

THE
Mardler
BROCKDISH & THORPE ABBOTTS



Edition No. 243 February - March 2023

**THE MARDLER is FREE and delivered to all
houses in Brockdish and Thorpe Abbots**

Also available on-line at www.themardler.org.uk

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The views expressed in The Mardler are not necessarily those of the Editorial team. The Editor reserves the right to amend or alter any copy received.

BROCKDISH VILLAGE HALL TIMETABLE

Wednesday Art group (9.00am)
Badminton (3.00pm & 5.00pm)
Thursday Tea Dance (1.30pm)
Carpet Bowls (7.30pm)

From local events and history to Parish Council news, please look at the village website:

www.brockdishandthorpeabbotts.com

ADVERTISING IN THE MARDLER

If you are interested in advertising, the current rates are £25 for ¼ page, £50 for ½ page and £100 for a full page, which covers the 6 issues from 1st April annually. The cost for less than 6 issues is £5 per issue for ¼ page, £10 per issue for ½ page and £20 for a full page. For further information please contact Judith Chambers, see above.

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A warm welcome to our February/March edition. Christmas and New Year seem a long time ago now, and, despite the rain and wind, signs of Spring are slowly appearing, with green shoots of spring bulbs poking their heads above ground. Aconites are already giving a fine show in the lanes: a little bit of colour at this bleak, grey time of year. The Coach House in Brockdish will be opening its gardens once again this February and March, with the annual Snowdrop Walk and Daffodil Day. Obviously, this is very much weather dependent, so please keep an eye out on the village notice boards for dates. Please do come along and support if you can. As well as being a scenic stroll, you will be helping to raise much-needed funds for local charities. Thank you to Jackie, John and Jean for organising these events, which have now become a firm fixture on the Brockdish and Thorpe Abbots social calendar!

Rob Buck, Editor

REMEMBER

Closing date for entries in the April / May 2023 issue is Friday 3rd March 2023. Articles received after this date may not be included in the next issue.



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Activities and Services at Harleston Library

Wishing you all a very Happy New Year from the team at Harleston Library. Here is a summary of the groups and activities we have on offer over the coming weeks:

Mondays

- 2.00pm: Just a Cuppa. All welcome for a cup of tea and a chat (other refreshments are available)
- 3.30pm: Lego Club. Lego-based play and challenges for 5-11 year olds. Drop-in session, adult supervision required

Wednesdays

- 10.30am: Bounce & Rhyme. Singing session for parents/carers with 0-4 year olds. No booking required
- 11.00am: Stay, Play & Chat. Enjoy a cuppa while the little ones play. No booking required
- 2.00pm, 1st and 3rd Wednesdays: Art 4 Fun (Adults). Come along and try our art-based activities, relax with some mindful colouring or bring along your own crafts
- 2.00pm, 2nd and 4th Wednesdays: Knit, Chat & Craft (Adults). Crafting social group. Bring your own wool/fabric-based crafts
- 3.30pm, 1st and 3rd Wednesdays: Creative Colouring. Drop-in session with colouring based activities suitable for all ages. Adult supervision of children required
- 3.45pm (Children) 1st and 3rd Wednesdays: Craft-a-long. Art-based session suitable for 5-11 year olds. Adult supervision required. **BOOKING ESSENTIAL.**

Opening Hours:

Monday: 8am-7pm (Staffed 11.30am-7pm)
Tuesday: 8am-7pm (Open Libraries all day)
Wednesday: 8am-7pm (Staffed 10am-7pm)
Thursday: 8am-7pm (Open Libraries all day)
Friday: 8am-7pm (Staffed 11.30am-7pm)
Saturday: 8am-4pm (Staffed 11.30am-4pm)
Sunday: 10am-4pm (Open Libraries all day)

Harleston Library Tel: (01379) 852549

Email: Harleston.lib@libraries.norfolk.gov.uk

A Christmas Present

On Christmas Eve, mid-afternoon, my ancient Land Rover broke down in the middle of Grove Road completely blocking it. I had to apologetically redirect cars bound for Thorpe Abbots via the bypass.

The first Good Samaritan on the scene was Stuart, closely followed by a helpful Amazon delivery man on a tight schedule (whose van was stopped in the ford and could not proceed). Stuart and Mr. Amazon, (together with my own insubstantial efforts), managed to manoeuvre the heavy car onto the pavement outside Bourne House so that Mr. Amazon could resume his Father Christmas deliveries. Stuart then telephoned Enrico who immediately joined him to help safely reposition the car to provide the least obstruction possible. A mechanic from the AA arrived in the gathering dusk, and, having dismantled the carburettor, departed, saying that it would have to wait until after Christmas. So this cherished but disabled vehicle was stuck on the pavement in Grove Road for an uncertain night.

On Christmas Day, Gareth, the ultimate Good Samaritan, called with an offer to tow the car (backwards) - which he did - down Grove Road, across The Street (running the gauntlet of numerous parked vehicles), down Common Lane and a sharp turn into our drive and down the yard. All this achieved with great skill and no fuss.

