
Sproston News



Parish Magazine

February 2012



Thetford Forest February 2010



40p

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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 at www.sprowston.org.uk

Editorial

Welcome to the February edition of the magazine

Firstly thank you to the numerous people who took the trouble to contact me with their positive feedback on the magazine. I appreciate your comments.

As Lent approaches you may be thinking of giving something up (chocolate and cakes for myself) but we have two different viewpoints on the subject this month. One from Revd Simon and the other from our very own Parish Administrator, Penny Rennie. It makes for interesting reading. We also have a full programme of events for the year from the PCC Social Committee, an interesting encounter by David Jermy, and details of a Valentine's Barn Dance event at St Cuthbert's.

Also for the first time the magazine will be now available to download from our website www.sprowston.org.uk

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 March issue is Friday 3 February.

Amanda Wood

“Welcome, Deare feast of Lent”

Lent is again approaching to remind us of the journey we take with Jesus on the way to Calvary on Good Friday and the Garden of resurrection on Easter Sunday. The 40 days of Lent are a prayer walk, an opportunity to share in Jesus’ journey and remembering the 40 days he spent in the wilderness before he began his public ministry. But why do we always refer to the 40 days of Lent when from Ash Wednesday to Easter Day is 46 days? It took me a long time to realise that it was because Sundays are feast days, so we can have 6 days of feasting amongst our 40 days of fasting.

This realisation made me question why we routinely do other activities. I suspect we know that we have pancakes on Shrove Tuesday in order to eat up all the food stuffs that are prohibited in Lent, such as fat, sugar and eggs but I think there must have been many more savoury pancakes made in the past as Shrove Tuesday is also called *Mardis Gras* (Fat Tuesday) or *Carnival* (from *carnelevare* meaning the removal of meat) so they were probably more galettes than crepes. And why do we call the next day Ash Wednesday? It’s because people who go to church on Ash Wednesday have a cross marked on their foreheads in ash to show that they are sorry for their sins and faults and acknowledge them before God at the start of Lent. The ash comes from the burning of the previous year’s palm crosses which is mixed with a little olive oil to bind the ash together. I only discovered this recently too!!!

“Welcome. Deare Feast of Lent” wrote George Herbert the seventeenth century poet priest. There are those who associate Lent with doom and gloom, self-denial and unwelcome restrictive discipline, yet for others, like George Herbert, Lent is a celebration of self-discipline, pilgrimage and blessing. Lent is, like love, a many-splendoured thing. It is rightly welcome. It is a time of positive spiritual effort involving the discipline of preparation and leading to the discovery of new life. It is here that its association with spring becomes relevant.

Continued on page 6

Sprowston Parish Players present

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The Vicar's Voice

As you read this letter I will have recently returned from a visit to various churches in India. This is a follow up visit to one I did about 3 years ago. Last time I returned I was left with the overwhelming feeling that although those I had visited in the remote tribal villages had much less materially than most of us, they had more from a contentment point of view. As we prepare for the beginning of Lent we are often encouraged to give something up, but this year I am encouraging the church members to do the opposite and take up something extra, that is some daily reading during Lent which is designed to encourage our prayer life both individually and corporately. Many of those I met in India on my last visit had a much greater understanding of God and an acceptance of his awe and majesty. Perhaps what we can reach for this Lent is fulfilment in allowing God to be God of our lives. In the words of St Paul; *'Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.'* Ephesians 3 v. 20-21

Have a great Lent.

Simon

Continued from page 4

As we consider how we are going to approach Lent this year, let us remember that in the journey through Lent, God gives us the means of grace to help restore our souls.

