



# PARISH NEWS

OCTOBER/NOVEMBER 2014

MIDDLETON, NORTH RUNCTON & EAST WINCH

## CAMPAIGN TO CUT A47 SPEED LIMITS

Middleton Parish Council is asking local residents to support their campaign to reduce speed limits on our section of the A47.

The Highways Agency has confirmed that a formal review of speed limits along this stretch of the A47 will be conducted in the autumn. The Council have agreed a response which argues for the following:

- a reduction to 30mph for the central part of the village;
- an extension of the 40 mph limit westwards to cover all the housing; and
- the introduction of a 50 mph limit approaching the A47 / Hill Road Junction.

The Council's case for these measures was set out in a letter to the Highways Agency on 4 September which you can read on the next page. Their stance would be further strengthened by representations made by residents demonstrating the strength of local concern. If you would like to voice your support, please contact Kate Senter, the Parish Clerk for details of where to send your representations.

## War Memorial Restoration Complete

The restoration of the North Runcton memorial is now complete and a re-dedication service took place on Saturday 9<sup>th</sup> August. The service was extremely well attended with a full church and a large gathering at the memorial. The service was conducted by the Rev. Riaz Mubarak who welcomed everyone to the service, especially the Deputy Mayor and Mayoress Cllr Colin & Mrs Manning. At the memorial, wreaths were laid on behalf of the North Runcton War Memorial (NRWM) Committee, Middleton & District Branch of the Royal British Legion, All Saints' Church and the Parochial Church Council, North Runcton Parish Council, and Sainsbury's Hardwick Superstore. The children of the parish laid individual crosses at the memorial, one for each man named upon it.

Following the re-dedication service, refreshments were served by the ladies of the Legion. Many home made cakes had been baked especially for this occasion by residents of North Runcton and by members of the Legion. The NRWM committee extend their most grateful thanks to all those who helped on the day, either at the service or the memorial, or by baking of cakes, the preparation or serving of refreshments or in any other way.

**(continued on Page 3)**

## **Text of the letter from Middleton Parish Council to the Highways Agency, 4 September 2014**

Middleton Parish Council respectfully requests that the following changes are made to the speed limit on the A47 through our village:

### ***a) Introduction of a 30mph Speed Limit:***

The Council believes very strongly that the central part of the village should be covered by a 30mph speed limit. The reasons supporting this are as follows:

- The Station Road Junction with the A47 is used by a large number of HGV's from the quarries at Leziate. The nature of this junction forces these vehicles to enter the A47 very slowly, effectively blocking both carriageways. Vehicles on the A47 travelling at or in many cases just over 40mph have very little warning of this, particularly when travelling from the west. This causes them to brake very sharply and in consequence there have been regular 'near misses' at this location. A reduction in the speed limit would allow the traffic on the A47 more time to respond to the sudden appearance of large slow moving vehicles.
- The village is fortunate to have frequent bus services to both King's Lynn/Peterborough and Norwich. However, the absence of a 'lay by' means that the buses are forced to stop on the main carriageway. Again, traffic from the West has very little warning of this and is often forced to stop quickly. In addition, traffic is often observed trying to overtake the stationary bus which causes potential danger to traffic approaching the location. A general reduction in speed of the traffic approaching the bus stopping points would reduce the potential for collisions and resultant injuries.

We would argue most strongly that the provision expressed in Dft Circular 01/2006 that: "It is government policy that where appropriate a 30mph speed limit should be the norm in villages". The circular also makes it clear that authorities should make "extra allowances for key buildings such as a church". Middleton Church is directly adjacent to the A47 and this fact combined with the HGV access issues at this location makes a compelling case for a 30mph limit.

### ***b) Extension of the 40mph Speed Limit:***

The Council strongly believes that the start of the 40mph speed limit should be extended Westwards to coincide with the start of the housing. At present there are a number of properties along the A47 which are clearly part of the village, but are not covered by the 40mph speed limit. Occupiers of these properties are forced to access the A47 with traffic travelling at, or often in excess of 60mph. The field of vision is not particularly extensive in either direction and traffic seems to appear very quickly.

