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Welcome

December already.....!!? How did that happen!

We have lots of things in this edition to get you into the Festive Spirit!

It's not Christmas without a panto....*oh no it isn't.....!* This year it's Cinders' turn at the Marina Theatre in Lowestoft and they are delighted to announce that her Prince Charming will be played by Jaymi Hensley from popular boyband Union J. Cinderella will open for its first public performance on Tuesday 14th December and tickets are available via the Box Office and website (see page 12)

If you are looking for 'someone' special to spend the holidays with, Brigid from Catalyst Matchmaking is on board to help (page 3)

The Hippodrome Great Yarmouth is getting ready for another blockbuster version of It's Christmas Spectacular 11th Dec to 9th Jan. The festive show, which is now firmly a Norfolk tradition, will see circus acts from all over the world come together and a Christmas extravaganza like no other. (see page 8 for more details)

This year Norwich Puppet Theatre is presenting a brand-new version of Pinocchio. It's a fast-paced journey of self-discovery, as the puppet Pinocchio tries to find a heart and become a real person. Promising puppetry, slapstick humour and live music, this adventure story is suitable for ages 4+. Performances are from Saturday 18 December - Tuesday 4 January (see page 11 for more details and to book tickets)

Need a break from all that christmas shopping.....? For delicious food, relaxing modern surroundings and a warm friendly service, why not pop into the newly refurbished George Hotel and Arlington Bar, coffee lounge and bistro for a well deserved rest and something delicious to eat?

Zena has treated us to a Vegetarian Christmas Dumpling this edition and you can find the fabulous recipe on page 21.

Finally i would just like to thank all the advertisers, contributors and readers for all your continued support this year! We couldn't do this without you! Wishing you and all your loved ones a very merry Christmas & a happy, healthy New Year!

See you in 2022!!!

Kellie xx



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COPY DATE DEADLINE FOR NEXT ISSUE: 14TH JANUARY

Catalyst Matchmaking



Meeting a great partner is life-changing, it affects every part of your life and future, not only for you but for your friends and family too. I was a confident social butterfly, but I was shocked at how online dating actually got me down. I was distracted by work and as time drifted by, I avoided dating. I would have loved some support.

At Catalyst Matchmaking (formerly Dinner dating) we want to offer support, ideas and our experience to find your confidence. We offer the chance to introduce you to people whom we have vetted. We are part of a professional matchmaker's network.

We hold events just for single people. If you have a profile done for only £20, you are on our books we know about you. Having a profile done does not guarantee matches.

Our members have priority and we are looking for them all the time, even headhunting.

www.catalystmatchmaking.com



LOVE TRIANGLES at UEA

Love Triangles is the intriguing season title for UEA Drama's celebration of the plays of extraordinary playwright Caryl Churchill, hailed by The Guardian as one of theatre's most innovative and provocative dramatists.

Third year drama students will present two of her plays, Love and Information and Blue Heart at UEA Drama Studio, running on alternate days between Tuesday 7th and Sunday 12th December. The plays, which address questions of identity, politics and love,

are extremely relevant in the current worldwide climate of political and personal uncertainty.

Blue Heart comprises two short plays, Heart's Desire and Blue Kettle. A kitchen sink drama with a distinct sense of humour, Heart's Desire features an extraordinary cast including mother and father, a daughter returning from Australia, two gunmen, a government official, a dead body, a hoard of small children and a ten-foot-tall bird!

In Blue Kettle a con-man convinces elderly women that he is their long-lost son. As his lies unravel, the characters literally lose their ability to speak coherently until they're babbling monosyllabic nonsense.

Love Triangles Director James Robert Carson said 'Caryl Churchill is one of our great playwrights, an exceptional wordsmith who has a profound fascination with language. These plays have very open structures which invite the director to visualise the settings, making each interpretation a uniquely entertaining experience'.

UEA Theatre Productions offer high quality, professionally directed, accessible, theatre, with high production values at affordable ticket prices that showcase the talents of UEA third year drama students, past productions have given early exposure to the likes of Matt Smith (Doctor Who, The Crown, Official Secrets etc), Olivia Vinall (The Woman in White, National Theatre Live: King Lear), and Greg James (BBC Radio 1 Breakfast Show). Will there be a star in the making in this year's shows? You'll have to go along to find out!

Tickets are priced just £7 (£5 concessions) and can be bought via www.lovetriangles.co.uk where you can also find full information about dates and times.



The Norwich Dandies



Photo credit: Dan Fox

Local arts collective The Norwich Dandies were delighted to win the EDP People's Choice Award Winners for Best Small Arts Organisation.

The award came at the end of their hugely successful 'The

Great Dandy Mural Project', painting murals for centres for adults and kids with disabilities and community hubs.