Penny Rennie

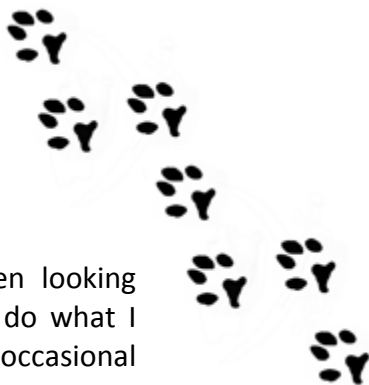
Parish Administrator

View from the Doghouse

By Tigger

As I write this the boss is getting ready to go away to India, but by the time you read it he will be back! You know I've been looking forward to his going so I've got time to do what I want, to sleep, eat and of course take the occasional walk. However, it's strange, the nearer it has come to him going away the great plan I had suddenly seems very empty. So I started to look a bit glum, surprisingly the boss noticed and realised what was going on! So he spoke to me of how important it is for all of us to centre our lives on important things like God or other people rather than on what we want as what we want just for ourselves often leaves us unfulfilled. He mentioned the line in the 23rd psalm that says 'The Lord's my shepherd therefore I lack nothing.' Remembering to allow God to guide our thinking and dreams will mean they are more likely to be fulfilled.

Happy dreaming



Bishop's Day of Prayer

Saturday 18 February at Norwich Cathedral - 9.45am - 3.30pm

The Bishop of Norwich invites us all to this day of equipping and encouraging in the practice of prayer.

Key-note addresses will lead into smaller group sessions around the cathedral. The Bishop of Whitby, Martin Warner, will lead the day, taking prayer and visual image as his theme.

Free to attend, please book in advance, to book contact Casper James on 01603 729815 or email casper.james@norwich.anglican.org



Poet's Corner



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 worshippers 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's issue is called 'In Church'.

IN CHURCH

The heating pipes crawl round the walls,
routinely cough, occasionally sigh.
The boiler's on but faces stay
stubbornly cold – the flowers seem
on death row. The whole choir (four
of them) look the part in their gowns,
sit upright in the pew beyond the rood screen
and hold onto to themselves for warmth.

The Vicar's in the pulpit; his eyes research
the congregation, seem to probe into our minds.
We are sorely afraid he might comment on
our singing, except it's now time
for the sermon. Thankfully, it's on something
we know a lot about..... sin.

John Vaughan, November/December 2010

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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PCC Social Committee

The above committee met on the 9 January to formulate a programme of events for 2012. As well as our normal coffee mornings on the first Saturday of each month, there will also be much larger events on the following dates: **Easter, 7 April, Harvest 6 October and Christmas either on 24 November or 1 December.** These coffee mornings will be coordinated by Sheila Tuffield, and additional help is always needed and much appreciated.

It was then agreed to confirm the following dates and events:

- Saturday 18 February, Barn Dance at St Cuthbert's Centre.
- Saturday 31 March, Kayleigh at St Cuthbert's Centre.
- Sunday 3 June, Queen's Jubilee Celebration, in the Vicarage Garden.
- Saturday 30 June, East Norfolk Opera Society Concert at St Cuthbert's.
- Saturday 14 July, Summer Fete in the Vicarage Garden.
- Friday 27 July and Saturday 28 July, Sprowston Parish Player's Concert in St Cuthbert's.
- Sunday 29 July, Olympic Sponsored Walk and refreshments at St Mary & St Margaret Church.
- Sunday 9 September, Teddy Bears Picnic and Parachute Drop, St Mary & St Margaret Church.
- Saturday 6 October, Harvest Supper at St Cuthbert's Centre.
- Advent Activities and Christmas Tree Festival, dates to be decided.

Please look out for posters and adverts giving further details of all events and please remember, the more help we have the easier these events become to arrange.

David Jermy

Chairman PCC Social Committee

Cross Section

By Helen Britcher



Our December annual general meeting began with a prayer read by Mary; Val gave apologies from some of our ladies. The first report was read by Thelma who gave the treasurers accounts for 2011. We have made a number of donations to various charities throughout 2011 with the income brought in from subscriptions, and the meal and bbq, keeping our funds adequate.

Helen Britcher read out the secretary's report, compiled by Colleen, recapping the events we had enjoyed over the year. Val gave her chairman's report, with all committee members agreeing to stand for another year. We followed this with the singing of various Christmas carols accompanied by Val on the piano. Wine, fruit juice and mince pies were enjoyed by all and this was followed by the raffle.

