

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

June 2023

Cover illustration drawn by Mark Powell, Beachamwell ©

WELCOME

Plenty going on in all the villages as usual. Open Gardens, Film clubs, WI events.....

Enjoy and take part. We are so lucky to live in such beautiful places.

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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11th June

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TRINITY

The longest of the Church's Season is that of Trinity which lasts from Sunday 4th. June (this year) until 29th. October, 25 weeks. During my training I was asked to preach at a principle Festival. As Trinity Sunday was approaching, I opted for that day. It was to be at an Evensong Service at a very large Church that had a full robed choir with a very formable Choir Master. And a very knowledgeable congregation who expected high standards. Little did I know that Trinity was and is notorious among even experienced preachers, one of whom I was not. On the same day I had tried to explain to a Sunday School class about the Trinity and had to hand a large picture of a clover leaf — one thing with three parts. Needless to say the sermon went down, to coin a phrase, like a lead balloon.

Why is the Doctrine of the Trinity so difficult to understand? It is probably because we speak of One God. Then refer to a Father, a Son and a Holy Spirit. During the first two centuries of Christianity the question of a single deity being of three persons was not discussed. This gave rise to various heresies based upon legends about Jesus. The Doctrine was not fully formed until the third century A.D. when the first of the Creeds was complied, a precursor to those which we use in Church today. During the intervening eighteen centuries multitudes of Divines and Doctors of Theology (Again, of whom I am not one) have sought to explain the Doctrine. Is the Church attempting to explain the inexplicable?

How can we, as ordinary people not having the sort of academic background I referred to above, hope to truly understand or for that natter believe in such a Doctrine? It is all very well to say that we should have faith in the Church's teaching. However, these days more of us expect to have such things explained. So that we can more fully understand and have a deeper faith based on that level of understanding. For me, the only way I can begin to understand the Trinity is my belief in the Almighty, the loving and omnipresent nature of God. If we are to mean what we say in the Creed that *We believe in One God, the Father, the Almighty* then surely, we accept that His Power is such that makes it infinitely possible for Him to choose to be in three persons simultaneously.

Does the Doctrine of the Trinity go to the heart of our Faith? Are we expecting too much of ourselves? Can we not be satisfied to accept that the Father sent His only begotten Son into the world? To become mortal as we are, that He might save us from our sins. And that Jesus died on the Cross and ascended back to Heaven so that He could send us His Holy Spirit. Are not those facts, as Christians believe them to be, sufficient in themselves? Well, maybe for many of us, perhaps even the majority. If that is your position, then may I invite you to reflect on those qualities of the Almighty I mentioned above. So that, you may have a fuller and deeper relationship with God. *Tony Mills*

COUNTRYSIDE NOTES THETFORD FOREST

The 500 square miles of Breckland as we know it today is a mix of agricultural land, forests and nature reserves but a hundred or so years ago it was very different. Much of it was a huge, arid expanse of open heathland, a few stunted Scotch pines, little woodland, three main rivers and miles of shifting sands. Stage coaches trying to cross the 'Brandon Sands' were at risk of becoming stranded; people are known to have got lost and perished. In 1668 'tempestuous' south-west winds buried the village of Santon Downham in sand, engulfing approximately 2,000 acres and blocking the river. The Little Ouse was then a source of food and an important trading route between Thetford and Brandon. The barren sandy soil was little use for farming and large expanses were used for raising rabbits in enclosed warrens.

After centuries of minimal change the First World War was to completely alter the complexion of Breckland. Because so much timber had been used woodland across the country was depleted. In 1919 the Forestry Commission was established to create millions of acres of trees. In 1922 the first purchase of land in Breckland was near Swaffham followed soon afterwards with over 3,000 acres of the Elveden Estate. Further major acquisitions continued during the 1920s and 30s in the area between Swaffham and Bury St Edmunds, mostly for approximately £3 an acre. Planting began almost immediately and by 1927 eight million trees had been set on 3,700 acres surrounding Thetford. By 1939 the FC had acquired 59,000 acres. Initially the majority of trees were Scot's pine. Some hardwoods were planted, mainly alongside roads, to act as firebreaks. Originally cones were collected from old pine hedges or existing plantations. The seed was extracted at Santon Downham until the process was transferred to Alice Holt, Hampshire in 1964. The seeds were grown in nurseries and planted out when they were two years old in fenced areas where the vegetation had been cleared and rabbits eliminated. For the first few years it's necessary to keep the young trees clear of vegetation. When they reach 20ft the lower branches are cut off, this is known as brashing. Thinning takes place at a later stage. The first trees planted were thinned during the Second World War most being used for pit props. Harvesting begins after 40 years or so.

Planted areas were divided into blocks of about 20 - 30 acres with each compartment being allocated a number.

Prior to mechanisation in the 1960s nearly all the tasks were done by hand. Many local men were looking for work during the Depression of the 20s and

30s. Men also came from the North West seeking employment, these were housed in camps. During WW11 Land Army girls, known as 'lumber jills', re

placed the young men who had gone off to war. Chain saws revolutionised the felling of trees and more recently mechanical 'harvesters' have meant that the labour force is now a fraction of what it was pre WW11.

Today, Thetford Forest covers approximately 75 square miles. Jill Mason

Horticulturally based quiz, in this month of Open Gardens.

(Ans. Page 43)

- 1. Which flower's name comes from the Ancient Greek word for star?
- 2. What common name was dianthus barbatus given to honour the Duke of Cumberland's victory at the Battle of Culloden? And, in contrast, what name do the Scots sometimes call the weed noxious ragwort also in memory of the infamous Duke? (Two answers required)
- 3. Which plant, widespread in Britain, if touched causes a serious chemical reaction which makes skin hypersensitive to ultraviolet light?
- 4. What is the common name for salix babylonica?
- 5. Which flower is also the goddess of the rainbow in Greek Mythology?
- 6. Most species of eucalyptus are native to which country?
- 7. True or false. Ericaceous plants like acid soil?
- 8. Who designed the Blue Peter Garden in 1974?
- 9. The Avenue of the Baobabs is a group of famous trees in which African country?
- 10. Which garden in the Cotswolds is notable for its miles of sculptured hedges?
- 11. True or false. Tulips were once so valuable in Holland that their bulbs were worth more than gold?
- 12. Which king created the Hanging Gardens of Babylon?



Barton Bendish Open Gardens

Sunday June 4TH 2023

11am to 5pm

Numerous gardens open including the gardens at Barton Bendish Hall.