The Dandies would like to thank all their supporters for a fabulous end to a wonderful year. The murals have taken them to some truly great places in the community and they look forward to continuing their creative work with the people of Norwich and Norfolk.

Previous Dandy projects have included their popular 'Dandifest!' art festivals, 'Dress Paint, Pose like a Dandy' arts workshop tours and numerous gallery exhibitions celebrating LGBT+, people with Disabilities, feminist activism and mental health awareness.



Photo credit Dan Fox

Check out more of their work at www.norwichdandies.co.uk and follow @NorwichDandies on Facebook, Instagram, Twitter and Youtube.

The Neutrinos return from CoP26 with two shows

Art-rock mavericks The Neutrinos have been at the cutting edge of music making for 20 years. Their KlangHaus show deconstructed the way a rock gig works and became a smash hit at the Edinburgh Festival, going on to sell out over 100 performances at London's Royal Festival Hall. The Times described them as 'A blast of aural and visual magic'.

After trialling it at UEA's Tyndall Centre for Climate Change Research, in November they took their revolutionary new show Darkroom to Glasgow's COP26 UN Climate Conference. Now they're back and preparing for two shows at Norwich Arts Centre on Saturday 11 December.

These will be presented as individual stand-alone shows. The first, at 4pm, will be a complete performance of their forthcoming album Ordinary Things to a seated audience, with the second an 8pm a standing show of two sets. First up will be a repeat of the Ordinary Things set followed by a full-on electric set.

Lead singer Karen Reilly explained 'During lockdown we made an album of all the songs that fell down the back of the sofa over the past few years.' Titled Ordinary Things it's anything but an everyday album, featuring the slower, quieter songs that populated the corners of KlangHaus. Ordinary Things will be released early in 2022 'but we wanted to share these dreamy, lushly orchestrated beauties with you now' she added.

The second, electric set in the 8pm show will feature songs from another upcoming album we're planning called Noise Please, an explosive release of words and noise plus elements of Darkroom. It'll be loud, it'll be quiet, it'll be classic Neutrinos'. Please note there will be no support act for either show. The Neutrinos will be onstage at 4pm and 8pm prompt



www.neutrinos.co.uk

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Norwich Theatre Presents 'Robin Good'



Inspired by one of the most legendary heroes of all time, Robin Good: The Politico-Panto is panto's sassy, smart-mouthed and irreverent cousin, providing sharp-witted satire this Christmas, playing at Norwich Theatre Playhouse from **Wednesday 8 to Sunday 19 December 2021**.

It will be brought to life by Norwich Theatre's in-house production team, who are also behind the much-loved Norwich Theatre Royal pantomime. Directed by Chris Cuming and written by award-winning Norfolk playwright and Norwich Theatre Associate Artist James McDermott (Rubber Ring, CAMP, Time and Tide), Robin Good is Norwich Theatre Playhouse's second in-house Christmas production after its sell-out run of A Circus Carol in 2019.

Expect much local humour and satirical references as our hero tries to stop Norfolk becoming a playground for the super-rich. It features a brand new musical score from an exciting young composer and arranger, Max Gallagher plus an ensemble cast of brilliant actor-musicians who will play a huge range of different instruments live throughout the show.

Local talent Will Arundell will play Barry, The Sheriff of Norwich. Will is from Norwich, and eager to be returning to Norwich Theatre: "I'm so excited to be in Robin Good. I've been very lucky that I've had a varied career since graduating, but a lot of shows I do are incredibly serious – I usually end up playing murderers or psychopaths. It's really exciting to be going into something which is pure silliness. Although the show has a political message, at its heart it's a panto. And playing the baddy is the best role! This show is a chance to see something different this Christmas – it truly is panto turned on its head. A chance to see four people playing every role in a panto and practically every instrument there is too!"

Robin Good, our young queer socialist vegan social media influencer hero, will be played by Richard Upton. Prior to lockdown, Richard toured Australia and New Zealand performing the music of Frankie Valli and the Four Seasons. He also played the role of Harry Sparrow in the musical 'BRASS'.

The role of Marion will be played by Aveen Biddle. Her theatre credits include Kinky Boots, the UK tour of Pinocchio, and the China tour of Titanic Dance. Aveen's TV credits include two BBC productions: Spill it and In Cold Blood. Film credits include Five Minutes of Heaven (Big Fish Films).

Mike Lloyd will be taking on the dame role, as Dame Stratton Strawless. He has West End experience as High Pockets Duncan in Buddy and has toured the UK with This is Elvis, Saturday Night Fever, Dreamboats and Petticoats, and Return to the Forbidden Planet.

Robin Good is produced by the strong in-house creative team led by Creative Director Stephen Crocker with Creative Programmes Director Wendy Ellis acting as Producer and Technical Director.