We all wished everyone a Happy Christmas and New Year.

Some readers may remember Revd David Tuck a former vicar of Sprowston. Margaret Godden, magazine secretary received this lovely note from him and she thought some parishioners would appreciate reading it.

Dear Margaret,

It was so nice to hear from you again and this note comes with our best wishes for the New Year.

We still love receiving Sprowston News each month with its news of old friends and the new and exciting things that are happening in the parish. Please keep the copies coming in 2012!

There have now been 4 vicars at Sprowston since we left in 1984. It makes me feel like ancient history!

Diane joins me in sending our very best wishes and - again - our thanks.

Yours sincerely

Revd David Tuck

Thought for the Month

Submitted by Margaret Godden

“And besides, what’s the use of worrying? What good does it do? Will it add a single day to your life? Of course not!

And if worry can’t even to such little things as that, what’s the use of worrying over bigger things?”

Look at the lilies! They don’t toil and spin, and yet Solomon in all his glory was not robed as well as they are.”

Living Bible - Luke Chapter 12 , v25 - 27

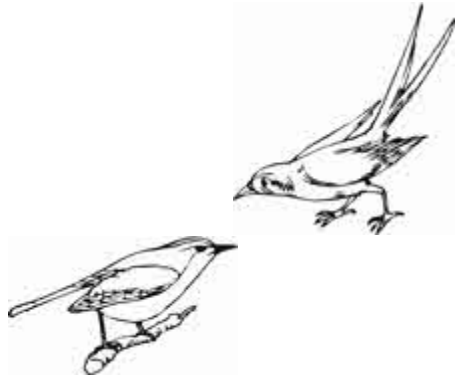
Overhead in an Orchard

Said the Robin to the Sparrow:

“I should really like to know
Why these anxious human beings
Rush about and worry so?”

Said the Sparrow to the Robin:

“Friend, I think that it must be
That they have no Heavenly Father
Such as cares for you and me.”



Elizabeth Cheney

Free Four at St Cuthbert’s

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. **Feel free to come and join us on the 19 February at 4.00pm at St. Cuthbert’s.**



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Are you looking after a relative, partner or friend who is unable to manage without you? A new one-to-one support service for unpaid carers is now available.

Sprowston Library, Recreation Ground Road

Tuesday 28 February & Tuesday 27 March

10.00am - 12noon

These one-to-one droppings will offer information, advice, guidance and emotional support.

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Sprowston Wildlife Notes

By Barry Madden

Us birders like our lists. We have day lists, garden lists, county lists, country lists, life lists, and probably several others. Certainly most people keep a year list of birds they happen to encounter during a twelvemonth. My 2012 list got off to a good start with my first bird at about 5.00am on 1st January. No, it wasn't an owl or anything of the night, but a starling that woke me up as its claws made the most eerie noise as it hopped through the roof void above our bedroom. I should explain.

The soffit vents on our neighbour's property have been dislodged and a pair of starlings managed to squeeze through one of the small holes to build a nest last summer. Not content with this, they have also utilised the same space as a winter roost. The idea has obviously caught on and now several of these comical birds use the facility at dusk. One or two seem to have over spilled into our roof space, hence the scratching of sharp claws moving across the ceiling as dawn approaches.

This set me thinking about what other animals use our houses and outbuildings for shelter and food at various times of the year. For example several bird species have become quite dependent upon human dwellings to raise their young. Swifts and house martins nest almost exclusively in houses or other man-made structures. Certainly in and around the streets of our parish swifts use the old loft spaces of the older properties for this purpose every summer. Even things like peregrines now use office blocks, bridges and cathedrals as nesting sites. Feral pigeons cram into any available nook, whilst blue tits, great tits and house sparrows are more than happy to take lodgings with us should a suitable nest cavity appeal.

Over the years we have hosted several mammals in and around the house. Both house mice and wood mice have visited; the former a rather unwelcome, but thankfully short-lived, invasion; the latter engaged in an occasional raid on the garage (never in the main house)

to pillage the bird food stored there. And I've written before about their epic tunnelling into the greenhouse to plunder the seed stored there. No bats so far, but I'd be so happy if any chose to roost in the loft.

