiries: Doreen Rolph 01366 500218

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

#### SPECIAL EVENT PLANNED?



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

### WEREHAM VILLAGE HALL!

Contact Doreen on 500218 for Bookings



## Wereham

Indoor/outdoor car boot sales and cafe.

The last Sunday of every month excluding December.

9am until 1pm
Cafe serving bacon rolls,
sausage in a roll or egg in
a roll, with plenty of tea and

A warm and friendly welcome is given to everyone.

coffee.

Please contact Philip on 07759033492 or 01366501330

# SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

What a very pleasant surprise we had as a result of Gill Creed's Coffee Morning held in the Assembly Rooms, Swaffham? It was no surprise that the event was well supported as all functions organised by Gill are. The Charity was presented with a cheque for £2,210.00 from the proceeds. Specials thanks must go to all those wonderful friends of Gill who gave their time and donations to the event.

Anthony Elsey, whom I know many of you are aware that he is employed at Blaines of Swaffham. He decided to compete in the Norwich Half Marathon to raise funds for us as his Father is being looked after by the Charity. He raised



the phenomenal amount of £925.50. This was his first half marathon and he must be congratulated for competing and those of you who donated towards his final total. The picture shows L to R David Gulliver, Anthony, Wendy Martin, Co-Ordinator and Sarah Leggett Assistant Co-Ordinator both of the Charity.

Dr Ian Haczewski, Chairman, was presented a cheque for £1,000.00 by Provincial Grand

Master, Stephen Allen last March at the annual function of the Masonic Charitable Foundation – funded by donations from Lodges across the UK.

Dates for your diary: Pop-Up-Shop at Great Dunham, Village Hall on Sunday 4<sup>th</sup> June 11am until 2.00pm

The Charity has been approached to attend the following events and of course we shall be there with our Gazebo, so do look out for us and come along for a chat, the events are: Ashill Village Fete on Sunday 23<sup>rd</sup> July and Narborough Village Fete on Sunday 30<sup>th</sup> July.

I have to announce my decision in standing down as the Chairman of the Fundraising Committee, allowing hopefully a younger person to take over the reins. I have thoroughly enjoyed my two years with the Charity working alongside a marvellous body of personnel who are so passionate in their cause of looking after their patients. In addition, the previous twenty one years were spent with the Swaffham Community Hospital League of Friends, of which nineteen were as the Chairman. Along that journey I have met so many wonderful people connected to the voluntary world and I retire with so many happy memories.

### **Beachamwell WI**

#### **Craft Evening**

Learn, improve and share a wide range of yarn and fabric crafts

#### **Tuesday 20th June**

7.30 - 9.30

Beachamwell Village Hall

Non-WI members and beginners very welcome

£3 inc refreshments

More details: 01366 328589

# Beachamwell Book Group

Tuesday 6 June 7.30pm

Beachamwell Village Hall

Book to be discussed over a glass of wine:

#### **Spies**

### by Michael Frayn

Annual subscription £15.00

New members welcome

# Beachamwell Craft Group

# Wednesday 28 June 2 – 4.00pm

Beachamwell Village Hall

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

£2.00 + Bring & Buy

All welcome.

#### Answers to quiz on page 70

- Sheep
- 2. 2. Crow
- 3. Timothy
  - 4. Bluebird
- 5. 5. Penguins
- 6. 6. Magpie
- 7. 7. Dodo
- 8. 8. The Albatross
- 9. 9. The Elephant.
- 10. Crow
- 11. 11. genes/jeans
- 12. 12. thrown/throne
- 13. cowered/coward
- 14. 14. fate/fete
- 15. 15. byte/bite
- 16. 16. roll/role
- 17. liar/lyre
- 18. 18. gall/gaul
- 19. 19. mayor/mare
- 20. 20. stayed/staid

#### SHOULDHAM ANNUAL CRICKET DAY - 4 JUNE 2017

The Annual Cricket day is fast approaching in Shouldham and will be held on Sunday 4 Jun. Twenty/20 battle is between the Shouldham Bowls Club, Shouldham Football Club, The King's Arms and The Chalk and Cheese, incidentally are the current holders. 2 x Semi Finals start at 1000 hrs and 1200 hrs respectively (draw to take place soon), 3rd/4th place match at 1400 hrs and the Grand Final at 1600 BBQ, Refreshments, and The Ladybirds tea tent will be in attendance on the King George V Come along it is a Playing Field. great day with lots of fun for all the family. It is a great family day out.

