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HORSHAM & NEWTON

**ST. FAITHS JOURNAL**

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Issue No. 297

***PUBLISHED BY***

HORSHAM  
& NEWTON


**St. FAITHS  
CENTRE**

June / July 2022

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# Cawston Band



## Queen's Platinum Jubilee Celebrations

Indoor Street Party with music and fun for everyone!



Saturday 4th June 🎵 St. Faiths Centre 🎵 7pm

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🎵 Stately Singing! 🎵 Basically A Right Royal Knees Up! 🎵

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## ST FAITHS CENTRE MANAGEMENT COMMITTEE

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Mr D RIVERS (Vice-Chairman)	01603 890111
Mrs C CLAYSON (Secretary)	01603 897771
MR M WILSON (Treasurer)	01603 395862
Mrs D MATTHEWSON (Membership Secretary)	01603 897183
Mr N HOWE	01603 898700
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Mr P CHAPMAN	01603 891115
MR B RIDGEWAY	01603 897771
MR J MATTHEWSON	01603 897183
MR R PATTON	07939 922258
MISS L THOMPSON	07503 172901
Mr K RODGERS	01603 387268

\*\*\*\*\*

### **HALL BOOKINGS AND**

<b>MULTI-PURPOSE ROOM:</b>	<b>JAMES MATTHEWSON</b>	<b>Tel: 897183</b>
	<b>AFTER 6.00 P.M. PLEASE</b>	
<b>BADMINTON BOOKINGS:</b>	<b>DETAILS AT CENTRE</b>	
<b>SNOOKER BOOKINGS:</b>	<b>DETAILS AT CENTRE</b>	
<b>SWIMMING BOOKINGS:</b>	<b>CENTRE/WEDNESDAY 7.00 - 8.00 P.M.</b>	
<b>MEMBERSHIP:</b>	<b>DELLA MATTHEWSON</b>	<b>Tel: 897183</b>
<b>EDITED BY:</b>	<b>CHRISTINE QUINTON</b>	<b>Tel: 898120</b>

\*\*\*\*\*

### USEFUL TELEPHONE NUMBERS

<b>ST FAITHS SURGERY (General Enquiries)</b>	<b>Tel: 867532</b>
<b>ST FAITHS SURGERY APPOINTMENTS</b>	<b>Tel: 264600</b>
<b>ST FAITHS C of E PRIMARY SCHOOL</b>	<b>Tel: 898353</b>
<b>HELLESDON HIGH SCHOOL</b>	<b>Tel: 424711</b>
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<b>ST FAITHS PRE-SCHOOL</b>	<b>Tel: 07763 178190</b>
<b>STREET LIGHTING</b>	<b>Tel: 898621</b>
<b>POLICE</b>	<b>Tel: 01953 424242</b>
<b>GOOD NEIGHBOUR SCHEME</b>	<b>0750 696 7280</b>

**JOURNAL E-MAIL: [sfjournalmail@gmail.com](mailto:sfjournalmail@gmail.com)**

**CENTRE WEBSITE: [www.sfcentre.co.uk](http://www.sfcentre.co.uk)**

***JOURNAL ORIGINATED BY MARGARET RIVERS  
CENTRE CHAIRMAN 1978 TO DECEMBER 2000 COLIN QUINTON***

# **Centrepiece**

**ST FAITHS CENTRE CHARITY REGISTRATION NO 276225**

## **QUEEN'S PLATINUM JUBILEE**

**SATURDAY 4th JUNE**  
**7.00 pm onwards**

Indoor Street Party with music from  
**CAWSTON BAND**

A fun night for everyone  
including a Fancy Dress Competition for the children

**FREE ENTRY**  
but please be generous with donations for the Band

## **MUSIC NIGHTS**

Free entry for Members and £3 for Non-Members

**SATURDAY 9th JULY**  
**THE LIST**

**Music in the  
BAR**

**8pm till Late**



**SATURDAY 9TH JULY**



**LIZZIE & the LIST**

**Members Free - Non Members £3**

## **BARK SPREADING IN THE WOODS**

**SATURDAY 11th JUNE**

**8.30 am onwards**

**The woods will be closed to the public**

Anyone who is willing to come along and help with the spreading  
of the bark will be very welcome

If possible please bring your own rake or fork

Drinks will be provided

## **MAINTENANCE DAY**

**SATURDAY 25th JUNE**

**9.00 am onwards**

This is your opportunity to come and help keep the  
Centre grounds looking their very best!

