

# The Raynhams' Newsletter - August 2024

- Friday 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> - West Raynham Village Hall Bar open from 7 to 10:30pm.
- Saturday 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> - Creative Crafters in Village Hall from 10am to midday.
- Saturday 10<sup>th</sup> - Open Day at West Raynham Control Tower from 10am to 4pm.
- Friday 16<sup>th</sup> - Mobile library at West Raynham bus shelter from 9:30 to 9:45am.
- Saturday 17<sup>th</sup> - Fundraiser for Star Throwers at RAW Fitness, Coxford, 2 to 4pm.
- Sunday 18<sup>th</sup> - Tractor ride to Bircham Windmill leaving West Raynham at 9:30am.
- Sunday 18<sup>th</sup> - American Air Power History Day at West Raynham SHQ, 10am to 3pm.
- Sunday 25<sup>th</sup> - West Raynham 'Summer's End Party 2024' from 4pm till late.
- Tuesday 27<sup>th</sup> - Coffee morning, Helhoughton Village Church Hall from 10am to midday.
- Friday 30<sup>th</sup> - The Raynhams' Gardening Club meeting in the Village Hall from 6 to 7pm.
- Saturday 31<sup>st</sup> - Pub quiz at The Airman's Arms, The Kiptons, starting at 8pm. Cost is £3 per person and maximum of six in a team.

## Church Services

- Sunday 11<sup>th</sup> - St Mary's, East Raynham, at 6pm.
- Sunday 18<sup>th</sup> - All Saints, Helhoughton, at 10:30am.
- Sunday 25<sup>th</sup> - St Martin's, South Raynham, at 10:30am.



### West Raynham Village Summer's End Party 2024 on the Village Hall Green/Village Hall (weather dependent)

Sunday 25<sup>th</sup> August 2024 from 4 pm until late. Band from 8pm

#### LIVE MUSIC courtesy of BANDWIDTH

A five-piece North Norfolk band featuring lead, rhythm and bass guitars, keyboards and drums. Setlists include Rock, Blues and Pop numbers sourced mainly from the 60s to the 90s along with original material.

Wines, beers, cider and soft drinks will be provided. The bar will be open.  
Please bring a sharing savoury or sweet dish and garden chairs.

RSVP to Debbie Lamont at [rabbits\\_peterrabbit@yahoo.co.uk](mailto:rabbits_peterrabbit@yahoo.co.uk) by 16<sup>th</sup> August

## Newsletter Contact Details and Past Issues

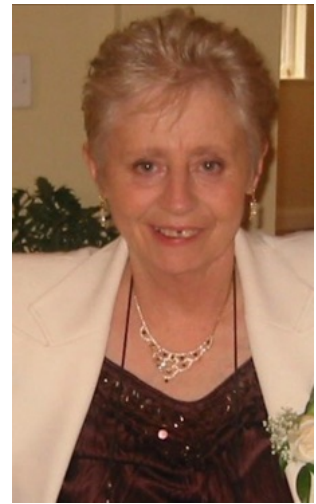
- [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com) - To send in articles or manage subscriptions.
- <https://www.raynhampc.info/documents> - To download previous Newsletters.
- Recent issues available to view in the Reading Room.

## Irene Doughty

Our dear mother Irene recently passed away at the age of 84 and her funeral will be held at 1:30pm on Thursday 8<sup>th</sup> August at St Mary's, East Raynham. A reception will be held afterwards in the Lancastrian Room at The Gallow, Fakenham Sports Centre.

Irene lived in Helhoughton for nearly 60 years, having moved to the village with her family in 1971 from Liverpool, and after a short period in Tatterford.

Irene's children Lorraine, Denise (deceased), Richard and Pauline all attended West Raynham primary school, and she was a founder member of Fakenham First Focus and Fakenham Community Archive, taking part in many roadshow events and interviewing local residents about their memories of Raynham and Helhoughton to preserve forever.



*Lorraine Clayton.*

## Kate Mead



They say, "it takes a village" and never could that have been truer for Mum's funeral. On behalf of our family, I wanted to extend our heartfelt thanks to her friends and neighbours in West Raynham and the outpouring of support, love and kindness we have had from you all. From cards and messages, bell ringers, helpers in the village hall to the wonderful flowers picked from your gardens for her funeral. She would have so loved the celebration of her life. You all did her proud.

West Raynham has given many happy years to both Mum and Dad. They embraced village life when they arrived as "the youngsters" and in turn you all took care of them in their later years. They always said it was their little bit of heaven on earth and now they can rest in peace together in the beautiful setting of St. Margarets.

