**Runcton Holme News & Info December 2017**

Welcome to the latest edition and Seasons Greetings to all, it does not seem long ago that this message was flying around again. The television is full of adverts and at the time of writing, just John Lewis Christmas advert to still appear, Black Friday is the in thing at the moment, that appears to be stretching now to a week, are the prices really any different from other times in the year.

Once upon a time there were some good programs on at Christmas, now we appear to be lumbered with repeats and the advertising breaks and trailers for forthcoming programs are increasing in length, even the Beeb are jumping on the trailer bandwagon but in all cases that is saving on expensive program production time.

**RUNCTON HOLME
THE VILLAGE MEET, COFFEE MORNINGS.**

Friends socialise cake tea books coffee treats
jigsaws dvds mince pies stollen raffle laughter
more cake

Friday 15th December 2017
Friday  19th  January  2018
Friday  16th February 2018
Friday   16th March 2018

Funds to Parish Hall for Refurbishment and Maintenance.

**Collective Heating Oil Purchasing Scheme –** This is a scheme where those joining and living in a smallish designated area place an order together and benefit from the discount of a large bulk order, you have to order all together, there is no limit to the numbers of designated areas, if anybody is interested in joining a Group please make contact (contact details in “Next Issue” section.

![171448961[1]]()**Watlington Knit & Stitch Group**

We are always busy as there is so much need. There are knee blankets for the homes and hospitals, trauma teddies to soothe children when distressed, twiddle muffs to help keep the hands occupied, very comforting for people with dementia, neck warmers and mittens for the homeless and lots of other things. If you need ideas, there are lots of patterns on the Norfolk Knitters and Stitchers web site.

We meet at 16 Warren Close, Watlington on the third Monday in the month.2pm to 4pm, I am very happy to receive items anytime - also spare wool.

Contact: Janet Jones KL 810868

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**NEWS FROM THE MEDICAL CENTRE**

Autumn is well under way, hopefully you have all had your flu jabs- please ring and book in for one if not and get protected.

 We’ve had a fair amount of stormy autumnal weather in the last few months but in Norfolk we have managed to come through this reasonably well in comparison to many countries worldwide. So our everyday stresses can be less dramatic and life changing than some others may be experiencing, but they are our stresses and matter to us. A method of helping to deal with such stress which has gained in popularity and is also approved by NICE is known as Mindfulness.

Mindfulness originates in Buddhism, but being mindful is a skill that anyone can learn. You do not have to be spiritual, or have any particular beliefs, to try it.

This approach has been adapted to help people manage long term health conditions and enhance their general wellbeing.

Mindfulness can help you to increase your awareness of your thoughts and feelings, manage unhelpful thoughts, develop more helpful responses to difficult feelings and events, be kinder towards yourself, feel calmer and able to manage stress better, and to manage some physical health problems, such as chronic pain.

So what does it involve?

Mindfulness helps us put some space between ourselves and our reactions, breaking down our usual sometimes unhelpful responses. You need to set aside some time and space for this- but it doesn’t have to take long and you can be mindful just by appreciating the sights, smells, sounds and feeling of everyday activities- watching a flock of birds, admiring the colours in the sky, the feel of the table surface under your fingers - lots of everyday things. So if you want to try it out, try the following-

Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. We are aiming to pay attention to the present moment, without judging anything.

Let your judgments roll by - we can make a mental note of them, but let them pass.

Return to observing the present moment as it is. Our minds often get carried away in thought. That’s why mindfulness is the practice of returning, again and again, to the present moment.

Be kind to your wandering mind. Don’t judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

Practice this often and you are likely to find it easier to manage some of the stresses in your life.

What have you got to lose???

You can find out more about this by Googling Mindfulness or look at the Patient.co.uk website or Mind.org.

