

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

March 2017

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hope you enjoy this latest edition of G4N.

Once again, there are many events taking place in the villages and surrounding area we are spoilt for choice. If you are able to attend any of those advertised the organisers will be more than pleased and appreciate your support.

As always, 'Happy Reading

The Editorial Team
Eileen and Pam

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

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

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

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Please submit all information through your Village Contacts.

**Deadline for copy for the
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11th March

ADVERTISING

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‘FROM THE RECTORY’

Dear Friends,

Once again I have been invited to write this letter which as always, is a privilege, not least because in these times of multi-parish benefices, a parishes' magazine can be a symbol of unity. History shows that Group 4 stood on its own before the Fincham four were joined to the Barton Bendish four and when the Fincham four had their own magazine or news letter. At the union of the two groups Fincham Rectory began to serve all eight parishes, since then there has been a remarkable growing together. Inevitably there have been times when individual parish issues and concerns have become more important than group solidarity, ever heard of Ambridge and Penny Hassett?! But the latter two still play cricket!

In 1990 the Faith in the Countryside report was published, commissioned by the two Archbishops. Among the report's recommendations are these two - that each diocese appoint an officer for rural mission, and this, and I quote; "We are clear that priority should be given to local expressions of community and worship....". In his response to the Report our Diocesan Bishop at the time acted on the first and wrote in support of what I have just quoted, that "the role of the rural Church is to create community....". Over approximately fifteen years the parishes of the two groups of four have mostly been good At creating community, with village and Church boundaries becoming indiscernible in some activities.

This has been a strange winter vacillating between mild and very cold and perhaps inevitably it has taken toll of several much loved members of our communities. What has impressed and moved me deeply has been the concern and support for each other throughout the group of eight ask not for whom the bell tolls.....".

As this interregnum rolls into Lent may we use this time to give thanks for the good we have in our community, have time to amend that which needs mending and meet constructively the plans which will be put before us. This could be by giving serious prayer support to our parish representatives to the Deanery Synod in March, when a decision will be taken as to the future shape of the Fincham/Feltwell Deanery and the ministry to serve us.

Meanwhile this comes with every good wish for Lent and what remains of Winter.

Very sincerely
Robin

BENEFICE NEWS

Opinions most welcome!

Time to Re-Group?

Regular readers of “Fincham Group News” and “Group 4 News” will be all too aware that with Barbara Burton’s departure our Group of 8 small parishes are again interregnum and in need of a new Vicar. They will also be aware that ahead of a Deanery Synod meeting in March, plans are being discussed regarding the future of our Group, which are vexing for sparsely populated rural Parishes like ours.

The Deanery and Diocese have a dilemma in that their stated mission is to re-focus their limited resources (both financial and human) towards areas of high and growing population. Combine this objective with a significant reduction in Clergy numbers over the next decade, small village congregations, and the expense of supporting stipendiary Priests then the reasoning behind their proposed direction of travel becomes clearer.

The Deanery’s preferred proposal is that our “Group of 8” small Parishes be sliced in two, with Fincham, Shouldham, Shouldham Thorpe and Marham being grouped with the more populous Benefice of Watlington, Wormegay, Tottenhill and Runcion Holme, and Stow Bardolph, Stow Bridge, Wimbotsham and Nordelph. The remaining Parishes of Barton Bendish and Eastmoor, Beachamwell, Shingham and Drymere, Boughton, and Wereham would join a new Grimshoe and Southery Group to include West Dereham, Wretton, and Whittington, Northwold and Methwold.

The argument behind setting up these new groupings seems to be that eventually the part of West Norfolk within the Ely Diocese will have two groups, North and South, each with a population capable of self-funding their own Minister.

Whilst not resistant to change, and aware that the days of a Vicar for every Parish are long past; Members of Fincham PCC have expressed their concerns that all of the possible options and solutions have not yet been explored. From a Fincham perspective we currently sit at the centre of our Group and have built up good and improving relations with our neighbours. We have a Group Choir, Bell Ringers, Group News, and Group Services. We are apprehensive that it will prove difficult to build links and common purpose

BENEFICE NEWS

with Parishes as far afield as Watlington and Nordelph, (as friendly as they doubtless are), when each represents a 20 minute car journey. It is also a concern that any new Minister is not pulled in too many directions and that the new grouping will result in pressure being brought to "mothball" Churches - thereby removing one more facet of Village life.

If you have any thoughts, opinions or suggestions in this matter please share them with your Churchwarden or PCC members without delay.

William O'Brien

KING'S ARMS CAFE

Do you have a few hours to spare this week? Do you enjoy baking and meeting new people? The cafe needs your help

The King's Arms, Shouldham café is looking for volunteers & bakers. Full support and training is given for both roles, if you are interested, please ask at the cafe for more information or call cafe volunteer coordinator Sarah on 07905628930



COUNTRYSIDE NOTES

Continuing with the theme of where sayings originate it is hardly surprising that many are connected with horses. After all they were the sole means of transport on land for centuries.

Unbridled means uncontrollable but *keeping a tight rein* and *holding the reins* means being in control. *Reining in* means dampening enthusiasm and *hold your horses* means keeping calm. When the driver of a team of horses has them under control he has them *in hand*. The word *curb* may well have derived from a type of bit called a curb designed for greater control over the animal. A horse would be *spurred into action* with spurs attached to the rider's boots. Excitable horses *champ at the bit* and one wishing to gain control will get *the bit between its teeth*.

Horses often had their front legs loosely tied together with rope to prevent them running away although they could still move in a restricted way. This was known as *hobbling* giving rise to the word describing someone who is unable to walk properly. A horse's teeth continually grow and the age can be estimated by this. Being *long in the tooth* shows it is elderly. *You shouldn't look a gift horse in the mouth* as it's rude to appear to be checking its age and therefore its value. *Straight from the horse's mouth* indicating inside knowledge arose from those who cared for horses daily and knew their charges well. A *dark horse* stems from the horse racing industry when very little is known about a certain animal.

When riders received assistance in mounting a horse they are given *a leg up*. Only soldiers and royalty would ride big horses from which they looked down on the peasants. They were *on their high horse*.

If you're burdened by something you are *saddled with it*. Being *on shank's pony* means being on foot- the shank being the part of the leg between the ankle and knee.

Horses are playful, big and rough - hence *horseplay*. But working horses are intelligent so if you are sensible then you are gifted with *horse sense*. A horse consumes a large quantity of food hence the term *eats like a horse*. Donkeys can live to a great age, maybe 50 years giving rise to *donkey's years*.

Working and war horses had nails fixed into their shoes to give them a better grip on slippery surfaces from which the term *riding rough shod over someone* originates.

A few sayings are self explanatory. *Shutting the door after the horse has bolted* means it's too late. *Put the cart before the horse* getting things the wrong way round. *Flogging a dead horse* will get you nowhere and horses don't build nests so you'd never find a *mare's nest*. And we all know about *leading a horse to water but not being able to make him drink*!

Two familiar words not connected with horses are 'nightmare' and 'bridegroom'. Their origins trace back to 15th century Old English words **Jill Mason**

RECIPE PAGE

Sticky Toffee Pudding

Cake

6oz chopped dates
1/2 tsp bicarbonate of soda
6 fluid oz boiling water
1/2 tsp vanilla essence
2 tsp coffee essence
3oz butter
5oz sugar
6oz SR flour
2 eggs



- Soak dates in hot water, vanilla essence, bicarbonate of soda and coffee essence.
- Cream butter and sugar together, beat in eggs a little at a time and gently fold in flour.
- Add dates to cake mixture and mix well.
- Grease Ramekin dishes and pour mixture in each, leaving enough room for puddings to rise.
- Bake in preheated oven (Gas 4; Electricity 180 or 150) for 20 - 30 minutes until well risen and firm to touch.
- Leave for a few minutes before turning out carefully.