Drinks and a Fish & Chip lunch will be provided

Chores will include weeding, sweeping and the  
never ending litter picking

## **ANNUAL GENERAL MEETING**

**WEDNESDAY 6th JULY  
8.00 pm**

This will be held in the Multi-Purpose Room  
and is open to all

### **BINGO**

in the Lounge Bar  
from 8.00 pm

**THURSDAY 30th JUNE  
THURSDAY 28th JULY**

To pre-book a table to avoid disappointment give  
Kevin a call on 07702 862436

### **QUIZ NIGHT**

**SATURDAY 30th JULY  
7.30 pm for an 8.00 pm start**

Teams of up to 6 people  
Entry £2 per person

## **PRICE INCREASES**

Due to ever increasing maintenance costs such as  
lighting, heating etc  
we have had no option but to increase our hire charges  
and bar prices

Function Room prices are available from  
James Matthewson

Multi-Purpose Room  
Minimum payment of £37.50 for 3 hours  
and £12.50 for each additional hour

Tokens  
£5 each

Swimming  
£15 per hour

## **LOUNGE BAR**

This is open as follows

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**SATURDAY**

evenings from 7.30 pm to 10.30 pm



The following facilities are available to members

### **SPORTS HALL**

Badminton can be booked on the booking sheet in the hall

### **SNOOKER ROOM**

Tables can be booked using the diary in that room

### **TOKENS**

Please contact Della Matthewson  
on 01603 897183 who can only accept cash payments  
or obtain your tokens from the bar on a  
Monday, Tuesday, Wednesday, Thursday or Saturday evening

### **SWIMMING POOL**

For bookings or queries  
Bruce can be contacted on [bruce@flickers.org.uk](mailto:bruce@flickers.org.uk) or  
TEXTS ONLY on 07732 227124

**PLEASE NOTE NEXT JOURNAL COPYDATE**  
**WEDNESDAY 20th JULY**  
**for the August/September issue**

**St Faiths Good Neighbour Scheme (SFGNS)**  
**serving the villages of Horsham and Newton**  
**St Faith**

call us on 0750 696 7280

The small group of volunteers from the St Faiths villages are here to help you if we can.

We provide lifts to the doctors, hospital, dentists, or opticians. We will also take you shopping or do some shopping for you.

If we are transporting you in our cars, we prefer you to travel in the back of the vehicle wearing a mask. Transport within the two villages is free but for travel outside the villages a charge will be made in line with government guidelines.

We can always do with more volunteers, if you think that you would like to help out, please call the number above or below.

We held our annual general meeting on Monday 9<sup>th</sup> May 2022.

It was good to have a positive attendance but as it says above please consider whether you also might be able to lend a hand.

Keep safe, and if you think we can help you, please give us a call.

0750 696 7280



## **ST FAITHS PARISH CHURCH** **OF ST MARY AND ST ANDREW**

**The Church of England and the Methodist Church  
Worshipping & Working Together**

The months are flying by and already we find ourselves in June. On Sunday 5th, fifty days after Easter, we celebrate the Birthday of the Church – the Feast of Pentecost. This is the time of the coming of the Holy Spirit; the third person of our Trinitarian God. He is the part of God that lives within each one of us, guiding us through life.

Once again, the Archbishops of Canterbury and York have asked us all to concentrate our prayers around the nine days leading up to Pentecost. This, now global, initiative is called “Thy Kingdom Come”. It is to encourage everyone, whether church members or not, to pray for a return to Christian values; to put our lives and the life of the country, and the world as a whole, into God’s hands. The hope is for all Christians to deepen their relationship with Christ; for all of us to have the confidence to share the Gospel; and for all of us to respond to the call of Jesus Christ to follow him as disciples, to live out the Gospel and to seek his kingdom in our daily lives.