Insects are all around and there cannot be a household anywhere that doesn't have its own collection. As you read this there are bound to be queen wasps, butterflies and ladybirds tucked away in quiet,



Tegenaria gigantea, photo: Barry Madden

unmolested corners of your home or loft waiting out the winter, ready to stir into life come the first warm day of spring. And who has not been momentarily startled at the half seen scuttling of a spider across the lounge carpet in the autumn? Some of these arachnids can be quite large and one inhabiting my shed reached

monster proportions (pictured).

However, this was nothing compared to a creature some unfortunate chap I know of disturbed from logs he was using for his fire. I found out about this when he rang me at the Norfolk Wildlife Trust wanting to know what particular monster he had awoken. He brought it along to the office – dead and charred – but it stumped me and my colleagues. I eventually took it to the castle museum where it was identified as a queen hornet, my goodness it was big! I've still got it, and use it as a sure-fire 'wow' item for wildlife talks.

But we shouldn't begrudge these creatures' safety and shelter; after all they only use our houses because the natural alternatives have been chopped down or ploughed up. I'm quite happy to share my living space with the odd creepy crawly, and it seems I've little alternative but to get used to being roused by the pattering of tiny feet across my bedroom ceiling for the next couple of months!

Berties Babes

“Let the little children come to me”.

Did you know that Berties Babes is the church pre-school group? We have about 30 children on the books at the moment, and we meet in the Annexe at St Cuthbert’s from 9.30am to 11.00am each Thursday. As well as toys and play equipment for the children, we have a snack time at 10.00am, and we try to have a craft activity each week. On the first Thursday of each month we go into the church for a 10 minute Toddler Service. We also have special Toddler Group Services for Easter, Harvest and Christmas.

I always try to have at least a little chat with everyone – especially new people coming through the door – but this is often dependent on how the children I child mind for are behaving - I have 3 children with me and I have to watch them constantly! We finish with a singing time after packing up - the carpet shop on Wroxham Road gave us some old sample carpet tiles (thank you!) and these are great for sitting on – especially as the floor in the Annexe gets incredibly cold in winter.

The adults who come are a mixed bunch – mainly non-church goers, some first-time parents, some old-hands (3rd child – been there, done that!). Some are confident, out-going and cheerful; others are quiet and shy.

I’ve been involved with Berties Babes for over 3 years now, although it’s been going for a lot longer – we think about 25 years – if anyone knows the exact date the group started please let me know, as I think any excuse for a party....!!! Over the years there have been many helpers, and recently I’ve been very grateful for the support of Sarah Hudson. However, we could really do with some kindly listeners who are accepting of other peoples’ views, but can support parents who want to talk or ask for advice. If these people can make coffee too, that would be good!

There is a real need for more help if we are to develop this group! If we want young families to feel that the church is supporting them, then we

need to offer all the support we can – after all, Christ calls us to serve one another.

So, if you know how to use a kettle (!), or can be a welcome face as people arrive, or can spare half an hour once each month to make something glittery and gluey, or just be a listening ear and church presence, then you are incredibly welcome to come along and join the fun. The more the merrier!