Sauce

6oz soft brown sugar
4oz butter
6tbsp double cream

- Make this whilst the puddings are cooking.
- Place ingredients in a saucepan and heat until sugar has melted.
- Simmer gently for 5 minutes.

Eileen Powell

FREE HOME ASSESSMENTS ON OFFER

Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services.

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life. The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes. Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

The assessors will also be able to advise whether any grant funding is available for any works required.

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

Free magazine inspires families to get active this summer

Together with Active Norfolk, NCC Public Health has launched a free magazine which aims to inspire families in Norfolk get more active this summer.

Packed with ideas for cheap, fun activities and days out, **Get into Summer** aims to support cash-strapped families struggling to keep kids entertained during the summer holidays.

From free outdoor gyms and guided cycle rides, to park theatre and pond dipping, the magazine features activities to suit all ages, abilities and budgets.

Pick up your copy to find out more about a FREE six-week programme of family activities, starting this summer, with courses like Family Dance at The Garage, Norwich; Cycle Confidence on the Great Yarmouth seafront; and Swimming at St James, King's Lynn.

There's also a chance to win Halfords bikes for a family of four and a glamping holiday in West Norfolk courtesy of West Lexham, as well as money-saving vouchers to help you cut the cost of keeping your family active.

Launched in the Eastern Daily Press and some of Archant's weekly titles on June 26, copies of the free magazine are also available at Norfolk libraries and children's centres.

Part of a joint campaign by Norfolk County Council Public Health and Active Norfolk, **Get into Summer** is being launched in response to the falling levels of activity in Norfolk among adults and children and the impact of this on their health and wellbeing – now and in the future.

You can find out more and view the magazine online at www.norfolk.gov.uk/getinto

COULD YOU HELP A YOUNG PERSON WITH A DISABILITY TO THINK ABOUT THEIR FUTURE?

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

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

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

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

If you would like to find out more about becoming a Volunteer Mentor for the CSV Futures Project please contact:

Vicki Howling, the project co-ordinator for an informal chat.

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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

CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

Like CSV UK' on Facebook: www.facebook.com/CSVUK

Follow @CSV_UK' on Twitter: www.twitter.com/@CSV_UK



SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

Our trial Drop in Day has been so successful that it is a permanent new feature for the Home Hospice taking place every other Tuesday between 2 – 4pm. It is open to patients with cancer and their carer's and those with a similar situation where they can meet our wonderful staff. During the afternoon you have the opportunity of complementary therapies, join in with quizzes and one to one practical advice by our experienced and passionate staff whilst enjoying a cup of tea or coffee. So why not drop by our Office in Turbine Way or phone us on Swaffham 01760 722937, our next session is March 7th. If you require further information regarding our Hospice, then why not visit our website www.swaffhamandlitchamhomehospice.co.uk

During January we had two presentations of cheques made to us, firstly we received a cheque for £610.00 from Waitrose as a result of their Community Projects Scheme, the Green Discs.

Secondly TSB of Swaffham, the



Bank's nominated Charity for a year of £193.82; this was collected from their Christmas Hamper raffle.

The first of two photographs depict Martin Rutherford presenting a cheque to Sarah Leggett, Home Hospice and John Ludlow, Fundraising Committee.

The second photograph shows Felicity of TSB presenting cheques to David Gulliver, Fundraising Chairman.



We would like to thank all those wonderful supporters who donated through our appeal in the last Newsletter for tombola prizes for the Lexham Hall Snowdrop

SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

event; we were surprised at the response and received wonderful items.

The Snowdrop Walk held at Lexham Hall was unfortunately marred by the inclement weather and numbers visiting were down, but those that came along thoroughly enjoyed themselves. We were blessed by all those that donated the cakes and tombola prizes for the Tea Room. A huge thank you to Tesco who supplied the majority of the makings to make it the success it was, and our wonderful volunteers for giving up their Sunday to support the Hospice. Finally, our thanks go to Neil and Anthea Foster for inviting us to stage the event at their Hall. We made the grand total of £2092.00.

Why not join us for our ever popular Quiz Night at the Conservative Club 31st March 7pm for 7.30pm, tickets are available at our Office or Adrian on 01760 724304

Another reminder regarding the forthcoming Fashion Show staged by Allez Chic of Castle Rising on 29th March 7pm for 7.30pm. Tickets are available at Ceres Bookshop, Linda Burton on Swaffham 01760 7720205 or our Office. They are priced at £10.00. *David Gulliver*



National Trust

Oxburgh Hall

MARCH EVENTS 2017

Weekends up to 12th March

Snowdrop Walks

Join us for a guided walk around the Hall's woodlands to take in the stunning carpets of snowdrops, aconites and other spring flowers. Please be aware that, depending on the weather conditions, there may be a few snowdrops or many, but there is always plenty to see! The estate will be open to roam freely, and trails are available for families. Opening times (gardens and estate only) 11am – 4pm.

Normal admission. Walks begin at 11.30am and 2pm.

Wednesday 22nd & Thursday 23rd March, 9.30am – 2.30pm

Willow Weaving Workshops

Join the Outdoors Team and learn how to make a garden obelisk out of materials such as willow, dogwood, hazel and ash. Take your creation home and give it pride of place in your garden. It can be a piece of art or used for sweet peas or beans to grow up.

Please bring apron, thin gloves, secateurs and warm clothing (workshop takes place in a marquee).

£40 - includes tea/coffee on arrival and a 20% tearoom voucher. This can be redeemed against lunch but please feel free to bring along your own packed lunch.

Limited numbers - booking essential on 08442 491895.

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**
- **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 19th 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 Leipzig before becoming an unwilling conscript in the German army during WW1. 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 30th 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

Discover DOWNHAM Heritage

Hundreds of years of history brought to life

Visit the NEW Heritage Centre

Find out about the history of Downham Market and the people who lived and worked here, at our brand new Heritage and Learning Centre .

Displays show how Downham developed from a Saxon settlement to a thriving market town, and the trades, industries and shops which have helped shape the streets.

Opening hours Thursday to Saturday 10am to 4pm

Free admission

School groups, workshops and drop-in research available on other days. Large room available to hire for local community groups.

Find Us

The Old Fire Station, 30 Priory Road, Downham Market

PE38 9JS

Telephone 01366 384428



Visit Swaffham Museum in 2017

New Philo's 19th Century Swaffham

New Local Artists Exhibition inc. Max Mueller and Carter family

Plus Howard Carter and Tutankhamun / Local archaeology / Carr Clocks / Local History

Gift Shop

Opening Times Mon – Fri 1000 – 1600 Sat 1000 – 1300

Town Hall 4 London Street, Swaffham PE37 7DQ Tel: 01760 721230

www.swaffhammuseum.co.uk for updated information

Interested in becoming a volunteer? Contact Steve Gregory 01760 755596

Admission: £3 Adults. £2 Concessions. £1 child 5yrs and over

Bring this advert for 1 Adult Free Admission (valid for 2017)

DOWNHAM MARKET LIBRARY

Forthcoming events at Downham Market Library – [March](#)

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

Downham Market Library is now on Facebook. 'Like' us to find out more about what's happening at the library!

www.facebook.com/downhammarketlibrary

Regular events

Scrabble Club

Every Tuesday (during term time) 10am – 12pm

Knit and Natter

1st and 3rd Wednesdays, term time only.