# Shouldham Village are holding "an Open Gardens" day on 18 June ...

Residents of Shouldham if you are interested in opening your lovely gardens on this day then please do get in touch withColin West: colin.opengardens2017@btin

West: colin.opengardens2017@btinte rnet.com closing date for this event is 6 June: I am informed that you do not have to have a "Chelsea Flower Garden" beauty is in the eye of the beholder and most gardens are quite beautiful in middle of June ... - all different ...... with different themes ..... it is just nice to wander in and out of different gardens and get ideas for

# Downham Market Festival Week Starts on Saturday 27th May

# Sunday 11th June The Downham Games

9:00 am - 2:00 pm
Downham Market Memorial
Playing Fields
Fun day of sports and activities
for all the family.

https://

www.downhamweb.co.uk/girlcan-set-rock-6th-downhamgames/

## Saturday 17th June 10K Charity Walk / Cross-Country Run

8:30 am - 11:00 am —
Saturday 17th June |
Wallington Hall Estate
Attractive course, not usually
open to the public. Run from
9.30am, Walkers 10am, gates
close 11am.

Pre-registration £5 until 5th June, then £7.50.

Find out more: <a href="http://www.rda-westnorfolk.org.uk/events/">http://www.rda-westnorfolk.org.uk/events/</a>

1em

m-g

### FINCHAM MEMORIAL HALL DIARY

Coffee Morning & Table Top Sale Saturday 10<sup>th</sup> June 10am – 1pm. All proceeds in aid of the Memorial hall refurbishment so please come along and support YOUR village hall.

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 £5 per class - (or only £18 per month by standing order only). Interested? Then call Hilary on 07909 282165 for more information.

**Keep Fit** meets every <u>Tuesday from 6.30pm – 7.30pm</u> 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

The **W.I.** meets on the second Wednesday of every month at 7.30pm. Next meeting will be 14<sup>th</sup> June. 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. Next date to be confirmed.

The **Flower Club** will meet on Thursday 22<sup>nd</sup> June from 2.30pm – 4.30pm. **Note** no meeting on 8<sup>th</sup> June because of the General Election

**Fincham Chorus** meets every <u>Thursday from 7.00pm – 9.00pm</u> 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. **Note** – no chorus June 8<sup>th</sup> because of the General Election

**Quiz Night** is the <u>first Friday of each month</u> 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

# BARTON BENDISH AND EASTMOOR VILLAGE NEWS

#### Easter Coffee Morning held on April 15th

It was lovely to see so many village people at our Easter Coffee Morning as well those from further away. For a couple of hours the Village Hall was buzzing with conversation and it was great to see Marge and Eddie back in Barton.

The team and I were kept busy the whole time with selling raffle tickets, manning the stalls, serving coffee and cakes and washing up. The cake and Easter egg tombola stalls were heaving with goodies, donated by so many kind people, and which were all gone before midday. With Joan sadly still being out of action I sought the help of Nikki in making this year's cake for the 'Guess how many eggs on the cake' competition. Elizabeth won it and very kindly brought us round a large slice to try. It was delicious. Nikki and her family moved to Barton last summer and she, along with her mother, offer a baking and cake decorating service (See Nikkiscakes1428 on Facebook) and boy did they do us proud! It must have taken ages to stick those 419 little eggs all over the chocolate layer cake!

I would like to say how very grateful I am to all the people who helped in any way and all those who donated raffle prizes, Easter eggs for the tombola stall and cakes to sell. However, all this would have been a complete waste of time if no-one had turned up so a huge thank you to everyone who came along to support our latest fund raising effort which added £319 to our Village Hall funds. Jill.

#### Songs of Praise held on Sunday April 23rd

The service in St Andrew's celebrated HRH Queen Elizabeth's 91st birthday, Shakespeare's birthday and St George's Day with literature and music. It was a mix of short readings, prayers and patriotic hymns. The service was taken by Robin and Pippa and Tom Golden very kindly came along to play the organ. Full marks must go to the Barton Bendish Singers as well. Lissa has been continuing to work them hard and their renditions of 'Sigh No More Ladies', 'Drop, Drop Slow Tears' and 'The Lord is my Shepherd' were a pleasure to listen to.

#### **Annual Quiz Night**

Once again Tim and Chris taxed our brains to the limit with a variety of questions. As usual when the answers were read out there were groans when

we realised we should have known more of the answers. Never mind, if using the brain helps to ward off dementia then it has been delayed by two hours for all of us!

Congratulations to the winning team who came from Oxborough.

