
Sproston News



Parish Magazine

January 2012



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40p

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Editorial

Welcome to the January edition of the magazine

I am the new editor, David has decided to retire after 8 years of dedicated service. We would like to thank him for his years of hard work and dedication and wish him luck for the future.

Over the coming year there will be some interesting changes coming to Sprowston News including a new format and content. Also over the coming month we will be making the magazine available on our website, so watch this space.

Please remember that this is your magazine and we welcome contributions from anyone living in the parish. If you have any stories, special interest items or ideas about what to include in the magazine please feel free to contact me on 01603 435357, alternatively email me at editor@sprowston.org.uk

Advertising in the Sprowston News is a great way to get your product or service to over 1000 people monthly. Therefore if you do have a service or product to offer, please get in touch with us to find out about our reasonable advertising rates – we can even design your advertisement for you!

If you know of anyone who would like to subscribe to Sprowston News please ask them to get in touch with our magazine secretary Margaret Godden on 01603 404506.

A reminder that the deadline for the February issue is Friday 6 January.

I like to wish all our readers a Happy New Year.

Amanda Wood

The Challenge Ahead

Sometimes the things we fear never happen, and the things that never occurred to us happen instead. I heard about some surprising statistics recently – that over 3,000 people a year go to hospital after tripping over laundry baskets, and 40 people a year are injured by using tea cosies.

Life is unpredictable, and at times risky. But God has not called us to stay in bed and wear a tin hat.

The beginning of a new year is a time when we wonder what lies ahead. Will it be a good year, or a challenging year? Will we have to face illness, or loss? Will there be good things? Perhaps we know some of the things we will face: for those competing in the Olympics, it will be one of the biggest challenges of their lives. For those of us who are not, we may face challenges which are smaller, but which demand much of us.

Where do we find the courage to face these challenges? I was greatly encouraged by something Archdeacon Jan said in her sermon at Simon's Institution in September. She quoted Dorothy Bernard's famous saying: 'Courage is fear that has said its prayers.' As Christians we are still afraid at times; but we are able to go on, having handed our fears over to God as best we can. Even Jesus had to pray like this, as we see from his prayers in the Garden of Gethsemane.

Whatever 2012 holds, God will be with us. This is the joy we have just celebrated at Christmas, that God comes into our lives, to be with us for ever – Emmanuel, 'God-with-us'. This is the message that we continue to celebrate throughout the year, even after the decorations have gone back into the boxes. He calls us to an adventure, in partnership with himself and with each other, and he guarantees to be with us wherever we go.

May God bless you throughout 2012.

Alinda Woodrow
Assistant Curate

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The Vicar's Voice

As you read this I hope you have had a good Christmas and may I wish you blessings for the New Year. It has become tradition that at New Year some people make New Year resolutions or promises to themselves or other people. It is not unusual for such resolutions to start out very strong but before we've reached very far into the new year whatever aspect of our character we've tried to change has reared its ugly head again and we're back to square one. We are encouraged to examine our behaviour, but one thing Christ promises, and this is a promise that is never broken, is that we don't need to face anything alone. So as we celebrate the new year, let us also rejoice in allowing God to walk with us and to help us in any changes we want to make. Sharing our hopes and resolutions with him might enable us to be realistic in our aims and encouraged in our efforts.

May you allow God to bless you this year.

Simon

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Helen Dingle 01603 763517
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View from the Doghouse

By Tigger

I hope you had a good Christmas and got whatever it was that you wanted. It's strange isn't it? We never seem to be satisfied but always want something more or something different or quite often something that someone else has got. Perhaps I better explain why I've been thinking about this subject. It all began the other day when, although I had been given my food and had eaten all that I needed to keep me as the handsome dog that I am, I somehow managed to also find a biscuit in my mouth. The big problem was that it wasn't actually my biscuit! I just happened to see someone eating it and I couldn't resist looking and then I found myself being drawn closer and closer to them until suddenly the biscuit wasn't in their hand but in my mouth! The boss was very cross - I don't know why as it wasn't his biscuit! Anyway he explained to me about how I should not steal, and I had to learn to be content with what I have rather than wanting more. I guess that applies to all of us, if not you might get drawn into doing something you should not, just like me!

So my News Year's resolution is to try to be content, or at least not look at others eating biscuits.

