
HORSHAM & NEWTON

ST.FAITHS JOURNAL



HAPPY EASTER

Issue No. 287

PUBLISHED BY

HORSHAM
& NEWTON

**St.FAITHS
CENTRE**

April / May 2020



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Mrs C CLAYSON (Secretary)	01603 897771
MR M WILSON (Treasurer)	01603 395862
Mrs D MATTHEWSON (Membership Secretary)	01603 897183
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EDITED BY:	CHRISTINE QUINTON	Tel: 898120

USEFUL TELEPHONE NUMBERS

ST FAITHS SURGERY (General Enquiries)	Tel: 898235
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POLICE	Tel: 01953 424242
GOOD NEIGHBOUR SCHEME	0750 696 7280

JOURNAL E-MAIL: sfjournalmail@gmail.com

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

Centrepiece



MUSIC AT THE CENTRE

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* * *

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* * *

CENTRE WEBSITE

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Should you have any queries regarding making a booking Bruce
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TEXTS ONLY on 07732 227124

In accordance with the Government regulations we have had no choice but to close down the Centre completely until these restrictions are lifted.

The building has been locked and alarmed so there is no swipe access to any of the facilities.

Our CCTV coverage is active.

We are starting a new website which should be available within a week or so. We will keep that updated with up to date information. The website address will still be:-

www.sfcentre.co.uk

We are sorry for the inconvenience this may cause but it is completely out of our control

We would like to assure all our members that we shall be reviewing membership once things return to normal and make sure that you don't lose out

As you can imagine there has been very little news for this Journal so we have included several Quizes to keep you amused and occupied!

PLEASE NOTE NEXT JOURNAL COPYDATE

FRIDAY 20th MAY

for June/July Issue

Although the Centre itself has had to be closed there is still access to the woodland walk and we hope that you will take advantage of this even if you haven't got a dog.

Do please however use the dog and litter bins provided to save our volunteers the task of having to clear up after you. We would also remind you that the playing field and pitch is not to be used to exercise your dogs



PRICE INCREASES - REMINDER

It has been necessary to review our hire prices mainly as a result of increased utility charges, insurance costs and the fact that the Centre is now beginning to show its age so maintenance has become costlier and more frequent.

A summary of the new charges with effect from 1st February is below:

Membership

Adults £12 Juniors £6 (Joining Fee remains £5)

Function Room

Daily Rate £200 including one Bar Staff and Kitchen

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Multi-Purpose Room

Hourly Rate £10 (Minimum payment £30)

Swim Pool

Hourly Rate £12

Tokens

£4.00

Margaret's Room remains free of charge to village organisations and clubs who use the Centre but please remember to book your session in the diary provided in that room



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

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I wonder how this Lenten Season has been going for you. It isn't always easy to give things up, or to take on an extra discipline for Lent, but well done to you if you've managed to do it. There is a great sense of achievement, if you do manage it, and the sense of joy and celebration on Easter Day is so much greater too. I'm aware that many people don't like Lent – they tell me it's too sad and they find it difficult. But isn't that the point? It wasn't exactly a bed of roses for Jesus, but he still went through it all – for us!

We are so fortunate in that we know how the story ends – there is a happy ending, but only at great cost.

I know many people who won't ever think of going to any Holy Week services; especially not Good Friday, simply because they cannot bear to think about what Jesus went through. But that is to miss the point. We really need to share in that long, hard journey and that brutal death (even if only by association), if we are going to understand the depth of love that God has for us. Jesus died so that we don't have to go through that awful experience of black void. He died to wash away all our sins – and who hasn't got a pile of them! He died, to give us the chance to have a full life now and, if we choose to follow his way, to have that full life for all eternity with him.

There is still a little bit of time left this Lent to put things right with God – to get rid of all those things that build barriers between us and him. By doing that, and entering into the Passion Story ourselves, we will find that when Easter Day finally dawns, we will have so much more to celebrate in the new life that Christ has bought for us.

Celebrate with an Easter Egg – the symbol of the empty tomb and of new life. But most of all, celebrate because of what God, through Jesus, has done for you. It wasn't just the stone of the tomb that was rolled away on that first Easter Day – it was also the sin of the whole world.