Thank you to everyone involved for making it a fun evening

#### Open Gardens June 4th

There is increased activity all round the village at the moment as gardens are being prepared for our annual 'Open Gardens'. Even if you don't intend opening yours it would make the village look extra nice if you could just make sure that your road frontage is tidy and free of litter. Ploughman's lunches will be available in the Village Hall which always prove to be very popular. These will be followed after 2pm by Afternoon Teas. Even if you don't want to look round the gardens there is nothing stopping you calling in and having a bite to eat and a chat. And don't forget there will also be plant and cake stalls and a raffle.

Fingers crossed for good weather!!

#### **Breakfast Club**

We had our inaugural meeting this morning (10th May) in the Berney Arms at which the committee decided that as of next week this august body will meet on Fridays at 9.30. Do spread the word.

Contact Andrew Stephen 01366 347549

#### Organ Recital and the Barton Bendish Singers

Plans are being made for another organ recital in St Andrew's church this summer when it is hoped the Barton Bendish singers will also be entertaining us. This afternoon of music is scheduled to take place sometime in August.

#### Art, Craft and Photography Exhibition

Knowing how quick time flies by I think it's worth mentioning that, this year, our renowned Art, Craft and Photography Exhibition will be taking place over the weekend of September 16th and 17th. Please bear these dates in mind if you are thinking of exhibiting your work as entries need to be made in advance. Details from Linda 01366347563 or Mhari 01366347849.

#### FORTHCOMING EVENTS 2017

Sunday JUNE 4th Open Gardens 11am - 5pm see advert

AUGUST Organ and Singing recital TBC
Weekend SEPTEMBER 16 and 17th Art. Craft and Photo Exhibition

Having sung the praises of the Barton Bendish micro climate, we now seem to have been plunged into perpetual winter. However, there is no need for gloom.

#### All life is here

I don't think I've ever heard a Dawn Chorus like the ones we're hearing at the moment. In terms of volume and variety it reminds me of our stay in Adelaide Hills where we learned to expect the exotic. Perhaps the local birds have got wind of Liz's generosity with birdseed?

After a winter of cutting things down and burning them, it is time to start planting things. We have a kind of meadow which we want to make more attractive to wildlife. Perhaps I'll start by getting rid of the leylandii which have so far survived my onslaught. More to the point, we are open to the public as an Open garden on June 4<sup>th</sup>. It is in much better shape than it was but I think we will need to plant a bit more to make a visit worthwhile.

As I write, I am anticipating another hugely enjoyable Quiz Night at the Berney. Last month we took part in another terrific quiz at the Village Hall which raised valuable funds for St Andrew's and got the community together again. It is great to see so many people, especially the Masons and the Film Club committee, organising events in the village, not in a competitive way but as different components in a rich tapestry of social activity. I'm sure that we could probably do even more in getting the various organisers to complement each others' events. Mutual advertising, for example, or getting the Berney to support events with bar facilities, perhaps.

Another really enjoyable event was the Heritage Service at the church. People obsessed with political correctness tend to make us feel guilty about patriotism – as if it were a form of racism or oppression – which of course it isn't. We should be proud of Shakespeare, the Queen and our country. Celebrating excellence was something I was always keen to do as a teacher. I know that keeping St Andrew's so active in a small village like ours is the work of a dedicated few. We should be hugely grateful to them. An effective church can be at the heart of any community by defending values which are increasingly at risk of being forgotten.

There has been a lot of criticism of social media in recent years. As I have been

trying to organise a reunion for former pupils of the King's Lynn Grammar and High Schools, I have made increasingly productive use of Facebook. This has led to meeting people last seen forty years six years ago and to conversations with people on the other side of the world. Nostalgia is a very positive force if it can find relevance in the present. Our school lives partly determine who and what we become and, if we are lucky, provide us with friends for life. It is a shame that I couldn't provide Lucy Verasamy to attend but perhaps fellowship is more important than celebrity?

We have a remarkable village, even if our bus service is only an illusion and the shop and post office fading memories. We have a mobile library manned by a driver who is a fount of knowledge. We have a postman who runs to deliver the mail. Mostly we have good neighbours, some of whom we hope to meet at the pub for breakfast on Wednesdays at 8.30 for an hour or so. We'll see how it goes.

#### Andrew Stephen



Thatched Roof Repair Appeal.

The event was a great success, the course was very sandy, last year it was puddles and mud. There were more runners, walkers, and even a nice labrador on a lead. We saw deer, rabbits, hares and an owl but Sue Pennell on her very quiet and lonely Marshal spot near the Fincham Road saw a kestrel, skylark, pied wagtail, whitethroat, chiffchaff, yellow hammer, rooks and partridge, Dave Tonks heard a turtle dove. Plenty of wild life on this Course.