Claire Akrill



You are invited to a



Valentine Barn Dance

Saturday 18 February at 7.30pm to 10.00pm

St Cuthbert's Church Centre

Wroxham Road, Sprowston, NR7 8TZ

No experience required

£4.00 adults, £2.00 accompanied children

Ticket includes light refreshments

Contact Sheila Tuffield on 01603 419896

In aid of Church Funds



Services for February 2012

St Cuthbert's <i>Wroxham Road</i>		St Mary & St Margaret <i>Church Lane</i>	
Sunday 5 February <i>Candlemass</i>			
8.00 am	Holy Communion	11.00 am	Holy Communion
9.30 am	All Age Worship		
Sunday 12 February <i>Second Sunday before Lent</i>			
8.00 am	Holy Communion	11.00 am	Holy Communion
9.30 am	Holy Communion	4.00 pm	Healing Service
Sunday 19 February <i>Sunday before Lent</i>			
8.00 am	Holy Communion	11.00 am	Holy Communion
9.30 am	Family Communion		
4.00 pm	Free Four (Tea & Informal Service)		
Wednesday 22 February <i>Ash Wednesday</i>			
		7.00 pm	Holy Communion
Sunday 26 February <i>First Sunday of Lent</i>			
8.00 am	Holy Communion	11.00 am	Holy Communion
9.30 am	Holy Communion	4.00 pm	Evensong
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

December 2011

Baptisms

There were no baptisms in December

Funerals

1st	Leonard Roland Collins	16th	Florence Edna Humphrys
2nd	Jessie Turnbull Watson	20th	Anthony James Grubb
9th	Charles Edward (Eddie) Mooney	21st	Barbara Joyce Janssens
14th	Frank Michael Foley	23rd	Molly Eileen Bales
15th	Brenda Williamson	29th	Eileen Murison

Weddings

There were no weddings in December

Events in February

Tuesday	7th	Tuesday Break Coffee and mardle from 10.00 to 12.00 every Tuesday at the Parish Church.
Saturday	4th	Coffee Morning from 10.00 - 12.00 at St Cuthbert's Centre.
Saturday	18th	Barn Dance from 7.00pm - 10.00pm at St Cuthbert's Centre, further information can be found on page ??
Wednesday	22nd	Ash Wednesday Service at the Parish Church at 7.00pm

Check your charity bag collections

Broadland District Council has launched a service to enable residents to check authorised street and house to house charity collections online as well as by phone.

The new service is quick and simple and makes it easy to see which organisations are permitted to be in the area collecting bags or asking for donations.

Charities can carry out collections of unwanted items or money however in most cases a licence or permit is required. In Broadland this should be issued by the local authority licensing team. Some of the larger charities are exempt from requiring a licence but they should still notify the council of any planned collections.

Cllr John Fisher portfolio holder for Environmental Excellence said: *“Many people are happy to help charities by donating unwanted items. This easy checking system ensures people know which organisations are planning to carry out collections in their area on a particular day. Individuals will be able to make an informed choice about who they are donating their money or items to.”*

To use this service please contact 01603 430574 or log onto www.broadland.gov.uk/business/938.asp

Communities to benefit from new grants fund

Applications are now open for grants of up to £20,000 for projects which can make a real difference to people and communities in Broadland.

To be eligible for Broadland District Council’s Community Grant scheme, projects must cost more than £2,000 with a maximum 25 per cent available for non-capital support up to £20,000. Capital projects costing more than £2,500 can qualify for up to 20% to a maximum grant of £10,000.

“Previous grants have supported a wide range of projects from after school activities, community transport and improvements to village halls.” explained Cllr Jo Cottingham Portfolio Holder for Communities and Housing. “In these hard times people have less money to donate. We hope the new grants will keep valuable services going and create new ones. Local people know what their communities need and these grants will help them provide it.”

There is advice on the Council’s website on how to write an application and training sessions can be offered to voluntary groups.

For more information and an application form, see:
www.broadland.gov.uk/communitygrants, or call 01603 430620.

Jonathan Wyatt Presents “The Art of the Big Band”

Jonathan Wyatt puts his exciting eighteen piece big band together and returns to the The Mirage Suite at the Oasis Sports and Leisure Club.

The first concert on Thursday 26 January will blow away the cobwebs of 2011 featuring the music of Count Basie and Neil Hefti along with vocalist Lindsey Ball.

The Mirage Suite is a perfect setting for the big band, located at the rear of the Oasis, it can cater for about 150 people and has a licensed bar.

Future dates will be Thursday 29 March and Thursday 31 May followed by the last Thursday of every other month thereafter Each evening is expected to have a special theme or special guest.

The Jonathan Wyatt Big Band continues to be East Anglia’s most popular big band and celebrates its 25th birthday this year. In 2011 the band was very busy with a variety of gigs including hanger dances, concerts and private functions.