Holy Week and Easter will be very different for us all this year. Covid19 has had a devastating effect on us all, and it's really hard not to be holding church services at the moment. Please do pray at home, for those who are suffering, for our wonderful health service workers, for each other and for me, please, as we all pray for a swift end to the pandemic. Many of you will have extra time on your hands, so rejoice in that, and use the time to do something creative and fun. Enjoy the fresh air, catch up on your reading and spend more time with God. Stay safe and keep well. Our church is still open each day for private prayer and contemplation, so please come and be still in God's love.

Whatever you choose to do, have a Blessed and Happy Easter

With my prayers and good wishes

Rosemary Maskell 01603 898258 rhmaskell@gmail.com

The Parish of Horsham, Spixworth & Crostwick

All church services and activities are suspended until further notice



All concerts have had to be cancelled or postponed at present

Please refer to our Website for up-to-date information

cawstonband.co.uk



HORSHAM & NEWTON ST FAITHS PARISH COUNCIL

Chairman	Mr Rodney Cushing	Tel:07850 756490
Vice Chairman	Mrs Melanie Rodgers	Tel:01603 893512
Clerk	Mr Jim Graves	Tel:01603 898621
	e-mail: parishcouncil@jimgravesltd.co.uk	

Since the last edition there has been a marked increase in applications for allotments and at this present time there are no vacant plots.

The widely publicised reduction in the grounds division of Norse caused some concern but we have just been advised that it is business as usual and that their Norwich depot will continue to mow the three playing fields in the parish.

The Greater Norwich Local Plan was published for consultation and the public and councils were invited to respond. The Parish Council's response was that it was opposed to any further large scale residential development and new build should be restricted to infill within the current development plan boundary as the parish had poor infrastructure and facilities which would not support significant developments.

As I write we are facing the Covid19 outbreak and it is unclear how this will affect Parish Council meetings. Guidance will be issued by our national bodies and will be published via the usual channels.

Broadland DC have accepted the road names for the Lovell development off Manor Road which were suggested by the Parish Council. They will be Crown Meadow Way, Barley Close and Post Mill Close.

Your current Council is :-

Rodney Cushing (Chairman)
Melanie Rodgers (Vice-Chair)
Barry Coe
James Matthewson
Malcolm McDonnell
Rachel Scarff
Raymond Wilks
Raymond Browne
Stan Cutts
Gail Hegarty

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19 Beck Lane
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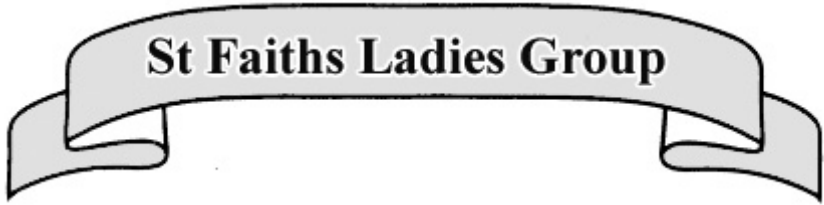
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Meetings are normally held in the Mission Room on the third Thursday in each month at 7.45 p.m.

This is a friendly, sociable group and new members are always welcome

Mary Hewitt on 01603 867140 can answer any queries you may have.

All meetings are CANCELLED until further notice



AT ST FAITHS CENTRE

Meetings CANCELLED until further notice

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A FOOTBALL STORY

The blanks are names/nicknames of British Football Teams
Numbers represent the number of letters required for the answer

The sun shone **BRIGHTON** the day we set sail for the (6) in a ship with a (4) riddled with holes. We sailed down the river which (5) to the sea and we waved to the fair maiden near a windmill who was leaning against the (8).

The (5) was made up of Scots, Irish and others of the (6) race, the exception was the cabin boy named Roger whose job it was to (5) the bolers. He was illiterate but won our (6) with his (8) efforts to improve his (7). He was sent to (8) by the other villains who had brought their (7) of weapons on board. They were a rowdy lot and after a bout of drinking they did in fact (7) furniture.

The voyage made my (10). She had not had a holiday (6) too long and the sea (3) did her (7) lot of good.

We landed one day on the (8) of an island. Just a few yards from where the natives (4) their dead. We (7) even though we could hear the sound of the howling (6). We eventually met a group of (7) dressed in (7) green and wearing cowboy hats and (5).

After a days journey we had to cross a (9) and then we caught some dirty fish in a (9) and also tried to get some milk from a herd of cows but they did not like having their (12). At last we came to the home of the Hawaiian monarch the (5.2.3.5). She greeted us with friendly (5) but was clearly very upset as her (7,6) had been destroyed when the (7) fell down. While her (9) was being built she had to live in a sumptuous (5).