I am extremely grateful for the generous efforts of these first-aiders and now await the 'consultant surgeon' of old Land Rovers to transport the vehicle to his 'hospital' in Banham to determine what surgical interventions might be required, if the 60 year old motor is to be restored to health. Thank you all very much for your help. I wish you a very happy New Year.

John Chipperfield





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Borderhoppa Outings for February 2023:

Monday 6th	Stowmarket (£13.00)
Monday 13th	The Range and lunch at The Copper Beech (£18.00)
Thursday 16th	Highways Nursery and Shopping Centre (£15.00)
Thursday 23rd	Lunch at The Black Horse, Thorndon (£8.00)
Monday 27th	Norwich City Centre (£18.00)

To book or for more information, please call 01379 854800 or visit our website www.borderhoppa.org



Natter Morning
Thorpe Abbotts Village Hall
Thursday 2nd February
10.30 am - 12.00 pm



All welcome. Pop along for a chat and a piece of cake at our new regular coffee mornings on the first Thursday of each month.

Future natter mornings:

- **Thursday 2nd February**
- **Thursday 5th April**

Love food? Hate Waste? Check out the Community Fridge for Diss

A Community Fridge is a place where surplus food is shared within communities, a way of reducing waste and filling plates. Last year, the Co-op commissioned a live Christmas advert featuring Dermot O'Leary visiting a Community Fridge and announcing that funds would be available for communities to apply to develop a Community Fridge of their own. The following day, I copied the clip and made a Facebook post asking if there was any interest in doing this in our area. The response was overwhelming, so many offers of help and support. We formed a partnership, including interested local residents, Waveney Foodbank, Rotary Club of Diss and District, Diss Town Council and the Co-op, to develop the idea. The partnership progressed quickly. Waveney Foodbank found some funding, the Co-op provided some project management time and residents provided ideas and direction, Thinklusive provided identity design, and crucially, Diss Town Council offered a home for the Fridge & Freezer. Rotary Club of Diss District funded Food Hygiene training and Insurances and the Fridge and Freezer were installed at Diss Youth & Community Centre at the end of April.

We developed new partnerships with local food businesses and opened our doors on 23rd June. Since then, we have redistributed lots of food to lots of people. We have had over 100 unique visitors, many returning again. We haven't had time or resources to weigh the food that has been saved from the bin, please look at the videos on our Facebook page and have a guess!

The Fridge is run entirely by volunteers. We are always keen for people to join our team and have lots of ways for people to get involved - collecting surplus food, receiving surplus food, sharing their own surplus food, or even growing it. We are open on Monday, Thursday and Friday, 3-4pm for giving only, and 6:30-8pm for giving and taking. We're at Diss Youth and Community Centre on Shelfanger Road, please come and see us soon.

"Anyone can give, anyone can take"

Find us on Facebook:
@CommunityFridgeforDiss



HARLESTON TOWN COUNCIL

The UK Government is implementing significant changes to the current electoral system. The Elections Act 2022 outlines several measures which will affect the way that we vote and how the District Council conduct elections.

One of the biggest changes will be the requirement for **individuals to show photographic identification** (such as a passport or drivers licence) when they vote at a polling station.

Further information is due to be published throughout 2023 and South Norfolk Councils web pages will be updated.

<https://www.southnorfolkandbroadland.gov.uk/elections/elections-act-2022>

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Village Defibrillators

Brockdish defibrillator is located on the outside wall of Brockdish Village Hall. At the Village Hall there is a clothes bank. All proceeds from this go towards the running costs of the defibrillator.

Thorpe Abbots defibrillator is located outside the Village Hall.





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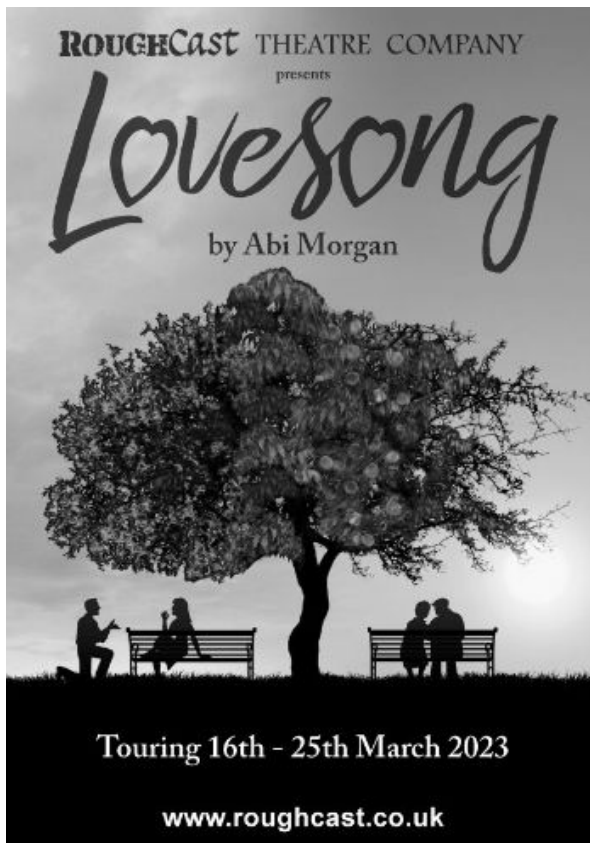
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Lovesong is the story of one couple, told from two different points in their lives – as young lovers in their 20s, and as worldly companions looking back on their relationship. Their past and present selves collide in this haunting and beautiful tale of togetherness. All relationships have their ups and downs; the optimism of youth becomes the wisdom of experience.