Special thanks to all the Marshals who were up and at their posts very early, (the Walkers left at 8am), without their help and support this event just could not happen. Maggie Mackenzie, Cathy Friend, Di Lambert, Pat Stringer, Rachel Bond-Green, Dick Wainer, Peggy English, Graham Johnson, Bob and Jenny Baker, John Norton, Mark Lusby, Helen Ranger, Leah and Philip Spencer, Karen Bridge, Peter Garner, Sue Pennell, David and Val Sidey, Judith and Alice Blatchford, Julie and Martin Ive, Dave Tonks and Jenny Gabrielsen.

Special mention to Martin Ive for his timekeeping skills, and loan of Ryston Runners equipment, also thank you to Rachel for helping with the admin and for just being so helpful and positive....

**Trophy Winners** 

First Male Runner: Michael Howlett, Kings Lynn, 1hr. 25. 37 First Female Runner: Susan Matthews, Shouldham, 1hr. 26. 03

First Cyclist: Steve Green, Beachamwell, 52mins 52

First Junior Cyclist Doug Sanderson, Beachamwell 1hr 0.48. A brilliant time for Duggie and his Personal Best. This is the last year that Duggie can enter the Junior Trophy because he has now become a "Man" so watch out you MAMIL he is after the Senior Trophy next year.

Youth Medal Ted Joice, Fakenham, 59mins 30

Youngest to take part Medal. Ivan Bond Green, Beachamwell.

1 hr 28.33. Ivan is only 9 years old so this result was a brilliant effort. We were very proud of you Ivan you were so determined and just went for it getting a better time than some of the adults.

It would be great to see more Villagers, especially the younger ones, taking part, Date for your diary May 6<sup>th</sup> 2018. Start training and enjoy all the 26 footpaths around the village too.

Brian and Carole Wilson

#### **Beachamwell WI**

We held our May meeting at Barton Bendish due to our hall being used for voting. Maggie (President) welcomed us all especially Judith our new member. Unfortunately our Speaker had to cancel at the very last minute due to ill health but Leah entertained us brilliantly with a talk on one of her hobbies Creative Writing and Prose, we all thoroughly enjoyed it and thank you Leah for stepping in at the very last minute. We had already discussed the Resolutions for this year back in January but we now had to vote formally on the chosen ones which are "Alleviating Loneliness" and Plastic Soup, keep microplastic fibres out of our oceans". Our Regional Delegate Terri Bowman was at the meeting to take note of our decision. The June meeting will be our Birthday Supper to be held at Bedingfield Arms, we made our choices from the delicious menu provided. We always welcome new members. Call Maggie on 01366327023

#### Carole Wilson

#### **Wednesday Walkers**



The weather was not kind to the Wednesday Walkers this month; it was dull and cold, but at least it did not rain (although that would have been good for the garden!). Twelve walkers accompanied by four very well-behaved dogs were the participants. The dogs ranged in size from a little Dachshund, through a whippet and an unusual Podenco Canario to the biggest, a lovely black Labrador. The Podenco could be

useful to the keen gardeners of Beachamwell as the breed is of working dogs primarily used for rabbit hunting! Shingham and beyond was the destination this month. The walk was routed past Folly Barn Cottage and took in one of the recently re-instated footpaths near the reservoir; it was rather soft under foot so the more people who walk it the better please!! It was disappointing though to have to go along the bumpy side of a field with carrots under polythene rather than across the corner where the footpath should have been!

In June (10.00am at the village hall on 7<sup>th</sup> June) we shall be staying locally but the month after the plan is to walk back from Swaffham.

#### **Parish Council**



Dates for future meetings are:

2017: July 10<sup>th</sup>, September 11<sup>th</sup> and November 13<sup>th</sup>

2018: January 8th, March 12th and May 14th

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.

Karen Bridge was co-opted as the new Parish Councillor at the Annual Parish Meeting.

Contacts for the Parish Councillors are

Tom Sanderson [Chair] 01366 328244 tomsanderson@btconnect.com

Diana Lambert [Vice Chair] 01366 328227

John Adcock 01760 337058 johnadcock149@btinternet.com

Julie Ive 01366 328456 jive2011@live.co.uk

Philip Spencer 01366 328536 pgs@wissey.co.uk

Pat O'Donnell 01366 328500

Karen Bridge 01366 328023 b\_firstnamekaren@yahoo.com

The Parish Council website is <u>beachamwell-pc.norfolkparishes.gov.uk</u>

#### Eileen Powell (Parish Clerk)

#### St Mary's Church

The annual half marathon has taken place once more, see full report opposite.