Happy New Year

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As part of our developing new look for 2012 we are pleased to include a new regular feature: an original poem by our very own local poet, John Vaughan. John and his wife Lesley are regular worshipers at St Cuthbert's and St Mary and Margaret's and undertake a variety of voluntary roles including sidespersons' duties and church cleaning. John has been writing poetry for several years and has a postgraduate certificate in poetry. His contribution for this month is called '**Must Do**'.

MUST DO

He carries post-it notes in his pockets. Grey trousers to the cleaners (Please), Water the tomatoes, and Be home at six. On the fridge he leaves a green post-it note Out of milk, on the bread bin a pink one No crumpets, and in the bathroom a red note, *Take care, separate halves of toilet seat now working independently.*

His wife expects them, does a 'to-do list from his now-off-to-work/last-thing-on-his-mind thoughts. She washes the children, dresses them in their school uniforms, gives them breakfast, packs lunches and cranks her thirty year old Ford Anglia. On the driving seat she leaves an 'aide-memoire' to put petrol in the car.

At lunchtime she leaves the office of Spooners Undertakers, takes the list from her handbag and pops along to the dry-cleaners, buys milk, crumpets from Greens and discusses the strength of different types of toilet seats at the ironmongers. At 5:55 he mobiles. He is working late, will get a sandwich on the train, says he loves her and can she read Chapter Six of the bed-time story.



John Vaughan, September/October 2011

Do you need help or advice on local issues?
If so, your **Sprowston Labour Parish Councillors** are available to help you. Please contact any one of us below:

Sheila & Robin Dyball	403631	Barbara & Ken Lashley	466007
Bill Couzens	414797	Cliff Cutting	406128
Chris Noble	417927	Myrtle Roberts	429897
Chrissie Rumsby	485892	Helen Tovell	414206

Your Labour Councillor on Broadland District Council is:
Bill Couzens (Tel: as above) or email: bill.couzens@btinternet.com

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Mother's Union Service

By Linda Dunstan

Twenty six members met for our service on the 30 November at St Cuthbert's. Revd Dean Akrill led the proceedings with leader Shelia Tuffield reading the lesson and intercessions.

Minister Revd Nick Collison joined us later and gave a presentation on his trip to Tamil Nadu, South India. Despite a technical glitch, members enjoyed pictures and a short video. Cows and bison wandering through the traffic and the overloaded lorries and bicycles surprised us.

Revd Nick had many interesting experiences while staying in South India, not least preaching at a wedding of the bride and groom who had only met that morning.

Evening Group

The evening group met at the beginning of November and will shortly plan a programme for next year. New members are most welcome.

Dates for your Diary

The New Year luncheon will be on Thursday 12 January in St Cuthbert's Centre and our AGM is on the 29 February.

Subscribe to Sprowston News

If you know of anyone who would like to subscribe to Sprowston News please ask them to get in touch with our magazine secretary:

Margaret Godden, 15 Rimington Road, Sprowston, NR7 8EB

T: 01603 404506

Cross Section

By Helen Britcher



Our November meeting began with a prayer and Val reading apologies and notices. The theme for the evening was Christmas crafts and Helen Newton and Sue Reeve helped our ladies make Christmas tree decorations and gift bags.

Helen compiled a Radio Times quiz and all members had a fun evening. Refreshments were served and the raffle drawn. December will be our AGM where we will also sing carols and enjoy mince pies.

Free Four

By Linda Dunstan

Free Four is an informal meditative service held on the third Sunday of every month at St Cuthbert's. Tea and cakes are provided and served before the service by Alan Mandrell who bakes the cakes himself.

November's Free Four on the 20th was led by Stephanie Grand on the subject of peace. Beforehand we enjoyed a mixed berry scrumptious cheesecake and a spider chocolate cake.

I would like to take this opportunity to officially thank Alan Mandrell for his generosity and commitment in the making and providing of the refreshments all year.

Feel free to come and join us on the third Sunday of each month at 4.00pm at St. Cuthbert's.

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Throughout January, Norfolk Library and Information Service is promoting all the benefits of becoming a library member with a month-long promotion called 'Join-Up January'. There are county council-run library buildings and mobile libraries across Norfolk, which means there is likely to be one fairly close to where you live, and there's so much more to them than a place to borrow books.

Did you know you can also borrow console games, DVDs and CDs at reasonable rates and return them to any library? An ebooks service allows you to download and borrow ebooks for free from the comfort of your own home. And there are always events, activities and clubs for both children and adults going on in libraries.