Written by critically acclaimed contemporary playwright Abi Morgan (*The Iron Lady*, *Suffragette*, *The Split*), this sometimes dreamlike, sometimes funny, sometimes heartbreaking one act tale of a lifetime lived together, does not shy away from some emotional topics.



16th/17th March:
Fisher Theatre, Bungay

18th March:
Laxfield Village Hall

23rd March:
Diss Corn Hall

24th March:
The Cut, Halesworth

25th March:
Wingfield Barns

Tickets £12/£6 (students).
All performances start 7.30pm.

For further details visit www.roughcast.co.uk or tel 01379 586745

Syleham and Wingfield Village Hall, IP21 4LT

Syleham and Wingfield Sports and Social club is approaching its 40th anniversary. We have a free celebratory event booked for Saturday 25th February. If you have ever been a member of Syleham and Wingfield Sports and Social Club, please come along to the Village Hall any time from 7pm 'til late. There will be entertainment, music, a buffet and obviously, the bar will be open! Information from Julie, but there is no need to RSVP, just come and join us!

Eastern Angles professional theatre are also in their 40th year, and are on their annual village halls' tour: **Medieval Miracles – “East Anglia was the Broadway or West End of 15th century English Theatre”**. More information on Eastern Angles website. Please book via the Eastern Angles box office, or contact Julie to reserve a seat, and pay cash on the door. We would love to welcome you to an amazing evening of live professional theatre on your doorstep!

Regular events:

- Monday evenings: Carpet Bowls
- First Tuesday of each month, 10 - 11.30am: Warm Space Coffee and Cake (run by Syleham Church). All welcome, free to attend
- Wednesday mornings: Tai Chi
- Last Thursday of each month, 1.30 - 3pm: Coffee, Craft and Chat. All welcome, free to attend
- Tuesday and Friday evenings 8pm: Sports and Social Club
Tuesdays: pool, darts, books, board games
Fridays: 2nd Friday free Karaoke; 3rd Friday quiz (£5 per person); last Friday bingo. Quiz and bingo evenings raise funds for locally nominated charities and good causes

Dates for your diary

- Friday 17th February - Quiz in aid of the Stroke Association
- Friday 24th February - Bingo in aid of Fressingfield Thursday Toddlers
- Saturday 25th February - 40th anniversary celebration
- Friday 17th March - Quiz in aid of the Stroke Association
- Thursday 30th March - Eastern Angles Professional Theatre

Julie Thompson

juliethompson435@gmail.com or text 07929794636



Waveney Heritage Centre, The Old School,
Grove Road, Brockdish, IP21 4JP

Registered Charity Number 1192646



**WAVENEY
WIRELESS**

Introducing the 'Waveney Heritage Centre' page

The Heritage Centre, based in the old school building in Brockdish, provides communities in the Waveney Valley with talks, craft fairs, our own radio museum, clubs and venue hire, as well as housing and displaying local historical archives that have been donated or loaned.

In every edition, we will provide useful information of forthcoming events and details of our clubs, talks, museum etc.

Future Events:

Wednesday 15 March 2023 at 7.15 pm,
Supernatural Harleston, A talk by Stephen Poulter

Saturday 8th and Sunday 9th April 2023. 10.30 am - 2.30 pm (Easter weekend) **Grand Opening of a New Exhibition** by the **Waveney Heritage Centre Archive** and **Waveney Museum Trail** (including Art Exhibition by children of Dickleburgh Primary School).

Saturday 17 June 2023, **Brockdish Village Garage Sale**: 9.30 am - 12 noon. Further details in next issue and website.

More events will be added, please check website.

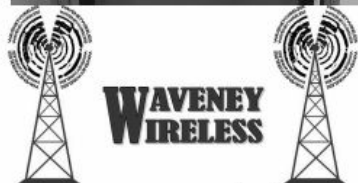
To book, phone: 01379 669057 (Jill Edwards) or 01379 668279 (MaryThompson) or just turn up.



We are introducing a Mah Jong group to start in March.

A Chinese game similar to gin rummy, but played with tiles, it is fun and addictive! Taught and played in an informal setting, we welcome anyone that would like to give it a go but we also welcome players that have played before. A very social game, we will start with a taster session. Keep a look out on our website for further details.