Jonathan Wyatt’s “Art of The Big Band” promises to be an exciting series of events, so why not join them?

Advance tickets £10.00 including hot supper! Can be obtained direct from Reception at Oasis Sports And Leisure Club, Pound Lane, Thorpe, Norwich Tel (01603) 462462.

One Small Claim to Fame

By David Jermy, Churchwarden

In March 1956, I was serving in the Royal Air Force as a Senior Aircraftsman (SAC) airframes, and working on the frontline with 73 Fighter Bomber Squadron at RAF Nicosia, Cyprus. We had Venom fighter bombers at the time, and as we were on active service, usually looking for gunrunners at sea smuggling arms to the EOKA (Greek for National Organisation of Cypriot Struggle) terrorists.

On March 9th 1956, I was attending education lessons to take myself to sergeant status, although as a National Serviceman this would not happen, having only been in the RAF for two years. Because of this I arrived for work a couple of hours later than normal, and in uniform. I was just about to get ready to change when there was a shout and I was pointed at, "you there in uniform come with us" said a couple of senior officers from I know not where and a couple of men in suits. I queried the duty sergeant and he nodded you had better go.

They hurried me off to the Station armoury, and kitted me out with rifle and ammunition. I still had no idea what was going on. Then I was sent to an aircraft that stood at the corner of a hard standing near the civil part of the airfield.

I was told "Guard this aircraft (I believe it was a RAF Valletta) do not let anybody near it, and if anybody approach or try to board shoot them."

Well I paced around the aircraft for about one hour, still wondering what on earth was going on, and hoping nobody would try anything. When, from the entrance of the airport a cavalcade of large cars drew up. The two suits came out, checked that everything was clear and a stream of men, priests and uniformed officers came from the cars and boarded the aircraft. The steps were removed by ground crew, the plane started its engines and taxied away. I looked around, the cars had gone. I was on my own.

Continued on page 31



Sprowston Women's Institute

41 members attended the January meeting. The speaker was Trevor Hewitt who gave a talk on Aviation History and with work at old crash sites. Americans had airports during the war in Norfolk. A letter was read out by Trevor about how his father and grandfather helped Americans when their Bella Baston aircraft which crashed by hitting a tree, which took off the wing. With help from the members of public they could only managed to save 6 out of the 10 airmen. Working at the crash sites personal effects were found belonging to the airmen, along with pieces of the aircraft. It was a very interesting talk. Jenny Himlin gave a vote of thanks.

There was a competition for a five line limerick, first line, '*A young pilot has got his wings*', 1st prize went to Eunice Sandle and 2nd to Maureen Clarke.

Birthday buttonholes were given by Barbara Thrower to members with birthdays in January.

The raffle, organised by Jenny Himlin was won by Joan Yeomans. Evening ended with a rendition of the National Anthem.

Anne Burman

Apologies from the Editor

In the January edition of the magazine there were a few errors in the WI article, it should have read:

'Sue Ovenden' and not 'Sue Ovencken'

'Dorothy Hardesty' and not 'Dorothy Hardeaty'

The Roma Soanes trophy was won by Olive Barrett with 17 points, Joan Hannant gave birthday buttonholes. Mollie Goodyear retired from the committee, Sheelagh Foulkes made birthday cakes and Jenny Himlin organised the raffle.

Please accept my sincerest apologies, **The Editor**

Real Food

By The Editor

Sometimes it can be difficult to find healthy items for lunchboxes and snacks for my two constantly hungry children. The majority of food seems to be packaged to look healthy but in fact is full of fat, sugar and salt.

These muesli cookies are great in that you know exactly what is going into them. They are great for my children's lunchboxes and as an after school healthy snack. I'm also a bit partial to them myself, they really are very good and relatively straightforward to make.

