

FOCUS

January/February 2014

THE **WINTER PARTY** WILL BE ON **MARCH 15TH** IN THE VILLAGE HALL.

New for 2014 is the "Generation Game" which is a re-incarnation of Bruce Forsyth's TV show. *Do you all remember the cuddly toy?!* We are looking for teams of 6 to compete, with 2 members of each team from 3 generations (0-20, 21-50, 50+). These do not need to be from the same family. **Contact Mark on 01473 736716 to guarantee a team place.**



Tickets available from Pat Nunn from February.

Short mat bowling is played in the hall from 6 till 8 on a Tuesday.

This may not continue due to lack of numbers. If you would like to try it, now is the time to come along!

If there is more interest, but the time is putting you off, it can probably be rescheduled.
- John 736238 -

COFFEE MORNINGS continue in 2014 on the **first Thursday of every month**

Home made cakes with a fresh brew will be available and, as usual, the book swap and loan. **We now have a bookcase sited in the reception area of the hall, so please help yourself at any time to the books.**

If you know of anyone who may need transport assistance to get to the VH, please let us know (01473 736696)

Home made cake donations are always welcome and we will refund your ingredient costs.

Pilates will begin again on Friday 10th January with two classes: 13.00-14.00 and 14.10-15.10 This will be a six-week course, costing £39 or £9 drop-in, space permitting.

Apart from the core strengthening and releasing we do every term, the focus this term will be specifically on the hip and pelvis as promised. We won't forget the upper body though, and I've got some great new movements for the shoulders too... *Kat Hesse*

Knots-Therapy Holistic Massage

Thursday 23rd January
Available from 1.45-5pm

Please call Charlotte on 01394 383088 or 07868849921 to book an appointment



February's talk by the Wildlife Group will be presented by Waldringfield resident Peter Maddison, about Suffolk Butterflies.

Saturday 8th February,
11.00am in the Kennedy Room

£2.00 admission for non-members
- donations welcome from members



Eastern Angles have confirmed Tuesday 22nd April 2014 to bring their touring production of *Palm, Wine and Stout* to the Village Hall.

Thanks to Liz who raised £157.30 from **the Cake Stall** and has kindly donated the funds to the Village Hall! ☺

Waldringfield Village Hall Winter Talks series

All meetings start at 7.30 pm. The entrance charge of £3.00 covers tea/coffee and biscuits in the interval.

In January, we could get our first sight of snow, courtesy of Neil Winship, who will use his collection of stunning slides to help illustrate **Climbing in the Everest Massive**, a tale of the 1975 Joint British and Nepalese Army expedition to climb mount Nuptse. The scenery is superb; the tale is one of considerable bravery and some sadness. *Please note that this talk is on the second Thursday of the month i.e. 9th January 2014.*

On Thursday February 6th. Tony Smythe, retired Ipswich solicitor and a humorous raconteur of repute, will describe his harrowing rallying experiences of 2013 in his talk entitled '**From Peking to Paris in a 1960 Rover**'.

Please note a change of plan for March and April – the Waldringfield History Group has decided to have a fallow year; consequently, the medical mystery tour 'Was Caesar's mother too posh to push?' will now take place on Thursday April 3rd. On March 6th we will hear from members of the National Coastwatch Institution – more details next time.

A new power station in the village

Shortly before Christmas, a set of photo-voltaic solar panels was installed on the rear roof of the Village Hall by a local firm, CJ Electrical. The black panels with their black frames fit in well against the background of the slate roof.

The panels are expected to generate between 3,200 and 3,900 kilowatt hours each year. The first call on the electricity generated will be for the hall itself and any surplus will be exported to the national grid at an inflation linked tariff.

A recent increase in the use of the hall, together with successful fundraising, has enabled the Trustees to make this investment which should reduce the running costs of the building over the next 25 years, as well as lowering the carbon footprint of our community activities.

Dear Waldringfielders, Huge thanks go to Pat Nunn and Don Hackett for delivering Focus to Hemley and parts of Cliff Road and Sandy Lane. The VH Committee is now looking for volunteers willing to take over their rounds. This involves dropping Focus through 25 letterboxes every couple of months. Please contact Trisha 736754, Colin 736506 or Libby 736523

Fruit Tree Pruning on 25th January 2014 10:00-16:00

Hurry if you'd like a place, it's filling up fast...!

**Fruit Tree Pruning Course with
Organic Fruit Farmer Marina O'Connell
£10 per person - refreshments included
Followed by Fruit Tree Grafting Practice 2pm – 4pm**

Learn how to graft your own fruit trees with the exact variety that you wish to grow (you may bring prunings from your own trees or use the varieties that we have collected).

This is a free session where participants need only pay for the cost of the root stocks used.

If you would like to book for either session, please contact Mariah Skellorn mariahszellorn@hotmail.com
01473 736485 or 0770948597

DATES FOR YOUR DIARY

9 th Jan	Neil Winship Winter Talk
10 th Jan	Pilates course restarts
23 rd Jan	Knotts Therapy
25 th Jan	Fruit Pruning
6 th Feb	Tony Smythe Winter Talk
8 th Feb	Peter Maddison Wildlife Group talk

Coming up...more details next time...

6 th March	Winter Talk
15 th March	Winter Party
3 rd April	Winter Talk
22 nd April	Eastern Angles



Many people in Waldringfield communicate via a group on the internet called 'Waldringfielders'.

Once signed up, it is as easy to use as sending an email. In fact, sending an email is exactly what you can do and it will reach everyone in the group. It is open to anyone with a village connection and is used for anything from alerting people to flood warnings to asking for help to find a missing cat (just a couple of recent postings).

How do I get access? It involves a sign up process which, when completed, does not need to be repeated.

To sign up, send an email to: waldringfielders-subscribe@yahoogroups.com

You will then receive an email back with instructions that you need to follow.

It will begin with a link which you need to click on. This will take you to a web page where you need to sign in to 'Yahoo Groups'.

NOTE:-To sign in to Yahoo Groups you need an ID and password.

You may already have a Yahoo ID that you can use. If you are a btconnect or btinternet customer, you can use your username and password. If you don't already have one, you can make one up.

It involves a couple of forward and backward emails for security, but you should then be signed up.

If you have tried and failed to sign up, drop an email to steve@helimove.co.uk.