The show promises an uplifting Christmas experience, celebrating diversity, community and the enduring triumph of right over wrong.

norwichtheatre.org/whats-on/robin-good-the-politico-panto



The Hippodrome Great Yarmouth is readying for another blockbuster version of its **Christmas Spectacular 11th Dec to 9th Jan**. The festive show, which is now firmly a Norfolk tradition, will see circus acts from all over the world come together and a Christmas extravaganza like no other. All set within the historic Hippodrome Circus arena it's a truly unique and magical experience for the entire family.

This year there is also some very exciting ways to enjoy delicious food and drink during your visit. Firstly, The Hippodrome has recently opened **Cafe 1903** next to the circus entrance, a stunning new coffee shop and cafe, serving freshly ground artisan coffee and tea, along with freshly baked cookies, cakes, and cinnamon swirls. They also offer a range of handmade sandwiches, bagels, and paninis. The cafe itself is adorned with vintage circus memorabilia from The Hippodrome's collection. It's the perfect place to start or end your visit to the circus.

Ticket holders for the Christmas Spectacular will also be eligible for an amazing **10% off** all food and drink at **The Empire** another one of our iconic buildings.

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The Empire hosts 3 guest street food traders, ranging from wood fired pizzas, stacked burgers and Mexican inspired vegan and vegetarian food. There is also vast craft beer and cocktail bars along with regular live music events. Families are very welcome and it's the perfect place to enjoy some food when you visit The Hippodrome.

The Empire will be open in line with the Christmas Spectacular dates throughout **December from 12pm daily**.

After record-breaking Sold-out Summer and Halloween shows we recommend you book early for the famous Christmas Spectacular 2021.

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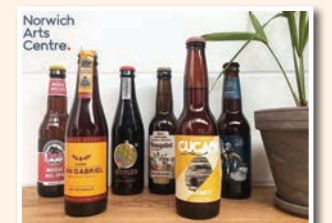
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Tue 21 Dec - 8pm
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Categories: Country
Price from **£13.50**

Wed 19 Jan - 8pm
Round Midnight Presents Vels Trio
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Thu 27 Jan - 8pm
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Get set for a family adventure story at Norwich Puppet Theatre this Christmas...

Christmas shows are back - and what better way to introduce (or reintroduce!) your little ones to the magic of festive theatre than with a family show at Norwich Puppet Theatre.

This year, Norwich's most charming venue is presenting a brand-new version of Pinocchio. It's a fast-paced journey of self-discovery, as the puppet Pinocchio tries to find a heart and become a real person.

Promising puppetry, slapstick humour and live music, this adventure story is suitable for ages 4+ and tickets are just £9 or £32 for a family of four.

- Performances are from **Sat 18 December**
- **Tues 4 January** (excluding Christmas Day and New Year's Day). The Theatre is still running with reduced capacity and encouraging adult audience members to wear masks.
- The Theatre is also back to offering in-person creative workshops. Enjoy festive family puppet making with Merry Marionettes, **Tues 21-Thurs 23 December**.
- These workshops are for ages 5+ and grown-ups get to make their own puppet characters too.
- For more information and to book, visit puppettheatre.co.uk

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Everybody's Talking about Jaymi Hensley!



Union J band member to head up Panto Cast in Lowestoft this year...

Due to the Covid-19 pandemic the yearly Marina Theatre panto had to be cancelled last year, but this December, Cinderella shall go to the ball!

The Marina Theatre are delighted to announce that her Prince Charming will be played by Jaymi Hensley from popular boyband Union J. The band formed on the ninth series of The X Factor in 2012. They went on to win Best British Breakthrough at the BBC Radio 1 Teen Awards in 2013, earned 2 Official chart number 1 singles and, amassed 50 million streams plus 1 million combined UK Single and Album sales.

In 2020 Jaymi joined the official line up of Hits Radio Pride UK - the first ever national LGBTQ radio station.

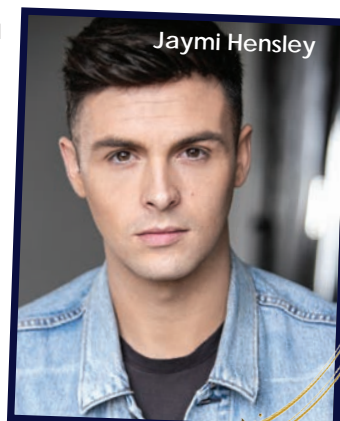
Jaymi trained in Musical Theatre at the BRIT School and the prestigious Sylvia Young Theatre School where he met fellow Union J founder Josh Cuthbert. In recent years Hensley has returned to the Musical Theatre world, including performances in Peter Pan,

Joseph in Andrew Lloyd Webber's UK tour of Joseph and His Amazing Technicolour Dreamcoat, and most recently in drag show 'Queenz'

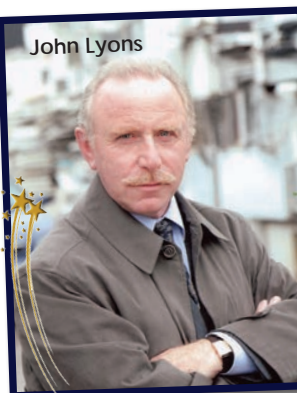
Jaymi is very excited to be in Lowestoft for the Christmas season, as he started his professional career in Hopton in 2008 at Broadlands Sands Holiday Park.