It's completely free to join the library and quick and easy. You can do it online at www.norfolk.gov.uk/libraries or drop into your local library and staff will take down your details and get you up and running in just a couple of minutes.

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For more information visit your local library, call 0344 800 8006 or visit www.norfolk.gov.uk/libraries

Sprowston Wildlife Notes

By Barry Madden

Happy New Year!

One of the questions I got asked most frequently whilst working at Ranworth was something along the lines of ‘what’s that strange looking duck with the dark eye patches?’ or ‘we saw a really weird goose yesterday, do you know what it was?’. The answer in both cases is Egyptian goose.

These rather gaudy birds are not native to these shores and are believed to have been introduced by the landed gentry as ornamental fauna to grace the lakes within their extensive grounds. As the name suggests they are native to Africa where they tend to inhabit savannah type landscapes with lush grassland and scattered trees - the very features our forebears created as parkland.

Of course Norfolk has any number of large country estates and the Egyptian goose has found our county much to its liking. Populations have expanded so that they can now be found in most areas where their basic requirements exist, hence the frequently asked question from Broadland holiday makers.

We even have some of these colourful characters in Sprowston. If you use the park and ride facility you may well have seen a pair using the drainage pool, which after a wet spell fills to a reasonable depth. A couple of years ago they were to be found tending their goslings there for a few weeks during spring. These birds nest in the grounds of Sprowston Manor and will be actively engaged in choosing and defending their nest site during this month. Eggs can be laid in January, particularly if we experience mild weather, although generally clutches are laid during February or early March. On a recent visit to the health club there (much needed exercise – a New Year’s resolution!), I was intrigued to discover what was making a loud and rapid barking noise every time a flock of Canada geese flew overhead. After a little searching I discovered the culprits to be a pair of Egyptian

geese perched atop a dead tree, already proclaiming their rights of residency. And this is where they will nest, probably inside a suitable cavity within the trunk, safe from ground predators and well insulated against the worst of the new year's weather.

The goslings will hatch within a very short space of time of each other, and vacate the nest without delay. It can be a perilous descent from the nest cavity, with the goslings being encouraged to launch themselves into fresh air and parachute to earth; their small weight and fluffy down acting as an effective cushion against impact with the ground. In the case of the Sprowston birds they would then have had to travel over the golf course and most frighteningly over Wroxham Road before reaching the sanctuary of water.

Although their highly territorial nature ensures a relatively low breeding density, they can cause problems with their choice of nest site. At Ranworth a pair decided the thatched roof of the visitor centre represented an ideal home and promptly set about removing the ridging to create a suitable cavity. We could not do much about it, and ultimately turned the whole thing into a tourist attraction which proved very popular. However, the cost of repairing the thatch was high. It is also perhaps fortunate that the general public were out of earshot of the boat operator who had to clean up the accumulated guano from the male bird who used the boat as a perch for his sentry duty!

Despite their raucous nature and painting-by-numbers colouration, I like these birds and think they add a bit of character to the local bird scene. Look out for them around the golf course, and maybe on the farmland between here and Wroxham. If you see a large bird flying around with bright white wing patches and a dark red-brown patch over the eye it will be one of them. Just remember not to park your car under a nest site!

Online Courses - Knowing Jesus and (new) Knowing the Father

Got an internet connection? Interested in using long winter 'indoor' time to deepen your understanding of the Christian faith? Not fond of February road conditions or travelling after dark? Then these on-line learning opportunities are for you!

Originally designed as face-to-face courses in the Emmaus 'The Way of Faith' series for Christians who want to learn more about their faith. What's different is that the Diocese of Norwich is now offering both courses as an e-Learning venture via the Connected Community Learning website.

To join in, all you need is 2-3 hours a week over the eight-week period of either course, which can literally be at any time of day or night and in as many bits and pieces as is convenient. You also need to be able to access a website with your computer, mouse around and write short answers to interesting reflective questions - very basic stuff!

Each course covers four broad topics to help you see the bigger picture:-

Knowing Jesus

- Who is Jesus?
- What did Jesus teach?
- Why did Jesus die?
- The difference Jesus makes.

Knowing the Father

- God, the Father of creation
- God, the Father of Jesus
- God, the Father of the Kingdom
- God, the Holy Trinity

Peter Nicholls as tutor 'accompanies' the learning group – and will hold the hand of anyone struggling technically (or theologically!).