You’ll recognise that the title and the heart of this initiative is taken from the words of the Lord’s Prayer, “Thy Kingdom Come...thy will be done...”

The Archbishops say this: “When prayed with sincerity and with joy, there is no imagining the new ways in which God can use us to his glory.”

Whether you are used to praying or not, it is worth trying. Give it a go, take some time out to reflect on where you are, where we are as a country and so on and pray for God’s Kingdom to come here on earth. If everyone does that, who knows what might happen. We just need to put everything into God’s hands and trust him to play his part.

Of course, we are also celebrating the incredible life and service of our wonderful Queen Elizabeth II.

Seventy years is a long time to be in the same role. (It's more than my lifetime!)

Obviously there have been many ups and downs for Her Majesty, good times as well as bad, yet she has smiled her way through, carrying through her promise to serve her people for all of her life- 'whether it be long or short'. Her Majesty's faithfulness to us, her subjects, has been made possible because of her own faithfulness to God.

Many times, Queen Elizabeth has told us just how important her Christian Faith is to her. She has lived a long and full life upholding those Christian truths and values she has always known, and we can only thank her for it.

Long may she reign over us.

I hope you will all find a moment or two, not only to celebrate her amazing achievement, but also to reflect on her Lord and King that she serves.

God Save the Queen!

With my prayers and good wishes

To book a Baptism or Wedding in either Spixworth or St Faiths Church, please contact the Vicar in the first instance.

The Vicar also conducts funerals at the Crematorium, as well as in Church.

The Revd Rosemary Maskell

01603 898258

[rhmaskell@gmail.com](mailto:rhmaskell@gmail.com)

# Church Fete



**Saturday 2nd July,  
1 - 4 pm**

**The Rectory Gardens,  
Buxton Road, Spixworth**



**Teas, Barbecue, Books,  
Bric-a-brac, Cakes, Games & Plants**

**Grand Draw! 1<sup>st</sup> Prize £100 cash;**

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## **CHURCH SERVICES**

### **JUNE 2022**

5th	10am	Holy Communion	St Faiths
	3pm	Jubilee Songs of Praise with Strawberry Teas	Spixworth
12th	10am	Holy Communion	Spixworth
19th	10am	Morning Worship	St Faiths
26th	10am	Morning Worship	Spixworth
	6pm	Holy Communion	St Faiths

### **JULY 2022**

3rd	8am	Holy Communion	Spixworth
	10am	Methodist led Communion	St Faiths
10th	10am	Holy Communion	Spixworth
17th	10am	Holy Communion	St Faiths
24th	10am	Morning Worship	Spixworth
	6pm	Holy Communion	St Faiths
31st	10am	All-Age Worship	St Faiths

**Everyone is welcome to attend any or all of our services**

## **DATES FOR YOUR DIARY**

**Sunday 5th June**

**3.00 pm**

Jubilee Songs of Praise in Spixworth Church with Strawberry Teas

**Saturday 18th June**

**10.30am - 12 noon**

Coffee Shop in The Mission Room at St Faiths  
with cakes, raffle and refreshments.

**Friday 1st July**

**2.00 pm - 4.00 pm**

Tea-Time Teasers in the Mission Room at St Faiths.  
Non-competitive word and number games, tea, cake, chat and plenty  
of laughs.

£3 includes puzzle booklet and refreshments.

Raffle also available.

**Saturday 2nd July**

**1.00 pm - 4.00 pm**

Church Fair in the Rectory Gardens.  
Barbecue, cakes, plants, various stalls and activities  
Refreshment Tent





## **HORSHAM & NEWTON ST FAITHS PARISH COUNCIL**

<b>Chairman</b>	<b>Mr Rodney Cushing</b>	<b>Tel:07850 756490</b>
<b>Vice Chairman</b>	<b>Mrs Melanie Rodgers</b>	<b>Tel:01603 893512</b>
<b>Clerk</b>	<b>Mr Jim Graves</b>	<b>Tel:01603 898621</b>

**e-mail: [parishcouncil@jimgravesltd.co.uk](mailto:parishcouncil@jimgravesltd.co.uk)**

The Council has now reached an agreement with the installing contractor for remedial work to be carried out on the cemetery drive and car park in Blind Lane at no further cost to the Council. This work should be completed in May.