The PCC wishes to record our thanks to Carole and Brian Wilson for their continued support and flawless organisation of this popular event. The proceeds from the half marathon will be added to the church fabric fund.

The next St Mary's event is the Open Gardens on Sunday 25<sup>th</sup> June (12-5pm) where there will be a number of gardens open to visit, accompanied by lunches in the village hall (12-2pm), teas and musical entertainment in the Old Rectory garden (2-5pm), cake stall and raffle. Unfortunately, we are unable to continue with organ recitals this year as the organ is 'out if action'. Tickets available on the green, £5 per adult, children free.

The next service at St. Mary's will be Holy Communion on June 4<sup>th</sup> at 11am

#### **Mobile Post Office**

Monday and Thursday 12.55 – 13.15 Tuesday and Wednesday 11.10 – 11.40

#### Half Marathon

This year the annual Half Marathon celebrated its 21<sup>st</sup> birthday. This event is a fundraiser for St. Mary's Church Restoration Appeal. In the time we have been organising the event we have raised over £25,000, have restored the bells, seen the clock working again, purchased and installed a weather vane, repaired one of the medievel windows and purchased prayer books, also made a donation towards the repair of the round tower. The project this year was to raise money for the ridge repair on the thatched roof. This is very urgent to keep the church dry and stop any further deterioration. A huge task. Through the generosity of villagers, friends and participants we raised this year just over



## **CHURCH SERVICES IN JUNE (Northern group)**

#### Sunday 4th June Pentecost

10.00 am Shouldham Morning Prayer
10.30 am Marham Café Church

10.30 am Stow Bardolph Holy Communion

11.00 am Runcton Holme

#### Sunday 11th June Trinity Sunday

9.30 am Shouldham Thorpe
 10.30 am Marham Morning Prayer
 10.30 am Stow Bridge Holy Communion
 11.00 am Tottenhill Patronal Festival
 6.00 pm Fincham Evening Service

### Sunday 18th June First Sunday after Trinity

10.00 am Shouldham Holy Communion
10.30 am Marham United Worship (MC)

10.30 am Nordelph Holy Communion in the Village

Hall

11.00 am Wormegay Morning Prayer (lay led)

#### Sunday 25th June Second Sunday after Trinity

9.30 am Fincham Holy Communion (said BCP)10.30 am Marham Holy Communion (Holy Trinity)

10.30 am Wimbotsham Holy Communion11.00 am Watlington Flower Festival

#### THURSDAY SERVICES of HOLY COMMUNION at 10am

Fincham 8th, 22nd and 29th June

#### **BAPTISMS AND WEDDINGS**

Please contact the Churchwarden in your parish.

#### **CHURCHWARDENS (Southern Group)**

Barton Bendish Mhari Blanchfield 01366 347849

Linda Webster 01366 347563

Beachamwell Vesna Hudson 07854 261273

## **CHURCH SERVICES IN JUNE (Southern group)**

### **Sunday 4th June Pentecost (Barton Bendish Open Gardens)**

9.30am	Wretton with Stoke Ferry	Service of the Word
9.30 am	Methwold	Service of the Word

11.00 am West Dereham
 11.00 am Beachamwell
 6.00 pm Wereham
 Family Service
 Holy Communion
 Evening Service

### **Sunday 11th June Trinity Sunday (Boughton Open Gardens)**

9.30 am	Methwold	Service of the Word
9.30 am	Whittington	Service of the Word
9.30 am	West Dereham	Holy Communion

11.00 am Barton Bendish Family Communion

## Sunday 18th June Trinity 1 (Wereham Open Gardens )

9.30 am	Methwold	Holy Communion
9.30 am	West Dereham	Service of the Word
11 00 am	Beachamwell	Family Service

9.30 am Wretton with Stoke Ferry Service of the Word

### Sunday 25th June Trinity 2 (Beachamwell Open Gardens)

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Service of the Word
9.30 am	Whittington	Holy Communion
11.00 am	Boughton	Holy Communion
6.00 pm	Barton Bendish	Evening Service

#### THURSDAY SERVICES of HOLY COMMUNION at 10am

Boughton:15th June (note change in pattern)

#### **BAPTISMS AND WEDDINGS**

Please contact the Churchwarden in your parish.

### **BOUGHTON VILLAGE NEWS**

#### Open Gardens Day is on June 11th

Many thanks to all those who have agreed to open their gardens to raise money for the church, which also serves as a village space for meetings, clubs, etc. It's a valuable asset to the village, even if you don't come to services. This year we are looking to replace the inadequate and damaged guttering and to reroof the extension where the boiler is situated. We also have to pay a large amount to the Diocese of Ely to cover expenses, plus insurance and oil to make sure we are warm when you need us.