There is colourful, multimedia course material on-line, questions, surveys, quizzes and discussions to join in, as well as worship and prayer built in at various points. An on-line tutor accompanies you on your learning journey, and you will learn from the others on the course as well as from yourself as you reflect deeply on things you've known for a long time. And it's free!

Both courses will start with an initial gathering on Tuesday 10 January 2012. This meeting is not essential but will allow those signed up for the course to meet face to face. The time and date will be arranged to suit the majority of those taking part.

This course is free but please book in advance.

For further information contact Caspar James on 01603 729815 or email caspar.james@norwich.anglican.org

To book a wedding please call in at St Cuthbert's on any Tuesday evening between 6.00 and 7.00 pm

OUR CHURCHES ARE OPEN

**St Mary & St Margaret's Wednesday to Sunday - 10.00 am to 3.00 pm and Tuesday 10.00 am to 12.00 during Tuesday Break.
St Cuthbert's open every daily between morning and evening service times.**

You are invited to pray and light a candle, to explore the building, use the facilities and to take a postcard as a reminder of your visit.

For further information visit our website www.sprowston.org.uk

Services for January

St Cuthbert's <i>Wroxham Road</i>	St Mary & St Margaret <i>Church Lane</i>
Sunday 1 January Naming & Circumcision of Jesus	
8.00 am Holy Communion	11.00 am Holy Communion
9.30 am All Age Worship	
Sunday 8 January Epiphany	
8.00 am Holy Communion	11.00 am Holy Communion
9.30 am Holy Communion	4.00 pm Healing Service
Sunday 15 January Second Sunday of Epiphany	
8.00 am Holy Communion	
9.30 am Family Communion	11.00 am Holy Communion
4.00 pm Free Four (Tea & Informal Service)	
Sunday 22 January Third Sunday of Epiphany	
8.00 am Holy Communion	11.00 am Holy Communion
9.30 am Family Communion	4.00 pm Evensong
Saturday 29 January Presentation in the Temple	
8.00 am Holy Communion	11.00 am Holy Communion
9.30 am Holy Communion	
Weekday Services	
Monday - Friday	Saturday
8.15 am Morning Prayer	
5.15 am Evening Prayer	
Wednesday	
9.30 am Holy Communion	

From the Parish Registers

November 2011

Baptisms

There were no baptisms in November

Funerals

1st	Charles Geoffrey Carter	10th	Beryl Alison Davey
2nd	Derek John Freeman	25th	Arthur William Nobbs
4th	Alan David Bishop	28th	Cynthia Lillian Mabel Rosher
7th	Peter Harold Chaplin	29th	Philip Henry Charles Websdale
9th	Jean Ann Howe		
	Gordon Frederick Carman		

Weddings

There were no weddings in November

Events in January

Tuesday	3rd	Tuesday Break Coffee and mardle from 10.00 to 12.00 every Tuesday at the Parish Church.
Saturday	7th	Coffee Morning from 10.00 - 12.00 at St Cuthbert's Centre.
Thursday	12th	Mothers Union New Year Luncheon will be held in the St Cuthbert's Centre

The Way I See It: RING OUT THE OLD, RING IN THE NEW

By Canon David Winter former Head of Religious Broadcasting at the BBC

It's probably because I'm just a Grumpy Old Man, but I do find it hard to see the point of 'celebrating' New Year. For me, the event has all the stupendous excitement of the milometer in the car clicking over from 39,999 to 40,000. It isn't the solstice or equinox. Nothing actually happens. It doesn't commemorate anything, except that we're all that much older, that much nearer a pension or the great retirement home in the sky.

Nevertheless, whatever the weather, New Year always sees vast crowds on the streets of our great cities, cheering, getting drunk and dancing in the fountains of Trafalgar Square. Dark men for some obscure reason carry bits of coal into neighbours' houses, and people who have no idea what the words mean, sing 'Auld Lang Syne'. So what is it that they're celebrating?

Surely not 2011 and its miserable economic news, recession and unemployment? Surely not, either, the remorseless tread of time. I suspect in fact most of them have simply turned up for the party, or perhaps it's not 2011 at all that they have in mind, but the new year, 2012 - hope triumphing over experience.

Of course the gloom of 2011 was lightened by personal highs - the birth of a child or grand-child, perhaps, a marriage, a new friend. But reason (and in my case long experience) tells me that 2012 will be very much like 2011, but, hey, hope springs eternal.