1.30 – 3pm.

1st and 15th March

Baby Bounce and Rhyme

Thursdays – 10-10.30 term time only

New to Fridays – Brew and Banter

Pop in for a coffee and a chat!

10am – 12pm. Suggested donation 50p

Other events

NEW – Norfolk's Most Wanted – starts Monday 20th March

Our big read this year is made up of 20 of the most asked for books in Norfolk Libraries in 2016. There's something for everyone so pop in and pick up a good read.

Get Digital Tablet Course

Come and learn how to use a tablet.

Thursdays 2nd, 9th and 16th March

1 - 4pm

Booking essential. £15 for three sessions.

For more information contact Melissa.Brown@norfolk.gov.uk

DOWNHAM MARKET LIBRARY

Ask Lily - Living Independently in Later Years

Pop into find out more about this directory which contains listings of facilities, services and activities for older people in West Norfolk.

Tuesday 7th March

1 - 2.30pm

No need to book just pop in.

A Short History of Castle Rising

A Talk by Fred Cooke of the Castle Rising History Group

Tuesday 7th March

1 - 2pm

Booking essential. Please note this event is part of the 'In Good Company' group so £1 payable, refreshments provided.

Starting your own business or needing business advice or support?

Then visit our Business Advice Desks with Nwes

Tuesdays 7th March & 6th June. All sessions run from 4pm – 7pm

Established in 1982, Nwes is the UK's largest not-for-profit Enterprise Agency. We work in partnership to provide total business support, boost self-employment and encourage entrepreneurial skills throughout the East of England.

Nwes offers 1-to-1 business advice, a range of business and personal skills training courses, access to finance and serviced business premises, for those wishing to start or grow a business.

To learn more about Nwes, please visit www.nwes.org.uk.

Book your appointment on 08456 099 991 or info@nwes.org.uk

Dragonfly Card and Magnet making!

Come along and make a dragonfly card and magnet to take home.

Tuesday 4th April

1 - 2.30pm

£1 includes materials and refreshments (part of the 'In Good Company' group). This event is open to children too ages 5+ (must be accompanied by an adult). Booking essential.

Elena Parkin Community Librarian

Downham Market - 01366 383073 Mobile: 07786198618

Email: elena.parkin@norfolk.gov.uk

CHILDREN'S PAGE



QUIZ PAGE

1. Which word meaning to take money illegally for your own use contains two Zs?
2. Gynophobia is a fear or hatred of what?
3. A Royal stag must have at least how many points to its antlers?
4. Why are embalmed bodies called mummies?
5. In 1956 Rose Heilbron became Britain's first what?
6. What is different about a Dutch auction?
7. Subtract the number of years in a tin wedding anniversary from a silver wedding anniversary.
8. Which Burns poem is also a hat?
9. What do the initials of Harry Potter author JK. Rowling stand for?
10. Buona sera is an Italian greeting. What does it mean?
11. Which member of the Royal Family celebrates their birthday on June 10th?
12. In which town in the North of England can you find a statue of Eric Morecombe on the promenade.
13. What is the difference between a meteor and a meteorite?
14. A mercer was a merchant dealing in what?
15. Name the long-nosed character who 'was here' leaning over a wall.
16. Name four breeds of dog containing the names of different animals.
17. Should a men's lacrosse team consist of ten or twelve players?
18. Rat's Tail is a variety of which plant?
19. Which film did the Beatles make for TV?
20. Which is better for you—thinly cut chipped potatoes or thick chips?

Answers: 1. Embezzle; 2. Women; 3. Twelve; 4. From the Arabic word 'mum', the wax with which they're embalmed; 5. Female Judge; 6. The price starts high and comes down until someone bids. The first bidder secures the item; 7. 15; 8. Tam O'Shanter; 9. Joanne Kathleen; 10. Good evening; 11. Prince Philip; 12. Morecombe; 13. A meteorite is the remains of a meteor which reached Earth; 14. Expensive textiles, cloth etc; 15. Mr. Chad, also known as Kilroy; 16. bulldog, otterhound, Old English sheepdog, foxhound, Irish wolfhound etc; 17. Ten players; 18. Cactus; 19. Magical Mystery Tour; 20. Thick chips;

PUNS

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island but it turned out to be an optical Aleutian.
3. She was only a whisky-maker but he loved her still.
4. A rubber - band pistol was confiscated from a geometry class because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. Two silk worms had a race. They ended up in a tie.
8. Time flies like an arrow. Fruit flies like a banana.
9. Atheism is a non-prophet organisation.
10. Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here; I'll go on a head."
11. I wondered why the baseball kept getting bigger. Then it hit me.
12. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
13. In a democracy it's your vote that counts; in feudalism it's your count that votes.
14. If you jumped off the bridge in Paris, you'd be in Seine.
15. A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."
16. Two fish swim into a concrete wall. One turns to the other and says, "Dam!"
17. Two Eskimos sitting in a kayak were chilly so they lit a fire in the craft. Unsurprisingly, it sank proving once again that you can't have your kayak and heat it too.
18. Two hydrogen atoms meet. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "Yes, I'm positive."
19. Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcend dental medication.
20. When cannibals ate a missionary, they got a taste of religion.
21. A sign on the lawn at a drug rehab centre said: "Keep off the Grass."
22. A hole has been found in the nudist-camp wall. The police are looking into it.
23. There was the person who sent ten puns to friends with the hope that at least one of the puns would make them laugh. No pun in ten did



Save A Life Give Blood

Wednesday 8th March

13.00 to 16.00 and 17.00 to 19.45

Assembly Rooms

Market Place

Swaffham

For more information visit blood.co.uk or call 0300
123 23 23

... NEW ... NEW ... NEW ... NEW ...

Starting in February 2017

WEREHAM'S POP-UP CAFE

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd 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

PLUS

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

SEE OVER FOR FEBRUARY LUNCH CHOICES

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

We meet at the Village Hall at 10.00 am
FIRST WEDNESDAY OF EACH MONTH
*Walks last between one and a half to two
hours*

All, including dogs on leads, are welcome

Some paths may be rough underfoot,
there may be stiles or fields may be
ploughed: come at your own risk and
please wear suitable clothing and shoes
for the outdoors

Further details please telephone
01366 328452 or 01366 328536

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



Beachamwell WI

Thursday 2nd March
7.30pm

Beachamwell Village Hall

“Life As A Magistrate”
Louise Gayton

Visitors Welcome
Tickets £3.50

Enquiries:
01366 327023

Beachamwell

Free Table Tennis Sessions

Beachamwell Village Hall

Whatever your ability come along and try out our lovely new table.

We have plenty of bats and balls for you to use – so what are you waiting for?.

EVERY FRIDAY IN MARCH

3.30pm – 5.30pm

Wereham



Indoor/outdoor car boot sales and café

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 coffee.

A warm and friendly welcome is given to everyone.

Please contact Philip on

[07759033492](tel:07759033492) or [01366501330](tel:01366501330)

e-mail

rosemary.pease@btinternet.com.

The next date is March 26th

Beachamwell

Book Group

Tuesday 7th March

7.30

Beachamwell Village Hall

Book to be discussed over a glass of wine

‘The Dubliners’

by James Joyce

Annual Subscription £15.00

New members welcome

Enquiries: 01366 328536

Nar Valley Ornithological Society (NarVOS)

Tuesday 28th March

7.30pm

The Barn Theatre

Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road.