Over the coming months the Council will be considering various projects within the village which could be funded by the levy placed on the new development east of Manor Road. This will be done in consultation with Broadland DC who hold the funds generated by this development.

James Matthewson stood down from the Council in April after many years service to the community which is greatly appreciated. As the Council is in the last year of the electoral cycle the Council have decided not to co-opt to fill the vacancy before the elections in May 2023

Overhanging hedges continue to be a problem and residents are asked to give some thought to other villagers who use the footpaths past their property. All allotments are taken and there is a waiting list. Anyone who wishes to be added to the list should contact the Clerk.

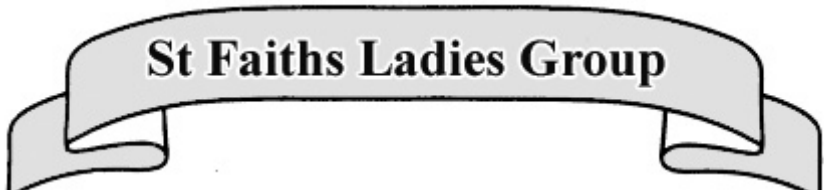
Yours current Parish Council is :-

Raymond Browne	(Chairman)	24 Waterloo Close
Rodney Cushing		154 Manor Road
Melanie Rodgers	(Vice –chair)	5 Norwich Road
Barry Coe		9 Abbey Road
Malcolm McDonnell		13 Beck Lane
Rachel Scarff		19 Beck Lane
Raymond Wilks		The Moyse, Mill Street
Stan Cutts		8 Blind Lane
Gail Hegarty		1 Blind Lane

The Clerk to the Council is

Jim Graves 3 Lawn Close Horsford Norwich NR10 3DJ

Tel: 01603 898621 [stfaithpc@gmail.com](mailto:stfaithpc@gmail.com)



Our meetings are on the

**THIRD WEDNESDAY OF THE MONTH**

**2.00 pm - 4.00 pm**

in the Mission Room, Horsham St Faith

**Wednesday 15th June**

Boat Trip

**Wednesday 20th July**

Milly Shoes

This is a friendly, sociable group and we welcome new members.

Further information can be given by

Mary Hewitt Tel: 01603 867140

Many of you will have heard that

**Shirley Clarke**

passed away in April

She was a founder member of our group and attended our

50th Anniversary Afternoon Tea in December

where she and Sally Howe cut the celebration cake

A quiet and unassuming character, yet also cheerful and positive

We shall certainly miss her



# hedgepig

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# ST FAITHS OVER 65 CLUB

**Meetings are held on the 2nd and 4th Wednesday in the month at the Mission Room and start at 2.00 p.m.**

Normal meetings have now resumed

We no longer have a waiting list and should you wish to join please contact Val Purdy on 01603 897299

Sadly we have lost another member of our club

## **Anne Grummitt**

Anne was a very quiet lady and loved her walking, she was often seen walking in our village, always with a smile on her face and a kind word to say. Our thoughts and prayers go out to all of her friends and family at this sad time.