Historic St Mary's Church also open.

Ploughman's Lunches available from noon in the Village Hall Delicious Afternoon Teas

Vintage and Classic cars, Children's Trail, Raffle, Plant Stall and Cake Stall

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MAGPIE CENTRE WELCOMES A NEW ARRIVAL A new arrival at the Magpie Centre, home of West Norfolk Riding for the Disabled Association,

e of the smallest ponies, acquired last September, had been suffering from a gastric disorder, and seemed unwilling to work. When the vet did an internal examination, she said: 'There's a foal in here'!

Two weeks later, Jo Gordon, who works at the Centre, went to the paddock to give Ginger her breakfast, and found that the foal, a filly, was being born. A vet check gave Ginger and her foal a clean bill of health and the next task was to



name the new arrival. Staff, volunteers and friends submitted suggestions, at £2 each, which raised £192 for the Centre, and the name Luna was finally chosen.

Said Yard Manager Natalie Dade: 'An equine pregnancy lasts 11 months, and Ginger was only in her previous home for a short while. She and baby are both doing well, although we have

no idea what breed the sire might be.'

And now an update on the Quiz with Hog Roast supper, held at Stowbridge Village Hall on April 22: this was a great success, with 17 teams participating, and raised £924 for the Magpie Centre. Many thanks to all who supported the event, and for the generous donations of raffle prizes.

Upcoming events: **Saturday June 3:** Craft Fair and Have a Go Dog Agility at the Magpie Centre, Wallington Hall, South Runcton, PE33 0EP 10 am -4 pm. There are around 50 stalls to browse in the indoor school, with wheelchair-friendly access. Admission £2.00; under 16's free. Free parking. Refreshments served all day. Dog Agility £2. Well-behaved dogs on leads welcome. No dogs to be left in cars. **Saturday June 10:** Bingo at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PE. Doors open 6.30 for Eyes Down at 7.00 pm. Light refreshments available. For more details see Magpie Centre Facebook page. Proceeds to the West Norfolk Riding for the Disabled Association. **Sunday June 11:** Sponsored ride around Wallington Hall estate. Rides of varying lengths, including a short route for lead-rein riders. No road work. For more details visit Hoofbeats Facebook page.

c.dudley@success-in-

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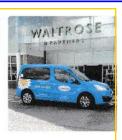
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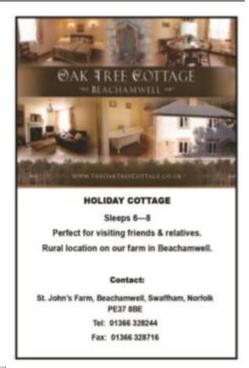
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Volunteers h



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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

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Group4 News =

Nar Valley Ornithological Society (NarVOS)

Indoor meeting at The Assembly Rooms, 1 Market Place, Swaffham PE37 7AB

Wednesday 28th June 2023 at 7.30pm

"Social Evening"

A social evening to meet the committee and other members and visitors.

A short introductory talk will be followed by free refreshments and displays of items of natural history interest, including books, photos and artwork. It's your opportunity to exchange birding news and discover more about the area from experienced birdwatchers. Members are encouraged to bring along items which may be of interest of others, perhaps an exchange of books and magazines.

Please inform in advance if you wish to offer a short presentation or discourse on the night.

Please come along. Visitors welcome. Admission £4 on the night; free to NarVOS members.



BECOMING A BELL RINGER

Nearly 25 years ago I was living in Rutland where I was a member of a local ladies' gym. My abiding memory of the gym owner is of a tall lady whose everyday wardrobe always included a full face of makeup and a string of extra-large pearls. Alongside this image stuck the fact that she was learning to ring the local church bells. She was loving her new hobby and it piqued my interest. However, due to my husband's career -- we have moved home every 3-5 years -- I never felt able to dedicate time to learning to ring.

Fast forward to 2022; we had moved to our permanent home in Watlington, lived through the Covid pandemic and the restrictions that came with it, when I noticed a post on our local Facebook page detailing a wedding that had been celebrated by the ringing of the bells. This was the impetus to get in touch.

I chatted with Kirstie, the Tower Captain, and I went along to a district bell ringing meeting at Watlington Church in December to watch many of the local bellringers in action. This was a fascinating afternoon watching them all ringing together with only the occasional call from a leader My official initiation into bellringing at Watlington Church was on a dark Monday evening in February, alongside Kirstie and Alan. I was introduced to terms such as sally, tail end, stay, back-stroke, hand-stroke and was thrilled to be able to ring a bell on my very first lesson; pulling the backstroke after Kirstie had rung the handstroke. My journey into bellringing had started. Since that February night I have continued with my lessons every Monday at Watlington, initially a one on one lesson until being joined by fellow new learners, Elizabeth and Peter. We have also ventured to the Fincham ringing chamber, climbing up 55 stone spiral steps to ring regularly alongside Pam, Rob, Kathryn and another fellow learner, James.

Watching more experienced bellringers ring the bells is mesmerizing. They all look so relaxed and carefree, easily controlling the ropes as they ring; poetry in motion. This is particularly so when they are ringing their "methods", special routines where the bells don't follow in "rounds" but constantly change their position in the ringing routine.

Methodically, Kirstie has been teaching me the bell handling skills and 3 months later I am now able to ring both the handstroke and backstroke together, under supervision. I am now looking forward to joining bellringers across the country to "Ring for the King" on the weekend of the coronation of King Charles III.

If I have tempted you with my journey and you feel that you would be interested in learning how to bellring, new members will always be welcomed and you can contact Kirstie on 07800 543204.

Jane Wright







WEREHAM VILLAGE HALL





Enjoy a great fun evening, with friendly faces and the chance to win a "few bob" too!



Bar Opens at 7pm - Races start 7.30pm - No Admission Fee - Bring your own snacks and nibbles

Reising funds for Wereham Village Half CIÓ - Registered Charity #68472

Please contact the Village Hall office on 01366 502214 to reserve your places, just so we know how many people are planning to come along and join in the fun!







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Wereham Village Hall, Church Road, Wereham PE33 9AP

Sunday 25th June 2023 - 8.30am

Café open from 8am

£5 per table

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WEREHAM VILLAGE HALL



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Every Thursday, 2pm to 4pm



£2.50 per player - free refreshments

NEW PLAYERS WELCOME:

Meet our friendly club members, try a new activity, have fun! HOPE TO SEE YOU SOON!