So is it stupid, or pointless, or even wrong to celebrate the New Year? No, of course not. Time is too serious, too important for us to take it lightly. The Old Preacher in the Bible assures us that 'for everything there is a season, and a time for every matter under heaven'. He sees the passing of time as part of the way the Creation works - 'God has made everything suitable for its time; moreover, he has put a sense of

past and future into our minds' (Ecclesiastes 3:11). Humans, in other words, have an understanding of past, present, future: we live in a world with tenses. And he has done this 'so that all should stand in awe before him'. Time, a gift of God, is awesome, and its passage deeply significant.

No reason, then, not to mark the passing of the old year and the birth of the new one, but every reason to recognise that we too are part of the process, carried along by time's tide but not helpless to make choices. Some of those choices may change us, or our families, or our neighbours during the coming year. Some may eventually change the world.

In God's purpose, there is no reason at all why 2012 has to be like 2011. Let the old year go, with all its memories, joys and hurts. And turn to the new one with faith and prayer and - yes - hope. For myself, definitely no freezing fountains, excess alcohol or lumps of coal. But even this Grumpy Old Man will raise a glass, say a prayer, and watch the clock tick past midnight into a brave new year.

Broadland Blind Club

Requires volunteers drivers and help generally at the monthly sessions. Beginning in February they will be held on the first Thursday of each month in the afternoon from 2.00pm - 4.00pm

If you are interested please contact Joan on 01603 754831 for further details.

Programme helps young adults get sporty

Broadland residents from 18 – 25 are being offered the chance to learn or improve skills in a new Sportivate programme which provides high quality sports courses at very low prices. Managed by Sport England and Active Norfolk, the £32 million National Lottery-funded project aims to get those who aren't currently playing sport in their own time to get out and give sport a go.

The Spring Programme, delivered by Broadland District Council, offers courses of at least six hours long in golf, badminton, indoor cycling (called spinning) or tenpin bowling. All courses cost only £10 compared with their normal prices of up to £50. They will be allocated on a first come first served basis but can be bought for a young person as a present – as long as the person taking part fits within the age range.

Krysia Pearson went on a previous Sportivate course. She said: *"I had just moved back to the area and this was the opportunity for me to socialise and learn a new skill. It was great to start with beginners in the same boat and around the same age, staying for drinks afterwards to discuss the lessons."*

"Everyone knows how important exercise is to health, but it doesn't have to be a slog," added Cllr Claudette Bannock, the council's chairman and member champion for sports. *"Sport is sociable and fun with the potential for a great sense of achievement as people develop their skills. Getting in the habit when you're young can be a big advantage for the rest of your life."*

Badminton sessions will take place at Hellesdon High School, on Wednesday evenings from January 18; spinning at Oasis Sports and Leisure Centre, Thorpe St Andrew on Monday evenings from January 16; tenpin bowling at NAMCO Funscape, Barnard Road, Bowthorpe, at Thursday evenings starting January 19; and golf at Sprowston Manor, Wroxham Road, Norwich at 6:30pm - 7:30pm, Mondays starting February 13, and with all equipment provided.

To book and for more information contact Maria Alborough, 01603 430570, sport@broadland.gov.uk or go to www.broadland.gov.uk/sportivate



Sprowston Women's Institute

37 members attended the December meeting of the AGM and the 90th birthday of the Women's Institute 1921 - 2011. Special guests Sally Paramour – Federation Chairman, Sue Ovencken our WI advisor, former presidents Dorothy Hardeaty 1983 and 1984, Patricia Thompson 1985-87.

Eunice Sandle gave her report on speakers over the past year, a very busy and enjoyable year. Phyllis Turner thanked the committee for their work over the year and Maureen Clarke gave her report of the financial year. Phyllis Turner was re-elected President, Eunice Sandle as secretary and Maureen Clarke as treasurer. Members were also re-elected and Mable Goodyear retired from the committee.

The Roma Soans trophy was won by Alice Barrett with 17 pounds Joan Hannet gave birthday buttonholes to members with birthdays. Our guest was Lester Middleton who entertained us on his keyboard with carols and songs from various shows. Members sang along with them making it a very entertaining evening all round.

