

Be Slow. Be Proud!

Slow down you move too fast, you gotta make the morning last, just kicking round the cobblestones, looking for fun and feelin groovy.

Remember this song? 59th Street Bridge Song by Simon & Garfunkel! I used to love that song. Thanks Jim Wretham for reminding me of this track and of days gone by that were uncluttered, playful, long and spacious when, (I am sure) the only stress was just about going to the dentist!

This photograph 'slow you down' taken by Cam Self is a reminder of how times have changed or I have aged! It's a great photograph and no doubt the sign is needed in a place where less speed and greater care are required.



Several years ago, I had the opportunity to attend a speed awareness course having received two speeding fines for tipping the limit on familiar roads, at familiar times. Why? I think it was because I was pushing myself to get to my next destination quicker, and wasn't aware that I was exceeding the limit by 5 miles per hour. We might not think that's much, but it was wrong. It's an easy slip to make, but that doesn't make it right. Speed limits are there for a reason. Although I felt ashamed to be going on the course it was an invaluable experience and I would recommend it for everyone, speeding or not. The information that helped me the most from that day was realizing that by travelling 35 miles per hour in a 30 mile an hour limit I would reach my destination just 2-3 minutes earlier! Is that all?

Most of our villages have a 30 mile an hour limit which we know is honored by many, but not by all. The community speed watch scheme recently established in Rockland logged 68 vehicles in just 37 days, and of course there will be more when no one is watching. As Monica Armstrong tells us in the Parish Council report 'WE HAVE TO SLOW DOWN'.

I remember the stress of those agitated journeys, my diary filled with schedules with a distinct lack of space between them, trying to fit too much in, so often finishing one task so that I can meet the next one on the list. My mind was not on one task, but on many.

On reflection, I can see that speeding is not just about driving, it's about being driven.

Life today is very fast. Fast food, fast communication, fast relationships, fast expectations and it's very easy to get caught in the slip stream or to feel in the minority with a sense that there is nothing that can be done to stop it. The message today seems to be, 'If you want to hang on you had better speed up!'

Well did you know that there is an international 'Slow Movement' a 'World Institute of Slowness' and a slow cook movement? All of which present a vision for a slow planet. Together with Carl Honore's book 'In Praise of Slowness' it is a cultural revolution against the notion that faster is always better. The slow philosophy is not about doing everything at a snail's pace but seeking to do everything at the right speed. Savoring the hours and minutes rather than just counting them, and doing everything as well as possible instead of as fast as possible. It's about quality over quantity in everything from work to food to parenting.

Though time changes rate, our basic needs never change. The need to be seen to be appreciated, the need to belong, the need for nearness and care, and the need for love are given through slowness in human relations. To master change in our world, we have to recover slowness, reflection and togetherness.

When we have inner stillness, and are in the present moment, there is no need to rush on to the next moment, the next task, the next day. If we take care of our inner sense of peace, there is a good chance that inner peace will take care of others.

Why accelerate through our days to get to the end of days? 2017 lies before us to savour. To smell, to taste, to touch, to hear and to see. **Be Slow. Be Proud!**

Revd Wendy




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Sanyu Babies Home, Kampala, Uganda

Recent arrivals at Sanyu.

Favor Birungi: (1 month old) arrived on 22nd July 2016; He had been thrown into a pit latrine near a Kampala Church, retrieved, taken to Mulago Hospital for medical checkup and referred to Sanyu. The Kawaala Police investigated.

Benjamin Kakuru and Modesai Kato: (2 weeks old) arrived on 22nd July 2016. These twins were referred to Sanyu by the Probation & Social Welfare Office - Kawempe Division. They lost their mother shortly after delivery.

There were another 10 abandoned babies taken under the Sanyu wing over 3 months. Many of you know that the villages in the Bramerton Group have been supporting Sanyu for some 20 years. At the moment we fund the Home's medical support, its bi-weekly doctor's visit and its two resident nurses, helping improve health, keep disease at bay and minimise hospital costs.

Ruth and John Everett of 'Applebee' Rockland St Mary have been selling plants in aid of Sanyu. You can improve your gardens whilst helping the babies. Please visit them in Rockland in the spring or summer. In 2016, they raised the amazing total of £1700. Any gifts of plants or donations are welcome too.

For those of us that have been to Sanyu, the staff are always delighted to see visitors and to house volunteers. You will be so pleased to learn that Barbara, the Home's director, has herself just had a baby, Sean David. We send our very best wishes to her and her family.

Please do think hard about joining the stalwarts who regularly give to Sanyu. One of the good things about our relationship is our monthly remittance incurs no admin charges; so whatever you give, goes directly to help the lot of these abandoned babies. We are not alone, as there is also much support from Ugandans.

(For more info and details of how to give, do contact lizmeynell@gmail.com)

Do help the Babies in 2017. Please.



Wednesday Fellowship

A meeting for all people in the Bramerton Group and beyond! Held on the second Wednesday of the month 2-4pm at Alington and Yelverton Village Hall. We have Christian and secular speakers followed by tea, cake and fellowship. All welcome.

February 8th - 'Our Friend Paul', Poetry and Pictures with Paul Binney

For more information please contact: Jo Threadgold, 492657 or Pat Barter, 493570.

Women's World Day of Prayer

This year's Women's World Day of Prayer is on **Friday 3rd March 2017.**



'Am I being unfair to you?' Praying for The Philippines.

There will be a local service in the Bramerton Group at **10.30am at Ashby & Thurton Village Hall**

Refreshments follow the service. Children's corner. All welcome.

Café Church Benefice Service

The Café Church at Rockland has been running for over a year. NOW is your opportunity to come and share the experience. On **February 19th** there is a **BENEFICE CAFÉ CHURCH**, at The Parish Room Rockland, concluding with an informal Holy Communion Service.

Turn up any time from 10.30 to 11.30. During the last half hour **(11.30-12.00)** there will be informal **Holy Communion**. There will be Sunday Papers to read, Fresh brewed Coffee and Tea to drink, Cakes and Hot Toast to eat, and Crafts for the Children, as well as a short bible story session for all ages.

Do come along and join us. All are Welcome

ALL WELCOME

The Parish Room, The Street, Rockland St Mary.

Refreshments, Food, Newspapers, Entertainment, Bible Stories, Community Crafts and Good Conservation. **For all ages.**

All with our compliments!