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WEEKLY/REGULAR ACTIVITIES

There are a great range of activities taking place at Wereham Village Hall, we aim to find things for all ages, levels of interest and experience.

Current regular activities/events include Yogs, Line Dancing, Zumba Gold, Pilates, Seated Pitness, Short Met Bowls, and weekly Cash Bingo. We have a monthly Craft Group (second Tuesday); the monthly Pop-up Café (first Tuesday) with testy, home-cooked food at a very reasonable price; plus monthly indoor car boot sales and movie nights too. There's a range of activities for youngsters, with Dodgeball, Multi-Sport Mash-up, Little Movers and Little Ruggers running each week.

To look at what opportunities we offer for you to have fun, socialise, get physically active, learn new skills, - or to volunteer - please go to www.werchamvillagehall.co.uk or check out our Facebook page

HIRING THE VILLAGE HALL

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We are also able to offer catering for meetings and events to suit your particular requirements, and have a fully equipped kitchen for hire too.

For further details or to make a booking please call the office on 01366 502214 - we will be more than happy to show you around.

VILLAGE HALL CAFE

The Village Hall Cafe is open from 10am to 3pm every weekday, serving a range of hot and cold drinks, confectionary, biscuits and crisps, plus delicious home-made cakes when available.

The Cafe is the perfect place to relax and meet friends, browselbuy from our pre-loved bookstell and enjoy our free Wi-Fi.

With the current economic climate, please do feel free to pop up for a cuppe and a chat, possibly make new friends, please don't be cold and alone, there's always a warm welcome at Wereham Village Hall

If you can spare a few hours and would like to join our team of volunteers helping to run the Cafe, please contact us on 01366 502214 or just pop into the Hall for a chat ...

For more information on activities, cinema listings or to book, please go to www.werehamvillagehall.co.uk/whats-on

BARTON BENDISH NEWS

The Coronation

How privileged we are to have been able to watch the spectacular Coronation in the comfort (and dryness) of our own homes and being able to share in the pageantry, the ancient protocol and traditions as well as the more intimate moments of the service which in parts date back nearly 1,000 years. But oh dear, reminiscing about the Queen's coronation in 1953 has made many of us realise just how old we are and how very different things were then.

I was rising ten when the Queen was crowned on June 2nd and living in a very small hamlet in East Sussex. Our parents bought our first ever TV especially to watch it, a 12inch black and white which could only receive BBC, the only channel there was. Hardly anyone had a TV back then so several neighbours were invited in to watch it. I remember helping to make cheese sandwiches for them. We went down Isfield village hall a mile and a half away afterwards for a party. Not having a car meant we had to walk there and back in the rain. The downside of buying the television was that ITV came in a year or two afterwards and we were stuck with only BBC for many years before the family could afford a new one!

Closer to what is now my home, Maureen Buck was born in Barton and has jotted down her memories of the Queen's coronation.

"Excitement was mounting from the beginning of 1953 __a Coronation was coming in June. There was no chance of me watching it on TV, only a handful of people in the village were lucky enough to own one.

Mr Gotobed allowed the barn at Hill Farm to be used for a party, so in preparation a small amount of money was collected weekly from each household by Mrs English to pay for the food and drink. The day arrived, rain pouring down, luckily we had the use of the barn where there was plenty of food and drink, games, and a fancy dress competition. Mr Gotobed presented each child with a Coronation Mug and a decorated tin of milk chocolate fingers. Because of the inclement weather the races etc. were postponed until a later date, so we had a second celebration at the Hall in sunny weather.

The final bit of celebration was very memorable. All the children were taken to the cinema in Kings Lynn to watch the film of the Coronation plus that of Sir Edmund Hilary conquering Everest.

So, all in all it must have been something extraordinary as it is still quite fresh in my mind seventy years later."

Maureen Buck

The lime tree next to Barton's village sign was planted to mark the Coronation. Jill

Cycling London to Paris in 24 Hours

Shortly after I signed up to do this challenge, a good friend asked me "Why?" A

really good question and I'm not sure I really knew the answer at the time. I think now that it was partly a response to turning 70 and the threat of a less active future, a fear of what was to come, maybe a stubborn defiance of ageing. The event's strap line struck a chord though, "One day I won't be able to do this.... but today is not that day".

I also knew that I could use the event to raise some sponsorship to support homeless people through the charity Crisis. Having spent a career in architecture designing homes for people in real need, particularly in rural areas where that need is often hidden, I wanted to continue that theme in retirement. I signed up in November for the April ride and knew this would mean training through the winter. I'm not alone in needing some encouragement to cycle in



the cold and wet, but the fear of failure is a great motivator. I'm indebted to a bunch of people who both encouraged and accompanied me in building up to 200 training miles a week by early spring. The ride itself was highly organised with 78 riders in total. Leaving Blackheath in London at 3:00pm on Sunday 30th April, we rode for 58 miles against a light headwind over the North and South Downs to arrive at Newhaven just as the sun was setting.

With feed stations every 25 miles or so, and with riders naturally settling into groups, friendly banter strengthened the collective purpose and tensions dissipated into a mixture of apprehension and excitement.

There was time for a quick meal, mainly to stock up on carbohydrates for the following days ride, before making our way to

the ferry port and boarding for the overnight trip. 5 Hours sleep in reclining chairs was not an enticing prospect, possibly not even an achievable one, but the thought of 125 miles hard riding the following day made it imperative. We still don't know why the ferry took six hours instead of five, but it didn't improve the prospects of achieving the 24-hour target. Emerging into a cold pre-dawn at Dieppe, riders set off in an eerie silence with strong front lights, flashing red rears and Hi-Viz clothing stringing out along the roads out of town. Breakfast was 30 miles away and a reasonable climb, but as the sun began to pierce through an early morning mist, spirits lifted with the croissants and porridge.

To make the 24-hour target we needed to be at the Eiffel Tower before 4:00pm French time on the 1st May. Some big climbs in the Vexin at around 80 miles tested the resolve but by then we could see the Seine so knew we were close. The French weather was mainly dry and overcast and the wind was now behind us which helped. Not even a couple of heavy downpours on the final 20 miles could dampen the excitement as we rode over the Pont d'Iena with the Eiffel Tower in front of us with 13 minutes to spare! Everyone eventually got there, despite some getting lost, and some inevitable punctures.