The Cinderella cast will include Lowestoft's favourite Terry Gleed as Buttons, who is in Lowestoft for his 6th Marina Panto; TV's John Lyons as Baron Hardup.

Jaymi Hensley



John Lyons



Diabolical double-act Lav & Lou will reprise their role as the Ugly Sisters - the pair last appeared at the Marina in 2013 and caused quite a stir in the region, even joining the staff at Norwich Railway Station. Naomi Slater - who played Tiger Lilly in 2018 - returns as the magical Fairy Godmother and Anna Morgan will take up the title role of Cinderella.

Lav & Lou



Marina Chief Executive, Emma Butler Smith: "Going a year without Panto was a real strain for us. Financially it was a huge blow, but more than that Panto is the time of year when we get to engage with the broadest cross section of society in Lowestoft and the building really comes to life as a result. All our staff are able to embrace the Panto-spirit and celebrate together, so having Cinderella back on the stage this year will be a massive boost. We're really excited to be welcoming Jaymi Hensley to Lowestoft this winter, and along with the rest of the cast, we're setting up to deliver our best Panto yet!"

Pantomime Producer Paul Holman: "We are delighted that Jaymi is appearing as the Prince in Cinderella and he comes to us having previously played the title role in Aladdin and twice as Peter Pan at The Birmingham Hippodrome and Southampton Mayflower."

Cinderella will open for its first public performance on **Tuesday 14 December** and tickets are available via the Box Office and website.

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Not for Profit Law Gifts £5,000 of their profits to Norfolk Community Foundation

After their first three months of providing legal advice to residents in Norfolk, newly formed social enterprise, Not for Profit Law, have gifted £5,000 from their profits to their partner charity **Norfolk Community Foundation**.

Claire Cullens, CEO of Norfolk Community Foundation, commented: "Our work is only possible because people and organisations like Not for Profit Law care about local communities and want to take action. We are enormously grateful and excited to receive this donation. It will be put to immediate use supporting charities working on the frontline in Norfolk communities".

In addition to the gift made by Not For Profit Law, clients who have benefitted from free advice have also generously made personal donations in excess of £2,000.

Not for Profit Law was founded by Laura van Ree and Trina Worden, two experienced local solicitors who left well-known law firms earlier this year with a view to creating a more philanthropic legal model. Through Not for Profit Law, Laura and Trina advise on Wills, Tax, Probate and Estate Administration, Trusts, Powers of Attorney and the Court of Protection matters. Their rates are lower than traditional law firms and they feed the profits they make back into the local community.

Laura commented:

"We are thrilled to have made such a brilliant start. We are confident that as more and more people learn about what we are doing, and hopefully choose to come to us for advice and assistance, the funds we can direct to Norfolk Community Foundation will be even greater".

Not for Profit Law offer free initial probate advice to anyone who is responsible for dealing with the estate of a loved one and currently provide a free Will review service. Trina commented: "We want to ensure that people who need to do so can access free advice and guidance at Not For Profit Law. We are fortunate to be able to do the job we love and also help the local community at the same time."

For more information about Not for Profit Law, to have a chat or to make an appointment, contact Laura and Trina on **01603 555440**, enquiries@notforprofitlaw.co.uk or take a look at their website www.notforprofitlaw.co.uk.



FREE PROBATE ADVICE NOT FOR PROFIT LAW

Find out about the legal side of things when someone dies. Community Interest Company

There can be a lot to think about when someone dies, at what is almost certainly a very emotional time. For that reason, we offer a Free Initial Probate Advice service to anyone who has lost a loved one, or is in charge of dealing with an estate, to help you understand what needs to be done and when.

Usually it is the Executors appointed under a will who are responsible for dealing with things. If there isn't a will in place it falls to the ultimate beneficiaries of the estate (who take on the role as Administrators).

It may be that the estate is relatively straightforward and you just need to be pointed in the right direction, perhaps with some reassurance that you have got everything covered. We are happy to have a chat if that is you. If the estate administration is more complicated, you may want some assistance completing the tax paperwork and applying for a Grant of Probate or Letters of Administration (the legal document which allows you to handle the deceased's assets). You might even want someone to take the legal side of things completely out of your hands.