Sunday 19th
February

**Drop in any time between
10.30am - 12.00**

Theme: Given, Not Lent

Contact: Rev John Shaw on 01508 538619
or Rev Mandy Ansell, 01508 538654 for details
or possible help with transport

Future date 19th March 2017 - What's Inside?

ALL WELCOME



Men's Midday Mardle

Once a month, usually on the first Wednesday of the month, a group of men from all over the group of churches, and beyond, gather for a Mardle at The Ferry House in Surlingham. There is no agenda, just a chance to have a chat, catch up on each other's news, or discuss current events, both at home and abroad. We meet at lunch time, any time between 12.00 and 14.00, and people come and go as their other commitments allow.

There is always a warm welcome, in a lovely setting and Sonia and her team provide meals, or snacks, as each of us desires and of course there are drinks to suit all tastes.

We have been meeting for a number of years now after Geoff Saunders came up with original idea and established the meetings. Sadly, we have lost some members, especially Geoff himself just over a year ago now. But we are forever grateful to him for establishing the idea. We always welcome new members of whatever age.

So, if you're looking for a change of scene, and are free for a couple of hours on the first Wednesday of the month, then do come and join us. Please contact David Fairbourn on 01508 538437, or email surlingham.midday.mardle@gmail.com if you want more details.

Gentlemen, you are cordially invited to a

Mid-Day Mardle

An opportunity for men to quench their thirst for good company, conversation and, perhaps, to take a glass of something.
New members are always given a warm welcome.

The Ferry House, Surlingham

Anytime between 12 and 2pm

Wednesdays: 1st February, 1st March, 5th April

Any questions, please contact David Fairbourn on 01508 538437, or email surlingham.midday.mardle@gmail.com

Ladies' organisations

Ashby & Thurton WI First Thursday each month at 7.30pm	Rockland St Mary WI Second Tuesday each month at 7.30pm
Alpington, Bergh Apton & Yelverton TWIG First Wednesday each month at 7.30pm	Surlingham WI First Thursday each month at 7.30pm

Alpington, Bergh Apton & Yelverton TWIG

Members of TWIG take part in a wide range of activities outside the regular monthly meetings such as a walk followed by a meal; a game of scrabble; or an evening of Craft. So why not join us on the 1st Wednesday in each month at Alpington Village Hall at 7.30pm.

February 1st - The speaker this month is Mr. Ray Warnes and his subject will be "Hidden Kingdoms of Himalaya and Tibet.

March 1st - TWIG will be celebrating 10 years as an Independent Group. This will be organised by the Committee.

April 1st - Jonny Crickmore will be talking on 'Local cheese making'.

Rockland St Mary & District WI

We look forward to an interesting new year of programmes starting with `Norwich, the city our parents knew` with speaker Brian Hedge.

In March Nicola Rycroft will introduce us to Acupuncture and the competition will be a pin cushion! Look out for our Jumble Sale on Saturday, March 25th at 2pm in the Margaret Mack Room. We welcome good class jumble only.

We would love you to join us at our meetings in the Margaret Mack Room on 2nd Tuesday in month the at 7.30pm.

Surlingham WI

February 2nd - Steve De Roeck will talk about The Life and Death of a Norfolk Hero in the RAF Pathfinders. All are welcome to join us at 7.30pm in Surlingham village hall.

March 2nd - David Self will be talking on Safety in Your Home. If you think you would like to listen to this very important subject please come along at 7.30pm.

April 6th - Angela Bishop with a 1960s evening of memorabilia. This is an open meeting which is sure to bring back many memories of the good old days.

Happy New Year to all from Surlingham WI.

Thurton & Ashby St Mary WI

At our December meeting we celebrated our Birthday in style with a Tramp's Supper and some amazing outfits were worn for the occasion. Fish & Chips were delivered by Loddon Plaice and there was a selection of desserts accompanied by a glass of wine or fruit juice. The Entertainment Group followed with a sketch much appreciated by us all. Christine Peck organised the exchange of Christmas gifts and a very happy party was brought to a close with a slice of Birthday Cake.

The Speaker at our January meeting was Rosie Wilken who gave us an amusing and informative talk on hairstyles and hair coverings for the 13th and 14th Century.

The Speaker at our February meeting will be David Moat informing us about The Big 'C' Charity.

We would be pleased to welcome visitors to our meetings held on the first Thursday of each month at Thurton Village Hall at 7.30pm.

Loddon Flower Club

7th February
Simon White - *Highlights of Chelsea and Hampton Court*

7th March
David Wright - *It's an Education*

4th April
Helen Cranmer - *Norfolk, Land and Sea*

1st Tuesday of every month from 7.30pm at Hobart High School, Loddon. All welcome.



Jill's Message to Get Ready



Jill Gower, director of Call to Prayer ministry was guest speaker at Yare Valley Filling Station at the new venue of Green Pastures Garden Centre, Bergh Apton, attracting almost sixty folk from various church backgrounds across the locality.

Jill spoke of her earlier church experience, which was revolutionised by visiting an Anglican Church while in South Africa, "I experienced the presence of Jesus in that church, where people really loved God and each other. This has become my expectation of church, and despite stepping into a spiritual battlefield, I have seen the reality of God for myself and my children, with signs and wonders."

Relating to current economic and political events, she said, "This world is crazy right now. Two scriptures come to mind. Habakkuk 1v5: Look at the nations and watch and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told. Haggai 2v6: In a little while I will once more shake the heavens and the earth, the sea and dry land. I will shake all nations, and what is desired by all nations will come, and I will fill this house with glory, says the Lord Almighty."

Jill encouraged the audience to live such a normal Christian life, with expectancy of God to act, evidenced by many people overseas and in the UK having visions of Jesus. "We need to look at things differently, we have that choice. Get out of our comfort zones, wherever we are God can use us, just bite the bullet and bless others, even if they treat you badly. God will break through." She spoke of opportunities for going onto the streets to meet and share as many people feel a vacuum in their lives and going into a church for them may feel uncomfortable. "Being on the street and 'soaking of an area' in prayer both go together. With our prayer ministry Ffald -y-Brenin we expect an atmosphere of change, with light overcoming darkness" she added.