On the 1st June we shall be having a Jubilee Afternoon Tea for all our members starting at 2.00 pm

~~~~~

Anne was a firm supporter of the Centre and for many years was responsible for the running of our 200 Club and also delivering this Journal  
She will be much missed

# St Faiths' Primary School

*Compassion, Responsibility, Honesty  
Forgiveness, Perseverance*

Address: Manor Road, Horsham St Faith  
NR10 3LF

Tel: 01603 898353

Head of School: Miss Kat Wilson



Website: [www.harnserfed.co.uk](http://www.harnserfed.co.uk)

Email: [office@stfaithsprimary.norfolk.sch.uk](mailto:office@stfaithsprimary.norfolk.sch.uk)

## **Congratulations Year 6**

May saw the return of the National Statutory Assessments (SATs) for our Year 6 children. To make the week as stress-free as possible, each day started with a relaxed breakfast club. The children worked so hard to show all that they had learnt in their primary school journeys. The next step is high school!

After working hard in their SATs, we boarded the train and headed to London for a day out. It was a busy day, covering:



- A walk along the South Bank
- Boarding the London Eye
- Climbing 528 steps to the top of St Paul's Cathedral
- Visiting the National Gallery
- Dinner at the Hard Rock Café

We even interrupted the film premiere of Top Gun: Maverick and although we didn't see Tom Cruise or the Duke and Duchess of Cambridge in person, we did meet a photographer who shared his snaps! 25000 steps later and a delayed train, it was a great day out and the children were fantastic ambassadors for our school.

## **Special Mention – Year 2**

I would also like to give a big shout-out to our Year 2 children who sat their Key Stage 1 assessments this month. Our assessment fortnight culminated in an impromptu dance-off between Year 2 and Year 6 with the funkiest dancer award going to the Year 2s! There are some budding groovers in our midst!

## **Queen’s Jubilee**

As with the wider community, our plans are well underway to celebrate the Queen’s Jubilee. Our youngest children in Elm Class have been learning about the Queen and the Royal Family and will soon be planning our Jubilee Party. This will take place after half term, and we are planning to dress up and host an ‘afternoon tea-style’ event for the whole school!

## **The Summer is in Sight**

We have a busy half term to end what has been another challenging school year. The children will be visiting Norwich on a school trip, we have our youngest children heading to the Zoo and we also have Sports Day and open afternoons to look forward to. It has been a difficult time for our children, but their perseverance and resilience are admirable, and I couldn’t be prouder of all they have achieved. We plan to share this with our families in July too.

## **EDP Sports Tokens**

We are collecting the tokens for Sports Equipment for Schools that can be found in all Archant newspapers. If we collect 1000 tokens, we will get £100 to further enhance our sports and PE provision at St Faiths’.

If you have any at home and would like to donate them to our school, please drop them into the box outside the office! Thank you.

## **We Need You!**

Thank you to those who have already shown an interest in volunteering to support our children. We are always seeking volunteers to come and assist in school. This could be with reading, cooking or arts and crafts. If you think you’d like to give us some of your time, please contact Suzie in the office.

**Thank you for taking the time to find out about our school. We look forward to sharing more next time!**

Miss Wilson  
Head of School



## WHERE ARE WE?

The answers to this quiz are all cities and towns in the UK  
Clues are straightforward. cryptic or anagrams

1. The place for merry wives (7)
2. Expensive meat (7)
3. Material for Norfolk builders (5)
4. Dr Foster's destination (10)
5. Often seen with Joan (5)
6. You might have to queue for this (4)
7. Part of a picnic (8)
8. Hinder Bug (9)
9. Between 6 and 8 trees (9)
10. Half of a twin set (8)
11. Old Fears (8)
12. They man the ship (5)
13. Home of the long haired lover (9)
14. And wise? (9)
15. Cannibalism in the convent? (8)
16. Rich now (7)
17. Thumbing a lift (7)
18. Small mammals put in the ground (10)
19. Attached to mine neck (8)
20. Fawltly professor (8)

**ANSWERS ON PAGE 42**



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So the Summer Season League games have now begun and it is so good to see old friends and acquaintances.

We held our first Open Competition on Saturday 30<sup>th</sup> April and we were blessed by the most wonderful weather. Our first, second and third place winners are pictured below



Our next open competition is called a Charity Mêlée and is on Saturday 11<sup>th</sup> June at 12:30 (until about 16:30). No pre-registration is required, no partner is required just turn up and join in.

If you have any questions about the game of Pétanque or the Wanderers St Faiths Pétanque Club itself, please call Michael on Norwich 890710.

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## **“OLD TIME”**

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# Summer Ice Cream

## Word Search!

A collection of various ice cream cones with different toppings like strawberries, cherries, and nuts, arranged around the word search grid.

CRWNNKXBCBBBOVNTXNXVCUVKE  
JOPXLEDEARUMENDNRIDAEBEK  
GQFOKLAVOTAFLOULIVMRBYTKED  
CHFFZEGUTZEQUPSMIAEGLCTEP  
RXNSEEIE XWDMQJQRMWRUGAVSE  
SVUWMERCLWHEFTEEYZNVLPKMR  
XVWACSEUAVTAPJLPPMPCORECNQ  
MYPHCYRREBWARTSPJICJMAPZB  
XLAOWHSMELFHDVREPOSEPCBCR  
EBTFOAVKAXAAGPHDYTPHDZE  
UCWVNKTIOJYVJNFCUKPDAMDCP  
HNBAGNWZBZDONIZACIPJXCSEU  
MONZHPLYCMTTOJOLXTVIOQGFHQK  
ZAOGNAMBHDZTJLNEIMCBBDPIN  
BCHERRYGGOVNAVJEXXEXITLO  
TVIQQMBVANRFPASKGCVOJFKEV  
ESXYBUBBLEGUMDTCHLAMEATBL  
NIKPMUPJJKZFUSVISLGGQFQFEK  