When we found treasure someone suggested we put the (5) the ship in a cabin with a (6) the door. We were going to put it all in the (7) when we got home.

Answers on Page 39

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.

Our meetings took place as usual in February and March

We paid our respects to

JANET SMITH

a valued member of our Club who died suddenly in February
Our thoughts and prayers go to her family and many friends

We often have spare seats on the coach for our Club outings.
If you wish to join us on any of these when they resume do please ring
Glenis Chapman on 01603 891115

There is a waiting list of people waiting to join the Club so if you wish
to have your name added please ring Val Purdy on 01603 897299

**Unfortunately no Club Meetings are being held at present
Glenis will contact you all when they can resume**

St Faiths Good Neighbour Scheme
serving the villages of
Horsham and Newton St Faith
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0750 696 7280

What strange times in which we are living.

We are heeding the government's health warnings and unfortunately as a result there are a couple of ramifications.

For the time being, we are not giving people lifts in our cars for medical or other appointments. We do not want to infect other people nor do we want to pick up any illnesses ourselves.

As mentioned in the last Journal, we did plan to hold our Annual General Meeting on Monday the 20th April in the St Faiths Centre. That has now been postponed until further notice.

However we will still do a bit of shopping (assuming the shops have any stock left) and we will collect prescriptions for you.

Hoping you all stay healthy and keep smiling.



Horsford Heroes

Hello Readers

Well, the Club report that we were submitting for the Journal has drastically changed with the arrival of the Corona Virus which has brought all bowls from Friendly Club Level to Norfolk County to a grinding halt, as it has for virtually every gathering and event in the country.

We only had the remainder of March going into April to play the few remaining League matches. The seven months since September have flown by and we were doing well in the City League, to date 2nd in the League Table, plus we were through to the next round of the City Shield having beaten 1st Bus.

The league tables for both the South Norfolk and Bure League show us sitting in 4th place.

We still had some of our own in house competitions to play these being the Anniversary Triples and the Pairs competition. The Club Singles were played on the 11th March with Richard Dix and Linda Chadwick going through to the finals which would have resulted in a new name on the much sought after trophy.

Naturally we are all disappointed at the abrupt end to the season but this pales into insignificance when one considers the seriousness of the situation that is world wide.

We wish everyone good health and send you all our very best wishes, and sincerely hope and trust that we will all be able to get together again in the not too distant future. .



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I am not sure what to write for this Journal because we do not know quite what is going to happen in the next few weeks.

The Norfolk County Pétanque Association has delayed the start of the Summer Season of Games.

They would normally start at the beginning of April but all has been put on hold until further notice.

It is with the greatest sadness that we announce the death of our friend Gerry who, until recently, was on the committee of Wanderers St Faiths Pétanque Club.

Our thoughts are with his family and friends at this time.

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



Monday 16th March 2020 All League and Cup Matches are postponed with immediate effect

In light of the guidance that has been issued by the Government today, Monday 16th March 2020, all league and cup matches in the Norwich & District Table Tennis League are postponed with immediate effect until further notice.

As I write this in mid-March, the Table Tennis Leagues nationally have ceased to continue until further notice, owing to Corona Virus directives. So far, no decisions have or can be taken to decide how the season is finalised. This means that a handful of matches remain unplayed and I can only give you the state of play up until mid march.

I need to tell you that both our Norwich teams have suffered injuries since the last report, with one player recovering from a hernia operation and another, having a torn bicep. So we are fielding just six players for two teams of three, so there are no subs for unavailable players. Therefore all players must be there, or we are fined for having a player absent, unless our excuse is acceptable to the Disciplinary Committee!

This has made the last few weeks very difficult, as there are complicated rules to ensure that movement between divisions is done fairly, to prevent “ringers” being used to enhance team positions towards the end of the season! It is a friendly game really! Clearly, my team difficulties are now over, owing to the virus, but that is little consolation for an incomplete season.

In Premier B, our A team is still struggling at bottom but one. Not surprising really, as even I have had to take turns playing up there to make up the team, with just the one win out of 9 games in 3 matches We may end up with both our sides in Division 1 next season, although there could be teams that drop out for some reason. Time will tell.