Jill referred to another prayer, Bethel Sozo, where there is a deep connection with the Father, Son and Holy Spirit, rather like catching the wave. She explained that true Christianity is about a relationship with Jesus. She contined: "Lord what unusual thing will you do today? is a quote from a zany speaker, and an encouragement to us. With an attitude of Blessing and Prayer we can speak out of the good things of what God is doing. This releases the things of our sovereign God, and we can say we trust you right now and you will turn things around."

Jill concluded, "God wants to empower each of us, each has a role and responsibility, not just church leaders, it comes up from the ground. For example, the Filling Station network and local houses of prayer. Let's be ready, shift up a gear and get involved as God is on the move doing new things."

Future Yare Valley meetings are on Thursdays 16 February, 16 March and 20 April 2017, 7.00pm for 7.30pm. All adults welcome. Details from Al Evans, 07760 770797.

Report and photo by Kevin Gotts.

Do something amazing this year and support an older person in Norfolk

Every year, thousands of older people look to the local charity Age UK Norfolk for support. Whether it's a bit of advice in a time of need, help filling out complicated forms or just a friendly chat when they're feeling lonely, we are here to help. But we can't do it alone. Without the help of our dedicated team of volunteers we couldn't deliver all the services that we do. This year, following on from campaigns such as Good Morning Britain's 1 Million Minutes, we're asking if you could pledge some time to help make a change in someone's life.

No experience is necessary. Whatever your talents and interests, there is bound to be a voluntary opportunity where you can share your knowledge, make new friends and make a real difference. All volunteers are offered full training and will get ongoing support and advice from the volunteer management team. To find out more call 01603 785241 or visit www.ageuknorfolk.org.uk



From the Registers

BAPTISMS

20/11/16 Tilly Sophie GOODE Yelverton

MARRIAGES

19/11/16 Martin TROPMAN to Emily FISK Framingham Pigot

FUNERALS, BURIALS, CREMATIONS, INTERMENT OF ASHES

25/11/16	Leonard Frank SEELY (59)	Bergh Apton
30/11/16	Jack HARGREAVES (85)	Yelverton
01/12/16	Joan GILBERT (94)	Yelverton
	(Interment of ashes)	
02/12/16	Pamela LEECH (81)	Yelverton
	(Interment of ashes)	
02/12/16	Nicholas LEECH (52)	Yelverton
	(Interment of ashes)	
13/12/16	Daphne OVERALL (93)	Bergh Apton
21/12/16	John LEXTER (84)	Bergh Apton
30/12/16	Jennifer HINDLE (80)	Yelverton
04/01/17	Donal MacGARRY (73)	Kirby Bedon
06/01/17	Dennis WALL (84)	Thurton
09/01/17	Bryan William SMITH (79)	Thurton
10/01/17	Barbara O'BRIEN (84)	Yelverton
11/01/17	Brian NICKLESS (82)	Yelverton
12/01/17	Rosemary MICHAEL (70)	Ashby St Mary

If you would like to record a birth or a death and you do not use a church we are happy to add your request to the register. Please send your request to the editor or to Angie Yeomans.

Obviously, we can only record items we know about.

Ruth Everett, Editor.

Alpha Course – Spring 2017 at Kirby House, Kirby Bedon, NR14 7DZ

If you have wondered: Does God exist? Why is there undeserved suffering? What happens when I die? Was planet earth created or an accident? How can I get rid of guilt? Then you may like to come to one Alpha Supper, supported by Rev John Shaw, with John and Sue Wright, to see if you enjoy it and would like to continue. The Alpha Course started at Holy Trinity, Brompton, but has now been welcomed by all main denominations, Catholic and Orthodox.

Please let us know if you would like to come and what evening of the week would suit you best. Telephone 01508 494366, or email info@branchpress.com

Susan and John Wright will be delighted if people would like to see the Camelias, Azaleas and Rhododendrons at Kirby House, Kirby Bedon, NR14 7DZ during April and May.

Framingham Pigot Wedding



Emily Fisk and Martin Tropman were married at Framingham Pigot Church on Saturday 19th November 2016. It was a beautiful sunny day, which couldn't have gone more perfectly. The church looked stunning and we have been so grateful for all of the help of everyone at the church. We had our reception at Brasteds and, being keen Norwich City supporters, there was a green and yellow theme throughout. We went on our honeymoon the next day. We spent 5 nights in New York and a week cruising the Caribbean on the world's largest cruise ship!

Now we are home enjoying married life and are very excited for the future. Especially to welcome our first baby into the world in June!



Confirmation

The next Confirmation Service at
Norwich Cathedral
is on Easter Eve

Saturday 15th April 2017 at 8pm

I would be delighted to speak to anyone who may be interested in being Confirmed and would like to know more. For more information contact: Revd Chris Ellis on 01508 484174
email: chris.ellis23@btinternet.com

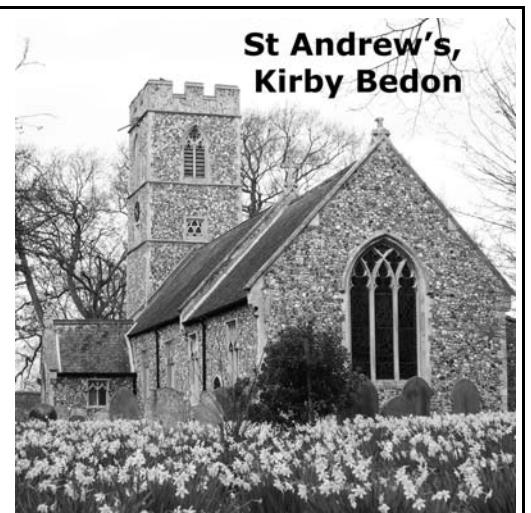
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SERVICE**

at 9.30am

at KIRBY BEDON,

**Wednesday 1st March
ALL ARE WELCOME**



**St Andrew's,
Kirby Bedon**

Lent Course 2017 The Bramerton Group of Churches



'Conflict?'