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OBMOQHQS GPIQMCHCRTGAQGGZOW  
ZXFZCSUKUGLVZPTZFFZWOEAPRT  
QCSQOOWABLDZFXVLEFOQUNDBX  
MVNMBQC VVL ODWQEDNVHSJCNIV

|              |            |            |
|--------------|------------|------------|
| Banana       | Chocolate  | Peach      |
| Brownie      | Coconut    | Peppermint |
| Bubblegum    | Coffee     | Pistachio  |
| Butterscotch | Mango      | Pumpkin    |
| Caramel      | Maple      | Strawberry |
| Cherry       | Neapolitan | Vanilla    |





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### June 2022

|                                                      |                                          |    |        |              |
|------------------------------------------------------|------------------------------------------|----|--------|--------------|
| Sun 5th June/Mon 6th/Wed 8th/Thurs 9th/Wed 15th June | Concert Travel – Queen                   | O2 | 1pm    | £37          |
| Sat 18th June                                        | Gardeners World Live                     |    | 7.30am | £54          |
| Sat 18th June                                        | Concert Travel- Madness Thetford         |    | 4pm    | £30          |
| Sun 19th June                                        | Concert Travel – Barry Manilow O2        |    | 1.30pm | £37          |
| Sun 19th June                                        | The Wool Monty Sheffield                 |    | 7am    | £45          |
| Sun 19th June                                        | Harrogate, York & North Yorks            |    | 7am    | from 495pp   |
| To Thurs 23rd June                                   | 5-Day break Half board                   |    |        |              |
| Mon 20th June                                        | Diana Ross Ultima Arena Birmingham       |    | 1.30pm | £160         |
|                                                      | Travel & Ticket (Block J Floor)          |    |        |              |
| Wed 22nd June                                        | Lavenham & Beth Chatto Gardens           |    | 8.30am | £35          |
| Wed 22nd June                                        | Bat Out Of Hell MK Theatre               |    | 8.30am | £64          |
| Thurs 23rd June                                      | Concert Travel - Diana Ross O2           |    | 1.30pm | £37          |
| Fri 24th June                                        | Ed Sheeran - Wembley Concert travel      |    | 1.30pm | £38          |
| Sat 25th June                                        | Ed Sheeran - Wembley Concert travel      |    | 1.30pm | £38          |
| Sat 25th June                                        | Mrs Brown's Boys - NEC                   |    | 8am    | £80          |
| Sun 26th June                                        | Kilworth House Theatre & Dinner          |    | 9am    | £105         |
|                                                      | Carousel                                 |    |        |              |
| Mon 27th June                                        | Southwold Day Out                        |    | 9.30am | £25          |
| Tues 28th June                                       | Saffron Walden Market & Audley End       |    | 8.30am | £45 (EH £30) |
| Wed 29th June                                        | Derbyshire Lunch Canal Cruise & Bakewell |    | 7am    | £62          |

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## Book Title Dingbats

|                               |                                                 |                       |
|-------------------------------|-------------------------------------------------|-----------------------|
| <b>GATSBY</b>                 | _ _ _ _ a g e m e n t                           | 3:45 pm Mrs. Gulliver |
| 1.                            | 2.                                              | 3.                    |
| Sabrina<br>Samantha<br>Hecate | <b>Ueee</b>                                     | <b>Milk<br/>Teak</b>  |
| 4.                            | 5.                                              | 6.                    |
| <b>Dr. Do</b>                 | Bye Arms<br>Arms                                | Alley India<br>India  |
| 7.                            | 8.                                              | 9.                    |
| Mrs. Green, Mrs. White        | <b>Jim</b> spring<br>summer<br>autumn<br>winter | <b>HCAATT</b>         |
| 10.                           | 11.                                             | 12.                   |

Answers on Page 46

# SUDOKU

There is just one simple rule to Sudoku. Each row, each column and each 3 x 3 box must contain the numbers 1 to 9.

## EASY

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

## FIENDISH

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

Answers on Page 46



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## **NEW EXERCISE CLASS AT THE CENTRE**

A new class of Qigong has started at the Centre on a Friday morning from 11.00 – 12.00 held in the Function Room.

Qigong is an ancient Chinese practice, similar to Tai Chi, and includes gentle flowing movements to improve both physical and mental health.

It is easier to follow than Tai Chi because each movement is repeated several times and the class includes a short relaxation/meditation session – a definite ‘chill-out’ class suitable for everyone.

The class costs £7 on a pay-as-you go basis.

Any queries please ring Ann on 01603 898867 or 0730525488.

I also have a webpage: [www.sites.google.com/site/mychifitness](http://www.sites.google.com/site/mychifitness)

## **DRAYTON RACING PIGEON CLUB**

This Pigeon Club normally meets at the Centre on Friday evenings and can be contacted as follows:

Chairman: David Waller Tel: 01603 427732

Secretary: Stephen Fountain Tel: 01603 891689