Team	P	Home					Away					Pts
		W	D	L	F	A	W	D	L	F	A	
Norwich City TTC A	20	9	1	0	70	30	8	1	1	70	30	63
Foxwood D	19	6	3	1	64	36	6	1	2	50	40	51
Gothic B	18	5	1	2	53	27	7	1	2	59	41	49
Foxwood E	19	5	1	4	58	42	4	2	3	51	39	43
Taverham A	20	4	1	5	45	55	5	2	3	54	46	40
Gothic A	18	4	2	3	45	45	6	0	3	49	41	40
Harriers A	20	4	1	5	57	43	3	2	5	44	56	37
Returners A	19	4	2	3	47	43	4	1	5	45	55	37
Wensum D	17	5	1	3	47	43	2	2	4	32	48	32
NCC A	18	3	1	5	41	49	1	3	5	36	54	29
Falcons	19	3	1	5	33	57	2	2	6	36	64	26
SFC A	20	2	2	6	44	56	1	1	8	30	70	24
CEYMS C	19	0	2	8	34	66	1	1	7	36	54	21

In Norwich Division 1 we continue to do well and lie in a creditable 4th position, with no danger of either promotion or relegation. We have all enjoyed a very competitive season to date, and all our personal averages are satisfactory, in my opinion.


Team	P	Home					Away				
		W	D	L	F	A	W	D	L	F	A
Taverham B	17	6	0	2	55	25	7	1	1	60	30
Foxwood F	18	4	2	3	57	33	7	0	2	56	34
Foxwood G	16	7	1	0	54	26	6	1	1	46	34
SFC B	17	5	1	3	49	41	6	0	2	49	31
Foxwood H	14	3	3	2	40	40	3	3	0	36	24
NCC B	15	3	1	2	36	24	4	2	3	46	44
Wensum E	16	2	2	4	40	40	4	0	4	42	38
Gothic C	18	3	2	4	46	44	2	2	5	35	55
Norwich City TTC B	19	1	0	9	30	70	2	2	5	41	49
Taverham C	18	3	0	6	36	54	2	0	7	28	62
Foxwood I	18	1	0	8	27	63	0	1	8	21	69

In the Dereham League, St Faiths are mid table and they are safe for continuation in Division 1 next season, with only 3 matches not played until now

Team	P	Home					Away					Pts
		W	D	L	F	A	W	D	L	F	A	
The Originals	16	6	2	0	58	22	8	0	0	65	15	201
The Mission	15	6	0	1	55	15	5	1	2	56	24	179
Bradendam A	15	4	1	3	53	27	5	1	1	51	19	169
Swanton A	15	2	3	2	35	35	5	1	2	47	33	143
Dereham A	15	0	4	3	25	45	6	1	1	47	33	130
St Faiths	15	4	0	4	38	42	2	2	3	29	41	126
Bradendam B	15	3	0	4	29	41	2	1	5	31	49	116
Dereham B	15	2	0	6	24	56	2	1	4	31	39	106
Swanton B	16	2	0	6	25	55	1	2	5	27	53	105
Swanton C	15	0	0	8	15	65	1	0	6	19	51	81

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GENERAL KNOWLEDGE QUIZ

Year 2019

1. In January 2019 which bakery chain launched a meat free version of its sausage roll
2. The 2019 British Grand Prix, won by Lewis Hamilton, was held at which circuit
3. Which horse won the Grand National in April 2019
4. March 2019 saw strikes by school children to raise awareness of climate change after being inspired by which teenager
5. The 2019 Eurovision Song Contest was held in which city
6. 2019 marked which anniversary of the fall of the Berlin Wall
7. Which Labour Party MP was appointed as Speaker of the House of Commons in 2019
8. 2019 was the Chinese year of the what
9. Premier League striker Emiliano Sala's plane went missing while on a flight from Nantes to which British city
10. Who made news headlines by separating from her husband Simon Konecki

Answers on Page 39



CAN I FREEZE IT?

YES YOU CAN!

As customers look for more ways to keep their kitchens well stocked, our Director of Food Technology, Paul Willgoss, and resident chef, Steve Fitzgerald have put together some top tips to help you make the most of your fridge and freezer space.

There are lots of foods that you can put straight in the freezer instead of the fridge. This includes meat and poultry, ready prepared meals, fresh pasta, bread - and did you know you can even freeze butter and cheese? Here's some examples:

Milk: All milk can be stored in the freezer and defrosted before use. Just make sure it's still sealed. It should be defrosted fully in the fridge before using.