185 miles; 2 countries; 24 hours. My ride averaged 14.65 mph and included over 13 hours in the saddle. After a celebratory dinner and a good night's sleep, we headed for home on the Eurostar whilst the organisers transferred our bikes back for pick-up in London.

If you kindly sponsored me, thanks so much for your support. I've currently raised over £1650 plus Gift Aid for Crisis, with more coming in all the time. If you would still like to donate, my fundraising page is www.justgiving.com/ fundraising/chris-parsons-l2p24 Chris Parsons

Sunday June 4th Barton Bendish Village Open Gardens Numerous gardens will be open including those at Barton Bendish Hall. The historic St Mary's Church will also be open.

Ploughman's Lunches available from noon in the Village Hall followed by delicious Afternoon Teas

Vintage and Classic cars, Children's Trail, Raffle, Plant Stall and Cake Stall Admission £5.00 (Children Free) Proceeds to St Andrew's Church PE33 9GF Hot Hubs are back in the Village Hall

Meeting up again from 2 – 4pm on Friday 9th June and Friday 23rd June Pop-Up Pub Friday 16th June

Following the success of the inaugural Pop-Up Pub, the Trustees of Barton Bendish Village Hall intend to run further pubs on June 16th and July 14th. As before, doors open at 7:00pm with a selection of draft and bottled beers. spirits and snacks. All welcome...'

Community Breakfast Sunday 25th June

The Old Rectory in Church Road is the venue for the next Community Breakfast on Sunday 25th June at 9.30am All welcome **Pop-Up Café 28th June**

The next Pop-Up Café is on Wednesday 28th June from 12 – 3.30 Drop by for lunch or afternoon tea – no need to book Evervone welcome. The following one will be on Wednesday 26th July

Barton Bendish Parish Council

Please contact the Parish Clerk for any matters concerning the Parish Council Mrs Sharon Sweet, Locum Parish Clerk

Email: bartonbendishparishcouncil@aol.co.uk

Further information is available on the Parish Council website at bartonbendishparishcouncil.norfolkparishes.gov.uk

Barton Bendish Village Hall Trust NOTICE OF ANNUAL GENERAL MEETING

Weds 14th June 2023 at 7:30pm

Barton Bendish Village Hall

This meeting is a public meeting open to parishioners of Barton Bendish and Eastmoor.

Next Pop-up Café

June 28th 12 - 4pm

Barton Bendish Village Hall (PE33 9GF)

Drop by for lunch or afternoon tea and have a chat with friends!

Everyone welcome

no need to book

bartonbendishevents@gmail.com

'The Bernie'

Pop-up Pub



Barton Bendish Village Hall

Friday 16th June 7:00 – 10:30pm

Fine selection of Ales, Wines, and Spirits

Pub Games

Host and Licensee: Barton Bendish Village Hall Trust'**The Bernie**'

Pop-up Pub

Beachamwell

24 Public Rights of Way? Where are they?

Come and explore with the

Wednesday Walkers

On the first Wednesday each month,

leaving the Memorial Hall at 10.00 a.m.

All welcome

dogs on leads please



Enquiries: 01366 328452

Beachamwell Book Group

Tuesday 6th June 7.30

The Foundling
by Stacey Halls
to be discussed over a glass of wine

New members welcome Enquiries: 01366 328960

Beachamwell

Afternoon Tea and a Chat.....'

Wednesday June 21st 2 - 4pm

Village Hall



Enquiries: 01366 328108

Beachamwell Pop Up Pub



7.00 -11.00 Last orders 10.45

Beachamwell Village Hall

Enquiries: 07818453323

Mobile Post Office

Monday and Thursday 13.00 – 13.15: Tuesday and Wednesday 11.10 – 11.30

St Mary's Church



Work continues in the restoration of St Mary's. We are now pressing ahead with the work to make the church weatherproof and are awaiting a decision from the DAC in regard of replacing the plain glass windows as part of that work already authorised to repair the roofs. We are also making good progress with the feasibility study and our intent to provide for disabled access. This has now reached the stage where we are almost in

agreement on the design, requiring a full PCC meeting to make that decision, not a decision whether to move ahead or not; but rather that the design will meet the requirement of giving all parishioners and visitors access to the church. In simple terms this will mean adjustments to the west end of the church to provide a level access onto a platform that runs the width of the west end with a set of steps for the ambulant (and a ramp for those who need one), to get into the nave and south aisle.

The Open Gardens are nearly upon us (25th June - 12 to 5pm) and this is a great opportunity to raise money for the church. There are posters already up across the locale and neighbouring villages and towns with plans to deploy the main road signs in the next week. Regardless of the weather our Open Gardens have always been a success. As this is the first since the pandemic, please support it if you are not opening your garden and invite friends and family for a great day out in Beachamwell, all for the princely sum of £3 per person, U16 go free. To those of you who are opening your gardens on the 25th, the PCC would like to



Beachamwell Open Gardens

June 25th 12—5.00
Tickets £3.00 and under 16's free on the Village Green
Light lunches, Afternoon Teas .
Raffle and Tombola.
Enquiries 01366 328 817



Beachamwell Village Hall

What a splendid occasion our Big Lunch was on Sunday 7th May celebrating the









coronation of King Charles III and Queen Camilia.

We were so lucky with the weather too. The BBQ was lovely and the desert table was overflowing with goodies and choice. Thanks to all the contributors. Well done to all who entered the Crown competition especially Seth Begg. Congratulations! Thanks to Peter Wilkinson for judging which wasn't an easy task.

The next big event is the Hall's 60th Birthday Bash. A date for your diary - Saturday 25th November. Again we are hoping that everyone will bring a desert to share and the Committee will prepare a main course. Any special diets/ requirements please let me know a little nearer the time. This event will have live music too, so be prepared to dance the night away!

The next pop up pub is on Friday June 23rd. If anyone would like to work behind the bar, volunteers are always welcome! Don't worry as there will always be a least one of the committee working with you and the setting up is always done in advance. It is a great way to get to meet fellow villagers and visitors! Again just let me know your availability and thanks in advance.

There are only two groups who meet regularly now in the Hall.

Art group is mostly on the 1st and 3rd Saturday of the month and is organised by Leah Spencer. Her email is leah@wissey.co.uk if you require further information as these days are pre booked only.

The other is quilting and handicrafts run by me! This is every Thursday morning. A sub group developed from this which is UFO day which is the 2nd and 4th Wednesday of the month. Please contact me if you require further information.