~~~~~

*With mounting excitement the treasure hunter dug into the soil deeper  
and deeper. Each spadeful brought up nothing but soil but his metal  
detector was giving a clear, strong signal  
After some time he has excavated a small crater.  
Walking around inside it he realised the signal was following him.  
It was responding to the steel toe-caps on his boots!*



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# How to Start a Vegetable Garden

So, you've been reading more and more about how nice it is to have a small vegetable garden, but you don't know where to start.

The first thing you need to know is anyone can have a green thumb. It's really all about paying attention to the plants in the garden. There's an old saying, "The best thing for your garden is your shadow." Spend time in your garden and things will grow well.

The second thing you need to do to be a successful vegetable gardener is, "Don't overthink this." Really, it's just plants in dirt. All they really need is air, water, and sun. Provide those things in a balanced way and your garden will grow.

## 1. Choose the right location

A successful vegetable garden needs a lot sunshine and a little afternoon shade. This requires some thought, so spend a bit of time in your yard watching the light at different times of the day. Also, pay attention to your trees and your neighbor's trees. Watch the way the sun shades an area beneath a tree. A sunny winter spot under a deciduous tree might be completely shaded when the tree leafs out.

## 2. What type of beds do you want

- **Raised/Square Foot Beds**— Raised or square foot beds are one of the simplest ways to start a vegetable garden. The materials are inexpensive, you don't need to till the soil, and there is a weed barrier which helps prevent grass from getting into your garden. While square foot beds are the most common, there are other options that work just as well. Galvanized animal troughs are a perfect example.
- **Pots** – If space is limited then pots are a great solution. Large, medium, and small pots are great for growing all sorts of vegetables. Some veggies that do great in pots are lettuce, peppers, herbs, and garlic. A pot is infinitely practical and can be moved easily to find the best sun.
- **Plant directly in the soil** – People have used this method of vegetable gardening for centuries. You till and amend the soil prior to planting. Our ancestors did the tilling by hand and used manure to amend the soil. This still works today but using a tiller (which can be rented at most home stores and occasionally borrowed from a friend) is a lot faster.



### **3. Starter Plants or Seeds?**

I know you've done this before. You see a collection of seeds at the garden center, purchase them, and think that will just pop up after planting. Well yes and no. Some seeds like lettuce are better at this than others (like broccoli). For new gardeners I strongly recommend purchasing small starter plants rather than trying to propagate from seeds. Purchase seedlings for plants like tomatoes and peppers. Choose plants with strong stems and good color. Some seeds need to be sown directly into the soil. Try simple ones like radishes, carrots, beans, lettuce, spinach, and chard. Check the package because some seeds do better with soaking prior to planting.