‘Dragonflies’

We are delighted to welcome Dr Pam Taylor on her first visit to a NarVOS meeting. Pam is President of the British Dragonfly Society and she is also Norfolk County Recorder for Dragonflies. About 32 species of Dragonflies and Damselflies are found in Norfolk. With such a knowledgeable and enthusiastic speaker as Pam we are bound to have a great evening

Admission £2 on the night for non-member and visitors are most welcome.

Enquiries: 01760 724092



Beachamwell WI Craft Evening

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

Tuesday 21 March
7.30 - 9.30

Beachamwell Village Hall

Non-WI members and beginners very welcome

£3 inc refreshments

More details: 01366 328589

Beachamwell

Pop Up Pub

Village Hall

Friday 24 March
7 – 10pm

Beachamwell

Village Hall AGM

Please join us

Wednesday 29 March 7.30pm
Everybody Welcome!

SWAFFHAM



‘Learn something new’

**1917 – The Russian World
Turned Upside Down**

Tutor: Valerie Morse

Saturday 25th March 10am - 4 pm

Community Centre, Swaffham

Fee: £15. Optional lunch £8 - £10

Must be booked in advance

Tel 01760 723558

AGM Wednesday 22 March
Stained Glass Windows

Talk by Pat Bray

Swaffham Assembly Rooms, 7.30pm.

Entrance free. All welcome



Sheringham Shanty Men

**‘Sea Shanties and Folk
Music’**

Saturday 25th March
7.30 pm

Swaffham Assembly Rooms

£9.00 for members

£12.00 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries: 01366 328648

Beachamwell

Craft Group

Thursday 29th March

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 and Buy

All welcome.

Enquiries: 01366 328536

Barton Bendish

Cheese and Wine Tasting Evening

Village Hall

Tuesday April 4th

7.30pm

***Very kindly sponsored by
Waitrose***

Come along and discover what most tempts your palate and learn all about it

It is essential to book your place in advance

Tickets £5 each from

01366 347928 or

01366 347432

In Aid of the Village Hall

Barton Bendish

Family Coffee Morning

Village Hall

Easter Saturday, April 15th

10am-Midday

Exhibition of Easter Hats

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

Easter Egg Tombola, Produce stall,
Cakes, Raffle, etc

Any Donations very welcome

Please come along and join in the fun

In Aid of the Village Hall

Enquiries 01366 347928 or

Barton Bendish

? Quiz Night ?

Village Hall

Saturday April 22nd

7.30pm

Teams of up to 6 people

£4 per person

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

To book your table please contact

01366 347563 or 01366 347983

Proceeds to St Andrews Church

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Men of Barton

Well not quite yet perhaps. We moved here last July at the beginning of the hottest spell of weather I can remember. So many people have asked me how we've settled in and what there is to like about Barton Bendish that I thought I'd try and answer them. It's been in my mind to return to West Norfolk since I left King Edward VII School in the early seventies. Barton Bendish itself I first discovered in 1964 during a cycle ride from Marham where my father was serving in the RAF. However, it was only when my wife and I, having retired from long, and in her case, distinguished teaching careers in Nottingham, were sitting drinking tea outside the old school in Shouldham. I felt moved to say, "We've got to live here." Who dares wins, they say.

When we arrived, our garden looked a bit like the steppe. Many trees were huge and overgrown and we stayed in the pub for two nights as we assessed how habitable Wits End, our bungalow, might be. And that's the first thing to say. Barton may be devoid of most services but it has an excellent pub. Not only does it have a number of really comfortable rooms and genuinely excellent food, but the staff are brilliant. They were, and are, friendly and encouraging, genuinely interested in us as people. And that is true of everyone we've met here. No one is too busy to stop and chat for a while. We needed a lot of advice when we first arrived and help, kindness and advice have been in abundance. To go back to the pub for a moment (and why not?) my friends and family have been made equally welcome. The pub manager was even prepared to set fire to himself, again, to make sure we had fireworks on New Year's Eve.

Our neighbours are tolerant, friendly and incredibly helpful. Many are great characters. One of them has lent me chain saws, a machete, his lawn mower and even, once, one of his Land Rovers. I have often said that, although I lived in the same house in Nottingham for 13 years, we only knew a few people on the street. Here people are more trusting and less reticent. One came round with a card to welcome us, having never even seen us before. We have met writers, artists, gardeners, singers and many people with remarkable stories to tell.

We have been to the Film Club, a Victorian Evening, where we got dressed up, an organ recital and a Burns' Night with jokes, haggis and some brilliant singing. Singing is one of the things which are organised here. There are various events supporting charities and a sewing group which is really an excuse for people to meet. What I'm trying to say is that there is a sense of community here which I'm not used to but which I find really refreshing.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

At the back of some of the village's prosperity is Count Luca, who owns the pub and the village hall and uses both to encourage village life. We met him at his Bonfire Party in November and he had already heard of us. More to the point, he knows everyone and the traditional English way of life matters to him.

And it matters to us. We are told that this is a backwater, bleak, lonely and primitive and maybe that is so. We take a different walk every day through landscape dominated by trees and agriculture. The skies are magnificent, wildlife abundant and the weather all pervasive. It is the opposite world to the one in which so many commute like lemmings, hide behind double glazing, live on their computers and hardly speak to each other. I hoped that moving to Barton Bendish would feel like coming home. And it does.

Andrew Stephen

Mark Powell

It was with great sadness that Barton learned of the passing of Mark Powell and our deepest sympathy extends to his wife Eileen. Together they have supported many events held in our village. Mark was a talented artist and it is him we have to thank for the striking front cover of our parish magazine Group 4 News which his wife Eileen spends many hours each month helping to edit.

Jill

Burn's Supper.

Stepping into the Village Hall for the Burn's Supper was rather like taking a trip in a Tardis. One minute we were outside in the dark and cold of the night but then we stepped over the threshold of the Village Hall and were immediately transported to Scotland. We were suddenly in a bright, warm and welcoming place surrounded by people wearing tartan. We found our places at the attractively laid out tables and it was not long before MC Tim Webster formally welcomed us and the haggis was ceremoniously piped in (with the aid of modern technology). It was duly set down on the table in front of Mhari who addressed it in the traditional manner. Linda, who was stood beside her, very kindly translated what was being said in order that we mere Sassanachs could better understand the ceremonial significance of the occasion.

Portions of the poor creature then appeared on our plates accompanied by neeps and tatties. This was followed by cheese and biscuits tastefully embellished with celery and grapes. Coffee was then served complete with mints and the meal was rounded off traditionally with Joan's

BARTON BENDISH & EASTMOOR VILLAGE NEWS

delicious shortbread.

With the preliminary part of the evening completed the Scottish themed entertainment paying homage to Robbie Burns began with everyone singing 'Ye Banks and Braes'. Alan Reid read out 'The Immortal Memory' in honour of the Bard and this was followed by a rendition from Jim McNeil of 'My Love is Like a Red, Red Rose'. Tots of whisky were handed round and Chris Parsons followed this with an entertaining 'Toast to the Lassies'. Afterwards the Barton Bendish Choir delighted us by singing 'Wild Mountain Thyme'. Joc Keshet-Price then presented her hilarious version of the 'Reply to the Laddies' and then we all sang along with Tom Golden. Linda and Mhari presented a reading from Burn's and Jim sang 'Flow Gently'. The guests joined in more singing and the Choir sang the 'Celtic Blessing'. Tim rounded off the evening with a Vote of Thanks and we all joined together in a rousing version of 'Auld Lang Syne'.