If you do want some help, **Not for Profit Law** offer a bespoke service in which we can assist with as much or as little of the estate administration as you would like. Unlike some solicitors, we do not charge a percentage of the value of an estate, our hourly rates are low and we can offer fixed fee arrangements in certain circumstances. If you are an Executor or an Administrator who needs a helping hand then please do get in touch.



Laura van Ree and Trina Worden are two local solicitors who set up **Not For Profit Law** in order to 'do law differently'. They advise on Wills, Tax Planning, Trusts, Probate, Powers of Attorney and the Court of Protection. Their fees are lower than traditional law firms and they feed their profits back into the local community via Norfolk Community Foundation.



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Monty Shaft's Did You Know... that we have reached the end of an era.

Yes, as a result of the rather abject manner of our defeat at home to Leeds, and despite our first win of the Season at Brentford, the decision was made by Webber and the Board to bring Daniel Farke's reign as Norwich City manager to an end. Much has been said and written about the timing of the sacking, and the faces of Webber and the Board in the crowd at Brentford painted quite a picture, but, while it may seem cruel, I'm quite happy that he went with a smile on his face, doing his oles to the supporters after a win. It seemed fitting. It has, I think, also contributed to the outpouring of love towards Daniel in the press and on social media. I don't think it would have been the same if he'd been dumped after the Leeds game.

We will not, therefore, be seeing Farkeball at the Carra again – not that we've seen much of it this Season anyway – and that is a

cause for great sadness. Possibly Daniel's greatest achievement is that he taught the notoriously impatient and stubborn Carrow Road crowd to accept and, eventually, celebrate a different type of football, where possession and passing were key, pulling the opposition backwards and forwards to work an opening, rather than lumping the ball forward to the big striker. This period of 4 and a bit years will go down in Norwich City history: Farke delivered 2 Championship titles, a record points total, a record unbeaten run, a record win for the top 2 leagues and, more importantly, the best football ever seen at Carrow Road. He used more academy players than any previous manager, developing them to the point where they could be sold at great profit, so ensuring that the Club are in a stable financial position. In short, we are in a considerably better position than we were when he came in and have so much to thank him (and Webber) for.

The question now is where do Norwich City go from here? So far this week we've had a glimpse of the ridiculous media circus that would have surrounded the appointment of Frank Lampard. According to Norwich sources, he was not offered the job. There was an initial discussion and it was decided not to pursue it further. TalkSport and Sky Sports both reported that he was about to be announced as manager!! I can see why people think he would have been a good fit – good with kids, managed Chelsea without a transfer budget and took (Frank Lampard's) Derby to the Championship play-offs – but it would have been such an un-Norwich appointment that I'm not surprised it wasn't pursued (whoever called it off). Then there was the prospect of the very Norwich appointment of Kjetil Knutsen of Bodo Glimt in Norway. Who!??? I hear you ask. Exactly!, I reply. Sadly, an imminent second successive Eliteserien title and more European games seem to have ruled him out.

Since I started writing this piece, having already had 2 false starts, reliable local sources have advised that ex-Aston Villa manager, Dean Smith, will be announced as the new manager by the end of the weekend. Just sacked by Villa on the back of 5 straight defeats, many will not see him as an upgrade on Farke, but, if only statistically, he clearly is. He kept Villa up in his first EPL season, then improved their position in his second. It may be that he has reached his limit and couldn't take Villa up to the next level, but if his limit is 11th in the EPL then that is a step up from Farke. Like Daniel, he leaves teams in a better position than when he joined them, taking Walsall to the verge of the Championship without spending a penny, turning Brentford into promotion contenders, before joining Villa, who he rescued and turned into an EPL team, and all while playing decent football. And should the worst happen, he has Championship experience. He fits!

A final massive thank you and good luck to Daniel Farke, and welcome and good luck to Dean Smith.

DTBC.

Discover the wonder of Qigong at Inner Space



I was introduced to Qigong many years ago at a taster session and it was love at first move. I can remember feeling so calm but also feeling energised and open at the same time. I couldn't stop smiling after the class and I felt brilliant. With regular practice I soon discovered that my aches and pains had disappeared and I gained an overall sense of wellbeing.

So what is Qigong? It is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. It has also been described as a moving meditation or mind-body wellness practice. The gentle, flowing, rhythmic movements are easy to learn and are suitable for people of all ages.

Older people who practice Qigong regularly have reported that it increases their vitality and builds stamina helping them to maintain good health. Western research confirms that Qigong reduces hypertension and the incidence of falling in the aged population. I have found for myself that it reduces stress, improves sleep and increases flexibility.