If you are able to help on the day, please contact someone. We need the use of a gazebo to shelter Tony Gold, who had his arm twisted again to sell tickets on the Green. I know Sandy is looking for cakes as well.

#### From the church treasurer:

The small band who run the Church would like to replace the plastic guttering with cast iron. Every five years the Church is inspected by an architect instructed by the Diocese at Ely: Whilst she did not specify on her last visit in 2014 the replacement as work to be done regardless, she did call for it to be done in the long term. Plastic is not suitable to a Grade11\* listed building, and in any case it is deformed, and rests on corroded brackets.

The boiler house also requires re-roofing, as the underlay has failed. It would also be an opportunity to remove the redundant oil tank and bund, freeing up some storage space.

The work will cost over £10000, and whilst we may be able to obtain a grant (and recover the VAT through a government scheme, which comes to an end in August) it will deplete our meagre funds. So please expect a letter from Churchwarden Pam Wakeling and myself, on behalf of the PCC, in the near future, so we can "fix the roof whilst the sun shines. *Paul Coulten* 

#### Boughton Fen Report for Parish Council Meeting 28.04.2017

Since my last report, work has continued apace with a number of working parties clearing scrub and generally tidying up. Areas of reed have been cut by our contractor, Stephen Eyles, followed by a couple more sessions gathering up and burning the resultant stooks.

In February, we were joined by a group of young volunteers from Balfour Beatty as part oftheir community involvement. A good day was had by all, with lunch provided for everyone by their colleagues, and the young people leaving the fen with new found skills. One of their team has asked to be included on our email

list to join us at future working parties.

The new outfall weir for the upper half of Middle Fen has been purchased, but we wereunable to install it as planned due to the poor weather causing a sharp rise in water levels a couple of weeks before the installation date. At the same time, a pair of marsh harriers started bringing in nesting material to the reedbed, only about thirty yards from the proposed work area. This work will now be carried out in the early autumn.

It is hoped to hold a number of smaller summer working parties to keep the wildlife walk neat and tidy. This will be to supplement the main cuts done by our contractors. I will be asking for volunteers in the near future. The fen is now clean and tidy following our autumn and winter works, and can now be



left to the wildlife until we begin again in the autumn. *Mark Pogmore* 

## BOUGHTON'S BOTTLE AT THE DESPATCH BOX

We had mixed feelings when our bottle was requested to attend a House of Commons debate on the economy. The Prime Minister was very keen to have the bottle on the table between the Government and Opposition benches.

"Your bottle has long been a symbol of fiscal prudence, and during its long and distinguished service to All Saints Church Boughton it has expertly handled a considerable amount of money"." It would be a reminder to all Parties of the virtue of keeping your piggy bank full for a rainy day "OH REALLY! do y'think?

We agreed in the interests of the United Kingdom, and the SNP, that our bottle could attend. But it must be stressed that the bottle can in no way be associated with any political leaning or show support for any of the Parties present. We will send it with a skateboard however, so that the bottle can skate up the central Isle between the benches to demonstrate how to perform a very smooth u - turn. We are sure all present will benefit from such a lesson. We have requested, nay demanded, that John Bercow guarantees to refrain from shouting "order, order " at our bottle.

Tim took the picture of the three party leaders as they finished the debate. Disappointing to note that they have not put a donation in the bottle, ah well.

#### **BOUGHTON PARISH COUNCIL**

#### NOTICE

#### Vacancy for a Parish Councillor

The Parish Council currently has two vacancies for Parish Councillors to bring the Council up to their allowed number of seven. If you would be interested in joining the Parish Council, or would like further information on being a Councillor, please contact the Parish Clerk on the details below:

The Clerk: Mrs Carole Edwards Phone: 01553 810523

Email: boughton.council@gmail.com Post: 2 Ffolkes Place, Runcton Holme, Kings Lynn, Norfolk, PE33 0AH.

And finally.....

"GEAR" success



The King's Lynn 10k and Mini gear took place on Sunday April 30th

Isabella and Andreas Beeston entered the Mini gear run (1.2miles) to raise funds for the West Norfolk Riding for the Disabled at the Magpie Centre, Wallington Hall just off the A 10.

I entered the 10k again

to raise funds for the Boughton Playground Fund

About 3500 runners entered this popular race, the support from the locals and the Council was fantastic. The Mini gear gives anyone over 6 years old the opportunity to experience the atmosphere of a big race with the crowd cheering them on whilst raising funds for many causes, a win - win situation.