Sue Buckland

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**Thoughts**

Hi there, my name is Neil Coe, however during my 72 years I guess I may have been referred to under many references, my favourites are Dad, Grand dad and in more recent times “The Birdman” and “The Old Boy who talks about Birds”!!!!! My family has always been my prime passion to help and guide them through the Maze of life, now they are grown up and do not need the guidance; I guess at times the situation is reversed!!!

This now gives me the time and energy to devote to the creatures of the air that are in the main ignored unless a shiny polished car is bombed or a ladies freshly washed laundry is splattered!! Who stops on a quiet Summers day to watch and listen to the Swifts screeching overhead twisting and turning without colliding with each other or manmade objects, or the crying of a Buzzard riding the thermals effortlessly, conducting an Ariel ballet!! Who has seen the shy Stone Curlew!! Perhaps someone has stopped to listen to our only parasitic bird, the Cuckoo as it calls for a mate who is busy searching for a suitable host like a Blackbird, Reed Warbler etc.

What about the young in love who are searching for that special ring of gold and diamonds to show their love for each other, do they give any thought to the greedy and mainly Asian countries that are burning huge swathes of Brazilian rainforest in order to mine for this precious metal, of course they do not and why should they birds cannot talk so can only have a voice through old and perhaps eccentric people like me, and of course it is great fun for irresponsible people to let their pets and children to chase flocks of waders on our beautiful coastline who are trying to feed at low tide no KFC or McDonalds for them!!!

In 2008, Krystyna and I had the good fortune to go birdwatching in remote parts of eastern China which had not been sanitised for western tourists; here we witnessed all species of bird being trapped and eaten in their millions, our Harvard educated guide proudly told us that the Chinese eat all except the table legs!!!!

Whilst I sit here in our sublime backwater of Norfolk typing this story, I cannot help but to think of the tens of thousands of birds the current crop of Hurricanes have wiped out, what about the tiny Ruby throated humming birds that migrates from South America crossing the Gulf of Mexico, up the Eastern Seaboard of the USA, crossing the Great Lakes to breed in the forests or Eastern Canada, we have seen them in May in Canada feed on sugar syrup whilst it was snowing, do people think of them, why should they cos they cannot talk so cannot complain!!

Yes, Norfolk does have more than its fair share of birds approx.500 species have been seen in Nelson’s County, and to date I have photographed 300!! Not only our beautiful garden birds but also the more exotic ,like Little Bittern, Bee eaters, Rollers, Wrynecks, Steppe Grey Shrikes, Isabelline Shrikes and a Pied Bill Grebe (USA) at Woodlakes a few years ago plus many many more. Most people are familiar with our big and small summer visitors but who knows what species come for the winter in or hedgerows and our waterways, perhaps this is for another edition!!!!!!

So please just lift yours eyes skyward occasionally to witness the quiet beauty of our winged friends!!!

(Contributions in a similar vein are welcome)

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**Church News**

From Canon William Burke.

I have recently taken up the post of Rural Dean for Fincham and Feltwell, an area that includes the parish of Runcton Holme and thirty one other surrounding parish churches. The role of the Rural Dean includes providing support for the parish priests in the area and for the other licensed and authorized ministers of the church as well as providing support for churchwardens when needed, especially during vacancies. As many of you will be aware, before I arrived a new Deanery Plan was agreed and this is now in the process of being implemented. For Runcton Holme this means being included in a large benefice referred to informally so far as the “Northern Group” but now after much discussion likely to be formally named the **West Norfolk Priory Group.** This will include three “clusters”  parishes as follows:

* The Watlington Cluster which includes Watlington, Tottenhill, Wormegay and Runcton.
* The Wimbotsham Cluster which includes Wimbotsham, Stow Bardolph, Stow Bridge and Nordelph.
* The Fincham Cluster which includes Fincham, Marham, Shouldham and Shouldham Thorpe.