With much love and thanks

*Natalie, Samantha, Catherine & Andrew.*

## RAW Fitness Studio - Fundraiser for Star Throwers

Please come along and join us on **Saturday 17<sup>th</sup> August** at RAW Fitness Studio in Coxford for an afternoon of fitness fun, cakes, cold refreshments and more in aid of [@starthrowers](#). Star Throwers is a charity based in Wymondham which supports people affected by cancer.

**Star Throwers Charity Fundraiser**

**RAW FITNESS STUDIO**  
Coxford, PE31 6TB



**Saturday 17<sup>th</sup> August 2-4pm**

Come and join us for a fun afternoon

**Mini Games**

**Cake stall**

**Fitness Challenges**

**Tombola**

**Lifting Challenge  
(Members only)**

**Cold refreshments**

**Fitness quiz paper**

**CASH ONLY PLEASE**  
To make a donation, please visit our Justgiving page at:



[www.justgiving.com/page/raw](http://www.justgiving.com/page/raw)



Star Throwers is a cancer support charity based in Wymondham, Norfolk dedicated to supporting people affected by cancer, from diagnosis through to life after cancer.

## Free Fish and Chip Supper 14<sup>th</sup> September

Serving starts from 7pm

There will be a maximum of 100 meals and limited seating available in the Village Hall, on the night, so please let us know your choice of meal and if you would like to enjoy it in the hall. There will be background music this year. Please note this invitation only applies to residents of The Raynhams.

The following meals will be available.

- |                        |                              |
|------------------------|------------------------------|
| 1. Cod and Chips       | 4. Meat Sausage and Chips    |
| 2. Scampi and Chips    | 5. Burgers and Chips         |
| 3. Fish Cake and Chips | 6. Chicken Nuggets and Chips |

Mushy peas and curry sauce will also be available. There are vegetarian sausages, burgers, nuggets and Gluten-free options also available. Catering will be provided by Tropics Two from Dersingham, who supplied the meals in 2021, 2022 and 2023. The bar will be open for drinks. Please email [westraynham.vhc@gmail.com](mailto:westraynham.vhc@gmail.com), with your requirements. If this is not possible, please leave a note in the Village Hall letter box with your name and requirements.

Please let us know by **Monday 8<sup>th</sup> September** to avoid disappointment.

# West Raynham Control Tower and Heritage Collection Open Days 2024

A room with a view!  
Take part in guided  
tours to the roof



Sample our home  
made cakes in the  
vintage Tea Shop

Blenheim Way, West Raynham NR21 7PL  
westraynhamcontroltower@gmail.com  
07707 292906



We are open, 1000  
to 1600 for the  
following events-

Open Days-

Sat 13th April  
Sat 11th May  
Sat 8th June  
Sat 10th August  
Sat 14th Sept

Open Cockpits  
event-

Sat 13th and Sun  
14th July

## American Air Power History Day





**In August 1942 the USAAF flew its first Heavy Bomber Operation in the European Theatre of Operations (ETO). As part of its series of Aviation History Days, Veterans Central at West Raynham SHQ is hosting a USAAF/USAF day.**



- ★ The programme is still developing, the day will include:
- ★ USAAF/USAF history displays, heritage collections and militaria
- ★ Virtual Reality experience: fly a combat sortie
- ★ Purple Heart Alley: participation table top B-17 game
- ★ Short talks and historic film clips by authors and heritage centers, including:
  - Daylight Disaster to Air Superiority
  - Air Base England: the 8th and 9th in East Anglia
  - 8th AF overview: the growth of Air Power
  - 2nd Air Division Library
  - Lady be Good and Memphis Belle
  - USAF Cold War (Norfolk and Suffolk)
  - Presentations on 94th, 392nd and 390th Bomb Group
  - And more..
- ★ Ancestry and others ways to trace American relatives
- ★ Military Research Centre and 2nd hand military book shop
- ★ SHQ Café, hot and cold drinks and food & Hot Dogs!
- ★ Tours of the Grade II Listed Bomber SHQ
- ★ Memorial plaque dedications to:
  - 2nd Air Division USAAF
  - Lt. Follett Bradley Jr (first USAAF casualty in Europe)

Sunday 18th August  
10:00 to 15:00  
West Raynham NR21 7PL







**For information email [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk)**  
**Or visit our Facebook page**  **West Raynham SHQ - Veterans Central**  
**West Raynham NR21 7PL**

Registered in England & Wales as a charity #1208763

## Commemorative Circular Bench

Several people in the village have asked if there will be some form of commemorative feature for our late and dearly departed Katie Mead. In agreement with her family and the Trustees of St Margaret's ruins, it is being proposed to site a circular bench in her memory underneath the walnut tree in the churchyard. This is a lovely shady spot where people can sit and spend a quiet moment. In addition to the bench, it is proposed to plant bluebells around the tree, flowers that were very dear to Katie.