Afternoon tea is held on the 3rd Wednesday of each month to which everyone is invited and is advertised elsewhere in Group 4.

Any other bookings in the Hall tend to be private functions or committee meetings.

Cathy Friend 07818453323

Councillor Message.

I would like to thank all Beachamwell, Shingham, and Drymere residents who voted for me at the May local election, I am honoured that you have put your faith in me to serve you for a 3rd four-year term.

It is privilege for me to announce that I have been appointed Breckland District Council Chairman for the year 2023/24

I can be contacted email peter.wilkinson@breckland.gov.uk

Councillor Peter Wilkinson. Breckland District Council.

Nar Valley Ward.

Vice Chairman to Breckland Council.

Vice Chairman Breckland Planning.

B.D.C. Governor. Q.E. Hospital.

Tel: No 01760338819.

M: 07788381796.

Beachamwell Parish Council

Met on 15 May for the Annual Parish Meeting and Annual Parish Council Meeting. Agendas and Minutes are available on the Parish Website: https://beachamwell-pc.norfolkparishes.gov.uk/meetings/.

Recent highlights include:

- The installation of a Speed Information Monitor (flashing speed sign) which is collecting data on speed. The monitor will move between Chestnut Walk and The Street each month.
- A tree, kindly donated by Mr and Mrs Rix, marking the Jubilee has been planted on the Green.
- The Flagpole on the Green has been refurbished, painted and reinstalled with the kind support of Mr Garner.

As a Parish we are in need of public participation to gather ideas, suggestions and feedback that will maintain and improve the village, as such all are welcome to attend the Parish Council Meetings held in the Village Hall. The next meeting will be on 10th July.

We are also in need of more Councillors, anyone who is interested and would like to find out more is encouraged to contact

'beachamwellparishcouncil@gmail.com'

Mrs Sharon Sweet PSLCC Clerk to Beachamwell Parish Council

Councillors:

Cllr. Richard James (Chairman) 01366 328968 rjj1james@gmail.com

Cllr. Diana Lambert (Vice Chairman) 01366 328227

Cllr. Pat O'Donnell 01366 328385

Cllr Geoff Siddons

01366328204geoffsiddons1@gmail.com



Wednesday Walkers

May found the Walkers exploring the far east of the parish towards Swaffham.

We walked along a small forest track to reach Bridleway 3 which is part of the lcknield Way that runs from the far south to the coast in the north. Having followed this ancient track for half a mile, the Walkers turned into the forest again, to zig-zag their way along un-numbered rides to back where they started – a distance of a little over three miles.



Speckled Wood [Sue Pennell]

scramble over the grassy banks and forest floor, and the white flowers of Stitchwort were gleaming amongst the spring vegetation. A perfect May morning was complete when a cuckoo was heard calling in the far distance.

The Wednesday Walkers meet again on Wednesday, 7th June, leaving the Memorial Hall at 10.00 a.m.

Do come and walk with us.

Sue Pennell

The bright sunshine brought out the early butterflies – orange-tips, brimstones, holly blues and speckled woods. The cream flowers of the Climbing Corydalis were beginning to



Climbing Corydalis [Sue Pennell]

WISSEY VALLEY SERVICES FOR JUNE

4th June – 9.30 am	Trinity Sunday Methwold	Holy Communion Rev Burman		
9.30 am	Wretton/Stoke Fer	ry Holy Communion Rev Ian Mack		
6. pm	Wereham	Evensong Rev lan Mack		
11 th June − 1 st after Trinity				
9.30 am	Whittington	Service of the Word Tony Mills		
9.30 am	West Dereham	Holy Communion		
No Service	Boughton	Open Gardens Day		
9.30 am	Methwold	Service of the Word Diane Mantle		
18th June – 2nd after Trinity				
9.30 am	Methwold	Holy Communion Rev Burman		
9.30 am	West Dereham	Service of the Word Michael Poole		
9.30 am	Wretton/Stoke Fer	ry Service of the Word		
11.00 am	Wereham	Holy Communion		
25th June – 3rd after Trinity				
9.30 am	Methwold	Service of the Word Tony Mills		
9.30 am	West Dereham	Sunday Worship Janet Tanton		
9.30 am	Whittington	Holy Communion Rev Ian Mack		
9.30 am	Barton Bendish	Breakfast Church Rev Burman		
11.00 am	Boughton	Holy Communion Rev Ian Mack		
5.00 pm	Wereham	All Age Worship Ministry Team		

Midweek Services Wednesdays 9.00 am Wretton with Stoke Ferry Morning Prayer

Thursdays 8.30 am Methwold Morning Prayer

Thursdays 9.30 am Wretton with Stoke Ferry Holy Communion

3rd Thursday 10.00 am **Boughton** Holy Communion

Saturday 3rd June 2.00 pm West Dereham Cre8

Saturday 10th June 11.00 am **Beachamwell** Outdoor Service

WEST NORFOLK PRIORY GROUP SERVICES FOR JUNE

4th June 2023

9.30am, Runcton Holme, Holy Communion 10am, Shouldham, Morning Prayer 11am, Marham, Holy Communion 11am, Watlington, Morning Prayer 6pm, Online, Evening Prayer

11th June 2023

9.30am, Shouldham Thorpe, Holy Communion
11am, Fincham, Morning Prayer
11am, Marham, Morning Prayer
11am, Stowbridge, Holy Communion
11am, Watlington, Holy Communion
6pm, Online, Evening Prayer

18th June 2023

9.30am, Wormegay, Holy Communion 11am, Marham, Morning Prayer 11am, Shouldham, Holy Communion 11am, Watlington, Morning Prayer 6pm, Online, Evening Prayer

25th June 2023

9.30am, Fincham, Holy Communion 11am, Marham, Morning Prayer 11am, Tottenhill, Holy Communion 11am, Wimbotsham, Holy Communion 11am, Watlington, Morning Prayer 6pm, Online, Evening Prayer

WNPG6.00 pm Online Evening Prayer (See WNPG website)

https://us02web.zoom.us/j/84842560875? pwd=Ym82ajBzWIZzdXRoYVNiUW1JSWRsQT09

CHURCHWARDENS AND CONTACTS

WISSEY VALLEY GROUP

Barton Bendish:	Mhari Blanchfield	01366 347 849
	Linda Webster	01366 347 563
Beachamwell	Peter Berendt	01366 328 779
	Sue Pennell	01366 328452
Boughton:	Pam Wakeling	01366 500 429
Methwold	Alan Burbridge	01366 727 002
West Dereham	Graeme Pressley	01366 501 179
Wereham:	Sheila Smith	01366 858 165
Whittington	Susan Smith	07849 157 080
Wretton	Anita Horgan	01366 500 785
Whittington & Wretton	Elaine Taylor	01366 500 948

PRIORY GROUP

Fincham	Cathy O'Brien	01366 347279
Marham	Philip Fay	01760 444199
	Glenda Jayes	01760 339688
Shouldham	Brian & Ann Hullah	01366 347814
Shouldham Thorpe	Gordon Reid	01366 347253



BOUGHTON VILLAGE NEWS

Annual Parish Church Meeting

Pam Wakeling was re-elected as Churchwaredn. The PCC were also reelected or co-opted. We are incredibly lucky with the people on our PCC. It must be one of the best in the Diocese.

