



Sedgeford Village News

May 2010

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NEWS FROM YOUR VILLAGE HALL It really is so good to see the increased usage of the Children's Play Area – congratulations the SCRAGS Team. It is incredible to think that in September the Hall will be ten years old; a party is being planned for the whole Village to mark this event.

Village Halls do not run themselves and whilst we have a small and dedicated team of volunteers, none of us are getting any younger – it is a Community Asset, there for the enjoyment of all but it needs younger people to take the places of those, who are or shortly will be, unable to carry on. The time required during the year, to serve on a Committee is probably of the order of 12-14 hours, as an Officer a bit longer.

Please do think hard about this and consider putting your name forward to serve on the Committee(s) – give me a call and I will be more than happy to talk to you as to what is involved.

Please see the advertisements. Have a great Summer. *George Eve* 571802 Chairman

WANTED

Is there someone prepared to help as a volunteer with simple maintenance tasks in the Village Hall & immediate area.

For further details please call me

George Eve 571802

VILLAGE HALL EVENTS - May

Bowls Mon 7.30-9pm
Post Office: Tues 1.30-5.30pm
Thurs 8.30-12 noon
Fri 8.30-11am
Yoga Weds 10-11am Anyone interested in joining a Yoga class and places are available, please contact Sandra Kruger-Daunt on 570485
Table Tennis Tues 10.00-12.00 noon
Thurs 7-9pm
Keep Fit Thurs 10-11am – new members welcome – Contact Val on 01328 864358
NOW MOVED TO TUESDAY EVENINGS:
Ballroom Dancing – Absolute beginners learn to Waltz, Tango, Quickstep, Slow Foxtrot, Viennese Waltz and Modern Sequence. £5 per person Call 01485 533414 or turn up on the night 7.15-9.15– All welcome.

Coming in June: Saturday 5th June - Race night in aid of CC94 (Campaign Care 94) Tickets and further details from Terry Wagg 01485 544755

Lynda Moore

SEDFORD CHURCH APPEAL

Just to say a huge "thank you" to everyone who has supported our appeal. To date we have raised £5,578.50 which is fantastic. The King William are still happy to take your envelopes.

We hope you will support our Rogation Sunday Walk on the 9th. We meet at the church at 2pm. The walk will take around an hour, finishing at Sedgeford Hall for tea. The cost is £5 a head which includes tea. Dogs are welcome but must be on a lead. Tickets can be purchased on the day but please ring Pam on 579002 so we have a rough idea of how many to cater for.

Back by popular demand are the Sheringham Shantymen on Saturday 12th June, 7.30 pm at the Church. Tickets are £7 available from Janet 571352 or Pam 579002.

Pam Goddard

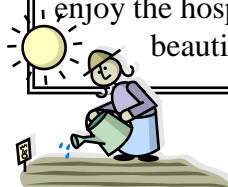


OPEN GARDENS 2010 – Sunday 30th May

Final plans are being made for the day. There are 13 gardens open. They have sprung to life in the recent warm sunshine tho' the weather on the day is of course out of our control. What we are doing is making sure that the guests are made welcome with lunches in church from 12-2 and teas at Wethered Manor with Mrs Louise Barber and friends from 2-5, with a Thanksgiving Service to follow in church at 6.30pm. The cost is £3 entrance to all gardens which has remained the same for 3 years. If you can support any of the stalls with good please use the contact numbers. Note there will not be a Bric-a-Brac stall or a Nearly New this year.

Crafts	-	Menai Lamb	571959
Cakes	-	Christine Sprules	572335
Books	-	Neville & Heather Woolley	570827
Preserves	-	Pat Fleming	570933
Plants	-	Christine Forecast	572767
Cards	-	Belinda Eve	(Own cards)
Raffle	-	Janet Frost	571352

Surplus prizes will be kept till next event. My grateful thanks to all who are working for this event. I hope you enjoy the day and the visitors enjoy the hospitality of the village and the beautiful gardens *Pat Fleming*



SCRAGs

Wanted for the play ground a waste bin, if possible with a hinged lid. **And for your diary**

A Harvest Horkey on the 25th September late afternoon and early evening event.