If you are interested, please contact Janet (07713858054) or email waveneyheritagecio@gmail.com.



www.waveneyheritage.com

The Museum is open on the last Sunday of every month,
10.30 am - 3pm

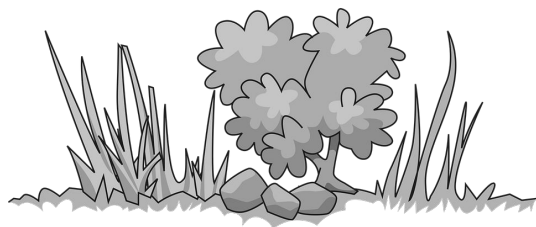


www.waveneywireless.org

Brockdish and Thorpe Abbots Allotment Association (BATAAA) – plots available now

BATAAA is run by a small committee of volunteers for members of the local community. The allotments are situated at the end of Church Road in Brockdish, just before the bypass. We have a small number of full (250m²) and half (125m²) plots available, and there is water on site. Having an allotment is an excellent way of getting your daily exercise whilst growing healthy food for the table, so why not give it a go? If you take on a plot (or half plot) now, no plot fee will be charged until March 2023 – time to prepare the soil for a new growing season.

To find out more about the allotments or to check plot availability please email Rebecca Abrahall, BATAAA Secretary, at bataaaa@hotmail.co.uk, contact David Young, Treasurer, on 01379 668556 or find us on Facebook.



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The Old Coach House, Brockdish
Snowdrop Open Gardens and Daffodil Day

Thank you all again for your continued help and support raising funds for local charities. The total raised in 2022 was £8,300.00.

We plan to do it all again (weather-permitting) so please watch out on the village notice board for the dates

As always there will be stalls, refreshments including a cake stall, so please come along and join in.

Jackie, John and Jean



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Brockdish Christmas Lights: Thank you

The Parish Council would like to thank everyone who attended this year's Christmas lights switch on and refreshments in the Village Hall. Over £100 was raised towards the new village sign. It was great to see so many residents in attendance.

Thanks to Andy, Stuart and Enrico for cooking and serving the mulled wine and turkey rolls. They were excellent!

We look forward to seeing even more of you at next year's lights switch on. Best wishes for 2023.

The Parish Council

Thorpe Abbots Christmas Lights

How wonderful it was to gather together as a village and enjoy food, drink and a visit from Father Christmas! Despite the sub-zero temperatures and the fog, the fires were roaring and the hot Gluhwein was flowing. Many thanks to everyone, but special thanks to Thorpe Abbots Village Hall Committee for arranging the event and providing the refreshments. Also, Andrea Owen (Crafty Bombers) for producing copious quantities of her traditional Austrian Gluhwein (a secret family recipe), and last, but not least, Nigel Skipper for lending Father Christmas his grotto for the evening. See you all next Christmas!



Bringing the Library to You

Our Home Library Service delivers books and other media free of charge to people unable to get to their local library due to poor health, mobility issues, or caring responsibilities. To use this service please contact the Norfolk Library and Information Service on 0344 800 8020 or email libraries@norfolk.gov.uk.

To learn more about becoming a Norfolk Home Library Service Volunteer, please visit royalvoluntaryservice.org.uk, call 01603 397998, or email norfolkhl@royalvoluntaryservice.org.uk.

Mobile Library

Visits Brockdish and Thorpe Abbotts every 4 weeks on a Thursday. Next visits are **23rd February** and **23rd March**.

Stopping at: Brockdish Waveney Heights, 12.05 pm

Brockdish Grove Road, 12.20 pm

Thorpe Abbotts, Mill Road (opposite Westview), 12.35 pm

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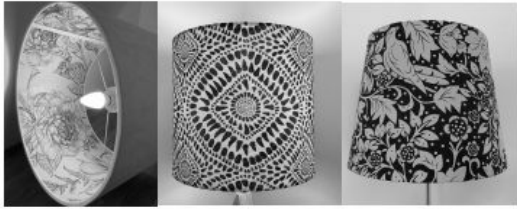
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Home Guard Photographs
(published in issue number 241 October/November 2022
and issue 242 December 2022/January 2023)

There has been a great deal of confusion over the last 2 issues of The Mardler in assigning the correct photographs of Brockdish and Thorpe Abbots Home Guard with the correct list of names. Thank you to all the readers who have contacted us about this. We are hoping that finally the photographs and the names are now correctly matched.

Thorpe Abbots Home Guard



Back Row L-R: Stanley West, Cliff Barker, Chester Lanham, Charles Brooks, Jack Mark; **Centre L-R:** D. Long, B. Norman, J. Redgrave, George Pearson, Victor Steggall; **Front Row L-R:** H Taylor, Batchlor, C. Hammond, Jimmy Flatman, Alec Gower, C. Blomfield, Billy Malt, R. Lines

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Home Guard Photographs
(published in issue number 241 October/November 2022
and issue 242 December 2022/January 2023)

Brockdish Home Guard



Back Row L-R: Clement Lond, (son of Reggie, White House Farm); Dick Gardner, worked at Foundry, Diss; R Saunders, (wife Olive, both buried churchyard); Cyril Pearce, in charge of electricity (One plug and three lights, nickname?); D Overton, policeman's son; Alan Lancaster, married Will Reeve's sister and lived next door to Reeve the Blacksmith; Dick Cooper, caretaker living at School House; Tom Broom, farmworker; Cecil Goodwin, Crowe Hall, father James Goodwin, moved to Mablethorpe; Albert (Bert) Reeder; Tommy Byrne, lodger with Tom Broom E Crisp; William (Will) Reeve, blacksmith.