Open Gardens—still time to volunteer to help/open garden/cook? It's an important day for the church in the village, so all help gratefully received. It's our main fund raiser for the year and we hope it will pay most of our Parish Share—the money we need to pay to the Diocese. They don't subsidise us—we pay them! Pam

Calling all Boughton Bakers...Open Gardens Day needs you!

We would be very grateful for donations of cakes and/or quiches to serve at Boughton's Open Gardens Day on Sunday 11th June. It would be really helpful to know in advance if you can bake for us, so please contact Carol on (Boughton) 502012. Bakes can be dropped off at the church on the day from 9:30am. Thank you!

Book Brocante 29th April

Gosh, we were very lucky with the weather! The sun shone and we were able to set up some tables and chairs outside the church on the lawn for you to enjoy tea and cake whilst browsing through your bargain buys.

Thanks to those of you that donated books, once again thrillers were our No. 1 bestseller. Donations of homemade cakes were most welcome, thank you and thanks to all of you who came along on the day, it was good to see you and catch up. We raised £291 towards the repair of the church boundary wall.

Angela Faherty – Boughton PCC Treasurer

Congratulations to Steve Short on completing the London Marathon! Steve was running to raise funds for the Motor Neurone Disease Association in memory of his father. He completed the course in 4:36:37, and raised £6500 at the last count.

Fen report for Annual Parish Meeting 9th May 2023

The past year has seen a number of successful working parties, generally

Group4 News

keeping the fen in good shape, and the walk accessible at all times. The previous very wet weather, followed by the baking heat in the summer had a very deleterious effect on the board walk. So instead of doing running repairs ourselves, as we usually do, we employed a contractor to do a substantial renovation of the boardwalk. They did an excellent job, and everyone was very pleased with the result.

The weather has been a concern, as the fen remained bone dry all winter, and there was no need to open the outfalls to enable a reed cut. We were able to do this easily, with plenty of help from our volunteers. Thankfully the recent weeks of very wet weather has put water into the reed beds, and the area that we cut is now inaccessible.

Since then, a small group installed a new seat about halfway down the river bank. This was something of a challenge, as our reed cutter made it, with the legs marked to the depth we had to dig out. After a lot of effort on hands and knees, the bench finally slid into position, and looks absolutely great.

On a sadder note, we are shortly to lose one of our committee, Paul Smith, who is moving out of the area. We shall miss his enthusiasm, hard work, common sense and good humour immensely, and I would like to record our thanks for all his input, and wish him all the best for the future. Fortunately, there is another willing volunteer who is happy to take his place.

The Rural Payments Agency has, at last paid the 2022 Countryside Stewardship payment. They had been indicating that there would be an increase in the amount, following a review carried out by DEFRA, but it had not been clear how this would work out. I am pleased to report that it has increased by about 8.8%. We have never had a previous increase in the past 13 years, so this was something of a pleasant surprise.

I would like to thank all of my committee for their continued hard work, as well as our other volunteers, both old and new.

Sue Pogmore

From Neil Matthew, Chair Boughton Parish Council

Following the local elections held on 4th May 2023, Boughton has a new parish council.

Councillors elected were:

Neil Matthew (Chair)

Sarah Miller (Vice-Chair) Tam Payne Sue Pogmore Geoff Proctor

Two vacancies on the council will be filled by co-option in due course.

We have also had a change of clerk, with Mike Inder moving on.

We welcome Laura Kimmins as our new clerk.

Contact details remain as before:

Chair e-mail: chair.boughtonpc@gmail.com Clerk e-mail: boughtonpc@gmail.com

Councillors e-mail: cllrs.boughtonpc@gmail.com

Parish Council meetings will continue to be held in All Saints Church at 7pm on the first Tuesday of every odd-numbered month, viz:

4th July 2023

5th September 2023

7th November 2023

2nd January 2024

5th March 2024

7th May 2024

Members of the public are welcome to attend

Keep up to date by subscribing to the website or following our Facebook page.

https://boughtonparishcouncil.norfolkparishes.gov.uk

@boughtonpc

Here is a short report from the Annual Parish Meeting held on 9th May 2023

The Boughton Annual Parish Meeting was held on Tuesday 9th May 2023 as was attended by five residents.

The meeting opened and selected Christine Matthew to chair it.

While this meeting is not a council meeting, but held by residents for residents, several topics were discussed and these will be considered further by the parish council at their next meeting.

It was noted that state of Wretton Road is once again poor, with unbagged dog faeces being left by inconsiderate dog walkers. There have also been

A resident brought up an issue that visitors, delivery couriers and emergency services face when coming to our village. Most of our homes have house names, our post codes are quite large and house signs can be difficult or impossible to see at night. It was suggested that a map might be drawn up to show where all the houses are located, and that house signs could be illuminated. One immediate and useful idea is to use "What 3 Words" to identify your home. This system is simple and used more and more by couriers and the emergency services. Check it out at https://what3words.com, generate your own W3W tag and share it with people you are expecting to visit.

BARTON BENDISH NEWS June 2023

The Coronation

How privileged we are to have been able to watch the spectacular Coronation in the comfort (and dryness) of our own homes and being able to share in the pageantry, the ancient protocol and traditions as well as the more intimate moments of the service which in parts date back nearly 1,000 years. But oh dear, reminiscing about the Queen's coronation in 1953 has made many of us realise just how old we are and how very different things were then.