Vehicles travelling from the West which need to turn right to access these properties are very vulnerable to traffic which is just increasing in speed up to 60mph as it leaves the current speed limit. These vehicles do not have much time to react to a vehicle which has stopped on the main carriageway and this was illustrated by a collision (thankfully resulting in only minor injury) that occurred last December.

The Council believes that it is vital that the speed of traffic at this location is reduced before a more serious collision can occur. The properties along this section of the A47 are clearly part of Middleton and it is hard for the residents to understand why they are denied the protection afforded by the 40mph restriction which all other residents benefit from. The Council strongly supports this view which is given additional emphasis by the fact that the western limit of the 40mph zone is clearly beyond the location of the last properties.

### ***c) Introduction of a 50mph Speed Limit Approaching the Hill Road Junction:***

The Council would argue in the strongest possible terms that a 50mph restriction is placed on traffic approaching the Hill Road junction from the West. The Highways Agency confirmed a number of years ago that visibility looking West out of this junction "does not conform to existing standards". Consequently, traffic accessing the A47 at this location is faced with vehicles approaching in excess of 60mph with very limited warning. Residents will testify to witnessing regular 'near misses' at this location and there has been at least one fatal collision within the last few years. The Council sincerely believes that action must be taken before a serious accident occurs. The Highways Agency has confirmed that there is no practical action that can be taken to improve the westward visibility. Consequently, we believe it is vital that at the very least the speed of the approaching traffic is reduced, to provide residents with more warning of its approach and subsequently more time to make appropriate decisions.

The Hill Road junction is also used regularly by HGV's from the Leziate quarries to enter the A47. These movements are inevitably relatively slow which creates problems for traffic travelling west on the A47 which because of the road layout get very little warning of their presence. Again reducing their speed to 50mph would provide more reaction time and reduce the risk of a very serious collision.

The Parish Council sincerely hopes that its representations will receive the most serious consideration and that some action can be taken to improve the safety of our many residents who have to use this section of the A47 on a daily basis.

### **(War Memorial Restoration Complete - continued from Front Page)**

I also wish to extend a special 'thank you' to Richard & Julie Markham & Lilian Fisher for all their hard work in cleaning the Village Meeting Place in preparation of the reception. They put in many hours of hard graft of which I am most appreciative. The VMP now shines like a new pin!

This will be my last update as I am stepping down from the committee now that the restoration work is complete. As an outsider, I feel that my work is now complete. Vice Chair/Treasurer, Richard Markham will take over, and will publish a set of accounts in due course which will explain in detail what monies were raised and where it was spent.

Finally, it has been an honour and a privilege to work alongside such a group of selfless, hard working, dedicated and committed individuals which consisted of Richard Markham, Lilian Fisher, Julian Kirk and Pat Clough (and for a short time Douglas Eakins). They have given up many hours of their time attending committee meetings, organising and arranging events and foot slogging with door to door leaflet drops across the whole parish including the Hardwick/West Winch area. As well as giving their time freely, it should be noted that none of these people have claimed any expenses whatsoever. Indeed they have all contributed to finance the printing, postage and other incidentals that we incurred along the way. For all of this, I thank them profusely for their kindness and generosity.

North Runcton has, once again, a war memorial befitting those men it honours. It has been made possible by you; it was your generosity that made it all possible. For this I am extremely grateful. Thank you one and all.

David Skerritt, Chairman, North Runcton War Memorial Committee

### **East Winch Parish Council Meeting on 1 September**

Keith Harrod reported that there had been 198 questionnaires returned completed or part completed. He had collated the responses, which now needed to be looked at carefully, as there were differing points of view. For example, while adults were mainly satisfied with the play area, young people were not. They wanted much more space. There had been a great many comments about traffic and speeding, both on the A47 and through the village. The chairman is to report the findings on the roads to the MP and Highways Authority.

A particularly large number of parishioners had attended. Concerns included Freebridge Housing Association's application to build 2 houses (semi-detached) on a plot next to no. 16, Town Close. The Council agreed not to approve the application in its present form. The Borough Councillor, Jim Moriarty, explained that the local development framework had been further delayed, and meanwhile Freebridge Housing was trying to find space for affordable houses. Visibility was a concern where trees had grown over roads, and the issue of the imminent closure of permissive and other paths was a major topic. An open information meeting was being arranged.

