**Runcton Holme News & Info December 2018**

**SEASONS GREETINGS**

Welcome to the latest edition-everybody, who is eligible have you had your flu jab???

**Fund Raising**

Les Gaskins 75th Birthday Party at the Social Club raised £1,325 which went to the Prostrate Cancer Unit at the QE – admission was free, the caterers provided their services free as did the musicians attending, Les provided the food and there was a box for cash donations, the weather held out – a good time had by all.

Val Williamson and crew held what has become their Annual Garden Party, weather good, plenty of cake, tea and coffee, plenty of people attended and £550 raised which went to the Macmillan Unit at the QE-well done to all involved.

The above two items raises thoughts as to how much the respective wards at the QE and other hospitals benefit from these cash injections (excuse pun), there are many other fund raising events held where local hospitals benefit. National Charities seem bogged down in management and scandal and much money is lost in administration.

The Norfolk Buskers held a session at the Social Club and raised £355-65 for BBC Children in need, this was part of a larger effort by the Buskers which totalled £1484-07..

The local Model Railway Group held an event along with other Groups and a surplus after minor expenses of £226-05 was donated to the East Anglian Air Ambulance.

**Scammers**

There have been numerous reports recently of instances of data theft and other attempts to obtain information by fraudulent means.

If you receive emails from people or companies that you do not know beware and do not open any attachments-use the delete key. Hackers can use an email address from somebody you do know and send out phishing emails hunting for information-beware. Keep your firewalls up to date, use webmail to view your emails before downloading messages or using a mail browsing system such as Mailwasher.

Your Bank, HMRC, DVLC, District Council, Internet Service Provider and other organisations will never contact you by email or telephone for information. Watch out for the telephone call saying your pc is having problems; it will be a scam trying to get information.

Rogues are also sending out letters through the post- put them in the bin.

Door Step callers are another lot to be very wary of, get a vehicle registration number if you can and report it to the Police.

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**First Aid**

There is a possibility that a course run by St John Ambulance might be available to anybody wanting to learn what to do in case of an accident or emergency if interested please contact Pippa Winson – see Information Page.

**NEWS FROM THE MEDICAL CENTRE**

Obesity - our modern epidemic

Many people in the UK “carry a bit of extra weight” – it has almost become the norm 62% (nearly 2 out of every 3 people) being overweight and 27% (more than 1 in 4 people) being medically obese.

**Obesity is often caused by consuming an excess of calories** – primarily from sugary, fatty foods – which you do not burn off during the day (through exercise and normal activities). It is much easier to buy and eat foods that are high in sugar and fat than it used to be; we all live busy lives and it seems quick and easy to use pre prepared foods and if we get something we can cook in its packaging we don’t even have to do the washing up afterwards! Obesity can not only reduce quality of life and the ability to be active but it increases the risk of many diseases and conditions, including;-

* Heart disease
* Type 2 diabetes
* High blood pressure
* Cancers including bowel, breast, uterus, oesophageal (food pipe), pancreatic, kidney, liver, stomach, gallbladder, ovarian and thyroid. In fact obesity is the 2nd commonest preventable cause of cancer after smoking.
* Joint problems
* Obesity can also have a negative impact of mental wellbeing.

It is often difficult to change the habits that have made the weight go on but it is really worth doing and many of the conditions it causes or aggravates can be reduced or even cured by losing some of the excess weight. Even a 10 percent loss of weight has been proven to give significant improvements in health. Now that the supermarkets have a bit more competition it is possible to buy better food more cheaply. If you spend 15 minutes out of your 960 waking minutes (that’s about 1 and a half percent of your day!) making your own Bolognese or shepherd’s pie – it will be less fatty, less full of chemicals and tastier and cheaper than buying ready meals for the family. Of course we live in the real world and sometimes we need short cuts and treats, don’t make your life miserable but try making some small changes and see how you get on.