Front Row L-R: David Flatman, coalman, father ran the chapel; 'Yorky' Hines, married Mary Garner in later life?; Victor Boggis, builder; W Chilvers, "Click", a roadman; James Flatman, (Jimmy) in TA?; G Noy; C Hammond; Stanley Finch; E Shemming; Cecil Flatt, (married Lily Chilver); Charles Debenham.

In Home Guard but Not on Photo: George Frederick (Tubby) Dunnett; Mr Cook, baker.

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The Book Club recommends...

Thank you very much to Adam for his excellent review on such an important and interesting topic.

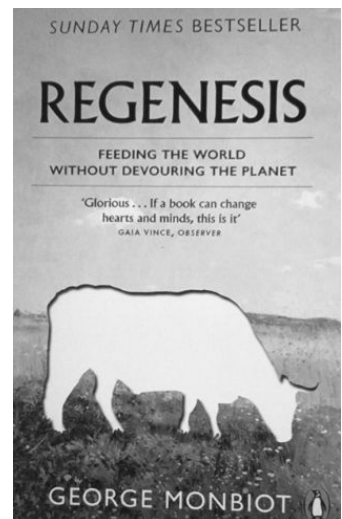
Regenesis by George Monbiot

reviewed by Adam Cobbold

Many of you will know George Monbiot for his outspoken views in relation to the natural environment, contemporary corporatised society, and what he feels must change for us to achieve a sustainable future, where human live in harmony, rather than in conflict with, nature. In this new book, he describes a world in which we are hurtling towards catastrophe and places the blame squarely at the door of intensive farming – what he calls the Global Standard Farm.

Having set the scene with a chapter devoted to soil ecology, he advocates a more thorough understanding of it as a necessary prerequisite for any kind of progress towards sustainable food production. With the world facing 10bn people this century, ‘agricultural sprawl’ will accompany population growth to leave the planet desolate. He looks at alternative farming methods and then moves on to the possibility of using bacterial fermentation to make a high protein flour entirely artificially, as an alternative to meat and cereals. He asserts that bacterial proteins would need 1700 times less land to produce the same level of protein. By embracing these new methods and proposing a fundamental change to the eating habits of the human race, a partial rewilding of existing farmland can occur, and toxic agricultural sprawl can be halted and even reversed.

His book is a meticulously researched and fascinating insight into farming and proposals for change, although, as ever, it has an angle. Don’t expect impartiality, and don’t expect too much realism. It is highly idealistic, and a hugely ambitious proposition. Even with new technologies, the cultural change required looks extremely unlikely to happen. But it is deeply informative and another truly captivating and highly detailed presentation from him.



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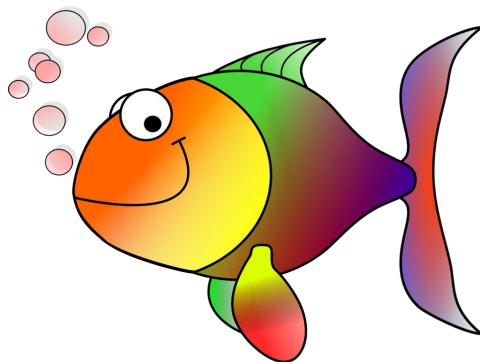


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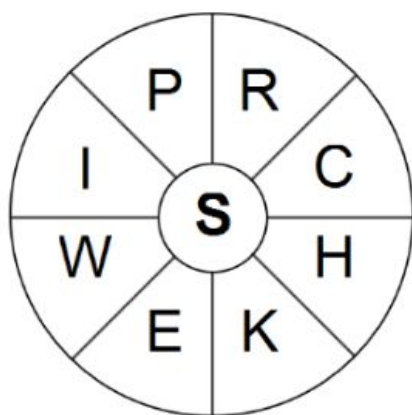
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Fishy Humour

1. Where do fish wash their faces?
In the river basin
2. Why are fish so clever?
They are always in schools
3. What do you get if you cross a salmon, birds leg and a hand?
A birds eye fish finger
4. What do you call a fish with no eyes ?
fsh



Word Wheel



This Under The Sea themed word wheel is made from a 9 letter word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **S**.

Do you know your fish?

1. The shark is the only fish that can do this. What is it?
2. A 'smuck' is the collective noun for which type of marine animal?
3. From which fish is caviar obtained?
4. The Sargasso Sea is the breeding ground of which fish?
5. Ostrakonophobia is the fear of what fishy thing?
6. What fish can hold objects in its tail?

Answers on page 39

A message from Councillor Martin Wilby

Winter Travel Information

I would like to express our thanks to the team that deliver Norfolk's highway services, often working day and night throughout the winter months. They recently celebrated winning the Highways Winter Maintenance Award 2022. This national award recognises the hard work of the team, and in particular, their use of innovative technology. We are well prepared to help keep Norfolk moving over the coming months, with all of Norfolk's salt domes fully stocked. Each full 3-hour gritting run in Norfolk sees 2,200 miles of road treated. All A and B-class roads, and some C-class roads, are treated, with a focus on commuter and major bus routes, and, as far as possible, one route into all villages. The A11 and A47 are gritted by National Highways. People can check which roads are on the council's gritting routes for the 2022/23 season on the map at www.norfolk.gov.uk/gritting. On the same map, people can find the locations of around 1,900 grit bins that are filled by the County Council, and which people can use on public pavements, cycle paths and roads to help everyone get around safely. Also, thanks to all of the farmers around the county that help to keep our roads clear of snow when we have heavy snowfalls.