We hope residents will support this idea and contribute to its realisation. More details to follow as soon as they are available.

*West Raynham Village Hall Committee.*

## St Mary's Church - East Raynham

We are looking for volunteers from The Raynhams to help with maintaining St Mary's and its churchyard. There is both indoor and outdoor work which would give the church a more tended and loved appearance.

So, whether religious or not, churchgoing or not, please get involved if you can. With your help we could improve the current situation and safeguard the church and its churchyard for future generations.

If you would be interested in joining a new group of St Mary's volunteers, please email: [Stmaryseastraynham@gmail.com](mailto:Stmaryseastraynham@gmail.com). Thank you.

*East with West Raynham PCC.*

## West Raynham Coffee Morning - 17<sup>th</sup> July

There was an array of cakes and pastries on offer at the Coffee Morning on Wednesday 17<sup>th</sup> July, and a wonderful display of paintings, drawings and sketchbooks created by people who live here in Raynham and Helhoughton.

Thank you to the artists, cake bakers and everyone who attended. With your help the Coffee Morning raised £175 for The Teapot Trust, a charity whose aim is that every child or young person living with a long-term health condition can access transformational art therapy without barriers or cost.

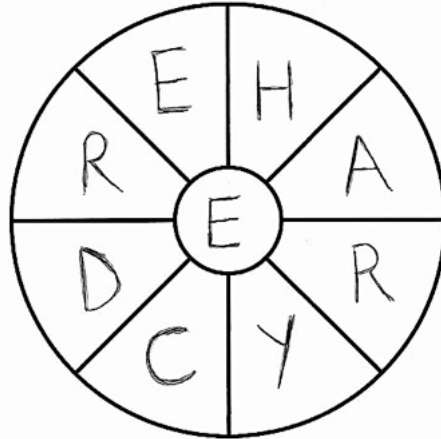
Thank you!



## Word Wheel

Find as many words as possible using the letters in the wheel. Each word must use the central letter and at least two others. Letters may be used only once. You may not use plurals, foreign words, or proper nouns.

There is at least one nine-letter word to be found. I found 25 - not including the nine-letter word which is where I started when constructing the wheel; see if you can beat me - I bet there are more words in there that I missed. The words I found are listed on page 9 and include the nine-letter word - well done if you got that one!



## Cooking on a Barbeque

This month we have a truly unusual recipe from Debbie Lamont that suits everyone who enjoys making the most of their barbeque during the summer months and has the ambition to try something different. Debbie also provides a top tip for an eco-friendly fabric conditioner. Don't forget if you have a treasured recipe - or household tip - which you are happy to share, then please contact: [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

Following the extinguishing of my Aga I spend about six months of the year choosing to cook outside using my gas barbeque (complete with ring for saucepans etc).

Besides using my microwave and home cooked meals stored in the freezer, this is my only source of hot food, and I have now learnt my barbeque is just like an oven (as it has a lid and a thermometer!).

This year, as in previous years, I have made jam, quiches, one pot meals involving chicken, rice and vegetables in heavy based Le Creuset dishes and many more. In fact, the only food I haven't tried to cook are cakes and biscuits - maybe one day?

Apart from not browning meals like fish pie etc on the top, it is a lovely way to prepare food although I do draw the line at being outside in the pouring rain diving into my freezer for sustenance instead.

This month, I thought I would share with you my recipe for vegetable quiche although any filling you choose would be perfect for cooking outdoors on the barbeque.

## Vegetable Quiche

### Ingredients

- Shortcrust pastry - either home-made or shop bought to fit the size of your flan dish.
- Any seasonal vegetables (courgettes, onions, peppers, asparagus) cut up into equal sized pieces and stir fried in garlic olive oil.
- Three eggs and milk to cover the vegetables in the dish.
- Cheese/s of your choosing. I experiment with cheddar, parmesan, blue cheese, goats' cheese and feta. Depends on your preference but I grate the cheese and add to the top of the dish once the other ingredients are in place.

### Method

1. Roll out your pastry and line your dish. There is no need to precook
2. Add your cooked vegetables
3. Add the beaten eggs and enough milk to cover the vegetables but don't fill the dish too full as ingredients will rise upon cooking
4. Add grated cheese on the top (or into the egg/milk mixture if you prefer)
5. Heat your barbeque to 200 degrees C and keep the lid closed.
6. Use a metal oven shelf placed onto the barbeque to raise the flan dish off the metal cooking plate. This prevents burning the bottom of your dish and pastry before the quiche is cooked
7. Place quiche on top and close the lid
8. Cooking time about 30-40 mins depending upon heat and size of quiche. Try and avoid peeking too much as the quiche will not rise as well if you do.
9. Serve with a green salad, new potatoes and a chilled glass (or two) of dry white wine.
10. Enjoy!