By decreasing the calories you eat and increasing the calories you use up by walking the children to school instead of using the car, planned exercise such as going to the gym, walking the dog a bit more briskly and for an extra 5 minutes each time, or even just parking further away from the office, using the stairs instead of the lift or getting off the bus a stop early, or dancing about in the kitchen while you cook the kids’ tea you will find it easier to start to shift the pounds. You will have more energy and feel better in yourself. Stick with it for 3 weeks and see if it makes a difference.

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**Parish Council Vacancy**

There is a vacancy on the Parish Council for a Councillor,-see how your Parish ticks; contact Pippa Winson our Parish Clerk-details on the Information Page.

Your Parish Council normally meets the first Tuesday of the month at 7-30pm in the Church Hall. Next Meeting will be on 8th January 2019.

**Village Meet Coffee Mornings**

Dates of Forthcoming Coffee Mornings:

Friday 14th December with Raffle

**Neil’s Corner (**an occasionalcomment on life in general and Village Life in particular)

The year is fast drawing to a close, where has all the time gone? What have we done with it? Have many of us remembered that this has been the Centenary year since the forming of the RAF? Can we as a nation continue to rely on the bravery of its young people and the skill of those who train them?

I have recently completed a project centred around this centenary year for the RAF Museum at Marham, and yes there is one there open two days a week, for those who are interested in how our Nation is defended.

To me it is truly amazing how in 1914 we were so ignorant and totally unprepared, until eventually our inventors came up with a flying machine made of no more than balsa wood and dope and an elementary machine gun!

Let us now leap ahead to another conflict when another batch of heroes was created, 1939-1945, even having observed a certain German Dictator experimenting with killing in Spain, we were still totally unprepared in September 1939, the Mk1 Hurricane was manufactured from wood and material, it had enough ammunition for fourteen seconds and the Browning machine guns fired smaller bullets than a farmer uses to control large vermin! So once again we initially went to war with little more than “Pea Shooters” against a determined and vicious enemy, relying on 17-25 year olds to make the ultimate sacrifice to defend our people and our land!!

So if you see this old but proud Brit staring upwards to the heavens it might not be because of a bird calling but to gaze upon an expensive piece of Technology called a F35B Lightning with an approx. price tag of £100m, am I concerned, definitely not, whilst I accept our politicians are far from perfect, in the twilight of my life I have no desire to succumb to any foreign power and whilst we have brave men and women to call upon our Nation will remain imperfect but British!! and PREPARED!

Note: The museum is near to the main gate and opens every Tuesday and Wednesday 9-00am to 4-00pm and the last Saturday of the month 9-30am to 4-00pm- Admission is FREE!

Having lived in the area for many years, I never knew of the existence of the museum. Reading the above and listening to the jets often flying overhead this place must be worth a visit (BP).

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**Magpie Centre**

Events have been moving fast at the Magpie Centre, home of West Norfolk Riding for the Disabled Association.

In response to last month’s appeal for volunteers, especially trustees, we are delighted to welcome a new Child Protection Officer, plus several other roles have also been filled.

However, we are still in need of a new Treasurer. Maybe you’ve recently retired, or for some other reason have more time on your hands now. Experience with horses and/or people living with disabilities is not essential, but if you have a flair for bookkeeping, and want to join a friendly team, please call the Magpie Centre on 01553 810202 or our Chairwoman, Rosie O’Grady on 01366 500104 for an informal chat.

October 20 saw our very successful Quiz with Hog Roast supper, held at Watlington Village Hall. We had more than 100 participants, divided into 18 teams, and made just over £1,400 profit for the Centre.

This was very timely, as the Centre’s 14 equines consume around £6,000 worth of hay every winter. If you’d like to donate a bale or two at £4.00 each, just log on to [www.rda-westnorfolk.org.uk](http://www.rda-westnorfolk.org.uk) and click on the Donate button. Or if you prefer, send a cheque, payable to WNRDA, to the Magpie Centre, Wallingon Hall, South Runcton, Kings Lynn PE33 0EP. All donations, however modest, are very much welcomed.