 The first two clusters , Watlington and Wimbotsham have been working as clusters as they have been connected for historic reasons. The Fincham cluster are very much a new collection of parishes. After wide consultation and some large meetings involving reps from all twelve parishes we have produced a draft profile of the new benefice in order to circulate in the wider church in our efforts to find a new parish priest for the benefice. (The profile went through eight amendments just in the four months I have been here!). It has gone to the diocese for approval and once the new scheme has been agreed legally by the Church Commissioners we will be advertising for a new priest. The process of legal approval and identifying a new priest will in my experience take over a year. Meanwhile we carry on relying on the wonderful support we have had so far from the retired priests in the area and depending upon the continued dedicated hard work of our churchwardens and other PCC officers and members of the congregations . In my short time here I have come to realize that the churchwardens in our far-flung deanery are the unsung heroes of the Church of England and we and the diocese are very very grateful to them for their hard work.

We now have to start planning for the future, for growth to think about new ways of attracting people into the life of the church. This will involve a “blended economy”, in other words a mixture of offering both traditional and new ways of being church in our places. We especially need to look at our links with the lovely schools we have in our area and make more provision for working with children and young families; in other words finding a new and modern equivalent of Sunday School for young families. We need also in my view to go to our wider village communities and ask them for formal help in the care of our churches, by setting up community/village trusts to help is in our onerous privilege in looking after the most ancient and historic buildings of this land, the parish churches which are in my view the single most important and significant  repository of the history, architecture and art of this country. Part of this will involve searching for new ways to make greater and wider use of our buildings in our service to the village communities.

Finally we need to accept that our new parish priest will be far more “episcopal” in role; that while presiding over sacramental worship in twelve churches he or she will also be concerned with oversight of the “cure of souls”, enabling all members of the church to share in the worship, teaching and pastoral responsibilities  of the church, thus encouraging all the people of the church where appropriate in their discipleship. To this end we are having our first West Norfolk Priory group Workshop on the morning of Saturday 27th January at Watlington Village Hall.

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A team from the diocese are coming to help us think about and plan for the future. Everyone and anyone is welcome to attend. We will conclude with a light lunch and a glass of  red wine to toast the health of the new benefice. Please make a note of the date  in your diaries. Meanwhile may God bless you in your going in and your coming out and in all you do. With many thanks William Burke

**St James'Church, Runcton Holme.  Forthcoming Services**

11am Sunday 17th December  Holy Communion   Rev D. Yabbacombe

10am Thursday 21st December  Holy Communion   Canon Derek Brown

8.30am Christmas Day  Holy Communion   Rev Martin Dale

11am Sunday 14th January  Holy Communion  Rev S. Leeke

11am Sunday 11th February Holy Communion  Canon William Burke

 

Watlington WI is a thriving group who enjoy lots of activities as well as interesting meetings. There is a book club and craft group and several workshops each year from cooking to stained glass decorations and more. We also try to organise outings during the warmer months.

As part of our membership of the WI we receive a regular glossy magazine called “WI Life” which is full of interesting articles, interviews, craft ideas, recipes, gardening tips etc. A recent series of articles has been from grass roots WI members talking of their experience of their WI. It has been interesting to read what members wanted and what they get out of being in their WI.

The WI is not just another “ladies group”; it is a national organisation and so can offer many more opportunities for friendship and learning. We have our serious side at times as we campaign on current issues such as ending the “Plastic Soup” that is blighting our environment and tackling loneliness. We are not only about cake and jam.

Our membership comes from several nearby villages, some of which used to have a WI of their own so don’t think you have to live in Watlington to join. If you need a lift to meetings that can often be arranged. We also boast a varied age group which adds to the diversity of our meetings. You only have to be 18 to join.

The WI programme for 2018 is complete and will be put onto the Watlington Norfolk website, as soon as possible. [www.watlingtonnorfolk.co.uk](http://www.watlingtonnorfolk.co.uk) – Women’s Institute. Why not check us out.

Why not ring Marion, our Secretary, on 01553 810407 and come along to see what we do.