Even though not everything quite went according to plan it proved to be a most enjoyable evening. Once again we have to heartily thank the usual crew who work together to make evenings like this possible. Mhari, Linda and Elizabeth must have spent hours organising it and Tom Golden's organ playing is always much appreciated. I should imagine at least half the village were involved one way or another in staging the evening. Food needed to be cooked and served; there were piles and piles of washing up to be done and everything needed to be tidied away afterwards. It was long gone midnight before the work was completed so a very big thank you is due to everyone who worked tirelessly behind the scenes, especially young Emily.

We may not have many big events in Barton but when we do 'the team' certainly know how to organise them in a very professional manner. It is so nice that everyone is willing to work harmoniously together and even nicer when they receive feedback from people to say how much they've enjoyed the evening. That's what makes it all worthwhile.

Jill

Cheese and Wine Tasting Evening Tuesday April 4th at 7.30 pm

Waitrose have very kindly offered to sponsor a Cheese and Wine Tasting Evening which will be presented by their wine expert, Mary Simon, who lives in Barton. It should prove to be not only an informative evening but also one that will be a treat for our palates. Come along and join us for what should prove to

BARTON BENDISH & EASTMOOR VILLAGE NEWS

be a very pleasant evening. Tickets £5 each and pay on the day but places will be limited so it is essential to book your ticket in advance.

Jill Mason 01366 347928 email masons.sandmere@btinternet.com

or Maureen Tasker 01366 347432

In aid of Barton Bendish Village Hall funds

Easter Coffee Morning Saturday April 15th 10am – 12noon

We are holding our annual Easter Coffee Morning on Saturday April 15th from 10am – 12noon in the Village Hall with the emphasis being on the whole family. There will be an Easter Egg tombola as well as the chance to win a delicious cake by entering the competition to guess how many eggs are decorating it. There will also be book, cake and produce stalls as well the usual raffle and one or two things for the kids to do.

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

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

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

The Village Hall is a valuable facility which is there for anyone to use. When big events such as the recent Burn's Supper, forthcoming Open Gardens, our famed Arts and Crafts Exhibition and the Christmas Victorian Evening are organised the Village Hall is operating to its full potential and we'd be lost without it.

Jill Mason 01366 347928 email masons.sandmere@btinternet.com

Quiz Night April 22nd

This year Barton's ever popular annual Quiz Night is being held on Saturday April 22nd at 7.30pm in the Village Hall. Teams can be of up to 6 people.

£4 per person. Tea or coffee will be served but please bring your own food and drink.

To book your table please contact Linda and Tim 01366 347563 or Janice and Chris 347983

Proceeds to St Andrews Church

Barton Bendish Ordinary Parish Council Meeting held on 11th January 2017

Cllr Chapman (Vice-Chairman) was in the Chair. Three parishioners were in attendance.

The Parish Council made a decision on the Precept for 2017/18 and agreed to set the figure at £4720, which included a Council Tax Support grant of £80. This would represent another year of no increase for parishioners.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

The Parish Council were advised that the telephone box in Barton Bendish was a grade II listed building. It was decided to go ahead with adoption of the telephone box, although further consents could be required and any future work carried out on the box would require planning permission from the Borough Council.

Cllr Carter had attended a meeting at RAF Marham to provide local Parish Councils with an update on the planned construction work at the station. It had been suggested that RAF Marham were willing to attend another update meeting for residents in the Barton Bendish Village Hall and further information will be provided on this after the next Parish Council meeting.

A national event is planned to take place on 11th November 2018 to commemorate the end of the First World War. The Parish Council has registered their interest in taking part locally in a Beacons of Light event in the village. Further information will follow on this when available.

The Parish Council currently has a vacancy for a Parish Councillor 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 next meeting will take place on Wednesday 8th March, 2017. This will be the Annual Parish Meeting followed by an Ordinary Parish Council Meeting starting at 7.00pm in the Village Hall.

BARTON BENDISH PARISH COUNCIL

NOTICE

Vacancy for a Parish Councillor

The Parish Council currently has a vacancy for a Parish Councillor 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: Miss Sarah Thorpe

Phone: 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

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

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

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mark Powell



Tragically Mark died on January 20th. He was born in Poole, Dorset – the second of three sons. As his father (a pilot with the RFC in World War 1) was a Wing Commander with Bomber Command in World War 2 requisitioning land and houses for use by the RAF, the family moved around mostly in East Anglia. They then settled in London and Mark was educated at St John's Prep School in Pinner, Harrow School of Art and Liverpool University.

He taught in London for over 27 years becoming Head of the Art Department, Head of Year and Head of Faculty. He

was one of the teachers who introduced the Performing Arts Exam into the Education System. He was passionate about Art education and so many people benefitted from his excellent and unusual approach to the subject. He turned all the Art Rooms into 'experiences' so pupils could choose which aspect to draw..... the rooms became forests, beaches – you name it, they did it. It was during this period that his pick-up truck was very useful.

Mark would draw cartoons to get messages over. His 'Superteach' series were extremely popular and his caricatures of the staff, which he displayed in the staff room, were a joy to behold. Long since gone as souvenirs of course.

He enjoyed pottery and as his last headmaster said in his message to me 'I was particularly grateful to him for the designing and building of the tile mural in the entrance hall of Stoke Newington School. It was a stunning piece of work.'

When he retired in 1992 and settled in Beachamwell he embraced village life fully. He did his stint on the Village Hall Committee (his bannock stall at the village fete was famous) and on the PCC for several years. He became a Parish Councillor approximately 20 years ago and was still serving on the Parish Council until his death. The village has benefitted from his art work in many ways and he was always very generous with his talent.

Mark had many interests covering a wide range of subjects. He was a very talented, knowledgeable, kind, fair, gentle, humorous and unassuming person who enriched the lives of the people he met. People have sent wonderful messages to say how much he meant to them. He did so enjoy life - indeed a life to be celebrated. Well done Mark.....

On behalf of Mark's family and myself I would like to thank everyone who sent messages of condolence and helped in this difficult time. The support has been overwhelming and greatly appreciated. **Eileen Powell**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Graham Williams

Yet another tragedy when we learnt of Graham's death on February 6th.



Condolences to Sonia and the family at this very difficult time. A tribute to Graham will be in April's edition of G4N. **Eileen Powell**

St Mary's Church

The first day of this month is Ash Wednesday – the start of the Lent period. Lent is a penitential period, involving the dual disciplines of abstinence and fasting. During Lent many Christians commit to fasting or giving up certain foods, habits or luxuries. This is done both as a form of penitence and as a spiritual tool to tame the body and “sharpen the spirit” for prayer, reflection and contemplation in preparation for the celebration of Easter.

Its observance is mirroring the 40 days that Jesus spent fasting in the wilderness before starting his ministry. It can also be seen to mirror the 40 hours that Jesus spent in the tomb prior to his resurrection.

We are pleased to see our church open for services once again – the damaged area of the ceiling is yet to be re-plastered but the affected pews have been cordoned off so that the services could be resumed and any visitors could be safely catered for.