The Council had received information about bulk buying of heating oil. It seems an excellent way of helping people to save money, but the scheme needs looking at in more detail. A local coordinator will be needed if it is to work.

### **5 – A – TIME – QUIZ (answers on Page 9)**

1. Mountain Warehouse (High Street) is relocating where?
2. Which road takes you from King's Lynn to Cromer?
3. Norfolk Green buses belong to which group?
4. Which Lynn building is celebrating its 330 birthday next year?
5. North Runcton cricket team play in which league?

**Buttercups Playgroup** invites you to join them for **Music & Dance on Friday, 17 October from 1.30 – 3.00 pm** for children up to 5 years at Middleton Village Hall  
Free for all children up to 5 years of age. A small charge of 50p per adult will be required upon entrance. Tea and cake available to purchase. All funds go towards helping Buttercups Playgroup move to permanent and secure premises in the near future which will enable longer opening hours. For a free taster session please ring Sue on 07934 170412.

## Middleton Parish Council Update

**Playing Field:** At our September meeting we agreed a detailed specification for the first phase of the work which involves the relocation of part of the Village hall Car Park. This will now be used to obtain 3 quotations from Contactors for us to consider at the October meeting. We are still hoping to submit the necessary grant application later this autumn.

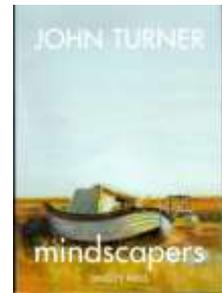
**Christmas Production: Please remember to book the 20<sup>th</sup> December in your diaries to attend a Christmas event at the Village Hall from 7.00pm.** We'll be treated to a cabaret style performance with a Christmas theme from performers aged between 4 and 80 (!) from a highly commended local theatre company – the Lavender Hill Mob. The performance will be followed by a family disco and the bar will be open from the beginning of the evening. Tickets will be £2 per adult and £1 per child/concession. Tickets will be limited by the Hall's maximum capacity so please contact the Clerk to confirm your booking and pay on the door.

**Permissive Paths:** The Council contacted the landowner following reports of the removal of permissive paths in Blackborough End. The reply we received indicated that this was linked to the removal of government funding for the scheme and the decision to remove access would stand.

**Speed Warning Sign:** We have now taken delivery of a Vehicle Activated Speed (VAS) warning sign which you may have noticed recently in Blackborough End. It will be deployed in a number of locations across all parts of the Parish in the coming months.

**Parish Council Vacancy:** There is now a vacancy for a Councillor on the Parish Council. The formal period which allows electors to request an election ends on 30 September, after which the Council will be able to co-opt a new member should an election not be requested. If you would be interested in becoming a Parish Councillor, please contact the Parish Clerk, Kate Senter in the first instance.

## HIDDEN TALENTS



Have you ever thought of writing a book? Many of us do, but few ever start, let alone complete, the task.

John Turner is a published novelist who lives in Middleton with his wife, Victoria. They married 70 years ago having met on service during World War II. John started work on his novel in 2003 and it took him ten years to complete, suggesting that literary talent needs to be combined with perseverance and dedication!

His book is called *Mindsappers*. It envisages a world in which medical science permits people to live very long lives - 200 years or more. To make such longevity more interesting, it is also possible to have the knowledge and memories of another person implanted in the brain and thereby embark on a new career or lifestyle. Predictably, politicians vigorously promote a policy of life eternal, but begin to meet resistance when the memory implants produce some surprising results.

The plot provides the basis for John to take what he himself describes as a jokey or satirical look at the human condition and the role of various institutions, especially some amusingly named Government Departments. The artwork on the cover is a painting by his wife Victoria of a scene at Thornham.

*Mindsappers* is not on general sale, but if you would like a copy please contact John by phone on 01553 841621.

*Do you have a hidden talent? Please contact the Editor if you would like to share your talent on these pages.*

### **Calling North Runcton Residents!!**

The Parish News is delivered by volunteers. The current distributor for 29 homes in New Road, North Runcton is leaving the area and so a replacement is urgently needed.