See how Qigong can improve your health by joining our class on Wednesday mornings from 10.30-11.30 at Inner Space.

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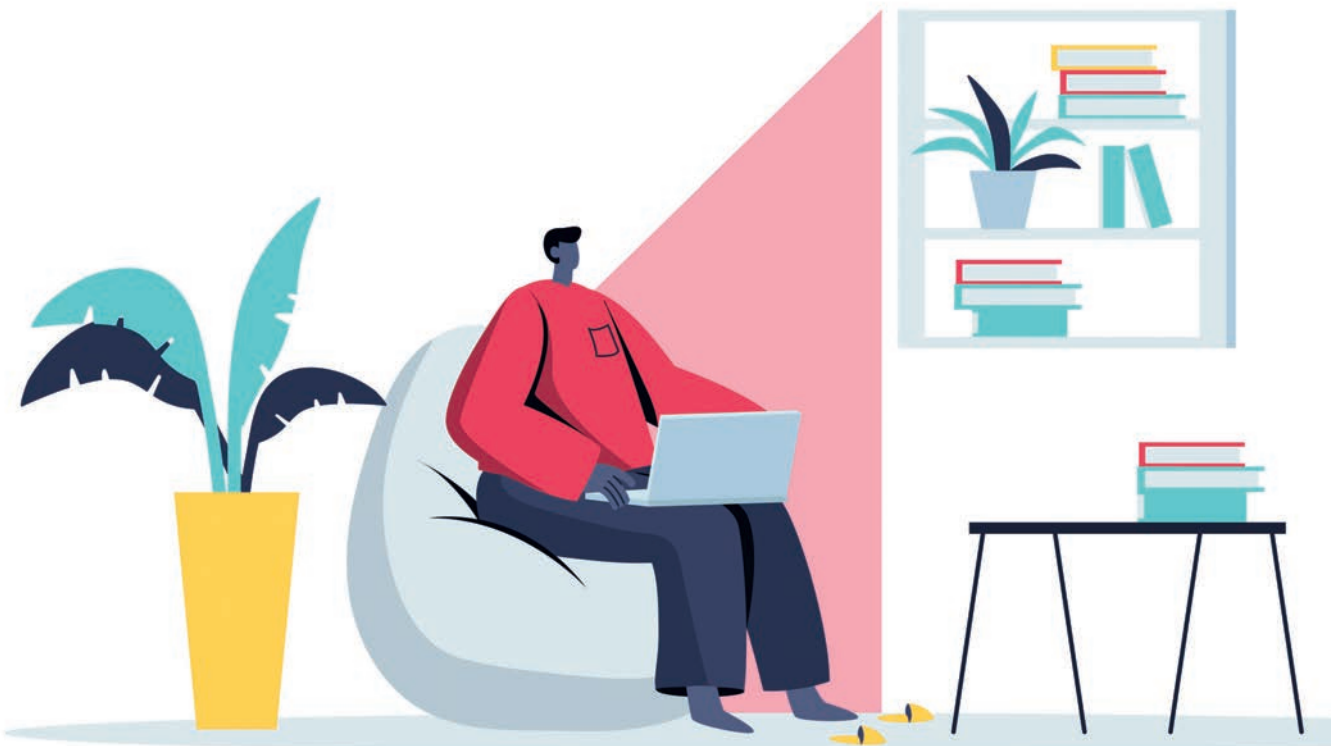
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WEA Loddon Branch

Like most people, we are hoping that there will be no more lockdowns to interrupt life. The Branch is therefore making plans for a series of ten face-to-face talks next Spring (2022). It had been provisionally arranged that the talks would be on "What is Criminology?", and would be given by Mr. Jack Fawbert. Unhappily, his wife has become seriously ill and he now has to work exclusively from home.

Luckily for us, Mary Fewster has agreed to step in with ten 1½ hour talks on "The Company of Preachers". These will show how the religious changes that have taken place in East Anglia over the centuries since the Reformation can be revealed in buildings, artefacts and documents, and will also describe the vibrant characters of 'the preachers'. If everything goes to plan, the first talk will be in the Jubilee Hall Clubroom on **Monday January 17th**, starting at **2pm**. There will be **no talk on February 16th** so the series will end on **March 28th**.

If you wish to enrol for the course, you would normally have two choices. The first is to phone **0300 303 3464** and ask to register for the course by name, giving the WEA reference number, which is **C222 8492**. (This has been tried and tested). The cost will be £59.25, which can be paid either over the phone or by handing a cheque to the Branch Treasurer at the first talk. The second option is to go on line to WEA Eastern Region and scroll down the lengthy list of available courses. At the time of writing, however, the list had not been updated and, for Loddon, was still showing the now cancelled course on criminology.