It was with great sadness that last month we had to bid our last farewell to two of the long-standing members of our congregation: Mark Powell and Graham Williams. Over the last two decades Mark continuously supported our church, participating in many fund-raising events and using his talents to produce numerous artistic images of our church – the booklets and postcards he created are still helping us to raise much needed funds. Graham was our churchwarden for 9 years and always fulfilled his duties in a efficient and cheerful manner. Both of them will be very much missed by everyone in our small community and we extend our sincere condolences to their grieving families.

We do hope you might be able to join us at our two monthly services during the period of Lent. Hopefully you will maintain the sufficient willpower if you've decided to give up chocolate for the next 40 days! We'll make sure there are no chocolate coated biscuits in our family service refreshments, to help you avoid the temptation! **Vesna Hudson (churchwarden)**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Parish Council



If you have any items for the agenda please give them to me in writing at least a week beforehand.

As always, if you have a query or a problem, you can consult the Councillors at any time – they are more than willing to listen and help if they can.

Dates for future meetings are March 13th and May 8th.

As always everyone is welcome.

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

Notice of Vacancy in the Office of Parish Councillor

Notice is hereby given of a vacancy that exists for ONE Parish Councillor to serve on the Beachamwell Parish Council caused by the death of Councillor Mark Powell.

Unless within 14 days of the date of this notice, ten electors for Beachamwell (named on the Electoral Register) have requested to hold an election, the Parish Council will fill the vacancy by co-option as soon as practicable.

All requests (in writing) for an election to fill the vacancy should be sent to:

The Returning Officer,
Breckland Council,
Elizabeth House,
Walpole Loke,
Dereham
Norfolk NR19 1EE

Eileen Powell (Parish Clerk)

Note: In computing the 14 (and 60) day periods, Saturday, Sundays, Christmas Eve, Christmas Day, Good Friday and bank holidays are disregarded.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall (Charity registration number 303900)

A big thank you to all who supported the first Pop up Pub of 2017 on 27 January. It was a very enjoyable evening and we look forward to welcoming you back on Friday 24 March 7-10pm. If you are new to the village, this is a good way to meet people!

We invite you join us at our AGM 7.30pm Wednesday 29 March. We like to hear your views and ideas on how to make full use of our wonderful facility.

Time to Spring Clean your Bathroom? There is a box on the counter in the village hall, where you can deposit any unwanted toiletries until the end of March. This could be toothpaste, bath and shower products, things brought home from hotels...

Have a good spring clean and de-clutter; you'll feel better and the Food Bank will benefit!

Beachamwell Village Hall Committee

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

Beachamwell Book Group

This thriving group meets in the village hall on the first Tuesday evening of every month, except January. The books we talked about in 2016 included examples of modern fiction from Britain and the USA, a classic, a work of non-fiction and a work translated from Spanish. We have started 2017 with James Joyce's 'Dubliners' and in March we will be reading a poetry anthology.

We don't always agree about the books read, but we always enjoy a lively discussion over a glass of white wine. If you would like to know more please

Leah Spencer 01366 328536

Beachamwell Half Marathon

Now the weather has improved we hope you are getting your trainers on and dusting your bikes and starting training for the Annual Half Marathon to be held on Sunday April 30th. Money raised will be for St Mary's Church Restoration Fund.

Marshals also needed, if you feel you can help, email

carole@bcwilson.plus.com for details. Watch for Posters in the village.

Brian and Carole Wilson

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

It was along some old and familiar tracks and forest rides at Drymere, new to the Wednesday Walkers, that were explored on a wet February morning. We were out for about an hour and a half – not walking too quickly, or going too far - and returned to Beachamwell a little damp and feeling somewhat self-righteous with so much fresh air in our lungs.

Hopefully, it will be a sunny and spring-like walk in March. If you want to come and explore with the Wednesday Walkers, do come along to the Village Hall at 10.00 a.m. on 1st March. We shall be so delighted if you do!

Leah Spencer 01366 328536 and Sue Pennell 01366 328452

Beachamwell WI

Beachamwell WI went West for its February meeting with an illustrated talk by



Maggie Mackenzie about a US road trip from Los Angeles to San Francisco, via the scenic national parks: Grand Canyon, Zion, Bryce Canyon, Death Valley and Yosemite. What amazing scenery. "Awesome !" as the Americans say.

Over refreshments, members puzzled over a Wild West Quiz and got nostalgic about the TV

westerns we used to watch. It was amazing how many could remember Davy Crockett's hat! Leah Spencer ended the evening with a reminder of the work of the Associated Country Women of the World, a charity that supports women-led groups to improve quality of life for rural women and communities. We support this charity with small change collection boxes and regular sales tables. We were pleased to welcome three visitors and hope that they enjoyed the evening. Our March speaker, Louise Gayton will be speaking about "Life as a magistrate", and in April, we will welcome Neil Chadwick, a warden from the Hawk and Owl Trust who will give us an illustrated talk about the work of the Trust and the birds that visit and breed at Sculthorpe.

Visitors and new members are always very welcome. Contact Helen 01366 328589 or Maggie 01366 327023, or just come along.

Maggie Mackenzie

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday March 14th	Barton Bendish	Hatherley Gardens	9.55 am
	Beachamwell	Old Post Office	10:15 am
	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday March 13th & 27th	Wereham	The Pit	9:30 am
		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

Traveline (08706) 082608 (www.traveline.org.uk)

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00 - 2:00pm
Fakenham	Fourth Saturday 8.30am - 12:00pm
King's Lynn	3 rd Friday of each month
RAF Marham	Third Friday 9:00am to 2:00pm
Swaffham	No longer trading

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS		
Barton Bendish	Brian Spencer	01366 347332
Beachamwell	Pearl Spence	01366 500428
Boughton	Pearl Spence	01366 500428
Beachamwell	Pearl Spence	01366 500428
Wereham	Doreen Rolph	01366 500218

CHURCH SERVICES IN MARCH

Ash Wednesday is March 1st. There will be a service at Fincham at 10 am and therefore no Thursday service on the 2nd March.

DATE	TIME	LOCATION	SERVICE
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Sunday 5th March 4th Lent 1

9.30 am	Shouldham	Morning Prayer
10.30 am	Marham	Café Church
11.00 am	Beachamwell	Holy Communion
6.00 pm	Wereham	Evening Service

Sunday 12th March Lent 2

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

Sunday 19th March Lent 3

9.30 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (MC)
11.00 am	Beachamwell	Family Service
11.00 am	Wereham	Holy Communion

Sunday 26th March Lent 4

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

THURSDAY SERVICES of Holy COMMUNION at 10am

9th and 23rd at Boughton, 16th and 30th at Fincham

CHURCHWARDENS

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

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

Guarding Boughton's Bottle



Following the terrible experience of the Bottle being kidnapped we realised we had to change our approach to security. The safety of this very valuable asset could no longer be taken for granted. Christmas and New Year celebrations would introduce a period of considerable vulnerability.

Consultation with some of our countries top security experts, New Scotland Yard, Westminster and a group of people based in Hereford provided us with a robust strategy.

MI6 & MI5 were particularly helpful. They secretly surveyed Boughton and it's surrounds, All saints Church, and where in the Church the bottle was kept. Contrary to their initial advice, we stated that

we refuse to put the bottle under lock & Key; it has to be on open display to encourage vital contribution to our funds.

In addition a high level favour was called in.

"It's payback time Mr President! Our bottle helped you raise dollars during your Whitehouse charity functions and we also let your Astronauts take it to the moon. Now Boughton needs your help. Can we borrow a group of your Navy Seals as back up for our MI6 Black ops team?"