### **4. Plan for Watering**

I have better luck when I water by hand because I'm also pulling weeds and checking for bugs. Hand watering a garden is also a little bit of therapy. It usually takes about 15 or 20 minutes a day and I think it's a great way to start off a day or relax at the end of a day.

### **5. Those Pesky Pests**

Pests in the garden have been plaguing gardeners since the first gardens were planted. Birds will peck at your tomatoes and squirrels will snatch anything they can grab (except okra). Then there are the insects that invade. They're all hungry; either plan to share or plan to keep them out

### **6. Fertilizer**

If you want plants that produce healthy fruit you will need to fertilize those plants. I suggest using natural and organic products.

- Healthy soil produces healthy plants and healthy plants don't need a lot of fertilizer (but they do need a little).
- Over-fertilizing will cause insect infestations. Don't over-fertilize.

### **7. What and When to Plant**

Ask at your local garden centre which plant varieties do well for novice gardeners in your area. Things like tomatoes, carrots, lettuce, spinach, chard, radishes, sugar snaps, and bush beans are some great starters.

Knowing the right time to plant is also important. Most garden centres will have a Planting Guide for YOUR area. Stick with this and you should have success. Another option is to stagger your plantings. After all, do you really want all of that lettuce coming in at once?

Some plants will hold out all season (like chard) while others have shorter lives (like lettuce). Plan for this and you won't have to leave bags of Courgettes anonymously on your neighbours porch at night.

### **Final Thoughts**

A very experienced gardener once told me to 'find an old-timer' to help learn about vegetable gardening. Nothing could be truer. Someone who has spent years vegetable gardening in your area will be the most valuable resource you can find. They will have experienced every insect imaginable, shooed away untold numbers of critters, and shared overflowing baskets full of delicious vegetables.

### **ANSWERS TO WHERE ARE WE?**

- |     |            |     |            |
|-----|------------|-----|------------|
| 1.  | Windsor    | 11. | Sleaford   |
| 2.  | Dereham    | 12. | Crewe      |
| 3.  | Flint      | 13. | Liverpool  |
| 4.  | Gloucester | 14. | Morecombe  |
| 5.  | Derby      | 15. | Nuneaton   |
| 6.  | Looe       | 16. | Norwich    |
| 7.  | Sandwich   | 17. | Hitchin    |
| 8.  | Edinburgh  | 18. | Shrewsbury |
| 9.  | Sevenoaks  | 19. | Minehead   |
| 10. | Cardigan   | 20. | Basildon   |



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## Menu 2021

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### Menu 1 £8.50 per head

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Selection of sandwiches (ham, beef, tuna mayo, egg mayo, cheese etc)  
Sausage rolls, selection of pickles, cheese straws and crisps  
Selection of homemade cakes – or scones served with clotted cream and conserves.

### Menu 2 £9.50 per head

As menu 1 plus:  
Assortment of Meat and Vegetarian Quiche slices  
Scotch eggs

### Menu 3 £10.50 per head

As menu 2 plus:  
Chicken satays with Thai sweet chilli dip.  
Locally sourced pork chipolatas with Chipotle sauce

### Additional Menu choices – prices extra per person

Vegetable Samosas 80p   Cheese and Pineapple on sticks 80p   Pizza Slices 80p  
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Vegetable spring rolls 80p   Cheese board £2

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## ~ ~ ANSWERS TO DINGBATS ~ ~

- |                          |                           |
|--------------------------|---------------------------|
| 1. The Great Gatsby      | 7. Doctor Dolittle        |
| 2. The Invisible Man     | 8. Farewell to Arms       |
| 3. Time Traveller's Wife | 9. Passage to India       |
| 4. The Witches           | 10. Little Women          |
| 5. Ulysses               | 11. A Man for all Seasons |
| 6. Under Milkwood        | 12. Cat in the Hat        |

## ~ ~ ANSWERS TO SUDOKU ~ ~

### EASY

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

### FIENDISH

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



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