We cannot see the future. We hope that nothing will prevent the talks going ahead, but please be assured that we will take all the precautions still considered necessary at the time.

Any further queries, please phone:
(01508) 521036 or 521976

Norwich Pride 2022



The **14th Norwich Pride** is on **Saturday 30th July 2022** and after two years of virtual and hybrid events, we are determined to do everything we can to have a live celebration. We cannot wait to create a rainbow river through the city with our march.

It will be the most beautiful and eagerly anticipated Norwich Pride ever and we need a strong team of volunteers to make that happen. There are opportunities for people of all abilities and experience at all levels of the charity.



We are looking for new Trustees to hold the longterm vision of the organisation and help us to be sustainable. The Organising Team meet all year round and are responsible for planning every meticulous detail. The Delivery Team includes specific jobs such as March Coordinator and Pride Shop Manager. On the day itself we need over 150 volunteer stewards. Get involved! It could change your life.

www.norwichpride.org.uk

My Vegetarian Christmas Dumpling

This year I fancied coming up with my own original vegetarian Christmas recipe - I came up with a parsnip dumpling - plump and fat like a Christmas pudding with a better treat than a six pence stuffed inside.

Parsnip Dumpling filled with Christmas Cheer (2)

200g peeled potatoes

200g peeled parsnips -

1 clove peeled garlic

25g butter

45 - 50g self-raising flour

1 small egg

seasoning

pinch nutmeg

Filling - Spiced Mulled Cranberry Chutney (1 jar)

225g fresh cranberries

125g light brown sugar

1 juice & zest Clementine

6 - 7 tablespoons red wine

1/2 tsp each ground ginger, allspice & cinnamon

pinch nutmeg

Cranberry Chutney

• Make the cranberry sauce first, in-fact you can make it up to a few weeks before and refrigerate until needed.

• Add all the ingredients to a pan and cook on a gentle heat, until the berry's pop and the mix simmers down to a chutney (approx. 10 minutes)

• For a Variation - add a tablespoon sliced toasted almonds or crushed walnuts.

Dumplings -

• For the Parsnip dumpling - Steam the potatoes and the parsnips together along with the garlic clove making sure the softer parsnips are cut bigger than the harder potatoes.

• When cooked put through a ricer or mash.

• Beat in the butter and the sieved flour, until just mixed don't over work the flour or the potatoes as they will go glutinous.

• Stir in the whole egg and season well along with the nutmeg.

• Cool slightly, or refrigerate the mix until needed. This can be made the day before.

• Divide the mix in to two, placing each on to a square of muslin or equivalent lined with cling film.

• Squash down so you can add a dessert spoon of cranberry sauce to each middle.

• Gently pull the cling film together so the dumpling encases the cranberry sauce and the sides mould together to form a plump dumpling.

• Fold over the muslin and tie with a piece of string.

• Steam for 30 minutes and serve.

• Serve with vegetarian gravy on Christmas day.

Recipe by Zena Leech-Calton (C)

www.lovenorwichfood.co.uk

for my cookery classes and Food and drink walking tours in Norwich.

Richard Penguin's

Musical Triangle



So we reach the end of the year, and what have we done? Probably not a lot more than 2020. Roll on 2022, and let's hope for a post pandemic year. As I have yet to return to gigs here are a few recent releases that you may wish to investigate.

CARAVAN- None of your Business. While perhaps best known for their early 70s often elongated prog inspired instrumental tunes Caravan were always equally about shorter snappier pop inspired songs as well, and it is the latter that dominate on their new album. Their 15th studio album stretching back to 1968 while not perhaps as magical or eagerly anticipated as those early albums there is still a sense of being a special band 50 plus years on from their inception. Singer, songwriter and guitarist Pye Hastings is the only original member left (drummer Richard Coughlan was there until he died about 10 years ago), but together with stalwarts Geoffrey Richardson on Viola, Guitar and Mandolin and keyboard man Jan Schelhaas who have been there since 73 and 75, Hastings older brother Jimmy still adding flutes well into his 70s, and the more youthful rhythm section of Mark Walker on the drums and bass man Lee Pomeroy they have made an album that is in turn heart-warming and gentle, yet instant and pop laden. Opening song 'Down From London' sees a tweed suited Londoner thinking he is a country squire shooting himself in the foot, while 'Wishing You Were Here' centred around the sending of a postcard showcases, as does much of the album, their shorter and more straightforward pop song side with 8 bar guitar and keyboard solo's adding variety rather than excess. Much of the album is within the 3 to 5 minute limit with 'Ready or Not' opening with classical viola flourishes and progressing to a catchy chorus, 'Spare a Thought' reflecting upon the loss of loved one's due to the pandemic, 'Every Precious Little Thing' their obvious joy at being able to get back to touring again, and the hook laden 'If I was to Fly' being a simple, straightforward radio friendly pop song. There are 2 longer songs on the album but neither feels overlong. The title track begins as pure 70s pop, bursts into an extended instrumental mid section and concludes as a love song, while 'I'll reach out for you' likewise begins in a pop idiom but moves into marvellous mandolin and fluent flute lines opening out into moments redolent of their early days. The album concludes with the almost lounge jazz piano and bass led love song 'There Is You' and sole Richardson contribution 'Luna's Tuna' with evocative viola's and subtle keyboards creating a hauntingly beautiful ending to an accessible and worthy addition not only to any Caravan fans collection but newcomers alike. Their first album in 8 years fits in very nicely indeed into the Caravan canon of work. There is life in this old band yet.