**Can you help?** If so, please contact Gill Boon either by phone on 01553 840320 or e-mail [gillian.boon@gmail.com](mailto:gillian.boon@gmail.com). The Parish News crucially depends on our wonderful volunteers so please help if you can.

## **Watlington Medical Centre – News For Patients**

**FLU clinics** will take place this year on Saturday 4<sup>th</sup> October and Saturday 15<sup>th</sup> November. Book your appointment with the receptionist.

Following our last Patients' Survey carried out by our Patients' Group in January this year, quite a number of patients requested a Chiropodist to be based at the Medical Centre. We have at last found one – Simon Young will be based here every Wednesday morning starting in September. He will be charging £25 per patient per visit. Please contact reception if you would like to book an appointment to see him.

**LIVING INDEPENDENTLY** in **LATER YEARS (LILY)** is an online directory for West Norfolk that brings together information about a wide range of activities, services, advice and guidance, primarily for the over 65s, providing an easy-to-access, easy-to-use reference and signposting guide. **Simply ask LILY at [www.asklily.org.uk](http://www.asklily.org.uk)**

## **AUTUMN EVENTS AT MAGPIE CENTRE**

The Magpie Centre, home of West Norfolk Group, Riding for the Disabled Association, is holding an **Art and Craft Fair in the indoor school on Saturday, 4 October from 10 am until 2 pm**. So here's your chance to do some leisurely Christmas shopping and surprise your friends and relatives with original hand-made gifts of all kinds. There will be a BBQ plus refreshments served throughout the day, and all proceeds will benefit the Magpie Centre.

Find us at Wallington Hall on the A10 between Kings Lynn and Downham Market. Sorry, no dogs allowed except Guide Dogs.

We shall be holding an **Equestrian Table Top Sale from 11 am to 1 pm in the indoor school on Saturday, 1 November**. £6 per pitch and £1.00 entry (children free). For enquiries and bookings call 07518 084363.

An exciting **Race Night is scheduled for Saturday, November 29 at Watlington Village Hall**. Be an "owner" for the night and maybe even cheer "your" horse into the Winners' enclosure.

## **NORTH RUNCTON ART GROUP ANNUAL EXHIBITION**

**Saturday 15 November 11am - 4.30pm**  
**Sunday 16 November 11am - 4pm**

At the Village Meeting Place (opposite the Church), The Green, North Runcton.

Free admission, refreshments available, toilets & free parking on The Green.

Paintings for sale at reasonable prices.

Please come and browse the varied work of local talented artists. Ideal Christmas presents – for yourself or others.

For anyone interested in joining us our group meets every Weds & Thurs 2.30 - 4.30pm throughout the year at the cost of £2 per session including refreshments. We are a very friendly & sociable bunch so if you fancy a relaxing painting afternoon please give me a call Janet 01553 841514.

## **Leziate, Bawsey & Ashwicken WI**

invite you to a presentation by Juliet Webster "1912 Caravan Tour of Norfolk"

**Tuesday 21st October at 2pm at Leziate Village Hall**. Tickets £2 available at door or from Ali South 01553 841267 or Sylvia Webber 01553 841427. Refreshments available. Free car parking

If you love Norfolk you will love this! A presentation by Juliet Webster who when moving house found the diary, photographs and a poem written by Honor Elwes. Honor was one of the three young ladies from West Norfolk who in the summer of 1912 took a yellow horse-drawn van with a groom for a tour round Norfolk, camping all the way. They visit for the first time all the beauty spots that you will know well. Strange things happen to them - they get mistaken for tinkers and a travelling show. So if you would like an entertaining afternoon with a difference come along & join us.

## **NORTH RUNCTON FÊTE - VOTE OF THANKS FROM HEDLEY CHAPMAN**

Thank you to everyone who turned up to support us on 19 July for our 19th fête. Thanks to all who spent their hard earned cash and to those who gave in any way. I saw many familiar faces and some new ones including holiday makers from the North Runcton Caravan & Camping Park. We appreciate them coming and the continued support of the Yallop family.

Thanks to all those who manned the stalls and competitions and to all the ladies who filled my kitchen preparing and serving refreshments. With me being out of action, much of the responsibility of the fête fell to Christine. She did a great job.