Wednesdays: 7.30 pm Lenten Supper, 8.00 – 9.00 Talk

Date	Venue	Hosts	Title	Speaker
08 March	Thurton Village Hall	Kirby Bedon, Thurton and Framingham Pigot. 6 - 9pm	'Social'	Rt Revd Peter Fox
15 March	Thurton Village Hall	Rockland St Mary and Yelverton. 6 - 9pm	'Conflict is the soul of literature'	Dr Gudrun Warren Cathedral Librarian
22 March	Claxton Village Hall	Claxton, Carleton St Peter and Ashby St Mary. 6 - 9pm	'Biblical'	Clare Richards Author and Teacher
29 March	Claxton Village Hall	Bergh Apton, Bramerton and Surlingham. 6 - 9pm	'Interfaith'	Bishop David Gillet

For further information please contact **Rev John Shaw on (01508) 538619**

South Yare Wildlife Group

January at 'Salix', Claxton Corner

For many birds this can be a tough time. With 18 feeders, our garden is always busy. Over 20 species spend time on or under these dangling vending machines. Some of our rarer visitors have been Marsh Tit, Siskin and Redpoll. This winter, after many years of absence, a few *Passer domesticus* – House Sparrows – have returned. But our favourite is 'Wonky', a semi-tame, wing-damaged Blackbird.

He has been with us for three years and waits for the curtains to open every morning, demanding his usual currants. A new visitor is a single Fieldfare, who will let no other bird near his precious patch of windfall apples on the lawn.

The feeding birds can be food too: we occasionally hear panic as the flash of a Sparrowhawk comes through, leaving nothing but a few drifting feathers of his prize catch.

Any garden can house a feeder or two – usually providing much better entertainment than breakfast TV!

Kevin Parker

WILD PATCH update

At the time of going to press, the Wild Patch section of the new website is in its final stage of development. You will soon be able to join and register your WILD PATCH, interact with other members, download help sheets, and much more!



Check out the new website!
<https://southyarewildlifegroup.org>
HLF Funding has allowed us to have a new website designed that is now online. It has information about the group, upcoming and past events, SYWG Young Explorers and more.
We also have a new email:
info@southyarewildlifegroup.org

DIARY DATE

Sat 25 February, 13.00–16.00:

Dr Carl Sayer from UCL and the Norfolk Pond Project will run a **Pond Restoration/Management Workshop** at Ted Ellis Trust, Wheatfen.

See the website for full details.

www.southyarewildlifegroup.org



Events at Poringland Library – your local library

Overton's Way, Poringland, NR14 7WB 01508 494891

Just a cuppa! Every Saturday morning starting Saturday 4th February 10am - 11.30am. Have a coffee or tea, meet new people, do a crossword, sudoku or sit and read the paper. Coffee mornings will run every week.



The big DVD sale: Saturday 18th February 9.30am-12.30pm. Large sale of DVDs (ex-library stock). Come along and grab a bargain!

Poringland Community Cinema

Bridget Jones's Baby (15). Friday 10th February

Romantic/Comedy: Bridget's focus on a single life is interrupted when she finds herself pregnant, and unsure of the baby's father.

Stars: Renee Zellweger, Colin Firth, Patrick Dempsey

Tickets £5. Includes tea or coffee before the show. Doors open 6.45pm film starts at 7.30pm. Tickets on sale at Budgens or on the door.

Buena Vista Social Club

Friday 3rd March - Quiz and Supper Night

Up to 6 people per team. Tickets £8 per person. Doors open 6.45pm. Quiz starts at 7.30pm. To book your place by 20th February please contact Maureen on 01508 494358 or Carol on 01508 492630.

Film Nights: Friday 3rd February, 31st March. Free to members or one night membership £5.

The **PPG** wishes all our supporters a very happy and healthy new year. We look forward to meeting you again at our first Open Meeting of 2017 which is on the **28th March**. Mr John Nolan, a Consultant Orthopedic Surgeon from the Norfolk and Norwich Hospital, will be talking to us about hip replacement.

It is not too late to be vaccinated against flu. If you are eligible because of an illness or over 65 years of age and would like to be vaccinated please contact the surgery.



Transport Plus

Norfolk County Council
at your service

What is Transport Plus?

Transport Plus is a community transport service provided by Norfolk County Council assisting adult members of the public to access essential health, social and well-being services.

The service uses volunteer car drivers to assist people in the community with such a need. Journey booking requests can be made through a Call Centre. Staff will take full details of the request, plan and organise the journey to available transport resources.

Who is entitled to use the service? Transport Plus is generally available to adult members of the public who:

- Have a specific health or social need but are not eligible for free transport
- Unable to use or gain access to normal modes of public transport
- Cannot access services using transport provided by family or friends
- Require a carer/assistant to travel with them to assist in accessing their appointment / service
- Are able to access the vehicle and their destination with minimal assistance

So where can you get to? Transport can be requested for a variety of journeys. Examples of journeys covered are:

- Health related journeys to medical centres such as hospitals, doctors health clinics, etc
- Other medical related appointments and preventative health care (ie: dentist, optician, physiotherapy, occupational therapy)
- Day care and respite care
- Essential shopping
- Social activities and voluntary care

How much does it cost? A charge per person, to cover the cost of fuel and general wear and tear of the voluntary driver's vehicle, is currently based on 45p per mile. The charge includes mileage travelling to and from your house. We will always attempt to get one of our nearest local voluntary drivers to complete your journey so that charges are kept to a minimum. If this is not possible then our Call Centre staff will discuss this with you

How to make a booking? Members of the public will be able to make transport booking requests between 9.00am and 5.00pm Monday to Friday by phoning **0344 800 8020** and pressing option 2 to speak to an agent. Journey requests can be made up to a maximum of 2 weeks in advance OR a minimum of 3 clear working days notice.



In special circumstances arrangements can be made for the driver to wait at the appointment venue for a maximum of one hour. For longer appointments the driver will leave and return which may incur an additional journey charge. Priority will be given to journey requests within the county of Norfolk although out of county hospital requests will be considered

Transport availability - Whilst we do our very best to undertake all journeys, booking requests are subject to transport resources being available. We have a duty to maximise the use of our vehicle resources as much as possible. Clients using the Transport Plus service will therefore need to be prepared to share a vehicle when appropriate. We may also be able to provide other vehicle transport options at very competitive rates. If you wish to know the estimated cost of your journey this can be discussed with the Call Centre staff when booking

If you need to cancel transport phone the Call Centre on **0344 800 8020** and press option 2 to get through to an agent. Please give as much notice as possible as this will allow us time to contact the driver and possibly use them on another journey. A charge may be made for late cancellations

Public Holidays - The Call Centre is closed on public holidays

We are always in need of volunteer drivers so if you know anybody who may be interested please ask them to call us on 0344 800 8020

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Village News

Alpington & Yelverton

CLUB CASCADE for the over 50s

21st February

Angela Bishop - Washday Memories

21st March

Roy Davenport - 100 years of magic

Unless otherwise stated meetings held 3rd Tuesday of the month at 2.00 – 4.00 pm, Alpington & Yelverton village hall, Church Road, Alpington.