Brenda Leedell

Vice President Watlington WI

(Many years ago, I was with a group on a package holiday with Lunn Poly and booked with Frames in New Conduit Street-remember either of them? On arrival at Palma Airport, we found we were sharing the bus to the hotel with a detachment of the WI also from the UK, no males in their party – what a rabble, youngsters have a reputation for being rowdy on holiday but could not compete with this lot, one evening they were all evicted from an outdoor restaurant for bad behaviour and being far too noisy BP)

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**“Old” £1 coins**

These are no longer legal tender and the old £10 note will follow shortly so banks will stop issuing them and retail outlets should not issue them to customers. Banks will still change them for the foreseeable future, most retail outlets will no longer accept the old £1 coins – the Social Club will still take them...

The new £10 note has arrived, they do stick together and like the new £5 note once they have been folded and have a crease they are very difficult to straighten out. It will be the turn of the £20 note in due course. .

**Runcton Holme Social Club –** all dates, times and acts may be subject to change, check noticeboards, web site, Facebook or telephone the Club 01553 811552 after 7-00pm

Any Parties, Anniversaries, Wedding Receptions, Meetings, Wakes etc., the Club can provide the venue at reasonable cost with the additional option of catering.

What’s on:-

Sunday 3rd December Christmas Jammin’ Session-Two course lunch available-must be pre-booked

Saturday 9th December QUIZ NIGHT 8-30pm Max 5 per team £1 per person

Sunday 10th December CHILDRENS CHRISTMAS PARTY 2-00pm – 5-00pm

 Members children FREE, non-members £5 per child.

 It is important that names and ages must be given to Jenny at the Club

 By Friday 1st December as each child is given a present at the Party.

 Father Christmas in attendance.

Wednesday 13th December - Village Christmas Lunch & Social Afternoon-Join with Friends for a Christmas Lunch, Socialising and an afternoon of Fun: Carol Singing, Quiz, Bingo, Tombola And Raffle (any donations of a Christmas Themed Raffle Prize will be appreciated) Tickets £10 each-must be purchased in advance-enquiries and payment to Valerie Williamson, 30 School Road 01553 810222 or Maureen Haken, 1 Downham Road, 01553 810913 – All proceeds to Parish Hall Fund.

Sunday 24th December - Christmas Eve Party with Ken Bloom 8-00pm free admission.

New Year’s Eve Party Live Music by ZOOM DUO this is a ticket only event-buffet included.

Sunday 12th January- Jammin’ Session-Two Course lunch available-must be pre-booked

Monday evenings-Darts, Tuesday evenings Cribb, Wednesday evenings Ladies Darts, Thursdays Live Country Music-want to play then come along.

**Wednesday 13th December - Village Christmas Lunch & Social Afternoon**-Join with Friends for a Christmas Lunch, Socialising and an afternoon of Fun: Carol Singing, Quiz, Bingo, Tombola And Raffle (any donations of a Christmas Themed Raffle Prize will be appreciated) Tickets £10 each-must be purchased in advance-enquiries and payment to Valerie Williamson, 30 School Road 01553 810222 or Maureen Haken, 1 Downham Road, 01553 810913 – Venue: Runcton Holme Social Club - All proceeds to Parish Hall Fund.

**Magpie Centre -** Wallington Hall, South Runcton, PE 33 0EP - on the A10

Monday 4th December AGM at 49 West Way Wimbotsham at 7.00pm.

Thursday 14th December Christmas Carol Service to be held in the Magpie Centre indoor school (so wrap up warmly), at 6.00pm Join us for Christmas carols, readings, mince pies and mulled wine/apple juice – meet some of our lovely ponies. No dogs, except service dogs, allowed.

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**A Guitar for Christmas** (by Slim Jim)

General info.and observations to start with. All those artists seen on television, heard on radio, in concert or elsewhere have all had to start somewhere, many have a vast array of effects peddles and technology in the recording studio to enable them to get their sound so if you are just starting out, do not be disappointed if it does not go the way you expected, you have to stick with it. You can learn more if you and a friend learn together that is how many of the Groups started out and if your school provides music lessons join in and learn to read music, whilst not essential it will help. Personally the school violin classes did nothing for me. A good guide is Bert Weedon’s book “Play In A Day”, Bert may now have left the world stage but his book deals in the basics of playing guitar.