We were able to give each of the charities £559.30p. The raffle proceeds of £127 went to All Saints' Church, North Runcton. A further donation of £22.16p was received for the North Runcton War Memorial Appeal. Many many thanks to all who helped on the day and to those who helped before and after the event.

## **STRIMMERS MEAN DANGER FOR HEDGEHOGS**

by Pat Lorber

As some of you may remember, I have been marking and keeping data on the hedgehogs which visit my garden in Middleton since 2010, and the end of July marked No. 97 – a nice big girl. However, I've just returned from the RSPCA Wildlife Hospital at East Winch where I took a hedgehog with what they think might be strimming injuries and in May I found a dead newborn hedgehog on the pavement, probably abandoned by its mother after the nest was disturbed by strimming.

Strimmers are useful garden tools but can be lethal to hedgehogs, which sometimes have limbs and noses amputated and have to be put down. PLEASE use your strimmer with care, and if possible leave areas under hedges as wildlife cover, because they may well contain a hedgehog asleep in its nest, possibly with babies.

A useful internet site – [www.hedgehogstreet.org](http://www.hedgehogstreet.org) – estimates that we have lost 30% of Britain's hedgehogs since 2002 – a catastrophically fast decline. At this rate your grandchildren may never see one, which is very sad considering they've been around unchanged for about 15 million years – before sabre-toothed tigers and mammoths!. You could help them just by putting down a regular plate of food and fresh water outside your back door (never bread and milk which hedgehogs cannot digest). Further details at Hedgehog Street, but briefly they will welcome meat-based dog or cat food, unsalted chopped or crushed peanuts, sunflower hearts or dried meal worms. If the dog or cat food attracts unwanted cats, then the sunflower hearts on their own will help the hedgehogs on their way to rid your garden of slugs and snails. Unfortunately blue slug pellets are also deadly....

## **OVER THE GARDEN FENCE** with Steve Donoclift

As the days become shorter and light becomes less and as the hedgerow fruits adorn our countryside, there is still plenty of work to undertake in your gardens. After this lovely Summer it's time to look after the grass in your gardens.

Scarify lawns, use a grass rake to rake out dead grass and moss. Remember to aerate the grass sward, use a garden fork to make holes in the grass allowing light and water in and finally add some top dressing, a mixture of sand top soil and compost.

As the leaves start to fall please stop and admire their beautiful colours, but remember to rake away from the grass if you have time. Cut back perennials and harvest fruit if you have any trees in your garden.

October can still be mild, and although people have a dislike for Ivy it does provide the last nectar of the season, it flowers in the autumn and is vital for insects especially the Honey Bee population that rely on this beneficial plant to build up their winter food reserves, so please gardeners do not be too tidy. The bees need you!

Most of the summer migrants have gone south, and over the next couple of months it will be time to look to the skies for our winter visitors. As we enter a special time a quiet time of year I leave you with a quote: "Autumn...the year's last, loveliest smile." [Indian Summer - William Cullen Bryant].

Take care one and all. *Steve*



## Mothers' Union News

It is with trepidation that I take over from Liz Carter as branch leader and trust all members will be patient as I learn the ropes of my new job!

We continue our usual pattern of meetings i.e. an evening meeting on the second Tuesday of each month at 7.30 pm here at Church Farm and a prayer and planning meeting at the home of Mary Watson on the first Thursday of the month. We welcome new members and our membership has grown over recent months. If you are interested in supporting marriage and family life please come and meet us. You do not need to be a mother and we do have male members too.

**Tuesday 14th October:** Holy Communion in Middleton Church Followed by a members' meeting at Church Farm.

**Tuesday 11th November:** AGM and Bring and Buy

I look forward to seeing you all then.  
Gillian Boon

### **LOOK OUT FOR LEAD THIEVES!**

There has been a spate of thefts of lead from church roofs in the area. Please keep a look out for any suspicious behaviour and report any concerns immediately to the police.

### **Bonfire Night on Saturday, 1st November at East Walton.**

This year the famously ingenious bonfire and fireworks will be on a war theme - tanks, bangs and blasts. Adults £3, children £2.