Cheese: Some hard cheeses freeze very well, firmer types like cheddar, gouda and Swiss cope well with the freezing process and maintaining their structure. You can freeze in blocks or grate it and freeze in handy portion sizes.

Bread: Baked goods like bread, rolls, plttas, bagels and crumpets can all be easily frozen. Loaves of bread can be bought ready—sliced or whole to be sliced yourself before freezing. Most toasters have a defrost function so you can toast baked goods from frozen.

Pasta: Fresh pasta is a great option to keep in the freezer. Some pastas won't have to be defrosted before use either, they'll defrost once put in boiling water.

Fruit and Vegetables: Our frozen fruit and vegetables in the freezer aisle are not the only option; some fresh fruits like bananas and berries when frozen make great ingredients for smoothies and for baking.

Batch cooking: Consider cooking a larger portion at mealtimes to freeze for a later date. Make sure you freeze the leftovers as soon as possible, once they've fully cooled and mark clearly the date it was cooked and frozen on the container for later reference. And only defrost or re—heat the meal once.

Around three quarters of our ready prepared meals and over half our desserts are suitable for freezing and have the logo on pack. Simply freeze on the day of purchase and follow the guidance on packaging for the length of time it can stay frozen. Look out for the 'suitable for freezing' logo on product which also includes guidance for how long you can freeze each item for.

Defrosting food safely: Thinking about the best way to prep your food for freezing is important. But it's even more important to defrost your food properly.

The Food Standards Agency website has everything you need to know about freezing and defrosting food safely, including:-

Make sure any warm dishes are cooled before putting them in your freezer

Place food in an air-tight container or wrap it well in freezer bags or freezer wrap

If the food has been defrosted it must be cooked before being eaten to be safe

Once defrosted, food should be consumed immediately.

NEW HOUSING DEVELOPMENT IN NEWTON ST FAITH

The names of the roads chosen by the Parish Council for the new development in Newton St Faith have been based on historical facts and not randomly plucked out of the air!

In 1795 the mill at this site was owned by Stephen Ewing

By 1830 it was known as the Post Mill

In 1854 Stephen Ewing was listed as a miller and baker having built a bake office on his grocery shop

He called this

NEW TO ST FAITH

This presumably led to our villages becoming known as Horsham St Faith and Newton St Faith

The mill was used to grind barley for the bakery

Thus the new roads have been named

Crown Meadow Way in keeping with Crown Garage

Post Mill Close after the mill originally on this site

Barley Close after the bakery originally on this site

If anyone has any further information we would love to hear from you

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A hot cross bun is a spiced sweet bun made with currants or raisins, marked with a cross on the top, and traditionally eaten on Good Friday. The eating of hot cross buns marks the end of Lent because they are made with dairy products which are forbidden during this period. Plain buns are traditionally eaten hot or toasted during Lent, beginning on Shrove Tuesday and through to Good Friday.

Different parts of the hot cross bun have a certain meaning. The cross represents the crucifixion of Jesus, and the spices inside signify the spices used to embalm him at his burial.

How are hot cross buns made?

The standard hot cross bun recipe consists of strong bread flour, full fat milk, butter and yeast. Sultanas or raisins are then added to the mixture with eggs, cinnamon and even orange zest.

Crosses are traditionally cut into the surface of the bun, however a simple way to make them is to use a paste of water and flour. The buns are then baked in a hot oven for 20 minutes till golden brown and then brushed with a coat of glaze.

They can then be served hot or cold, buttered or dry on Good Friday and throughout Easter.

What is the history of the hot cross bun?

Some believe the hot cross bun originates from St Albans, where Brother Thomas Roccliffe, a 14th Century monk at St Albans Abbey, developed a similar recipe called an 'Alban Bun' and distributed the bun to the local poor on Good Friday, starting in 1361.

In 1592, during the reign of Elizabeth I, it was forbidden to sell hot cross buns and other spiced breads, except at burials, on Good Friday, or at Christmas.

If you broke the decree then you had to give all of your buns to the poor. As a result, hot cross buns were primarily made in home kitchens. Further attempts to suppress the sale of these items took place during the reign of James I of England/James VI of Scotland (1603-1625).