A vote of thanks was given by Phyllis Turner. Sheelagh Foulks made Christmas cakes which was enjoyed with a glass of wine to celebrate 90 years of the WI. Pauline Fisher won first prize in the raffle organised by Jenny Humlin.

Many thanks to Phyllis Turner and Kathy Savage who organised a Christmas lunch at the Racecourse Inn. I want to give further thanks to Phyllis for the work she put into making it a very enjoyable evening which ended by us all singing the national anthem.

By Anne Burman

Real Food

By The Editor

"Real food means big flavoured unpretentious cooking. Good ingredients made into something worth eating. Just nice uncomplicated food." Nigel Slater

Hear, hear I say. In this day of pre-packaged processed food with who knows what in it, this section aims to provide recipes for great tasting home made food which won't break the bank or the body.

The following recipe I tried out on my family the other day and they loved it! Being from the North we have a particular penchant for meat and potato pies great for these cold winter nights.

Meat and Potato Pie

Ingredients

For the pastry

300 g plain flour, plus extra for dusting
Pinch of salt
75 g butter or margarine
75 g lard, or vegetable fat
5-6 tbsp water
1 tbsp milk, to glaze

For the filling

1 onion, finely diced
2 carrots, diced
250 g minced beef
2 tbsp tomato ketchup
1 tbsp Worcestershire sauce
2 tsp Marmite
1 1/2 tbsp plain flour
1/2 tsp salt
freshly ground black pepper
1 large baking potato, finely diced

Method

For the pastry

1. Rub the butter and lard into the flour and salt until it resembles fine breadcrumbs. Add 5 tablespoons of cold water and form the mixture into a ball adding a little more water if necessary. Chill for 20 minutes.
2. Dry fry the onion, carrots and beef together in a medium saucepan over a high heat until browned, then reduce the heat and add the tomato ketchup, Worcestershire sauce, Marmite, flour and seasoning.
3. Cook for one minute then add the diced potato, 150 ml water and bring to the boil. Reduce the heat cover and simmer for 15 minutes. Allow to cool completely.
4. Heat the oven to 200C / Gas 6. Dust a work surface with flour and roll out two thirds of the pastry into a square large enough to cover the base and sides of a 20cm square 4cm deep cake tin.
5. Add the cooled mince, then roll out the remaining pastry for the lid. Dampen the edge of the pastry and place on the lid on top of the pie and press the edges well to seal.
6. Using a fork pierce the top of the pie several times and brush with milk. Bake for 30 minutes until golden brown. Serve hot with mashed potatoes, peas and gravy.

Do you have a favourite recipe to share? If so email it to editor@sprowston.org.uk, alternatively mail it to the editor at 168 Salhouse Road, Norwich, NR7 9AD.

Don't procrastinate...

It will cost you an average of £102 this year, if you do! It seems that the simple chores we try and ignore only come back to bite us – with fines for late bills, pricey last-minute child-care, or cars that break down on the road. Across the UK, the annual bill for 'lateness' runs into millions.

Continental Tyres, who did the research, warns that ignoring your car is especially dangerous. It urges motorists to do 'winter checks' on their cars NOW – before your car simply stops on some freezing night, stranding you in the middle of nowhere.

Sudoku Fun

Two more Sudoku puzzles this month. Answers on page 36. There is also a 'Wordsearch on page 37.

EASY

2	4	9						
						6		
5	6	7		8	9	3		2
		2	8		5			6
7	5	3	1		6	8	2	4
8			2		7	9		
9		4	5	1		7	6	8
		5						
						2	5	3

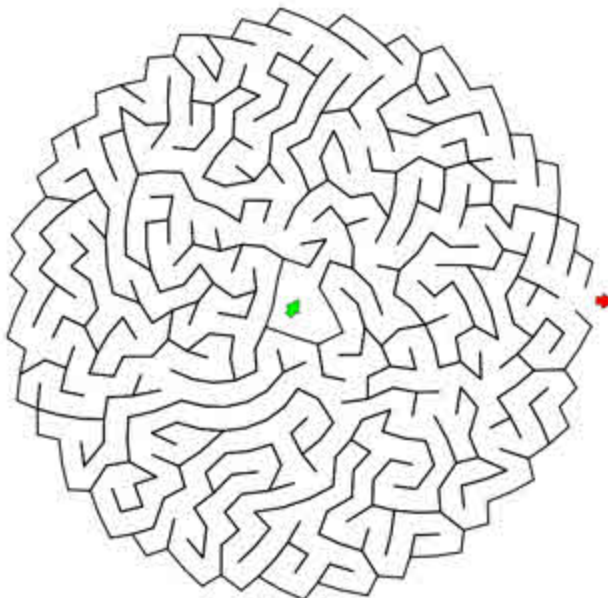
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INTERMEDIATE