### Ingredients for home-made fabric conditioner.

I think we all like to do our bit for the environment and my friend put me onto this recipe which I have tried, and it really does a great job.

1. 200ml white vinegar
2. 15ml of liquid glycerine
3. Essential oil of your choice - a few drops (I alternate between lavender and orange)

Put the vinegar into a jam jar, add glycerine and oil and shake firmly. Keep in cupboard until needed.

White vinegar is an acid so cleans your machine as it works. Yes, the concoction really does appear to soften clothes including towels but try it for yourselves and see. It's cheap, environmentally friendly and very satisfying to use.

## Information from the Village Hall Committee

### Bar opening

To try and increase the footfall into the bar we have decided to trial opening the bar on the first Saturday of each month, **starting Saturday September 7<sup>th</sup>** at 7pm. All other weeks, the bar will continue to open on a Friday night. Please do come along and support this valuable community asset.

### Dates of AGM and committee meeting 2024

- AGM - Monday October 28<sup>th</sup> at 6.30pm
- November meeting - Monday November 25<sup>th</sup> at 6.30pm

West Raynham Village Hall Committee welcome residents to its meetings. Any residents wishing to raise matters with the Committee may do so in item 6 on the agenda (Matters Raised by Residents) provided they have given advance notice to the Secretary. Thereafter, they should not take any further part in the debates but may remain present at the meeting.

## Process for Booking West Raynham Village Hall

### Rationale

Following an increase in bookings and utility costs, the committee have recently approved the process for booking the village hall. Booking the hall formally is a requirement to ensure we are not in breach of the terms of our insurance policy.

1. Please email West Raynham Village Hall outlining the date(s) and time(s) you wish to hire the hall. Emails to: [westraynham.vhc@gmail.com](mailto:westraynham.vhc@gmail.com)
2. The Secretary will check the availability of the hall and send you a booking form together with a risk assessment
3. Please complete the forms and return to the email address above
4. Following receipt of payment (if appropriate) your booking will be confirmed.

### Charges for hall hire

Charges will NOT be applicable if the event is for the benefit of residents of the village and no monies are changing hands e.g. creative crafts, gardening club.

Charges WILL be applicable if the event is private, or money is being charged for entrance or if money is being raised from the event for the benefit of other charities.

Hire charges are detailed on the booking form and are available at a subsidised rate for residents.

We appreciate that charges may now be applicable for events which in the past have not required either a booking form or a charge. However, it is vital that we do not run at a loss thereby enabling all to benefit from the community events we are able to offer free of charge throughout the year.

Kind regards,

*West Raynham Village Hall Committee.*



## Raynham Solar Fund Committee

Applications are now open for grants from the Solar Fund for projects that benefit The Raynham. Previous community awards have included funding for; the ruins in St. Margaret's churchyard; the fish & chip supper and a Christmas party.

Application forms can be obtained by contacting David Sidell, Chair of the Solar Fund (Email: [davidsidell@outlook.com](mailto:davidsidell@outlook.com)). Completed forms must be returned by Thursday 31<sup>st</sup> October 2024 and can be sent to David Sidell (Sid) at 5, The Bowling Green, West Raynham, Fakenham, Norfolk, NR21 7HD.

### Conditions of Funding

- Applicants must demonstrate a clear need for financial support
- Organisations must be either non-profit making or charitable
- Organisations or individuals may only make one application for a grant in any financial year
- Applications from education, health or social service organisations will only be considered where they can demonstrate a working partnership with other groups or a benefit to The Raynham parish.

### Use or purpose of the grant:

- Providing a service
- Providing activities
- Enhancing the quality of life
- Improving the environment
- Promoting the parish in a positive way.

### Applications will not be considered from:

- Political parties or organisations that discriminate on the grounds of race, religion or gender
- Private organisations operating as a business
- 'Upward funding' where any money raised goes to a central HQ.

### Applications will not be considered:

- For projects that benefit individuals
- For grant aid retrospectively
- For prize money
- For campaigns to influence public opinion.

## Word Wheel Answers

Ace, Dee, Ear, Eye, Hey, Red, Ache, Cede, Dear, Deer, Each, Head, Hear, Heed, Race, Read, Rear, Reed, Year, Cheer, Creed, Reach, Reedy, Deary, Harder. Nine letter word: Cherryade.

## July Photo Competition

Our thanks to everyone who submitted photos for last month. Paula Smith has chosen the following two images for July.



Winner: James Hickman



Runner-up: Bryan Welton

**Deadline for August photos: by 5pm on Friday 30<sup>th</sup>**

Email your images to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com)