President (at the time Elect) Trump also supported our operations, now that he knows where Boughton is. He is however still having trouble with the location of Norfolk, there being one in Virginia, causing him some considerable confusion.

All our requests were granted. A number of field agents were positioned around the village. The US Navy Seals were concealed in the stand of reeds at the Mill Hill road side of the pond.

Geoff's piglets were charged with forward observations, providing our crack units with vital information regarding the approach of any known villains or suspicious activity.

We are very pleased to report that our covert operations were entirely successful; the bottle was safe all through the festive season.

We wish to thank Father Christmas, MI6, MI5, US Navy Seals, and Geoff's piglets for keeping the Bottle safe over Christmas and the New Year. We were denied permission to take photographs of the covert operatives, but they did send us a picture of them training with the bottle.

Perhaps our Parish Council will consider granting Geoff's Piglets the freedom of Boughton? They pretty much go where they like anyway.

If any of our readers has any information please call Whitehall 1212.

Frank and Tim

Happy 2017

BOUGHTON VILLAGE NEWS

Boughton Open Gardens 2017

This event will take place on June 11th the second Sunday of the month. Please consider opening your garden in aid of the church. Various people have moved from the village, so we need new volunteers. This is the main fundraiser for the church and usually raises a large proportion of the money we have to pay Ely; it also helps keep the church warm, both for services and when it is functioning as a community hall. Your garden doesn't have to be perfect – just friendly and inviting to a range of visitors who share a liking for gardens.

As usual, we will have the Garden Emporium and a Tombola stall both of which require donations, so if you find anything suitable during your spring clean of 2017 then Angela Faherty will be willing to take them off your hands! Please drop items off at Tapestry Cottage or give Angela a call on 501335 and she will gladly collect.

If you are splitting plants this spring, then consider putting a piece aside and labelling it for sale on the day. You may be raising seedlings as well, so any spares could find a forever home with our visitors.

If you are unable to open your garden, but would like to be involved, please contact me as we always need volunteers on the day.

Pam Wakeling 500429

Adieu Boughton!

By the time you read this we shall have flown the coop and moved on to pastures new.



In the just over 11 mostly very happy years we have lived in Boughton we have made some very good friends who will remain so for all time.

Having been, at various times, part of Boughton Parish Council, the Boughton Village Caravan, the Church and Church Project and initially, the Cricket Club, gave us both great pleasure and made our life in Boughton very contented. We believe we have been the only modern couple to have our wedding reception on The Green in 2008!

However after carrying significant works on Manor Cottage, especially since retiring early, we found it to be too small for us and our growing extended family. On the spur of the moment we decided to move, but as there were no suitable properties either in the village or relatively locally, we have moved to the western extremes of Norfolk to start the next part of our life's adventure.

Thank you to all our dear friends and parishioners who have made our stay in Boughton so happy, we shall keep in touch.

Best wishes to you, Lynne and Peter Agate.

BOUGHTON VILLAGE NEWS

Boughton Fen Report for Parish Council Meeting 27.01.2017

During the latter part of October 2016, the EA were as good as their word and created another section of bank to assist with water retention at the Oxborough end of Stringside Drain. This happened more quickly than expected, and I arrived home from a short holiday to find the work was completed very neatly. Ironically, since then, it has been exceptionally dry, so we are unable to put it to the test.

Since then, a number of successful working parties have been held. The first was to complete the clearance of the overgrown brambles and other plant life, caused by the very wet summer, from the ride into Highland Fen. This was followed by another team effort to remove growth from the rest of the walk, giving a nice clear route for all to enjoy.

Our scrub clearance contractor was able to get started early this year, before things became wet, and made a great deal of progress, helped by the favourable conditions.

Paul Smith, a member of the Fen committee had a very busy time with his work colleagues who were able to engage in a day's voluntary community work, instead of driving a desk, and cleared a huge amount of sallow from the reed beds.

Since Christmas, we have held another party with local volunteers, and have erected another seat and made further efforts with clearance of scrub on several parts of the fen.

Two further working parties are planned for February, and it is likely that there will be some ad hoc sessions to clear and burn reed as soon as possible after the reed cutting has taken place.

A good number of people have participated in these sessions, and we are grateful for all their input to keep improving the environment of our fen at minimal cost.

Mark Pogmore

Church News

The Annual Parochial Church Meeting will be held in the church on Wednesday 29th March at 6 pm.

This meeting is open to all.

Pam Wakeling



BOUGHTON VILLAGE NEWS

News from your Parish Council

Firstly Boughton Pond. As many readers will know we were lucky enough to secure the services of the Environment Agency for a survey of the fish stock in the pond. The stock was good, mostly Roach and Rudd. However the water quality whilst just satisfactory for the time of the year does need some help to minimise the adverse effects of unwanted algae which can cause a number of problems in water. The relatively large number of ducks in the pond may be a contributory factor because they poop. They poop a lot and that poop goes to the bottom of the pond and feeds algae and fouls the water. One method recommended to us to help reduce algae is the use of Barley Straw. With this in mind we will be filling a number of net containers with Barley Straw and you should see these floating in the pond from early spring.

Next our precept. One of the Statutory requirements for Parish Councils is the requirement for a Parish Clerk. The Clerk's role is, amongst other things, to ensure we meet all our statutory obligations; to prepare the minutes of our meetings and ensure that the provisions governing the running of the council are correctly observed. No mean task in these days of significant rules from central government. We need to make provision for the cost of the Clerks services and to this end the precept will increase a little. The average increase should be less than one pound per month. We in Boughton have one of the lowest precepts in West Norfolk. Even with this increase we expect Boughton to retain the enviable position as one of the parishes with the lowest precept in West Norfolk.

And finally a note on our War Memorial situated in Boughton Churchyard. Readers may be interested to hear that very recently Historic England have given it a Grade 2 listing. A significant element in the history of Boughton.

Historic England give their reasons for the listing as:

*Historic interest: as an eloquent witness to the tragic impact of world events on the local community and the sacrifice it made in the conflicts of the C20;

* Design: as an elegant and dignified Latin cross;

* Group value: with the Grade II*-listed Church of All Saints in Boughton.

Tom Roberts (Chairman)

Norfolk Churches Trust Cycle Ride

Thanks are due to Paul Heath, who raised £86.25 for the Church by doing the Norfolk Churches Cycle Ride last year.

Norfolk Churches Trust received a similar amount.

The whole event raised £100 067

Paul Coulten.



WEREHAM VILLAGE NEWS

Press Release

Free Open Day: *Push the Boat Out!*

Question: Who are Hannah Mills? Saskia Clark? Giles Scott? Nick Dempsey?

Answer: You were probably cheering them on last August when they were winning sailing gold medals at the Rio Olympics.

Question: What have you got in common with them?

Answer: Everyone has to start sailing sometime and 2017 is your time.....

If you are 8 or 80, or anything in between, everyone is welcome as Snettisham Beach Sailing Club throws open its doors for its Open Day on Saturday 20th May 2017 from 12.00 noon, as part of the Royal Yachting Association national initiative "Push The, Boat Out" to promote sailing and discover more Champions. Everyone is welcome to come along and try sailing in – all for free!

There will be free sailing taster sessions on the sea from 12.30 and on the lake all day long.

Come and enjoy our recently improved clubhouse, benefitting from £100,000 work. Food from the BBQ and drinks from the bar.

Save 10% off any R.Y.A. courses booked on the day

There is no need to book in advance just come along on the day!