Bernard Clark 572793

PLAIN SAILING: Church Restoration Appeal

If anyone would like to go out for a sail from Wells, I would be delighted to take them in return for a donation to the Church Restoration Appeal. The sail can be either for the duration of a single tide of approximately 4-5 hours, or for a whole day of 9-10 hours in a 32 foot ketch sailing yacht. Please telephone 01498/570827. *Neuille Woolley*

SEDFORD FOOTBALL CLUB

April was an excellent month for the team. Sedgford have continued winning league games and have now won the league comfortably with 2 games still left before the season ends. The team completed a "double" by also winning the League Cup at Fakenham on April 16 in front of a large crowd. It was an extremely tense game against the Woottons decided by the only goal of the game scored by Gary Bowman just 2 minutes before the end of extra time. The club would like to thank our main sponsor Gary Rix for his financial help with the club this year and also for buying probably the largest round ever bought at the King William when everybody returned after winning the League Cup Final !! After a really successful first season everybody is now looking forward to competing in a higher league next September. *Mike Wade*

PARISH COUNCIL

From May to September, the Coasthopper Xtra bus, operated by Norfolk Green, will run every two hours from Sheringham to Kings Lynn, via Holt, Docking and Sedgford.

The Heacham and District Community Car Scheme has now relocated to the Council Offices, Valentine Road, Hunstanton, tel 534777, where it is continuing to offer its usual service.

The Council is continuing to explore ways to improve broadband services in the village. If you have a problem with slow broadband speeds, please let Peter Goddard know.

Footpath Warden John Tee reported that local paths were in good order but that the track between Ringstead Road and Norfolk Lavender had been closed: the access committee hopes the landowner will agree to reopen it. *Sue Crump*

DOCKING IN WORLD WAR II

Docking Heritage Group Exhibition in Ripper Hall on Sun May 2nd & Mon May 3rd. from 11am to 4pm Lunches and Refreshments available. The original, painted Sedgford Warship Week bill board will be on view in the National Savings Campaigns display with other recently located memorabilia. *Tim Snelling*

WOMEN'S FRIENDSHIP GROUP

We all thoroughly enjoyed Tony Bennett's professional and informative talk on ' Osteoporosis and X-rays at our April meeting. Tony is a radiographer at Wells Hospital and Superintendent Practitioner at Bury St Edmunds Hospital. It was like having a free private consultation and many questions were asked and answered in great detail. Osteoporosis is a condition resulting in weakened bones which lead to fractures. One in two women and one in five men can expect to develop the condition during their lifetime. Patients are more at risk of bone density loss if they are very thin, on steroids, smoke, lack exercise, drink excessive alcohol, low intake of green vegetables, suffer from coeliac disease, experience early menopause, are taking SSRI's (anti-depressants), on warfarin or having chemotherapy. In very severe cases a patient could lose up to five inches in height. The most common treatment is by Bisphosphonates (tablets), in severe cases Kyphoplasty (injecting a form of cement into the vertebrae) is used.

Our next meeting is on Wed. 12th May 7.30pm village hall when Menai Lamb will speak on the jargon surrounding Art: ' Can you speak Art ?'

We are a very friendly group and would welcome new members (and their friends) and would also like to see some of our existing members that we have not seen for a while. We are an extremely socialable group and have excellent speakers. Do come along and give us a try!

Maggie Burl ton

ST. MARY'S CHURCH FESTIVAL

August Bank Holiday Weekend 2010

I am organising a Tombola stall for this event which will require quite a number of prizes. Can you help by letting me have any unwanted gifts etc!! should I be out when you call, just leave your items behind the Yucca Tree near the front door. Also I can collect if that is more convenient.

Pat Tee, 01485 572167. Field View, Heacham Road, Sedgford (nr King William)

CAN YOU HELP ME?

My eldest granddaughter, Carla has given me the delightful task of drying flowers for Pot Pourri to use as confetti at her wedding in September on the Devon Coast. She has fond memories of Sedgford and has often visited since her christening at the R.C. Church in Hunstanton 28 years ago. I took cuttings from the Philadelphus round her cake and will have their lovely 'Orange Blossom' fragrance to mix in. They are now part of a 10 foot hedge. If you have colourful and fragrant flowers to spare during the summer I would like to know. A lovely rose garden has been offered and I have Norfolk Lavender so do let me know if you can make a contribution. I hope to put the names of the donors in with the flowers. Please phone 570933 *Pat Fleming.*

(There was a P.S - **Please** find space for this, I need a shipping order of petals!! (We try to oblige! *The Eds*)

The deadline for the **June Newsletter** will be Wednesday **May 19th 2010 at 5pm.** *The Eds*
Village web site: www.sedgford.org.uk