I was rising ten when the Queen was crowned on June 2nd and living in a very small hamlet in East Sussex. Our parents bought our first ever TV especially to watch it, a 12inch black and white which could only receive BBC, the only channel there was. Hardly anyone had a TV back then so several neighbours were invited in to watch it. I remember helping to make cheese sandwiches for them. We went down Isfield village hall a mile and a half away afterwards for a party. Not having a car meant we had to walk there and back in the rain. The downside of buying the television was that ITV came in a year or two afterwards and we were stuck with only BBC for many years before the family could afford a new one!

Closer to what is now my home, Maureen Buck was born in Barton and has jotted down her memories of the Queen's coronation.

"Excitement was mounting from the beginning of 1953 __a Coronation was coming in June. There was no chance of me watching it on TV, only a handful of people in the village were lucky enough to own one. Mr Gotobed allowed the barn at Hill Farm to be used for a party, so in

preparation a small amount of money was collected weekly from each household by Mrs English to pay for the food and drink. The day arrived, rain pouring down, luckily we had the use of the barn where there was plenty of food and drink, games, and a fancy dress competition. Mr Gotobed presented each child with a Coronation Mug and a decorated tin of milk chocolate fingers. Because of the inclement weather the races etc. were postponed until a later date, so we had a second celebration at the Hall in sunny weather. The final bit of celebration was very memorable. All the children were taken to the cinema in Kings Lynn to watch the film of the Coronation plus that of Sir Hilary conquering Edmund Everest. So, all in all it must have been something extraordinary as it is still quite fresh in mind seventv vears Maureen Buck

The lime tree next to Barton's village sign was planted to mark the Coronation.

Cycling London to Paris in 24 Hours

Shortly after I signed up to do this challenge, a good friend asked me "Why?" A really good question and I'm not sure I really knew the answer at the time. I think now that it was partly a response to turning 70 and the threat of a less active future, a fear of what was to come, maybe a stubborn defiance of ageing. The event's strap line struck a chord though, "One day I won't be able to do this.... but today is not that day".

I also knew that I could use the event to raise some sponsorship to support homeless people through the charity Crisis. Having spent a career in architecture designing homes for people in real need, particularly in rural areas where that need is often hidden, I wanted to continue that theme in retirement.

I signed up in November for the April ride and knew this would mean training through the winter. I'm not alone in needing some encouragement to cycle in the cold and wet, but the fear of failure is a great motivator. I'm indebted to a bunch of people who both encouraged and accompanied me in building up to 200 training miles a week by early spring.

The ride itself was highly organised with 78 riders in total. Leaving Blackheath in London at 3:00pm on Sunday 30th April, we rode for 58 miles against a light headwind over the North and South Downs to arrive at Newhaven just as the sun was setting.

With feed stations every 25 miles or so, and with riders naturally settling into groups, friendly banter strengthened the collective purpose and tensions dissipated into a mixture of apprehension and excitement.

There was time for a guick meal, mainly to stock up on carbohydrates for the following days ride, before making our way to the ferry port and boarding for the overnight trip. 5 Hours sleep in reclining chairs was not an enticing prospect, possibly not even an achievable one, but the thought of 125 miles hard riding the following day made it imperative.

We still don't know why the ferry took six hours instead of five, but it didn't

WEREHAM VILLAGE NEWS

WEREHAM VILLAGE HALL RAISES A GLASS TO TOAST OUR NEW KING AND QUEEN

On Sunday 7 May Wereham Village Hall was delighted to host a live screening of the special Coronation Concert from the grounds of Windsor Castle on the 'big screen' in the main hall, enabling the local community to get together and



remain.com>

celebrate the Coronation of King Charles III and Queen Camilla with friends and family members.

Guests were welcomed with a glass of bubbly on arrival and treated to a complimentary buffet of light refreshments.

It was wonderful to see so many local people waving their Union Jack flags, singing along and generally having fun in the company of others, whilst soaking up the atmosphere of this fabulous and momentous occasion.

Enormous thanks must go to the team of volunteers who worked so hard to make the event possible and to all

of those people from Wereham and beyond who came along to join in and lend their support on the night.

The trustees of Wereham Village Hall would like to thank Norfolk Community Foundation and the Borough Council of King's Lynn & West Norfolk for their generous support for this event.

Keith Murray Chair of Trustees, Wereham Village Hall

Wereham Parish Council

Next Meeting Date Monday 10th July 2023 at 6.30 pm (To be held in the Wereham Village Hall – Community Room).

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, and notified via the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

Highways – Paths and Roads – Defects Please report anything that you see verges, trees, pot holes, main holes, drains to Norfolk County Council Highways via their defects page of their website. You need to set up a login, and once on the site you can easily report issues and upload pictures of the issue. They will then arrange inspection. You are also able to track the report. The Parish Council will report issues that it finds, but if residents do this also we can increase the repairs that we need doing. https://apps.norfolk.gov.uk/HighwaysDefect/

Helen Richardson Wereham Parish Clerk and Finance Responsible Person

Email werehampc@gmail.com or Phone/Text: 0779 500 6811

ST MARGARET'S CHURCH WEREHAM SUMMER FESTIVAL

SUNDAY 16 JULY 2023

11am - 2.30pm

This year's Festival will be held in the grounds of our lovely medieval grade II listed church in the centre of Wereham on Sunday 16 July from 11am to 2.30pm.

Together with the Open Gardens, the Festival is one of the major fundraisers of the year. It is a real community event, and is a great day out for the whole family.

There will be a wide variety of stalls to keep everyone entertained, including Hoopla, Bookstall, Tombola, Horseshoes, Tasty Cakes, Jams and Preserves, as well as a Barbecue and a Raffle. Test your skills and win prizes. Bring the children along to play games and enjoy all the different activities taking place on

the day. There will also be a range of activities and events taking place inside the church throughout the day, including a special art exhibition, with many of the exhibits available for sale.

We would greatly appreciate any donations for our stalls, prizes for the Raffle, Tombola and Hoopla, bottles of wine for the Wine Bottle Stall, as well as Cakes, Preserves, Home Made Jams and Pickles. Items will be gratefully collected if you call any of the following contacts:

Tom 01366 500052, Doreen 01366 500218 or Chris 01366 500976

Wereham Open Gardens

Sunday 18 June 2023 12 noon to 5pm

One of the most popular events in the annual Wereham Village calendar, and all in support of our historic St Margaret's Church, this year's Open Gardens, taking place from midday until 5pm on Sunday 18 June, will be the 19th event of this type.