### **"Teaching, Preaching and Shopping"**

**Abbey Farm, East Walton at 7pm on Thursday, 23rd October.** An illustrated talk by Louise Scrimshaw on the life and times of the Rev. Martin Coulcher, 1766-1818, rector at the Westacre Estate. Tickets £5, to include wine and refreshments.

## **World War 1 Exhibition!** East Winch Village Hall, Saturday and Sunday 8<sup>th</sup> and 9<sup>th</sup> November, 10 – 4.

Exhibition of memorabilia, including the mementos of local people. Stories of the soldiers commemorated on the War Memorial.

### **Talks:**

- What happened to the Sandringham Regiment?
- King Edward VII School in the war.

**Commemorative Service and Gift day 10.50 a.m.** at All Saints' Church.

Times of the talks have yet to be confirmed. For further details, ring Nell Steele 840814, or check the East Winch and West Bilney website.

## **Nar Valley Ornithological Society (NarVOS)**



Indoor meetings at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road.

### **The Colorado Chicken Run**

with Allan Hale

**Tuesday 28<sup>th</sup> October, 7.30pm**

NarVOS stalwart, Allan Hale, will regale the audience with a presentation of his trip to see all of Colorado's Grouse and Prairie Chickens, as well as much sought after species such as Brown-capped Rosy Finches and Pine Grosbeak.

### **History of Cley and its Management**

with Bernard Bishop

**Tuesday 25<sup>th</sup> November, 7.30pm**

The Cley Nature Reserve on the North Norfolk Coast is one of the most famous reserves in the country and the Bishop family is nearly as well known as the reserve itself. Bernard has been the reserve warden for forty years and is the third generation of his family to work at Cley. A fascinating evening in prospect.

**Visitors most welcome.** Admission £2 on the night if you are not a NarVOS member. For more information about this meeting or NarVOS call Ian Black on 01760 724092.

**Would you like to publicise your local event in the Parish News?**

**If so, please send details by e-mail to: [middletonandnorthrunctonnews@gmail.com](mailto:middletonandnorthrunctonnews@gmail.com) or by phone on 849725. The deadline for the December/January issue is Friday, 14 November.**



## MIDDLETON & DISTRICT ROYAL BRITISH LEGION

We are fast approaching the **2014 Poppy Appeal**. We are looking for volunteers to help with collecting in the Tesco and Sainsbury's stores on Hardwick Road, Kings Lynn. If you can help please contact Lilian Fisher 01553 841852 or email: [lilianfisher@talktalk.net](mailto:lilianfisher@talktalk.net)

**Evening Buffet on 15 October at 18.30 for 19.00** at the William Burt Centre, West Winch. Tickets £6.00 from Lilian Fisher (contact details as above). Please Book by the 12 October. For those of you that have never attended one of our buffets please come and enjoy an evening with us, all are welcome. Not only do we provide you with a full buffet but also wine and/or soft drinks are all included in the ticket price. Donations of Raffle Prizes Welcome.

On **Friday, 7 November** we have our **Remembrance Day Dinner** at the Middleton Hall Golf Club. Details and tickets from Lilian Fisher.

On **Sunday, 9 November** our **Remembrance Day Service** will be at 10.45am at Middleton Church

On **10 November** our **AGM** will be at the William Burt Centre, West Winch at 7.30pm.

**Latest News:** our Branch is now affiliated with the King's Lynn Sea Cadets.

**Lunch Club** usually meets on the 2nd Monday of the month at Middleton Hall Golf Club at 12 for 12.30pm. For further details contact Olive Turpin 840623.

### Lonely? Housebound? New to the village?

We are a group of people from St. Mary's Church Middleton who are willing to offer company and support. If you would like one of us to visit you, please contact Joan Van Dyke on 840716. If you live in North Runcton, please phone Wendy Galley on 840344 and somebody from West Winch Church will visit you.

## CARPET BOWLS



Carpet Bowls has a growing following in Middleton and the sessions are open to players from North Runcton as well. Join us at the Village Hall on Tuesday evenings at 7pm. Please wear soft flat shoes. More details from Club Secretary, Mick Porter on 841427.

## FRIENDSHIP CLUB



If you are 50+ you will be most welcome to join in the activities of the Friendship Club, which meets on the first Wednesday of the month at the Village Hall.