Just bring footwear you don't mind getting wet, a windproof top, a change of clothes, and a towel.

No experience is necessary and would-be sailors of all ages from 8 years upwards are welcome. Children, you must accompanied by an adult but your adult doesn't have to go sailing. Come and chat with our members and find out how you can get into sailing.

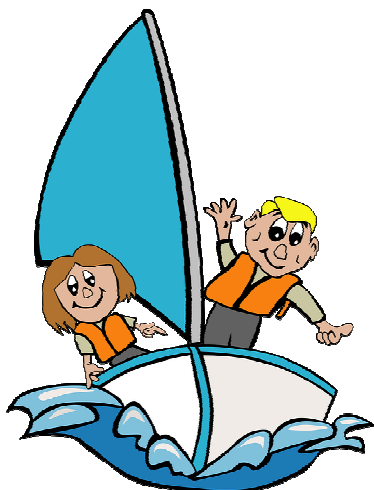
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For further information, please contact: Mark

Foley: publicity@snetbeach.co.uk

[0783 3332055](tel:07833332055) / [01362 688 946](tel:01362688946)

Visit www.snetbeach.co.uk for more information about Snettisham Beach Sailing Club, or find us on facebook.



The club is at Snettisham Beach, Norfolk PE31 7RB see

<http://www.snetbeach.co.uk/pages/the-club/how-to-find-us.php>

WEREHAM VILLAGE NEWS

Wereham Parish Council



Red Telephone Box - If you would be interested in volunteering to paint the red telephone box near the pond please email the Clerk.

Meeting Dates

Tuesday 14 March 2017, 7.00 pm, Wereham Village Hall

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

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com.

The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

Helen Richardson Wereham Parish Clerk and Finance Responsible Person

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

Wereham Messy Church



Wereham Messy church is now in its third year and we regularly welcome over 30 people to each service.

Please come and join in on March 23rd 4.00pm. You will be very welcome.

Our Messy Church is based on the principles shared by Messy churches across the world. It is Christ centred, for all ages, based on creativity,

hospitality and celebration.

We always try to include singing, a bible story, prayers, activities and food and encourage everyone to be involved.

We appreciate parents and carers support during Messy church to ensure everyone is safe.

Please:

1. discourage children running around the church and village hall
2. escort them from church to village hall
3. encourage them to remain seated during the meal.
4. We would be grateful if interested people would provide a contact email or mobile number and we will try to send reminders and also ask for volunteers for

WEREHAM VILLAGE NEWS

Dates for your 2017 diary

[Thursday 23rd March 4pm](#) Messy Easter

[Thursday 29th June 4pm](#) Messy June

[Thursday 28th September 4pm](#) Messy Harvest

[Thursday 30th November 4pm](#) Messy Advent

We are also hoping to arrange 3 Sunday family services involving Messy church
[May 7th](#), [1st October](#), and Nativity/carols Sunday 17th Dec [4.00pm](#).

We always appreciate your views. Please talk to any member of the planning team or Tel Ian or Debbie Rye [01366502083](tel:01366502083)

Wereham Open Gardens

This year our Open Gardens will be on Sunday June 18th. As many of you know this is an important fundraiser for the church and helps towards the running costs.

I have promises from several people to open their gardens again but it would be brilliant to have some new gardens too. They don't have to be show gardens, our lovely visitors just enjoy walking round, meeting everybody and picking up ideas. So please have a think about it and feel free to have a chat about opening *your* garden.

Or if you would like to help in any way either before or on the day please contact me.

Hope to hear from you.....

Lizzie Baddock 500233

Wereham Crafty Women

From now on we will be holding our craft group meetings in the village hall. It will always be on the second Tuesday of each month [at 10.30am](#) until about 12.30. Please do come along to see what we are about and bring your project with you to sit and do or if you are in a muddle one of us will be able to help you. We are holding three craft fairs in Wereham village hall this year one on April 8th, one [on 1st July](#) and one [on 4th November](#). So we will be very busy all year making and look forward to seeing some new faces. There is always a cup of tea or coffee with biscuits on offer at our get togethers.

My contact details are [01366501330](tel:01366501330) or e mail rosemary.pease@btinternet.com

WEREHAM VILLAGE NEWS

Wereham Neighbourhood Watch

The A.G.M. of Wereham Neighbourhood Watch will be held on Tuesday 21st March in Wereham Village Hall at 7.30. All members are invited to attend. If you are new to the village you are most welcome to join us.

Tom Golden (Chairman)

February Update from Wereham Village Hall Committee

The last Sunday of January saw our first car boot of 2017. Now run by Rosemary and Philip it still follows the usual format with a café selling bacon butties and hot drinks and indoor table space available to hire as well as the outdoor car boots. We were visited by Radio Norfolk's Treasure Hunt this month which added a bit of extra excitement!

Pop up café is now a regular twice monthly fixture – join us on the first and third Tuesdays of the month for hot drinks, a selection of cakes and light lunches.

Also advanced notice that following the first, very successful craft fayre run by Rosemary and the Wereham Crafty Folk last year, they have another 3 scheduled for 2017. Dates are Saturday 8th April, 1st July and 4th November. If you would like a stall at any of these events please contact Rosemary on [01366 501330](tel:01366501330) or e-mail rosemary.pease@btinternet.com.

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

Update from the New Build Project Team



surveyor to keep moving the project forward.

Victoria, John E, John M and Rachel.

Fundraising is still going well - we've received notification of another successful grant application and are currently working on submissions to LEADER and Sport England.

We are also working closely with the architect and quantity

WEREHAM VILLAGE NEWS

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in February were Victoria Gray and Sandra Howell – 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 [01366 500218](tel:01366500218).

Pop up Café – first and third Tuesday of the month, 10.30-1pm. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available – look out for our monthly specials! Cake donations/queries to Doreen on [01366 500218](tel:01366500218). Next dates Tuesday 7th and 21st March and Tuesday 4th and 18th April.

Car boot and Café – last Sunday of the month, 9am-1pm (café opens at 8am). Next date Sunday 26th March. Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on [07759033492](tel:07759033492)/01366 501330 or email rosemary.pease@btinternet.com.

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

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact Victoria Gray, Chair of Wereham Village Hall Committee. Home: 501277 Mobile: [07725513583](tel:07725513583)
email: darren.gray@tesco.net or via www.facebook.com/werehamvillagehall

Family Quiz Night

Wereham Village Hall will be hosting a family quiz in aid of St Margaret's Church on Saturday, 4th March starting at 7:30 p.m.

Tickets are £5 each which includes a hot supper.

Please bring your own drinks and glasses.

A raffle will be held on the night

To buy tickets, book a table or for any other information please phone:

John Eastgate: 500 766, Doreen Rolph: 500218 or Tom Golden 500 052.

We look forward to seeing you there!

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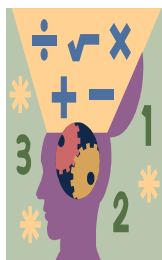
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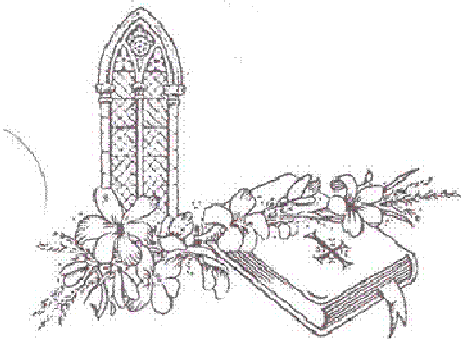
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