Raffle. Tea and biscuits served.

Chairman – Eileen Minns
01508 494894

Secretary – Pat Barter
01508 493570

Alpington & Yelverton Local History Society

14th March - Ivan Cane - 'Taking Boats Uphill'

Tuesday 9th May - Lynton Johnson shows us how to have 'Fun with Antiques'

Meetings held Tuesdays at 7.30pm in Alpington & Yelverton village hall. Members free. Non-members are always welcome at £3 per session, refreshments included.

Why not join us? Membership is £8.50 per annum. Please contact Mary Fewster (Chairman) on 01508 492059 or Mary Black (Secretary) on 01508 492025 for further details.

Alpington & Yelverton Village Festival Weekend, Saturday 17th & Sunday 18th June

Planning is underway for an inclusive and exciting community weekend centred at the Wheel of Fortune pub and gardens offering "Party at the Pub" family fun style entertainment, free or subsidised where possible. Under the Village Festival umbrella, other community organisations and groups have been invited to organise their own events and activities for their own fundraising. Venues involved (to date): Wheel of Fortune pub, Village Hall, St Mary's Church, Football pavilion with Garrick Field.

For more details, or if you wish to be involved in planning, please contact Pat Barter on 01508 493570.

'Lest We Forget' – Centenary Service

On Remembrance Sunday, 13th November, 2016, the service in St. Mary's Yelverton was different from the usual Service of Remembrance. 2016 was chosen as the year for our main commemoration of the First World War as it was the centenary of a memorial service for two of the men remembered on our War Memorial, brothers-in-law William Aldis and Harry Jordan. We also took the opportunity to dedicate an additional name on our War Memorial, that of William Burrows, who died in 1920 and is commemorated with a military tombstone in the churchyard. His death post-dated the erection of the War Memorial in 1919. This simple addition was a double memorial, in that the wood was sourced and measured by Andrew Morris before his untimely death last summer, and Lorie Lain-Rodgers kindly undertook to install the engraved plaque.

During 2016 St. Mary's had undergone repair and restoration supported by a Heritage Lottery Fund grant. As part of the heritage aspect Mike Wooldridge had researched and prepared material for a booklet on the men remembered on the War Memorial. It seemed fitting to produce that booklet in time for the service, and to add into it the report of the original 1916 service and the Order of Service for the centenary commemoration. Thus, the different elements of the story of those who gave their lives in the First World War could be brought together. Copies of this booklet are available in the church.

We are grateful to all those who contributed in any way to what was a very moving occasion.



Lost and Found

On Saturday 7th January 2017 **an item of jewellery** was found close to the footpath between Church Meadow and Church Loke, Alpington leading to the playing field. Please contact J Hall 494443.

Item will be retained until 31 March 2017 and then passed to a charity shop.

Bramerton

Santa's visit to Bramerton!

On the first day of the school Christmas holiday the parents of children at **Sunbeams Pre-School**, Bramerton, organised a Christmas party for young children in the local area.

The event was a great success, there was a fantastic turn out of local parents and children and we managed to raise a significant sum of much needed funds for Sunbeams. More importantly much fun was had by all.

The children really enjoyed decorating ornaments and biscuits; dressing up to have their photo taken in the Christmas photo booth; making play dough reindeers, as well as lots of fun running around in the newly extended garden area.

We also had a visit from the 'man in red' who delivered everyone a party bag!

We enjoyed lots of delicious Christmas food and drink including some amazing cupcakes. Thanks to everyone who attended and contributed and we look forward to doing it all again next year.



Carleton St Peter

Enid would like to thank everybody who has a Children's Society Box. I banked £107.70p for the year 2016. Thank you.

The PCC would like to thank everybody who supported the flower demonstration by Lynton Johnson on November 23rd. Thanks also to those who gave so generously towards the raffle prizes and to all the helpers. Thank you Lynton for a super demonstration. We all had a very enjoyable evening.

The PCC would like to thank everybody who helped decorate the church for our Christmas Carol Service held on December 16th. Special thanks to Linda Goffin, the church looked stunning! Thank you to Maureen and Linda for making the sausage rolls and mince pies. Thanks go to Revd John Shaw for a very enjoyable service and many thanks to Ursula for playing the organ.

The Christingle Service held on December 18th was terrific and the PCC would like to thank everybody who attended. The service was taken by Revd John Shaw who, with the help of Charlie Meo, dressed up Nigel like a Christingle orange. The carols were great with Charlie and Izzy singing 'Away in a Manger' as a solo. Thank you to Linda Goffin for making the Christingle oranges and Ursula for playing the organ. About 40 people attended the service which was lovely.

Finally, thank you to Ursula for playing the organ throughout 2016.

Claxton & Carleton St Peter Social Club

Entertainment evenings are held in the village hall on the last Saturday of every month except August.

To join the Social Club, which is £4 per year, come along to the village hall at 8.30 pm any Friday evening to find out more. Bar open Friday evenings as well as the last Saturday of every month.

Village News

Claxton

The Adrian Bell Afternoon was a great success with delightful seasonal readings by members of the Adrian Bell Society, hosted by chairman, John Ford. In between readings, the audience were invited to join in with Christmas carols led by local singers. Mulled wine and mince pies and other refreshments, together with the Village Hall decorated for Christmas, created the perfect atmosphere for a very enjoyable afternoon.

This seasonal mood continued into our December Community Café which was the most successful ever! After cakes and savouries with a Christmas theme (the Christmas cake was devoured in record time!), hours were extended over lunchtime, as an extra Winter treat, to include a selection of delicious and warming home-made soups and bread.

January saw us celebrating the Community Café's first birthday in style. Pat Clare, Chair of Claxton Parish Council, said a few words of congratulations and thanked everyone who had helped make the Café so successful over the past year. "Happy Birthday" was sung and the café organisers shared blowing out the candles on the delicious chocolate birthday cake which was then cut and offered to everyone.