**1 October** Talk on Railway from Fakenham to Wells  
**5 November** Sale of Jewellery and Scarves

Further details from John Turtle (840280) or Pauline Crump (840053).

**Middleton Badminton Club.** Play badminton most Monday evenings (not Bank Holidays) at the Village Hall from 7pm to 9pm. The club is friendly and always welcomes new members. Contact Nigel Gray (01553 841541) for more information.



## Cameo Café

Cameo Café is held at the Village Hall on the 2nd and 4th Wednesdays of the month from 2.30pm till 4.30pm. The Café is supported by members of the Middleton Mothers' Union to provide an opportunity for people of all ages to call in for a "cuppa" and cakes or biscuits and to enjoy some friendly company. Carpet bowls is also played and new players, including beginners, are most welcome. Refreshments are free but we are grateful for donations towards the running costs.

The **Community Car Scheme** is to help villagers who have no transport, who are elderly or disabled to attend at local doctors' or dentists' surgeries, opticians, health clinics or to keep hospital appointments. A small charge is made to cover petrol expenses. If you require help or further information, or if you wish to volunteer help in any way, please contact Colin Skipper on 842448.

## Church Services in October and November

### **Sunday, 5 October**

10.00am **W Winch** Benefice Eucharist

### **Sunday, 12 October**

9.30am **W Winch** Holy Communion

11.15am **Middleton** Holy Communion

11.15am **E Winch** Morning Worship

11.15am **N Runcton** Morning Worship

### **Sunday, 19 October**

9.30am **W Winch** Sung Communion

11.15am **Middleton** Morning Worship

11.15am **N Runcton** Holy Communion

3.00pm **E Winch** Holy Communion

### **Sunday, 26 October**

8.00am **W Winch** Holy Communion

10.00am **W Winch** Morning Worship

11.15am **Middleton** Holy Communion

11.15am **N Runcton** Morning Worship

3.00pm **E Winch** Holy Communion

### **Sunday, 2 November**

10.00am **W Winch** Benefice Eucharist

3.00pm **Middleton** Service for the Bereaved

### **Sunday, 9 November - Remembrance**

#### **Sunday**

8.00am **W Winch** Sung Communion

10.45am **Middleton** Service of Remembrance

10.45am **E Winch** Service of Remembrance

### **Sunday, 16 November**

9.30am **W Winch** Holy Communion

11.15am **N Runcton** Holy Communion

11.15am **Middleton** Morning Worship

3.00pm **E Winch** Holy Communion

### **Sunday, 23 November**

8.00am **W Winch** Holy Communion

11.15am **Middleton** Holy Communion

11.15am **N Runcton** Morning Worship

3.00pm **E Winch** Holy Communion

### **Sunday, 30 November**

9.30am **W Winch** Holy Communion

11.15am **Middleton** Holy Communion

11.15am **N Runcton** Holy Communion

3.00pm **E Winch** Holy Communion

### **Sunday, 7 December**

10.00 **W Winch** Benefice Eucharist

A short Morning Prayer Service is held each Wednesday morning at 9.30am in Middleton Church.

**Bible Study** - People from Blackborough End, East Winch, Gayton and Grimston meet on Wednesdays at 7pm at each others' houses. During October we shall be using "Mapping Remembrance". For further details, contact Nell Steele.

## **ROLE OF SUPERHEROES**

by Rev Riaz Mubarak

We as a human race seem to be struggling to find our true identity. These days we very often see it reflected in what the film media and cartoon world put before us.

Animal in man and man in animal feeds our innermost fantasies of supernatural power obtained by challenging a natural order. Superman Clark Kent from Krypton was only superior to others because he was from another planet.

Thus the assumption God's creation on earth cannot be super beings.

Succeeding superheroes started drawing their strength from spiders, cats and bats, giving us Spiderman, Batman, and in the interests of gender equality, Spiderwoman and Catwoman, although as yet, no Catman. Well before controversial stem-cell research became an issue, DC and Marvel Comics' friendly animaloids were exciting the public imagination and challenging traditional role models.