We would like to thank all of you who generously sponsored these causes. *Andy Beeston* 

### WEREHAM VILLAGE NEWS

**Events at Our Church** 

KEEP THE DATE.

Sunday 16<sup>TH</sup> JULY 2017.

We are once again celebrating the Feast of St Margaret of Antioch...

in the grounds of the Church...

Traditional Fun and Games.

This year we shall also have a Teddy Bear Activity Display and a new attraction .....Antique Road Show valuation table.

More information in the July addition of Group 4.

See you there..

Lots to Do & Lots to See.

#### Wereham Short Mat Bowls Club

Held every Thursday at 7.30pm, in the village hall. Come and meet our friendly club, find out what's involved, there's just a small charge. Try a new activity, help grow our club and have some fun! Tea, coffee and biscuit available.

For more information or for a chat, contact Phillip on 501330

### Wereham Open Gardens on Sunday, June 18th-afternoon

We would be very grateful if you could contribute a cake or any similar home bake towards the afternoon teas which will be served in the Village Hall on June 18. If you need to contact anyone about this please phone Doreen on 500 218. Thank you so much.

#### May Update from Wereham Village Hall Committee

The Craft Fayre on Saturday 8<sup>th</sup> April proved another great success with a steady stream of visitors all day. A huge thank you to Rosemary and the Crafty Folk for all of their hard work; the day raised a brilliant £472.50! The next one is booked for Saturday 1<sup>st</sup> July from 10am.

The Easter Family Prize Bingo was also very popular, raising a massive £527.85 – again, a huge thank you to everyone who made it such a success.

In addition to our regular car boots, pop up café and bingo, the next Quiz Night will be on Saturday 8<sup>th</sup> July. Tickets £5 to include supper but bring your own drinks and glasses.

I mentioned last month that we've been trying to revive the bowls club and I am now pleased to report that there are a good number of new players who are all finding that it's a lot of fun! If you'd like to join us, contact Phillip Pease on 01366 501330 or just turn up on a Thursday night from 7pm.

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.

#### <u>Update from the New Build Project Team</u>

The Buy-a-brick campaign is going well as we gradually creep towards our community fudraising target. In particular, we have started to receive some positive responses from local businesses and we hope that these will continue in the coming weeks. If you were intending to donate but have still not got round to it, please logon to our MyDonate page (accessed from our website: <a href="www.werehamvillagehall.com">www.werehamvillagehall.com</a>). For donations over £100, donors will have their names added to the donations plaque and for smaller amounts names will be added to a donations book, both of which will be displayed in the new hall. Donations can also be made as a gift or in memory (cards available). We really are very close now – please support us if you can.

Victoria, John E, John M & Rachel

#### Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in February were Queenie Salvage and Jo Bruce – congratulations to you both! 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 <u>01366</u> <u>500218</u>.

**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 <u>01366 500218</u>. Next dates Tuesday 6<sup>th</sup> and 20<sup>th</sup> June, and Tuesday 4<sup>th</sup> and 18<sup>th</sup> July.

**Car boot and Café** – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 26<sup>th</sup> March, Sunday 30<sup>th</sup> April and Sundy 28<sup>th</sup> May.Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on <u>07759033492</u>/01366 501330 e-mailrosemary.pease@btinternet.com.

**Craft Fayre** – Saturday 1<sup>st</sup> July. Contact Rosemary on <u>01366 501330</u> or e-mail <u>rosemary.pease@btinternet.com</u>.

**Quiz Night** – Saturday 8<sup>th</sup> July. Tickets £5 to include supper. Bring your own drinks and glasses. Contact Quizmaster John Eastgate on <u>01366 500766</u> for more details or for tickets.

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

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

Home: 501277 Mobile: 07725513583

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

#### Wereham Parish Council

Next Meeting Date

Tuesday 11 July 2017 (Ordinary Parish Council Meeting)

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 <a href="weerehampc@gmail.com">werehampc@gmail.com</a>. 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 <a href="www.werehamparishcouncil.co.uk">www.werehamparishcouncil.co.uk</a> 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



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

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

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

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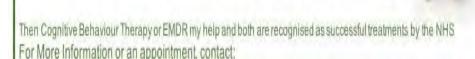
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#### **Downham Market Library**

01 June 2017 14:00 - 17:00

Come learn how to use a tablet at Downham Market Library Dates: 1st, 8th and 15th June Times: 2pm - 5pm £15 per person for 3 sessions.