We do welcome ideas on what we can do to enhance the café and people are invited to use the Café to spread the word about local events, activities, etc., just speak to any of the organisers at any Café. Remember to put the Community Café from 10am-12.00 on the second Tuesday of every month in your diary, the next one is 14th February. People tell us how nice it is to have somewhere to go where they can chat with old friends and neighbours or have the chance to meet new ones. We are always delighted to see new faces, so if you haven't been yet, why not call in next time?

Looking ahead the Village Hall Committee are already planning events for 2017. Dates for your diary: **Saturday 8th April** for another Race Night and **Saturday June 17th** for the next Quiz Night. More details to follow.

Framingham Pigot

Well, another year has slipped by in the history of St Andrew's, Framingham Pigot, and it only seems like yesterday that I put pen to paper about the 'comings and goings' of 2015. In one particular way, 2016 has been a most unusual year. It is not often, I would think, that little village churches like ours get 'out of the blue' e-mails from film companies asking 'would your church like to be in our latest film (Bridget Jones's Baby)?' But, so it came to be. Even though it was a 'blink and you miss it' appearance, filmed by a drone from the sky, we were eventually on the big screen!



We had another successful year with regard to weddings, with six couples tying the knot, and another nine are planning to do so in 2017. In recent times it has been rather nice to see one or two couples coming back to worship in the church.

After a bit of trepidation, the first 'Visitation' of Archdeacon Steven Betts to the Thurton Benefice went smoothly. All the preparation and hard work put in by the Churchwardens of the 5 parishes paid dividends.

During the Summer, the Annual Concert went well and the full church was thoroughly entertained with choral music and solos, both classical and modern. It was all sung and played for us by ESChoir (The Emergency Services Choir).

2016 came to an end with our Christmas Carol Concert, supported wonderfully by The Framingham Earl Singers. The church was full to overflowing and was a fitting way to end the year. Thanks Be to God.

John Roberts, Churchwarden.

RSM & Hellington

News from the Clerk, Rockland St Mary with Hellington Parish Council

Community Speedwatch. A total of 68 vehicles were logged as exceeding the speed limit from 18th October to 24th November 2016. It is worrying that so many drivers are speeding through our village. The message has to be SLOW DOWN!!! Do come and join our team of volunteers if you would like to help to make your village a safer place. Contact Monica Armstrong, the co-ordinator, email address rocklandparishclerk@gmail.com or telephone 01508 537025.

Floral competition. "If Winter comes, can Spring be far behind?". Our thoughts will soon be turning to gardening and floral displays. There will be an opportunity for parishioners to help make Rockland St Mary blooming beautiful! The Parish Council are holding a floral competition with a first prize of £50, a second prize £25 and a third prize of £15. To enter you will need to buy one of our 15 black heavy duty tubs. Fill the tub with compost and your plants and place the tub somewhere safe - but in easy view of the street. (e.g end of a driveway). Entry forms will be available from April onwards. A fee of £15 will be charged to enter and receive your tub. One entry per household. Further details in the next Eleven Says.

Parish Precept. In January of each year the Parish Council sets its precept, the sum required to provide services and facilities for the village. This amount is paid by two instalments to the Council in April and September by South Norfolk. Each year your Council Tax bill will show you the amount being paid to the Parish Council. In the next publication of Eleven Says I will keep you posted as to the precept amount set by Councillors.

"Call for Sites". You may have seen on notice boards details regarding the "Call for Sites" map where two sites for possible development have been provisionally identified for Rockland St Mary. This issue was discussed at the December meeting of Councillors. The two sites have not been subject to any analysis or survey. Further assessment of these "call for sites" will be carried out in the summer of 2017 and consultation on any sites specifically identified will take place in the Autumn. At this time, with no knowledge or information about what specific development might be under consideration, Councillors agreed that the matter should be monitored closely in the following ways:-

- 1) Being an agenda item at each Parish Council meeting
- 2) Actively communicating on a regular basis with District Councillor Vic Thomson on any proposed developments.
- 3) Updating parishioners through the notice boards, the website and articles in Eleven Says.
- 4) When appropriate, if specific proposed sites are positively identified, holding a public consultation.

Green Lane Playing Field. As you may be aware Councillors have been looking at various options for the use of Green Lane Playing Field. During the next few weeks you will receive a visit from a member of the Council seeking your views. This will enable the Council to gauge the feelings of parishioners and decide how to proceed.

Black Horse Dyke Car Park. Substantial improvements have been made to Black Horse Dyke Car Park and Councillors would like to thank parishioners for their patience whilst the work has been carried out. Part of the car park has been sectioned off to allow the new grass area to establish itself. Thanks are due to Mark Clayton and his sons for carrying out this work.

New Councillor. Following the resignation of Martin Stedman, Mike Hayward has been co-opted on to the Council. We welcome Mike on board.

Wishing all parishioners a healthy, happy and peaceful 2017.

Monica Armstrong, Clerk to Parish Council

Village News

Rockland and Surlingham

New fitted kitchen for the Parish Room

The **Parish Room Committee** would like to express their appreciation for the lovely new kitchen fitted by Robin Whitlam of Home Design in Rockland. Also to the Parish Council who gave us a £500 grant towards the cost. The kitchen is now much more user friendly.

Crockery and cutlery can be hired from the Parish Room at reasonable rates. Details of bookings, etc from Jayne Regan 01508 538087

Rockland St. Mary & District Gardening Club

We have another interesting programme for 2017 to look forward to, starting with Pauline Harper telling us "U2 can show " on **February 23rd**. Garden visits have also been booked for the summer meetings which we all enjoy.

We meet in the Parish Room on 4th Thursday at 7.30pm in winter and 6.30pm for visits. Further details available from Jean on 01508 538609.

Rockland St. Mary and Surlingham Community Action Group.

It was great to meet with old and new friends on Sunday 8th January when we bossed from the Gull to the Feathers. Congratulations to the winning team but everybody was champion! This was our first game on a new course, and it was very successful. Many thanks to the staff at the Feathers, who welcomed us and provided a very welcome and fulsome meal.

2017 activities include a Fabric Sculpture Workshop, led by Janine Coull. You will be able to make a free standing figure using a waterproof resin that can be stood in the garden. The event is on **Saturday 18th March** at Rockland St Mary Parish Room from 10.00am to 2.00pm. The cost is £30, which will include all materials. We will provide tea, coffee and cake and participants are asked to bring their own lunch. To book please ring Jane Paterson 01508 538415.