Muesli Cookies

Makes around 12-14

Ingredients

125 g margarine or sunflower spread (I use Flora or something similar)
5 tbsp demerara sugar
1 egg lightly beaten
125g high-fruit, sugar-free muesli
50g wholemeal flour
1 tsp baking powder
½ tsp ground cinnamon

Method

1. Preheat the oven to 190°C/375°F/Gas 5. Put the margarine and sugar in a mixing bowl and beat together until light. Gradually add the egg, beating well after each addition. Stir in the muesli, then sift the over the flour, baking powder and cinnamon, adding the bran left in the sieve.
2. Roll the mixture into walnut-sized balls, then place on two baking sheets lined with baking parchment, spacing well apart to allow room to spread. Flatten the cookies slightly with the palm of your hand.

3. Bake for about 15 minutes, or until dark golden. Allow to cool on the sheets for 5 minutes, then transfer to a cooking rack and leave until completely cold. Store in an airtight container for up to a week.

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.

The very first Valentine card - a legend

The Roman Emperor Claudius II needed soldiers. He suspected that marriage made men want to stay at home instead of fighting wars, so he outlawed marriage.

A kind-hearted young priest named Valentine felt sorry for all the couples who wanted to marry, but couldn't. So secretly he married as many couples as he could - until the Emperor found out and condemned him to death. While he was in prison waiting execution, Valentine showed love and compassion to everyone around him, including his jailer. The jailer had a young daughter who was blind, but through Valentine's prayers, she was healed. Just before his death in Rome on 14 February, he wrote her a farewell message signed 'From your Valentine.'

Continued from page 28

Completely puzzled I walked back to the armoury, checked in the rifle and ammunition and went back to work. Nobody had any idea what had happened.

However the next day's papers had the answer. Archbishop Markarious, soon to be President Markarious, had just been sent in exile to the Seychelles. I had guarded his aircraft, seen him board, and had not a clue who he was.

Sudoku Fun

Two more Sudoku puzzles this month. Answers on page 38. There is also a 'Wordsearch on page 39.

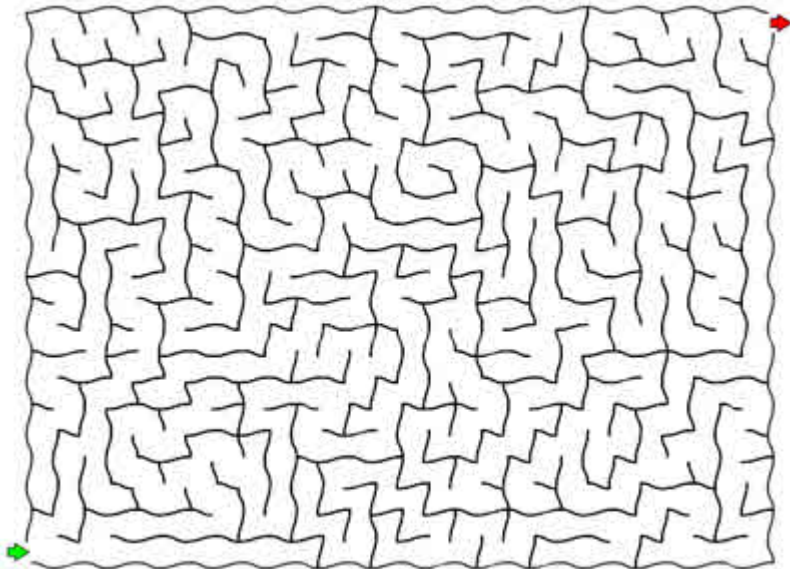
EASY

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

INTERMEDIATE

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

Another Maze Puzzle for you this month



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

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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.