If you are a UK taxpayer and would like us to claim Gift Aid on your donation, just email, write to us or call 01553 810202 and we’ll send you a Gift Aid form.

Meanwhile, a Happy Christmas to everyone, and thank you all, as a community, for your continuing support for the Magpie Centre.

**A Guitar for Christmas-SJ**

 Back in the December 2017 issue (doesn’t time fly) I made some points about purchasing a musical instrument, whilst the points I was making are still valid, Lewks shop in Downham Market has ceased trading which is a pity as it was a good source of strings, plectrums and other bits and pieces as well as a decent range of tutor books, electric and acoustic guitars for the beginner and ukuleles.

Nearest retailer now appears to be in Norfolk Street in Wisbech, they have been there a number of years so should know their subject.

I notice on passing that Marshland Stoves in the High Street in Downham are selling what appears to be secondhand equipment and some bits and pieces-must drop in and have a look.

**Playground**

Some may have noticed that the old climbing frame has gone it no longer met current safety standards. With the aid of a grant, a new frame has been purchased and installed with safety matting underneath. Hopefully this new structure will give a number of years of service and be appreciated by the users of the play area.

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**PARISH CLERKS and ADMINISRATORS**

For centuries affairs of the parish were administered by its vestry, an assembly or meeting of parishioners or their representative elected to make the decisions about the running of the parish and its responsibilities were both ecclesiastical and secular. In other words the civil and ecclesiastical parish were one and the same thing and the boundaries were coterminous. Key members of the Vestry were the elected churchwardens (a left- over of that today is that anyone living in a parish can still vote for churchwardens), the parish priest (who was usually a rector or vicar) and the parish clerk. The parish clerk was paid for by the rates and had a key role in the life of the church as well as the wider parish. He kept the registers and did much other church administration. In churches where there was a three-decker pulpit he sat in the bottom pulpit and led the response etc. in the services.

At one stage at his induction into office the clerk received the holy water and sprinkler but in 1548 the parish clerk's duties were redefined and the custom of holy water sprinkling was abolished. The clerk then began to be an assistant to the churchwardens in collecting money for the benefit of the poor as well as continuing in some of his other functions. Parish clerks were appointed on the nomination of the parish priest. During the 19th century the responsibilities of the Vestry for the Civil parish administration were gradually removed and the civil and religious parishes we know today evolved. From 1894 onwards significant changes were made and in the split into civil and religious parishes the churchwardens remained with the church parish but by 1921 the clerk went to the civil parish. From this point on the church parish had no professional administrator and the duties were carried out, often very inefficiently by the parish priest or his curate. Parishes now no longer have curates and the parish priest instead of having one parish now has up to twelve parishes and churches to administer, a task for which they are neither called nor trained.

Many rural and town parish now have Mission Administrators paid for jointly by the PCCs in a benefice. Their task is to relieve the priest of the administration so he/she can get on with his/her calling , that is the “cure of Souls”, which includes responsibility for supervising worship, pastoral care (including baptism, weddings funerals visiting especially the lonely and vulnerable etc.) and Christian teaching in the parish (including in the church schools). In our case, Ely diocese has agreed to help with costs of the Administrator for the first three years.

So the role of parish clerk/mission administrator is not a new one, we are re-learning out of necessity old practice. Our congregations are dwindling and getting more elderly in many cases while the priest (if there is one) spends more and more time on paperwork and routine admin. The mission of the priest is set out in the Great Commission of Matthew 28 where Jesus says to his disciples “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.” The task of the Mission Administrator is to free up the priest to do just that. It is not a new role, but an old one rediscovered.

William Burke

**Church Office** -West Norfolk Priory Group Office in Downham Market mobile - 07596 707469

22/29 Bridge Street, Downham Market, PE38 9DW.