There will be a Rook Ramble in March. The route is likely to be around Bergh Apton and Alington, the date will be announced soon.



The next Bosseln will be in late April.

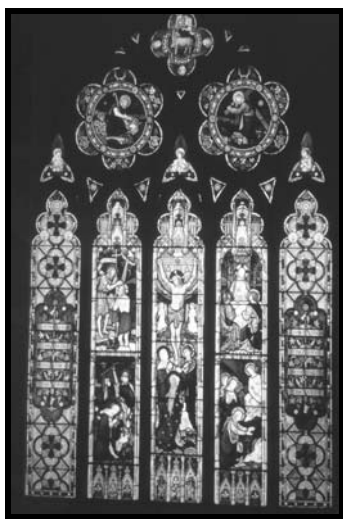
We are pleased to offer a tour of Winbirri Vineyards, Surlingham, which will be in the second half of May.

There will be an art event on the Community Reserve on **Sunday 5th March**, so sharpen your pencils and watch for the posters for details!

For more details or to reserve a place please ring Jane Paterson 01508 538415

Christmas Festivity at Hellington Church

The candlelit service at St. John the Baptist Church Hellington on Saturday December 16th was enjoyed by many people. About a hundred parishioners from Rockland and Hellington and other visitors took part. The church was decorated with simple greenery and many candles and the backlighting of the east window produced a dramatic effect. Mulled wine on arrival ensured that everyone was in good voice and they were rewarded with mince pies at the end!



Ian Sturgess and John Nicholson gave a spirited reading of Benjamin Zephaniah's poem Talking Turkeys in their native Norfolk and Scots accents and continuing a regional theme, Malcolm Glasgow entertained us with the poem 'Sam's Christmas Pudding' in an authentic Lancashire accent. Joanna Knights on the flute and Ben Seaman on the keyboard delighted us with solo performances and Joanna accompanied some of the carols. Children in the congregation played their part by carrying the figures for the nativity scene to the crib on the altar.

A collection of £166 was taken and half was sent to the Churches Conservation Trust which maintains the fabric of the church, and half to the St. Martin's Housing Trust which looks after the needs of homeless people in Norwich.

Our thanks go to all the people involved. To those mentioned above, to Rev John Shaw for his help and for guiding us through the celebration, and to the team of Hellington residents who organized the event and decorated the church, particularly to Sally Rix who took charge of the organisation.

Ailsa Nicholson

Surlingham news

The Christmas season opened with the fun, thrills and spectacle of the Bramrocks pantomime Miss Muffet. Festivities got under way with meals and events at our village pubs. Every Carol in the book was sung with gusto at the Ferry House pub led by the Broadnotes Choir. Singing was followed by a great quiz challenge. The School performed a nativity play and the essence of Christmas was felt at a packed carol service at the Church where a collection of £172 was made for St. Martin's Trust. The midnight service held on Christmas Eve was beautiful and a time of peace and reflection.

On 1st December **Barbara and Joe Rix** celebrated 60 years of marriage, their Diamond Wedding, and a congratulatory card was received from the Queen. They have lived all their lives in Surlingham. Both attended the Primary School followed by a year at a temporary school in Poringland. At an early age Barbara had to take on the role of family housekeeper. Following their marriage Joe moved in to the family home. Barbara has never moved from the house where she was born and where their four children grew up.



Cushion's Fruit Farm provided employment for many in the village. Mrs Cushion with Molly Coleman ran the Guides and Mrs Cotton (at the Old Vicarage) ran the Brownies. Barbara was recruited as Tawny Owl, the first of many 'recruitments' that have sustained and benefited community life. She has been a Parish Councillor since being co-opted on in 1992. She and Joe have worked at the Staithe for most of their lives: reinforcing the bank and keeping the channels clear, making it a very special place. Theirs is a special story in Surlingham's history.

Pancake Day

Tuesday 28th February

12pm - 2pm

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Parish Room,
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Everyone welcome.



Village News

Thurton

Friends of Thurton Church

On **Sunday 19th February** we are holding a **Snowdrop Walk** around the Churchyard at St Ethelbert's Church, Thurton between the hours of 2pm and 4pm.

The walk is free so why not come along and enjoy some fresh air and sunshine. Tea, coffee and cakes will be available in the church.



Remembrance Day



At the Remembrance Day Service the War Memorial was re-dedicated following its cleaning and renovation funded by a grant and local fundraising.

The wreath was laid by Mr Ian Capps on behalf of the Parish Council. Pictured is the Rector, the Revd Christopher Ellis.

Eileen Leathers

Thurton Little Fish

Little Fish meet at Thurton Village Hall (in the small carpeted committee room) at 10.30am on alternate Wednesday mornings during term time. On arrival the children choose a cuddly toy out of the bag and we have a short service specially designed for them with songs you can shake shakers to, a bible story and a prayer. Afterwards there's a drink and biscuit for everyone, toys to play with, chatting, sharing and colouring.

Future dates are : Wednesdays February 8th and 22nd and March 8th and 22nd. For more information please contact Angie (480477).

Thurton Explorers

All 7 - 11 year olds are welcome to join Explorers. We meet on alternate Friday evenings (during term time) at the village hall from 7pm - 8.15pm.

Explorers have fun together - we play games, have a Bible story which everyone wants to act out, and end with art and craft activities.

Future dates are: Fridays February 10th and 24th and March 10th and 24th.

Contacts for more information are Angie (480477) and Rosalind (480440).

Thurton Tea Afternoons

The next Thurton Tea Afternoon is **Monday 27th March**, 2 - 4.30pm at Ashby and Thurton Village Hall.

If you are thinking of coming for the first time...do give us a try... we are there with the kettle on, there are home-made cakes to enjoy and people to chat with.

Younger families join us after school and we provide drawing and colouring activities for the children.

There is no charge, but donations go towards covering our costs and any surplus is given to Thurton Church. We look forward to seeing you.

Contacts for more information (or to receive offers of cakes) are: Angie (01508 480477) and Rosalind (01508 480440).



Annual Group Quiz

Saturday March 25th, Ashby & Thurton Village Hall at 7,30pm

Teams of up to 8, £6 per head (includes refreshments). Bring your own drink. Raffle.

Book your team by ringing David or Betty on 480288 by Friday 18th March.