The Department of Education have awarded NCC £4.7 million of funding as part of the Multiply project, which aims to improve numeracy skills in adults. The funding will last until the end of March 2025 and will be used to give grants to major training providers, such as Norfolk Adult Learning and colleges, as well as smaller organisations and grassroot providers. This grant-based approach means a larger number of people can take a course which is relevant to the skills they need. The council has also taken on 7 Multiply Champions, who will work with district and borough councils to provide advice and support to people looking to improve their numeracy skills and understanding. The Champions will attend local events and work in various community areas, such as libraries, to ensure they reach people who would benefit from a Multiply funded course. For more information, and to sign up and register your interest, visit www.norfolk.gov.uk/multiply.

A message from Councillor Martin Wilby

Norfolk Apprenticeships

Apprenticeships Norfolk, a free and impartial service run by NCC, offers a wide range of support for both apprentices and companies looking to take on an apprentice, including information and guidance, as well as financial support. The Access to Apprenticeships grant, which is funded through the European Regional Development Fund, offers businesses up to £500 to enable them to overcome barriers to hiring an apprentice. The grant can be used for a variety of things, such as providing travel expenses, or the technology required by an apprentice to complete their studies, or for purchasing specialist equipment which would be needed, but can present a barrier to companies thinking of hiring an apprentice. Apprenticeships Norfolk has been running the #MadeinNorfolk campaign, aimed at encouraging businesses to take on an apprentice or to upskill an existing staff member using an apprenticeship. The campaign's success was recently recognised at the regional Chartered Institute of Public Relations awards, winning both the Best Low Budget campaign and the Best Public Sector campaign categories. For more information visit www.apprenticeshipsnorfolk.org.

Winter Capacity Plan

More than 3,000 extra hours of extra home care are being commissioned this winter to help support growing demand on Adult Social Care. It is one of several measures NCC is taking alongside its partners in the NHS to help cope with the repercussions of Covid, which have created an “extraordinary” situation across health and social care this winter. There has been a 67% increase on pre-Covid levels on the proportion of people needing care when they leave hospital, and this comes amid national workforce shortages. In response, the council has worked with its partners in health to put in place a range of measures, outlined in its Winter Capacity Plan. This includes: commissioning additional block provision, opening up the home care framework and working with new providers, the offer of an enhanced home care discharge rate for providers accepting individuals being discharged

from hospital, and commissioning of additional double up capacity. Alongside housing providers (Broadland and Saffron Housing) and the integrated Care Board, the council is also making use of Housing with Care flats, as part of a Community Step Down model to help reduce hospital stays.

Best Wishes

Martin

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Jobs for February and March

February

February is a month of anticipation as Spring is on its way. On the mildest days you can get on with winter pruning jobs and cultivate the soil, but if you are huddled indoors fill the time with garden planning. Pruning is the by-word!

March

The clocks go forward in March, and gives us all extra time for getting everything done. You can mulch and prune, take cuttings, reseed lawns, sow half-hardy annuals, renovate climbers and plant new ones.

March is the best time to sow a flower meadow. Meadows are one of the wonders of nature as they are easy to maintain. Flowers and grasses will thrive on poor soil; they only need to be cut once a year, and they provide a perfect habitat for wildlife. A mini meadow will also attract beneficial birds and insects, and aid conservation.



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The Crafty Bombers

@ Thorpe Abbots Village Hall

The Crafty Bombers is a club for busy kids who like to do busy things!

Each month there is a themed session with a variety of activities. Refreshments included. Toys and games are also provided to keep younger children occupied.

Sunday 19th February, 10.30am
Bath Bombs and Bubbles

Sunday 12th March, 10.30am
Plant Pots



For those who are unable to attend, please let me know and I will arrange a craft bag for you to do at home!

To cover the costs of materials, we ask for a donation of £1 per child. Any crafty donations also gratefully received!

For any enquiries please contact Jo Slater
tel. 668585 / jogslater@hotmail.com

Meals in a Bowl

Smoked Cod and Sweetcorn Chowder (serves 6)

130g (4½ oz) cubed pancetta
 50g (2oz) butter
 3 leeks 450g (1lb), trimmed and thinly sliced
 25g (1oz) plain flour
 1 pint semi or full fat milk
 700g (1½ lb) smoked cod/haddock, cut into cubes
 326g can sweetcorn in water, drained
 450g (1lb) small potatoes, scrubbed and sliced
 150ml (¼ pint) double cream
 ½ tsp paprika
 Chopped parsley to garnish