SOME ARTISTS ALBUMS THAT I HAVE RECENTLY PROMOTED – DAN WALSH Live at the Floodgate was recorded just before lockdown kicked in in early 2020 in his home town of Stafford as part of his tour. A solo and varied concert set it includes a mix of Dan's original songs sung with conviction and accompanied on guitar, to breakneck banjo tunes (check out 'Late Night Drive') through to Eastern tuned tunes ('Whiplash Reel') and traditional Irish and Bluegrass tunes on an album that has been incredibly well received. **THE NORFOLK BROADS-** Yonder Green Grove album is released hot on the heels of the Guardian describing them as 'Strong Storytellers' and 'Witty Feminists'. Mixing traditional songs from the UK and America many a dark tale of love, betrayal and

murder lies within with their sweet 4 part harmonies serving in a bitter sweet way to draw you into the songs and stories of sea faring not returning, jail bound, fickle and gallows destined lovers. Much reward is to be found by those with brave hearts. Meanwhile for those seeking a Christmas album with a difference Rejoiced Much by TOM GREGORY AND THE DUST AND MISCHIEF BAND sees the renowned drum teacher and organiser of the worlds largest samba band and drum lesson step out from behind the kit to sing robustly on his folk infused revamped and updated take on Christmas carols and wassails. Among others the upbeat and driving ceilidh inspired 'The Sloe' and Christmas jig of 'Cranbrook' derived from 'While shepherds watched their flock by night', percussive and jaunty 'Here we come a Wassailing' and energetic 'Drive The Dark Away' with its firm guitars and flowing fiddles emphasise the rhythmic side of Tom's background. However equally the faithful to the traditional 'Sussex Carol' a celebration of the birth of Christ, melodic Renaissance era 'Down in yon Forest' atmospheric 'I saw 3 ships' and subtle 'Dark December' showcase his quieter side before the album concludes with the cheery 'Joy to the world' on an original and uplifting take on the traditional Christmas album that is worth investigating.

ECLECTIC SELECTION 6-8 pm Alternate Sunday's Future Radio- I broadcast 4 shows about the legendary West Runton Pavilion, a follow up show about its predecessor Cromer Links pavilion as well as a show of music from this year. Shows in December and January may well be Forgotten albums of the 80s on the 12th and 26th December and Forgotten albums of the 90s on the 9th and 23rd January. <https://futuraudio.co.uk/show/richard-penguins-eclectic-selection/>

SAD NEWS- Many local musicians will have known popular local Green party councillor Adrian Holmes. A regular at our Penguins Go Pop gigs we both wrote for Voice magazine in the early 90s. A man of conviction, compassion, energy, drive, and humour he sadly passed away in late October. He will be missed by many, including we Penguins. RIP Adrian, you were one of the good one's.

SOME GIGS- ARTS CENTRE- December- 3rd- Wolf Number, 5th Lubomyr Melnyk, 17th Smoove and Turrell, January- 12th Alden and Patterson, Shackleton Trio, 27th The Districts, EPIC- December 15th 9 Below Zero, January- 14th- G2 Definitive Genesis, 21st Dub Pistols, UEA- December 3rd Paul Weller, 4th- Damon Albarn, 12th The Charlatans, January- 19th Frank Turner, VODOO DADDY'S- December 4th All Dayer, 11th The Other Half, 14th Beach Riot, 18th Gallus, January- 31st Coach Party (all gigs + support), WATERFRONT- December 10th- Black Country New Road, 17th Sham 69, 19th Arlo Parks, January 30th Cast. (Check websites). Regular nights- The Tilting Sky- Waterfront studio- December 3rd, 9th, 10th 11th and January 14th, Alien Lotion- B2- December 4th and 10th (check web for line up's).

+ Bowling House, Brickmakers, Gringo's, Last Pub Standing, + Louis Marchesi.

MERRY XMAS & HAPPY NEW YEAR

Richard Penguin

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