Catwoman apart, the other creatures only had a positive role to play in witchcraft. Yet, these icons offered strength of body and character of heroic proportions that out did the Greek gods of Yore. Granted, they offered much healthy entertainment and played a cognitive role in child development.

Yet, we're enormously missing something.

Jesus, the ultimate role model and cognitive Master, offers the heroism of repentance that admits us sinners to God's kingdom.

Becoming witnesses of His Grace does not endow us with an ability to fly, climb skyscrapers or jump off them. It is a quiet, inner strength that constantly develops within the Christian moral order and radiates from us.

When we reach out to our Saviour, and beg admission to His kingdom, He bestows us with capabilities that make flying or jumping off skyscrapers an irrelevance. All we have to do is kneel, pray, and knock on the door of Him, who is there to welcome and receive.

### **5 – A – TIME ANSWERS (from Page 3)**

1. Dobbies (Hardwick)
2. A149
3. Stagecoach
4. Custom house
5. Norfolk Alliance Premier League

# PARISH CONTACTS

## CHURCHES:

**Priest-in-Charge:** Rev Riaz Mubarak 01553 841519 E-mail: rev.riaz.mubarak@gmail.com

### **Middleton St Mary's**

**Churchwardens:** Mrs J Van Dyke 840716 and Mr E Boon 840320

**PCC Secretary:** Mrs C Millen 840705 **Treasurer:** Mr C Reeks

### **North Runcton All Saints'**

**PCC Secretary:** Mrs V Nurse 849849 E-mail: val@kvtbookkeepers.co.uk

**Treasurer:** Mrs P Stafford Allen 841687

### **East Winch All Saints**

**PCC Secretary:** Mrs J Weavers 840510 **Treasurer:** Mrs W Smith 842281

## PARISH COUNCILS:

### **Middleton (www.middleton-news.co.uk)**

**Clerk:** Mrs Kate Senter Tel: 841387 E-mail: middletonparishcouncil14@gmail.com

**Councillors: Chair:** Mr M Fuller 841549; **Vice Chair:** Mr M Porter 841427;

Mrs E Barclay; Mr T Nurse; Mr R Smith; Miss V Ward; Mr M Wiles; Mr S Wood.

The Council meets on the first Wednesday of the month (except August) in the Village Hall at 7pm from October to March and at 7.30pm from April to September.

### **North Runcton (http://northrunctonpc.norfolkparishes.gov.uk)**

**Clerk:** Rachel Curtis Tel: 673043 E-mail: northrunctonparishclerk@outlook.com

**Councillors: Chair:** Mr R Morrish Tel: 840284; **Vice Chair:** Mrs A Towler;

Mr J Fuller; Mr B Houchen; Mr M Laing; R Markham; Mr P Yallop.

The Council meets on the second Tuesday of each month (except August) at 7.45 pm at the Village Meeting Place.

### **East Winch (www.eastwinchandwestbilney.co.uk/parish-council)**

**Clerk:** Bob Pannell Tel: 775724 E-mail: bob.pannell1@btopenworld.com

**Councillors: Chair:** Mrs N Steele; **Vice Chair:** Mr K Harrod;

Mr R Bettany; Mr R Cox; Mr A Hepher; Mr N Velzeboer; Mr A Wilson

The Council meets every other month, normally on the first Monday of the month, at 7.30 pm in the Village Hall.

**Borough Councillors:** Paul Foster Tel: 840917 & June Leamon Tel: 761892 (West Winch Ward); James Moriarty Tel: 01760 755623 (Priory Ward)

## **Other Contacts:**

Badminton Club	Mr N Gray	841541
British Legion	Mr J Kirk	01945 430109
Car Scheme	Mr C Skipper	842448
Carpet Bowls Club	Mick Porter	841427
Friendship Club	Mrs P Crump	840053
Lunch Club	Olive Turpin	840623
Middleton Village Hall	Mrs P Petch	842149
Mothers' Union	Mrs G Boon	840320
N Runcton Meeting Place	Rachel Curtis	673043

**Editor:** Chris Hudson, E-mail: middletonandnorthrunctonnews@gmail.com or call 849725

Views expressed in the magazine are not necessarily those of the Editor.

**The deadline for the next issue (December/January) is Friday, 14 November.**