Bramrocks Panto - Little Miss Muffet

A colourful extravaganza of scenery and costume! Director **Alexandra Evans** drew strong performances from her willing cast. The local youngsters (**Luke Carter, Owen and Rosie May, Erin and Ellis Lewis, Ruby Crawford and Freya Davey**) were full of life and energy, projecting and dancing well. The convincingly drunken Granfer (Clive Gordon) and a very large Dame (Nick Dixey) interacted well to bring out the comedy. Joining the antics was the hapless pair, Flip (John Nicholson) and Flop (David Middleton), (*A special mention from NODA* '....Although young, David never stops acting and reacting, always in character. Drama School next?.....'*)

On the romantic side, Miss Muffet (Elin Holbeck) and Captain Jack (Kate Grange) were a good duo well matched in looks, style and voice. The swaggering and stylish villain (Ken Holbeck) obviously enjoyed playing the 'baddie'. On the magical side, the Good Fairy with L- plates (Hilary Franzen) and an amazingly wicked harpy evil witch (Sandra Barker), fought for the 'spider/princess', the sweet Alex Swift, who is eventually reunited with her parents (cameo roles, Clive Evans, Sarah Carter). Finally, what revels with the Gorilla (Richard Taylor) played with energetic comic timing. A good evening out at Rockland St Mary.

* NODA - National Operatic and Dramatic Association

Photograph of the cast. (Missing are Owen May and Freya Davey)



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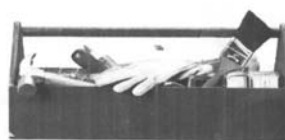
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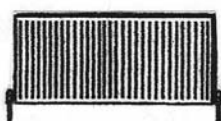
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Ashby	11.00 MP	11.00 HC	Join Yelverton	11.00 MP	Join Thurton	11.00 MP	Join Bergh Apton	11.00 HC	11.00 PT	11.00 MP
Bergh Apton	09.30 HC	09.30 PT	Join Yelverton	Join Framingham Pigot	Join Thurton	09.30 HC	10.00 Benefice HC	09.30 PT	09.30 HC(BCP)	09.30 HC
Bramerton	9.30 MP	11.00 HC	Join Benefice Service	11.00 MP		11.00 HC	Join Benefice Service	11.00 MP	9.30 Mothering Sunday	Join Benefice Service
Carleton St. Peter	11.00 Morning Worship		Join Benefice Service			11.00 HC	Join Benefice Service			11.00 HC Benefice Service
Claxton		9.30 HC	Join Benefice Service	11.00 HC			11.00 Benefice Service at CLAXTON Village Hall		11.00 Mothering Sunday	Join Benefice Service
Fram. Pigot	08.15 HC (BCP)	08.15 HC (BCP)	Join Yelverton	11.00 HC	Join Thurton	08.15 HC (BCP)	Join Bergh Apton	08.15 HC(BCP)	11.00 HC	08.15 HC (BCP)
Kirby Bedon	11.00 MP*	11.00 HC*	Join Benefice Service		9.30 Ash Wednesday Service	11.00 MP*	Join Benefice Service	11.00 MP	11.00 HC Mothering Sunday*	Join Benefice Service
Rockland St. Mary	9.30 HC	9.30 Morning Worship	Cafe Church HC 10.30 am Benefice Service Parish Room RSM	9.30 Morning Worship		9.30 HC	Join Benefice Service	9.30 HC + CAFÉ CHURCH 10.30 am onwards	9.30 Mothering Sunday	Join Benefice Service
Surlingham	8.30am HC*	11.00 Morning Worship	Join Benefice Service	Join Bramerton for MP		8.30am HC*	Join Benefice Service	11.00 HC	11.00 Mothering Sunday	Join Benefice Service
Thurton	11.00 HC	Join Ashby	Join Yelverton	11.00 MP	19.30 HC with the imposition of Ashes	11.00 HC	Join Bergh Apton	11.00 3 rd Sunday Service in VH	11.00 MP	11.00 HC
Yelverton	09.30 PT	09.30 HC	10.00 Benefice HC The Hemburys	16.00 All 4 Sunday PT	Join Thurton	09.30 PT	Join Bergh Apton	09.30 HC	16.00 All 4 Sunday	09.30 PT

CODE: HC = Holy Communion; E. Praise = Evening Praise; FC = Family Communion; FW = Family Worship; MP = Morning Prayer; EP = Evening Prayer; PT = Parish Team; VM = Vestry Meeting. * Denotes a Book of Common Prayer service. First Thursday of each month: Holy Communion at The Warren, Church Road, Yelverton, 10.30am. .

Bible Readings Sunday by Sunday: February & March 2017

Date	Old Testament	Epistle	Gospel	
05/02/17	Isaiah 58.1-9a[b-12]	1 Corinthians 2.1-12[13-16]	Matthew 5.13-20	4th Before Lent
12/02/17	Deuteronomy 30.15-20	1 Corinthians 3.1-9	Matthew 5.21-37	3rd Before Lent
or	Ecclesiasticus 15.15-20			
19/02/17	Genesis 1.1 - 2.3	Romans 8.18-25	Matthew 6.25-34	2nd Before Lent
26/02/17	Exodus 24.12-18	2 Peter 1.16-21	Matthew 17.1-9	Next Before Lent
01/03/17	Joel 2.1-2,12-17	2 Corinthians 5.20b - 6.10	Matthew 6.1-6,16-21	Ash Wednesday
or	Isaiah 58.1-12		John 8.1-11	
05/03/17	Genesis 2.15-17; 3.1-7	Romans 5.12-19	Matthew 4.1-11	1st Sunday of Lent
12/03/17	Genesis 12.1-4a	Romans 4.1-5,13-17	John 3.1-17	2nd Sunday of Lent
19/03/17	Exodus 17.1-7	Romans 5.1-11	John 4.5-42	3rd Sunday of Lent
26/03/17	Exodus 2.1-10	2 Corinthians 1.3-7	Luke 2.33-35	Mothering Sunday
or	1 Samuel 1.20-28	Colossians 3.12-17	John 19.25-27	
02/04/17	Ezekiel 37.1-14	Romans 8.6-11	John 11.1-45	Passiontide begins

Please note:
At Holy Communion, where only two readings are used, the first reading will usually be the Epistle, and the second will always be the Gospel reading. At other services where two readings are used, the first will usually be the Old Testament reading, and the second can be either the Epistle or the Gospel readings.



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