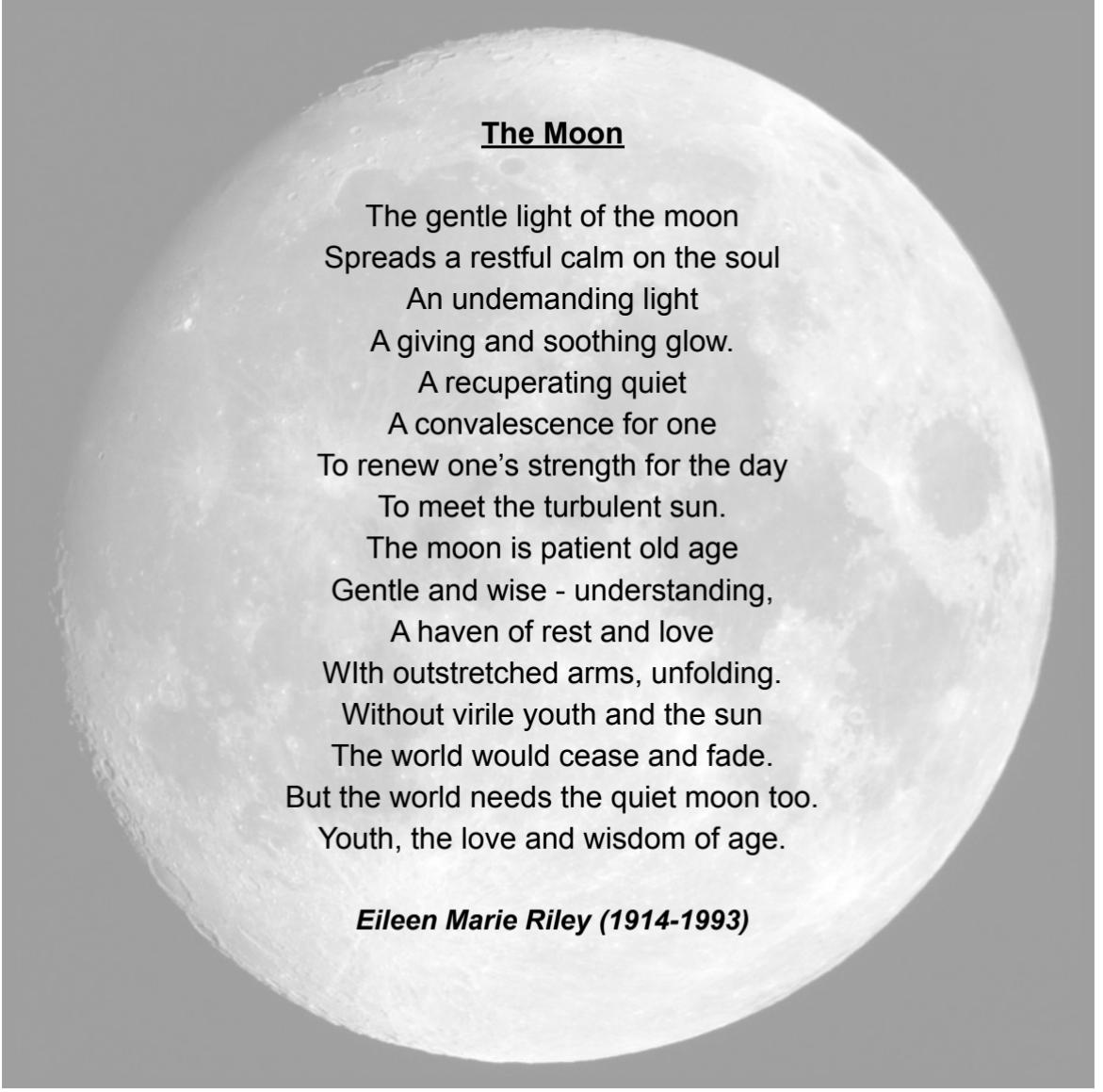


Fry the pancetta until the fat runs. Add the butter, then the leeks, and cook until softened. Stir in the flour and cook for a few seconds, then pour in the milk and 300ml (½ pint) of cold water. Stir until smooth. Add the fish, potatoes and sweetcorn. Bring to the boil, then reduce the heat and simmer for 10-15 mins until the potatoes are cooked. Stir in the cream, season with salt and pepper and cook for 2-3mins. Ladle into bowls and decorate with parsley.

Pepper and Lentil Soup

1 tbsp oil	2 red peppers, seeded and diced
1 medium onion, chopped	225g (8oz) red lentils
1 celery stick, chopped	400g tin chopped tomatoes
1 carrot, chopped	1 litre (1¾ pint) hot light vegetable stock
1 leek, trimmed and chopped	25g pack flat leaf parsley, chopped

Heat the oil in a pan and add the onion, celery, leek and carrot. Cook for 10-15 minutes until soft. Add the red peppers and cook for 5 mins. Stir in the lentils, tomatoes and hot stock, and season. Cover the pan and bring to the boil, then reduce the heat and cook uncovered for 25 minutes until the lentils and vegetables are tender. Stir in the parsley and serve with toast.