Mission Administrator for the Priory Group - Louise Vigus

 email - louise.vigus@westnorfolkpriorygroup.co.uk

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**Forthcoming Services at St James, Runcton Holme.**

Sunday 9th December 11-00am Holy Communion. Rev Alan Bennett

Wednesday 12th December 7-00pm Carol Service. Cate & Steve Waters

Thursday 20th December 10-00am Holy Communion. Canon Derek Brown

Sunday 6th January 11-00am Morning Service. Lay led.

Sunday 3rd February 11-00am Holy Communion.

Sunday 3rd March 11-00am Holy Communion

Sunday 24th March 11-00am Holy Communion

Sunday 14 April 11-00am Palm Sunday. Holy Communion Canon Stephen Leeke

We have a Lay led Morning Service on the first Thursday of the month at 10am

Our Carol service on Wednesday 12th December at 7-00pm is a family service, with readings and our favourite Carols. After the service seasonal light refreshments will be available.

Everyone is most welcome at all our services

**Footpath to School**

The footpath to the school has been widened between the village and the allotments with the aid of a grant this section now conforms to current regulations as to the width.

That just leaves the footpath along the allotments which is too narrow for parents and others walking to the school with children. Representation has been made to Norfolk County Council Highways to widen the path but as this is an old path, they are under no obligation to carry out any works, if this had been a new path then it would have been laid to confirm to current regulations. It has been pointed out that there is a safety aspect here but Highways do not consider this to be so.

If funds are available, Highways will carry out necessary work, the Parish Council can obtain a grant towards the cost but the Council does not own the allotment site, this is owned by the Elizabeth Hewitt Charity Trust and the allotment holders pay to the trust an annual rent which just covers costs in maintaining the allotments. The allotment holders adjoining the hedge alongside the footpath would have to be consulted as they might lose a small stretch of land. Any surplus funds in the Trust are for the benefit of the poor widows of the Parish,

The last registered Trustee with the Charity Commission was Father James and he has now left the area, the church wardens are collecting the rent and are custodians of any monies received but have no authority to spend it. To get the path widened would involve the Charity Commission as the land required for widening forms part of the assets of the Trust and approval would be required.

The situation appears to be in a stalemate situation, one option would be for the Parish Council to apply to the Charity Commission to be appointed the Trustee then the site could be recorded with the Land Registry and negotiations and work could commence.

**Telephone Boxes**

Both telephone boxes have had a clean and been repainted-thanks to those involved in the work.

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**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:-

Jammimg Sessions-pre-booked lunch available:-

Sunday 9th December

Sunday 13th January

Sunday 17th February

Sunday 16th December-The local O Gauge Model Railway Group will be holding their annual Christmas lunch and there will be some trains running in that scale, some traders will also be present-starts about 11-00am.

**Christmas Eve Monday 24th December**-Listen or Dance to the music provided by Glyn Long, Prize Draw-Irish Bingo-Doors Open at 7-00pm Music starts at 8-00pm

Members FREE admission Non-members £7-00. Event in conjunction with the Country Club

**New Year’s Eve 31st December** Club opens at 7-30pm until late- Disco organised by the Country Club-entry to the function area £3 adults (adults with children free in the bar area only).

For other functions/events see the noticeboard outside the Club or pop in and ask.

If anybody is interested in helping organise anything or has some ideas for viable events then please let the Club know.

Monday evenings-Darts, Tuesday evenings Cribb, Wednesday evenings Ladies Darts, Thursdays Live Country Music-want to dance, sing or listen then come along.

From - A Tindered Choir.

Our Christmas Tree is

not electrified, is not

covered with little lights

calling attention to themselves

(we have had enough

of little lights calling attention

to themselves). Our tree

is a cedar cut here, one

of the fragrances of our place,

hung with painted cones

and paper stars folded

long ago to praise our tree,

Christ come into the world.

          By Wendell Berry.

**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 27th February. 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

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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