The first definite record of hot cross buns comes from a London street cry: "Good Friday comes this month, the old woman runs. With one or two a penny hot cross buns", which appeared in Poor Robin's Almanack for 1733.

What are the traditions around hot cross buns?

English folklore includes many superstitions surrounding hot cross buns.

One of them says that buns baked and served on Good Friday will not spoil or grow mouldy during the subsequent year. If hung in the kitchen, they are said to protect against fires and ensure that all breads turn out perfectly. The hanging bun is replaced each year.

Another tradition encourages keeping a bun for medicinal purposes. A piece of it given to someone who is ill is said to help them recover. If taken on a sea voyage, hot cross buns are said to protect against shipwreck.

HOT CROSS BUNS RECIPE

2 sachets dried yeast
1 oz caster sugar
0.5 pts handhot water
2 oz lard
1.5 lb plain flour
3 oz currents
2 level teasp mixed spice
1 oz chopped peel
0.5 level teasp cinnamon
0.25 warm milk
0.5 level teasp nutmeg
3 oz shortcrust pastry
1 level teasp salt
Beaten egg or milk

GLAZE:

6 level tablesps granulated sugar
8 tablesps water

Sift flour, spices and salt together and then add sugar.

Rub in lard.

Stir in fruit and peel.

Add dried yeast with water and milk and mix well.

Knead for 10 minutes.

Leave to rise for 45 minutes in a warm place.

Knead for a further 2 or 3 minutes.

Divide into 18 (3 oz each) and shape into buns.

Leave for a further 20 -30 minutes to rise in a warm place.

Meanwhile make pastry crosses to place on buns.

Brush with beaten egg or milk.

Bake on Gas Mark 7 for 10 - 12 minutes.

For Glaze:

Put sugar and water into a saucepan and stir over a low heat until sugar has dissolved then boil for 2 minutes.

When buns are cool, brush with glaze.

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DINGBATS



01



02



03



04



05



06



07



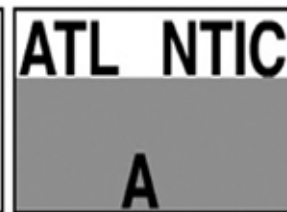
08



09



10



11



12

Answers on Page 46

ST FAITHS SHORT MAT BOWLS CLUB

We play on Friday evenings and Tuesday afternoons

in the Sports Hall at the Centre

Do come and give us a look

For more information contact us at stfbowling@btinternet.com

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Dave Back our Club Chairperson on 07720 670735

email: davedack2201@yahoo.co.uk

or Philip Legood on 07880 703935

or visit our website: <https://iceniarchers.co.uk>

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Sunday following the first
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BOUQUET
BUNNY
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CHILDREN
CHOCOLATES
CHURCH

DAFFODILS
DUCKS
DYE
EASTER
EGGS
FLOWERS
GRASS
GRATITUDE
HOPE

HUNT
JELLYBEANS
JOY
LIFE
PARADE
RABBIT
SPRING
SUNDAY



Answers to Football Story

Orient	Motherwell	Huddesfield
Hull	Forfar	Queen of the South
Leeds	Ayr	Alloa
Millwall	Chester	Crystal Palace
Crewe	Southend	Walsall
Celtic	Bury	Newcastle
Stoke	Preston	Villa
Herts	Wolves	Luton
Stirling	Rangers	Bolton
Reading	Lincoln	Halifax
Coventry	Spurs	
Arsenal	Mansfield	
Wrexham	Blackpool	

Answers to 2019 Quiz

1. Greggs
2. Silverstone
3. Tiger Roll
4. Greta Thunberg
5. Tel Aviv
6. 30 years
7. Lindsay Hoyle
8. The Pig
9. Cardiff
10. Adele

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

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

FIENDISH

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

Answers on Page 46

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In view of the fact that these courts are not being used and the cost of keeping them moss-free is excessive the Management Committee have decided to unlock the gate onto this facility so that it is open to anyone wishing to use this as a play area

The court will be unlocked once the existing moss has been treated with a moss killer and cleared

ST FAITHS CENTRE CRIB TEAM

We are looking for new players to join us on a Tuesday night to play in the League

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Secretary: Stephen Fountain Tel: 01603 891689



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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 £9.00 per head

As menu 1 plus:

Assortment of Meat and Vegetarian Quiche slices

Scotch eggs

Menu 3 £10.00 per head

As menu 2 plus:

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~ ~ ANSWERS TO DINGBATS ~ ~

1. SHORT SIGHTED
2. ROCK STAR
3. PAT ON THE BACK
4. ANTS IN YOUR PNTS
5. FOURTY WINKS
6. BALENCING ACT
7. HEAD IN THE SAND
8. HEAD ON COLLISION
9. WELCOME BACK
10. UNITED STATES
11. A DROP IN THE OCEAN
12. UP FOR GRABS

~ ~ ANSWERS TO SUDOKU ~ ~

EASY

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

FIENDISH

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

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Mandy's year of Sheepy Fundraising ~ Completed

On 12th January I set off from Edale in Derbyshire with 146 other runners attempting to complete the toughest footrace in the UK and one of the hardest in the world.

The Spine Race is a 268-mile winterrun/hike along the entire length of the Pennine Way. By the time I finished, 158 hours later, I had covered 315 miles due to navigational errors and the brutal nature of the terrain which meant we were constantly weaving our way around bogs and rocks.

It was a race unlike any other I had ever taken part in. Carrying mandatory survival equipment including a sleeping bag, bivi bag, camping stove, 3,000 calories of food, water, maps, headtorches and additional clothing etc made for a heavy backpack. We had to make our way over mountains, fells, moors and bogs, by the side of riverbeds, along flagstone paths, Hadrians Wall and through forests.

The weather threw everything at us and I experienced heavy rain, gales including the full force of Storm Brendan, snow and 90 mile an hour winds on the summit of Cross Fell which blew me right over continuously so that I had to crawl and roll my way along the snowy top ridge of the mountain. After about 120 miles I had swollen ankles, blisters and tendonitis. I also had heavy nose bleeds, hallucinations and was sleep deprived.

I never once considered giving up though although there were times when I wondered if the race would beat me. On several occasions I fell waist deep into freezing bogs and I had to be dragged out of one on the Cheviot Hills by a fellow competitor. It was the most wonderful, exhilarating and incredibly tough outdoor experience I have ever had. The support from the Spine Race organisers, the medics and Mountain Rescue team was second to none.

There was also incredible comradeship amongst us racers as we encouraged each other along and looked after fellow racers who were in difficulty.

Arriving in Kirk Yetholm in Scotland was a moment I will never forget, I was filmed finishing and the icing on the cake was hearing my son Jamie's voice encouraging me in. I had no idea Jamie would be there along with good friend Andy Bailey from the Sheep Sanctuary who drove all the way to Scotland to look after me and drive me safely back home.

Out of 146 starters only 63 of us completed the Spine Race. I was immensely grateful to be one of the 63 and will treasure the memories and experience for ever.

The most wonderful part of all of this though is that an incredible £4,194 has been raised for the Mirkwood Rest Home for Retired Sheep, the sheep sanctuary and good cause I have been supporting with all my challenges.

My other challenges included running the Manchester marathon in 3 hours and 56 minutes, completing the London Marathon dressed as a sheep, 1st lady at the Thames Ring 250 mile trail race, completing Snowdon Mountain Ultra, Lakes in a Day Ultra and finally the Spine Race.

I would like to say a huge THANK YOU to everyone who has supported and sponsored me. Andy Bailey who voluntarily runs the sanctuary has been incredibly grateful and it has been the nicest fundraising experience ever. I will continue to support the Mirkwood Rest Home for Retired Sheep in other ways and will always be happy to pass on any further donations to Andy.

**THANK YOU ALL FOR YOUR AMAZING SUPPORT
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Sat 25th April	Andre Rieu – SSE Wembley Arena	1pm	£110
Sun 26th April	Country Living Fayre	8am	£46
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Wednesday evenings 7.00 p.m. - 8.00 p.m

CALENDAR

In accordance with Government instructions we have had no choice but to close the Centre completely until further notice

Our sincere apologies to you all

Hopefully we shall be able to welcome you back in the very near future

COME AND JOIN IN THE FOLLOWING EVENTS AT THE CENTRE

MONDAY	SHORT MAT BOWLING	7.30 p.m.
TUESDAY	LINE DANCING	10.00 a.m.
TUESDAY	SHORT MAT BOWLING	2.00 p.m.
TUESDAY	LEAGUE CRIB	8.00 p.m.
THURSDAY	CARDIO DANCE	6.45 p.m.
FRIDAY	SHORT MAT BOWLING	7.30 p.m.

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