		3						1
	1						7	5
		8	9	5			3	
4	5			6				
				3			1	2
	9			7	2	5		
7	3						8	
6						1		

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Another Maze Puzzle for you this month



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	Maggie Bradley	702153	cllr.maggie.bradley@broadland.gov.uk
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Town:	John Bracey	460302	J.bracey1@ntlworld.com
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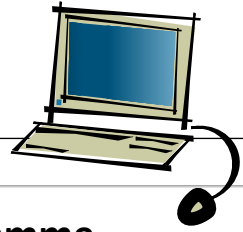
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Sproston Heritage



Local History Group Programme

Meetings start at 7.00pm on the third Wednesday in the month at the Gage Road Chapel and **all are welcome to these events.**

There is no talk in December.

Our next talk will be on Wednesday 16 January 2012

The Tom Shephard Community Room

(at Sproston Community High School on Cannerby Lane)

7.00 to 9.00pm every Thursday evening

For further information about Sproston Heritage contact:

Peter Sneddon on 01603 404958 or

David St Quintin on 01603 406617

Solution to Sudokus

Easy

6	8	1	9	7	4	2	5	3
3	7	5	6	2	8	4	9	1
9	2	4	5	1	3	7	6	8
8	1	6	2	4	7	9	3	5
7	5	3	1	9	6	8	2	4
4	9	2	8	3	5	1	7	6
5	6	7	4	8	9	3	1	2
1	3	8	7	5	2	6	4	9
2	4	9	3	6	1	5	8	7

Intermediate

6	8	2	3	9	5	1	4	7
7	3	5	6	1	4	2	8	9
1	9	4	8	7	2	5	6	3
8	6	7	5	3	9	4	1	2
3	2	9	1	4	8	7	5	6
4	5	1	2	6	7	3	9	8
2	7	8	9	5	1	6	3	4
9	1	6	4	2	3	8	7	5
5	4	3	7	8	6	9	2	1

Word Search for January

A whole new year stretches ahead of you. What are you going to do with it? What changes do you want to make to your life this year? What changes SHOULD you make in your life? What bad habits are still dragging you down? This month's word-search is about transformation.

Start	Attempt	Diet	Detox	Repent
Commence	Aim	Exercise	Abstain	Grow
Begin	Dream	Save	Teetotal	Sanctify
Resolve	Work	Earn	Behave	Redeem
Become	Study	Improve	Reform	Transform



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Magazine Secretary	Margaret Godden, 15 Rimington Road, NR7 8EB	404506

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Organisations

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Brownies (Thursday)	Kathleen Abbs-Rowe , 3 Rangoon Close, NR7 8DF	418588
Guides	Sara Cox , 8 Brailsford Close, Dereham, NR20 3TJ	01362 699728
45th Norwich Scouts	Colin Clarke , 7 Magnay Road, Drayton, NR8 6BT	400501
Beaver Waiting List	Judith Noble , 73 Cromwell Road, NR7 8XT	417927
30th Norwich Scouts	Alan Bedder , 21 Tills Close, NR6 7QS	424589
Hellesdon & Sprowston Brass Band	Alec Digby, B1114 Sparhawk Avenue, NR7 8BX	403489
Sprowston Parish Players	Toni Morina, 40 Alford Grove, NR7 8XB	484554

Other

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Local Reporter EEN	Sam Emanuel	772438
Sprowston Heritage	Peter Sneddon , 112 Linacre Avenue, NR7 8JY	404958
Local History Group	John Bracey , 10 Rangoon Close, NR7 8DF	460302

We welcome all advertisements, articles and letters submitted for inclusion in the magazine but the editor reserves the right to refuse, alter or amend material which is unsuitable for any reason.

Please e-mail any items for the next edition of magazine to editor@sprowston.org.uk by 6 January at the latest. Alternatively contributions can be posted to the editor at 168 Salhouse Road, Sprowston, NR7 9AD or be placed on the postboard at St Cuthbert's.

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- **Floral tributes**



*Dedicated, caring staff giving
24 hour advice and support*