Acoustic Guitars: Years ago unless you paid a lot of money for say a Gibson or a lesser amount for a Hofner what was on offer resembled a neck made from a floorboard with frets that could tear your fingertips. A decent acoustic guitar for a beginner can now be purchased at a reasonable price, the frets on the neck will be dressed so as not to damage the fingertips and the fretboard will have a slight camber to assist your playing action. Playing can be by using a “pick” as in a plectrum or “fingerstyle”, for a beginner a plectrum would be more suitable.

Electric Guitars: One disadvantage of this type of guitar is that you will need an amplifier but the range of sounds that can be achieved and the volume is very much improved depending on what type of music you wish to play. The principles of the neck are similar to the acoustic guitar but there are controls on the guitar and the amplifier to vary the sound produced.

Strings: These are either wire wound or tape wound on both types of guitar and are not usually mixed, the top two or three strings are usually not wound and confusingly on a guitar for a right handed player (right hand being the hand that holds the “pick”) these strings are at the lower edge of the guitars neck, this is of course usually reversed if the player is left-handed. Once you start playing, the fingers on your fretting hand, the hand you use to hold down the strings on the frets will become very sore but this will so go as the fingertips harden.

Where to Buy: Most towns had a music shop that sold all sorts of instruments with staff that knew the business, instruments were sold ready to play and came with a guarantee. The shop would also sell music books and for guitar and those who could not read music “tab” was included that would tell the player which string and fret to use for each note of music. There may still be such a shop in Wisbech otherwise it is Norwich, Bury St. Edmunds, Cambridge or Peterborough. There is a temptation to purchase off the internet but you really should see what you are intending to purchase and that the instrument has been properly setup, finding a guitar tech or Luthier to do the job or sort a problem can be difficult and expensive and beware of secondhand. Lewks in Downham (no connection) have what appears to be a small range of acoustic and electric guitars and amplifiers together with strings, plectrums, books and of course an inexpensive guitar tuner that will be required to keep the instrument in tune.

There is a house on Lynn Road in Downham where a board proclaims that tuition is available. If anybody has any questions, email them to the contacts below.

**Next Issue**

 It is anticipated that the next issue will be out in March so any info, news, articles etc. to be submitted by the 30st November. Submission can be by email, Times New Roman 12 point appreciated. Space limitations may apply.

Queries and contributions to this publication to:-

Bob Pearman pearman.books@idnet.com

Brenda Redfern bjredfern42@aol.com

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INFORMATION PAGE.

Important and Useful Telephone Numbers.

Parish Council

Parish Clerk - Pippa Winson, 37 Ullswater Avenue, South Wootton, Kings Lynn PE30 3NJ

01553 674382 runctonholmepc@btinternet.com.

Linda Brady

Derek Caley

Chris Garner

Shaun Partridge

Bob Pearman

Brenda Redfern

Chris Snell

Ray Wales

Borough Council 01553 616200

Borough Councillors Michael Howland

Geoff Hipperson.

County Council 0344 800 8020

County Councillor: Brian Long 01945 430169

Elizabeth Truss MP 01842 766155

Church Wardens: Eve Thomas 812094

 Brenda Redfern 811212

Medical Centre: 01553 810253

 Emergency(out of hours) 01603 488488

 Pharmacy 01553 811045

Hospital 01553 613613

Urgent Medical Assistance 111

Life Threatening Medical Emergency 999

Police: Non emergency 101

Electricity emergency 0800 783 8838

Gas emergency 0800 111 999

Public Road Water Leak Anglian Water 0800 771 881

Runcton Holme School 810394

Cats Protection League 01366 382311

Brambles Animal Sanctuary 01366 388456

Downham Market Library 01366 383073

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