Open Gardens is organised by an enthusiastic group of local gardeners, who will offer you a warm welcome and invite you to spend time looking around their garden and sharing ideas and tips to take back and use in your own garden, however great or small. Two gardens are new to the event this year, with some newly landscaped on a circular walking route

Maps showing the location of all of the gardens that are open for you to view and enjoy are available from St Margaret's Church, in the heart of the village, on the day.

Tickets cost just £6 for adults, and accompanied children go free.

There will be craft sales and a raffle, and delicious salad lunches, homemade cakes and afternoon tea will be available from midday in the Village Hall. All monies raised on the day go towards helping to maintain our beautiful Grade II listed St. Margaret's Church, ensuring that it can remain open and available for everyone.

For those who have not visited Wereham before, the village is just off the A134, 5 miles from Downham Market. Do come along and join us and have a great day out!

Car boot sales and cafe

The next car boot is on 25th June. Booking early is advisable as we have been very busy so far this year with the hall fully booked every month.

Jayne and her 2 helpers will be very happy to see you all for your breakfast rolls. We have a very nice children's playground on the sports field. For further information please contact Philip on 01366 501330, 07759033492, rosemary.pease@btinternet.com.

Short mat bowls

Thursday afternoon 2pm until 4pm is our regular bowls afternoon. We don't take ourselves too seriously hence there is lots of fun and laughter on a Thursday afternoon. Please come along and see if you would enjoy bowls. For further details please contact Philip on. 01366 501330. 07759033492.



Malcolm Warner CGLI, NTC Dia

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As well as private tuning our tomers I tune for a number of the theatres, concerts, music societies, schools and music venues Forgive me if you think I have lost the plot....although that has been said many times before. As we all know, Marham is truly blessed with a magnificent, ancient church, Holy Trinity, and also many historical buildingsalong with a compassionate, welcoming community. I personally really enjoy stretching my legs along the rustic Spring Lane towards Shouldham Warren. And it was there one recent spring morning that I came across a long, chubby worm. It was moving very slowly by the side of the road, despite having no legs. It seemed to know where it was going despite having no eyes It had no clothes, shoes, feathers. It fascinated me.

How long have worms been on our planet? As long as we have! Who created them? Surely it must have been our own God. Can they communicate? We don't know. Do they go to war? No. Do they pollute the planet? No. On the contrary they wriggle around underground and help ventilate our soil. Do they become billionaires whilst families in the Southern Hemisphere starve? No. They don't read, watch TV, text, use TikTok or mobile phones. In a nutshell they just exist but now and again get eaten by birds.

My conclusion from watching this chubby worm? We human beings are so blessed in so many ways....yet one could argue that we can learn just a little from our co-inhabitants of our shared planet. It is theirs just as much as ours. And in truth we have the same Creator. I leave the thought with you.

So...to those who might find my remarks negative, confused or cynical, I can close with a positive thought. The regular events in Holy Trinity are filled to the brim with good humour, empathy, kindness and modesty. Children and dogs who come to join us are regarded as enhancements, not as a nuisance. Long may all that continue! Brian Ferguson



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- 1. Aster
- 2. Sweet William and Stinking Billy
- 3. Giant hogweed
- 4. Weeping Willow
- 5. Iris
- 6. Australia
- 7. True
- 8. Percy Thrower
- Madagascar
- 10. Hidcote
- 11. True
- 12. Nebuchadnezzar II

Answers to quiz on page 5



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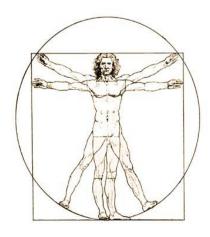
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STEVE JONES MBE, SACDip FHP(Adv), Dip C Tec, Dip Bmec, Dip RM Fellow of The Alliance of Private Sector Practitioners
Member, Accredited Register of Foot Health Practitioners

Fincham and District Wi = Minutes of the meeting held on Wednesday 10th May 2023 Fifteen members and 4 guests met in the memorial hall for the May meeting.

Minutes of the April meeting were read and signed. Matters arising

Treasurer, Sue Batterham confirmed that a cheque for £50.00 had been received, from Wereham hall committee, bringing the amount raised, from the craft day, to £331.75.

Sandra has been in touch with The Heron regarding afternoon teas. They are happy to do group bookings at £25.00 per head. It was suggested that we may go there for our Christmas luncheon.

A visit to Watatunga Wildlife Park – guided tours start at 1.00pm, there is no cafe but organisers are happy to provide tea/coffee and pre-packed food. More details to follow.

AOB

Barroway Drove WI has invited members to their birthday meeting in June – 2 members interested.

Southery WI has invited members to their Harvest meeting in September – no members able to attend.

The village fete will take place on Saturday 3rd June and members were asked to provide cakes for a cake stall and to help with refreshments.

A birthday posy was presented to Wendy Baines. The table flowers, provided by V Hudson, were given, as a raffle prize,

There was no speaker this month. Members were instead guided through the intricacies of crochet work. The idea is to crochet or knit poppies for the church for Remembrance Sunday. Iris Delderfield, accompanied by her cousin Hazel, helped members to start with a simple chain stitch. Some members didn't progress much further, other more accomplished workers were able to proceed with the pattern. Whatever their level of ability, members enjoyed watching, laughing and chatting to others, a pleasant way to spend the afternoon. There will, however, probably be more knitted poppies come November, than crochet ones!

The competition – Make a necklace using coloured macaroni and beads – was won by W Bell, 2^{nd} – S Amies, 3^{nd} – I Delderfield, 4^{nh} – V Hudson.

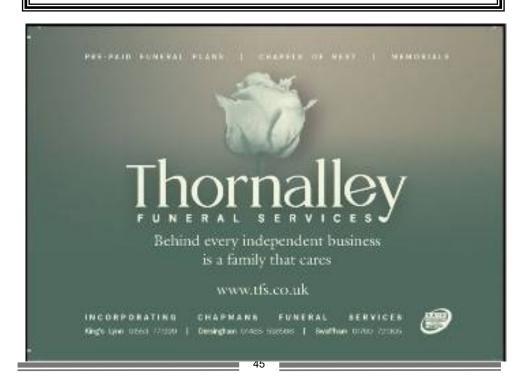
Raffle prizes were won by 2 guests – Hazel and Kay and S Amies Refreshments were provided and served by J Lynskey and J Fuller.

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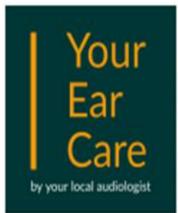


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