Book at the library or call 01366 383073 For more information contact:

06 June 2017 13:00 - 14:00

Melissa.Brown@norfolk.gov.uk

A talk by the Friends of Hardwick Road Cemetery. Come along and find out the history of this Victorian cemetery. Downham Market Library Tuesday 6th June 1 - 2pm. Please note this event is part of the Downham Market Library In Good Company group and so £1 will be payable, refreshments included. Booking essential. For further information or to book contact the library on 01366 383073

10 June 2017 10:00 - 10:45

Join us for a fun and interactive children's story telling performance all about the adventures of the tooth fairy! With the Little Storytelling Company Downham Market library Saturday 10th June 10am - 10.45am For children aged 3 - 8 years. Booking essential. To book contact us on 01366 383073

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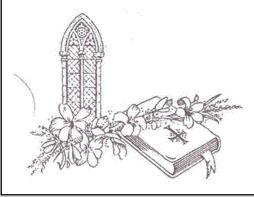
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### **News from The Fountain at Shouldham!**



Our last gathering of Forest Church was held on Good Friday 14th April at Shouldham Warren. Over sixty people attended (32 children and 32 adults) and it was great to have such a lovely crowd together in the woods on a Spring morning. The event included food, games, and an illustration looking at how Jesus had

bought our freedom at Calvary - meaning we can now choose to no longer be slaves, but can be free to be God's children! We finished our time together by making a cross on the ground out of pine cones, and saying a prayer around it together.

Our next upcoming events are Forest Church on Sunday 11th June at 10.30am at Shouldham Warren, and a celebration BBQ at Shouldham playing field on Sunday 9th July from 12pm. If you would like to come, or know of any families who may like to attend these events, we would love to see you. Please spread the word!

The Fountain at Shouldham is a 'Fresh Expression' of Church aimed at those not currently attending a 'traditional' place of worship and incorporates a mixture of activities for all ages, but specifically with a focus on children. We have been running in Shouldham for the last 5 years, but have recently become part of the of The Fountain Network based at The Fountain of

Life Church of England church in Ashill. (You can see their website for more details.)

We would really appreciate your prayers for us as we prepare and run these activities...we are only a small team and they require lots of energy! If you would like more information then please contact me at angelajcaley77@gmail.com.

Thanks for your time,

God bless you, Angela

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No job is too small, if there's something you'd like doing that I haven't listed, Please get in touch and ask.

[Telephone: 01366 659828

Mobile: 07726 584502

Email: geoff@norfolkshandyman.co.uk

Web site: www.norfolkshandyman.co.uk

## Yoga with Julia Wynne

BWY Dip., AYS Therapeutic Practitioner Cert.

High quality yoga classes based on traditional methods & teachings from an experienced & highly qualified teacher.



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Tuesdays in Beacham well Village Hall (PE37 8BB) from 10.00am to 11.45am email: julia.juliannewynne2@gmail.com Tel: 01366 328617

Individual tuition based on your own abilities & needs also available on request. This will take place in my private studio

## **QUICK QUIZ!**

- 1. DNA in casual wear
- 2. Ejected from a seat of power
- 3. Hid in the corner like a yellow-belly
- Kismet at the local fund-raiser.
- 5. Something in a computer to get your teeth in to
- 6. Would you need to rotate to play this part
- 7. A perjurer playing an ancient instrument
- 8. This would leave a bitter taste in the mouth of an old Frenchman
- 9. Would you see a leading dignitary riding one of these
- 10. Remained respectable
- 11. Border, Leicester and Corriedale are all breeds of what?
- 12. Name the most intelligent family of birds with respect to reasoning power?
- 13. What is the name of the dog in the Famous Five series?
- 14. Which bird is the international symbol of happiness?
- 15. Rock hopper, jackass and emperor are all type of what?
- 16. Which bird is often described as being a thief and is thought by some people to bring bad luck?
- 17. This animal was mentioned in 'Alice in Wonderland' and was last sighted in Mauritius. Name the animal.?
- 18. Which living bird has the longest wingspan?
- 19. Which animal is the emblem of the USA.'s Republican Party?



## Traditional Values ...

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

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

So if you are thinking of buying, selling, letting or renting and seek the reassing the reassing that the reassing property of the reassing the reason of th

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# Saint John's Way Saint John's Business Estate Downham Market Norfolk PE38 0QQ

Easy access, ample on-site parking, dedicated sterile operating theatre, dedicated dental suite, separate dog and cat wards, isolation ward, all staff and facilities on one site, x-ray suite, inhouse laboratory, ultrasound facilities, Pet Passport, export services and 24 hour nursing cover.

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

Our surgery times are listed below. Please note that appointments are now necessary for all evening surgeries.

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

All other consultations will be by appointment only so please ring in advance info@crossingsvets.co.uk

01366 382219

www.crossingsvets.co.uk