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District:	John Bracey	460302	cllr.john.bracey@broadland.gov.uk
	Maggie Bradley	702153	cllr.maggie.bradley@broadland.gov.uk
	Paul Findlay	433625	cllr.paul.findlay@broadland.gov.uk
	Robin Knowles	788873	cllr.robin.knowles@broadland.gov.uk
Town:	John Bracey	460302	J.bracey1@ntlworld.com
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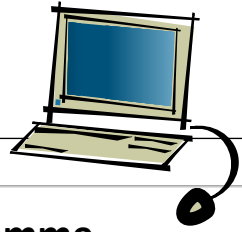
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Sproston Heritage



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

Intermediate

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

Word Search for February

February brings us the beginning of the Queen's Diamond Jubilee, Valentine's Day, and Lent. All three are about celebrating commitment and love and giving. What relationships in your life need your commitment, love, and generosity? Lent is a good time to reflect on the love in our lives: God's love for us, our love for him, and our love for each other. Our wordsearch this month reflects these themes.

king	queen	romance	prayer	bread
country	princess	flowers	fasting	kingdom
coronation	mourning	hearts	Jesus	devil
diamond	love	commitment	temptation	angels
jubilee	death	wilderness	stones	kindness



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Associate Vicar	Revd Dean Akrill , 15 Blue Boar Lane, NR7 8RX	482360
Assistant Priest	Revd Heather Wright , 133 Moore Avenue, NR6 7LQ	301329
Assistant Curate	Revd Phil Charlesworth , 61 Sparhawk Av. NR7 8BS	07545 968435
Assistant Curate	Revd Alinda Woodrow , 6 Wroxham Road, NR7 8TZ	418296
Readers	Andy Hudson , B3 12 Blithemeadow Drive, NR7 8PY	400866
	Penny Rennie , 7 Tiercel Avenue, NR7 8JN	424652
	Andrew Dickie , 15 Gowing Road, Hellesdon, NR6 6UN	425863
Churchwardens	David Jermy , 66 Cere Road, NR7 8LH	403930
	Simon Macfarlane , White House Farm, Rackheath, Norwich, NR13 6LB	408111
Organist	Prue Goldsmith , 35 Swansea Road, Norwich, NR2 3HU	219437
Sunday School	Toni Morina , 40 Alford Grove, NR7 8XB	484554
Mother's Union	Sheila Tuffield , 25 Allens Avenue, NR7 8EP	419896
Cross Section	Valerie Lloyd 37 Rushmore Close, NR7 8QS	419014
PCC Secretary	Prue Goldsmith , 35 Swansea Road, Norwich, NR2 3HU	219437
Transport Officer	Sue Allen , 206a North Walsham Road	488399
Parish Administrator	Penny Rennie , 7 Tiercel Avenue, NR7 8JN	424652
Planned Giving	Robert Huntly , 7 Clabon First Close, NR3 4HE	400902
Hall Bookings	Sheila Tuffield , 25 Allens Avenue, NR7 8EP	419896
Church Office	St Cuthbert's , Wroxham Rd, NR7 8TZ (Open Wednesday, 2.00 pm to 5.00 pm)	411194
St Cuthbert's Centre	Public Telephone	419682

Parish Magazine

Magazine Editor	Amanda Wood , 168 Salhouse Road, NR7 9AD	435357
Magazine Advertising	Amanda Wood , 168 Salhouse Road, NR7 9AD	435357
Magazine Distribution	Margaret Godden , 15 Rimington Road, NR7 8EB	404506
Magazine Secretary	Margaret Godden , 15 Rimington Road, NR7 8EB	404506

Contacts



Organisations

Berties Babes	Claire Akrill, 15 Blue Boar Lane, NR7 8RX	482360
Brownies (Wednesday)	Kate Hudson , 161 Templemere, NR3 4EE	01362 699728
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

Sprowston Parish Clerk	June Hunt , Recreation Ground Road, NR7 8EW	408063
County Councillor	Mr John Martyn Ward , 15 White Farm Drive, Thorpe St Andrew, NR7 0BP	431146
Member of Parliament	Chloe Smith , Office 1GF, Diamond House, Vulcan Road North, Norwich, NR6 6AQ	414756
Local Library	Nicki Hardy , Recreation Ground Road, NR7 8EW	408426
Youth & Community	Steve Johnson , School Lane Centre	408678
Meals on Wheels	P Woolnough , 3 Walcot Close, Clover Hill, NR5 9AJ	743180
Press Correspondent	Jane Nock , 59 Borrowdale Drive, NR1 4LY	438363
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 3 February 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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