The Moon

The gentle light of the moon
Spreads a restful calm on the soul
An undemanding light
A giving and soothing glow.
A recuperating quiet
A convalescence for one
To renew one's strength for the day
To meet the turbulent sun.
The moon is patient old age
Gentle and wise - understanding,
A haven of rest and love
With outstretched arms, unfolding.
Without virile youth and the sun
The world would cease and fade.
But the world needs the quiet moon too.
Youth, the love and wisdom of age.

Eileen Marie Riley (1914-1993)



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Brockdish Church

It seems hard to believe that Christmas has been and gone, and we are now looking forward to Easter! Brockdish Church looked magical for the Carol Service, with 456 candles lit. We will try for 500 next year! We had a happy congregation and a wonderful solo by Imogen.

Plans are afoot to have repair work carried out on the internal north wall in the next few weeks, but the Church will continue to be open daily for visitors and prayer.

Jan Croxson - Church Warden (tel.668630)



Quiz Night

Saturday 11th March
Brockdish Village Hall
7.30pm for 8pm start



- £5 per person
- Teams up to 6 people
- Light supper
- Bring your own alcohol



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Thorpe Abbots All Saints Church

Let me start with a HUGE THANK YOU to all of you living in Thorpe Abbots for your very generous support of our Food Bank Christmas Appeal. Many families will have been struggling over Christmas, so your support will have helped. The Trussel Trust supports a nationwide network of food banks (including Harleston). Together, they provide emergency food and support to people locked in poverty and campaign for change to end the need for food banks in the UK. Your generous donations went to the Trust's warehouse in Eye. Additionally, thank you so much Anne for dropping it all off.



Christmas in Thorpe Abbots was marked on an early weekend in December. Firstly by the lighting of the festive lights and tree at the Pump on the Saturday, which was preceded this year by a procession of lanterns made by the youngsters at the Crafty Bombers in the Village Hall. The highlight of the evening was, you know who, appearing from a yellow taxi! A lovely Carol Service took place on Sunday taken by Lynda Mansfield at All Saints. We were delighted to have a number of young readers: Robert, Adam, Rosie, Jack and Mabel, who were all absolutely amazing. A huge thank you to all those who read. Much festive fair was consumed. We believe about 4 dozen mince pies, 2 stollen cakes and finally at least 3 litres of Glühwein!

We have, as you will have seen over the years, an illuminated star on the Church porch in the lead up to Christmas, which has been mains powered.

Thorpe Abbots All Saints Church

Ever mindful of electricity cost and doing our bit for the environment, we have converted it to battery power, with two new sets of lights very kindly financed by the Parish Council. Additionally, and perhaps more importantly, we have found a safer way of securing it, when in the past, it has required yours truly to teeter off the top of a ladder at height. It can now be done from ground level.

Simon

Ramblings from The Rectory

By Rev. Nigel Tuffnell

I've made a resolution to myself. My resolution is to find space in my day, every day, just to be still and quiet. It does not have to be for long and it has not been too difficult to keep, so far. I hope that time will tell that my rushing about has slowed down, if only a little.

Like most of us, work and family keep me busy, so I need the time to become calm if I am going to be able to truly enjoy what each day brings. The danger is that in the midst of all the activity, I will skate over all that is happening, as I dash from one thing to another, never really soaking up the wonder of where I am, and the wonder of the people around me.

I find that my mind tends to settle in line with my breath. So I am going to stop at the beginning of each day, focus on my breathing and let it settle. Into the quiet I will bring all of the events that are planned for that day and thank God for the specialness of each one (even the sad or difficult ones). I hope to have a moment of quiet during the day too. Then at the end of the day, just before settling down to sleep, I will go through the process again. I will listen to my breathing and let it slow and deepen. If I haven't fallen asleep, into the stillness, I will bring the events of the day, again thanking God for each of them, offering up my joys and my difficulties. Then my resolution is just to be still and quiet for a while, listening for that still small voice that I know is there inside, waiting to be heard.

Nigel

Church Contacts

Minister in Charge www.7churches.org.uk	Revd Nigel Tuffnell rector@7churches.org.uk
Benefice Administrator admin@7churches.org.uk	Mon to Fri 9.15am to 1pm 01379 851148 Facebook.com/7churches.org.uk
Brockdish Church Wardens	Ann Cork - 01379 668635 Jan Croxson - 01379 668630
Thorpe Abbots Contact	Christine McDonald - 01379 669116

Church Service Times - December and January

5th February	Brockdish 9.30 am	Morning Prayer
12th February	Thorpe Abbots 9.30 am Brockdish 9.30 am	Holy Communion Morning Prayer
19th February	Brockdish 9.30 am	Morning Prayer
26th February	Brockdish 9.30 am	Holy Communion
5th March	Brockdish 9.30 am	Morning Prayer
12th March	Thorpe Abbots 9.30 am Brockdish 9.30 am	Morning Prayer Holy Communion
19th March	Brockdish 9.30 am	Morning Prayer
26th March	Brockdish 9.30 am	Morning Prayer

Answers to Know your fish?

1. Blink with both eyes at the same time; 2. Jellyfish; 3. Sturgeon;
4. The European Eel; 5. Shellfish; 6. Seahorse

Word Wheel: The 9 letter word is SHIPWRECK



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