

triangle
norwich

A Positive Magazine for Positive People

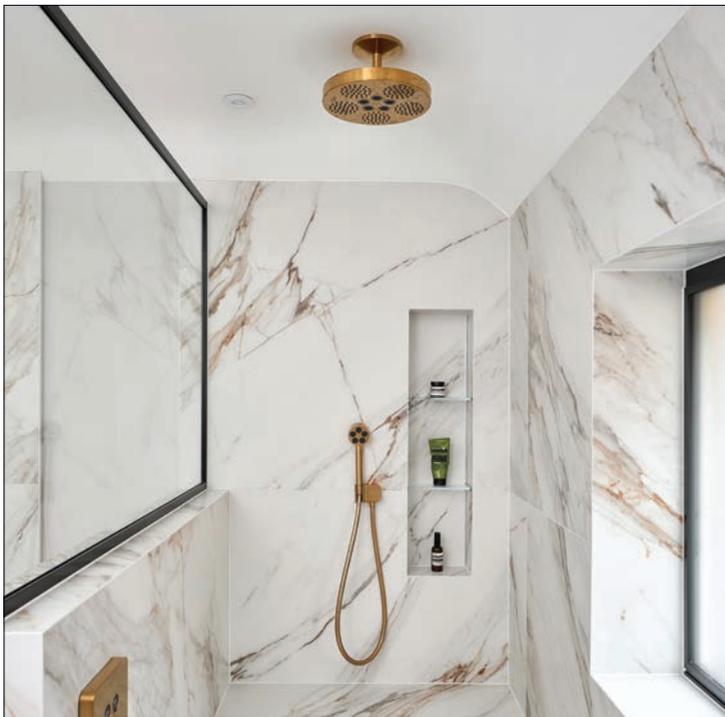


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Welcome to our 20 year Triangle anniversary edition!!

Wow 20 years! I have been here for half of them and loved every second! It wouldn't be right to get to this momentous edition without a few words from our resident music columnist Richard Penguin...

Don your party outfits, cut the sandwiches into triangular shapes (see what I did there) bake some scones and break open the champagne for this edition ladies and gentlemen of Triangle is the 20th anniversary.

Granted the first one was May 2006 and this is covering April and May 2026 it is still a good reason for celebration. As far as I know I am the only person who has written for every single issue.

I tried to work out how many words that came to recently and came to the conclusion that it was somewhere in the region of 170,000. Published as a book that could rival War and Peace, but would be less entertaining.

Anyway here it is the 20th anniversary edition. Woo Hoo!! Richard

Thank you Richard for your jam packed, music contributions for every single issue of Triangle...ever!! You are a true legend and we appreciate you!! Check out Richards column now on page 28-29.

Kellie x

20



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If there is a lot of blood, cover with a clean dressing and seek veterinary attention immediately. Do not delay and do not leave the bandage on for more than two hours.

If there is no blood but the area is sore, your dog is holding the paw up or licking. Wash with salty water or leucillin spray. Cover with a sock or dog boot. Seek veterinary attention within 24 hours.

Cuts and grazes

Wash off any mud, dirt or gravel
Then apply one of the following which are all safe for pets
A strong salt solution (two tablespoons of salt in 500ml/ a pint of water)
Leucillin spray (available online, usually in a purple bottle)
Manuka honey or aloe gel.

Toxicity!

If your pet has eaten something it shouldn't, the following steps will help your pet and your vet.

- Salvage any wrappers or packaging so that you can be precise about contents/ ingredients and amounts potentially ingested.
- Call your vet as soon as you are aware that your pet has eaten something potentially dangerous.
- Prompt treatment can be the difference between life and death so don't delay.
- Do not give salt to make your pet sick. This is rarely effective and can be very dangerous.
- Of course, prevention is better than cure. Keep toxic substances out of reach. Chocolate, hot cross buns, fruit cake, human medications, rat poisons and chewing gum are the commonest substances that we are called on to deal with.
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Let the festivities begin | Norwich Theatre partners with Norfolk & Norwich Festival

Norwich Theatre is thrilled to join the Norfolk & Norwich Festival to bring a series of boundary-pushing performances to our stages this May. From the haunting soul of Irish tradition to the vibrant diversity of the natural world, this year's collaboration celebrates the artists who challenge us to see and hear the world differently.

Brokentalkers: Bellow | 15 & 16 May | Norwich Theatre Playhouse

Bellow tells the extraordinary real-life story of one of Ireland's foremost accordionists, Danny O'Mahony, a man who has dedicated his life to preserving traditional Irish music and mastering his craft. Alongside Danny's sublime live playing, Bellow features an original electronic composition by Valgier Siggurdson, new writing and contemporary dance, heightening the tension between past and present.



Bellow is a unique and astonishingly beautiful theatre performance exploring what it means to be an artist.

Thick & Tight: Natural Behaviour | 22 & 23 May | Norwich Theatre Playhouse

Dance theatre company Thick & Tight presents their award-winning show

Natural Behaviour, a collection of performed portraits of human and non-human life forms.

Somewhere between a variety show and a biology essay, Natural Behaviour is a queer look at what it means to be natural or unnatural, highlighting the essential role of diversity in all life. The line-up includes two moths, some post-apocalyptic cockroaches, a blade of grass, the dust in Quentin Crisp's room, a lamenting songbird, a human tyrant and a lesbian seagull.



Scottish Ensemble - Impulse: Music in Motion | 24 May | Norwich Theatre Royal

A memorised, kinetic production of Shostakovich's Chamber Symphony and Tchaikovsky's Serenade for Strings. Shostakovich's haunting Chamber Symphony propels viewers into a dynamic tableau, where musicians traverse the stage with captivating intensity, while Tchaikovsky's joyful Serenade sees graceful sweeps and fluid movements, igniting a sensory feast for the eyes and ears alike.



Bringing performers and audience into the very heart of the music, the Ensemble is set free to create a striking visual representation of the patterns, intricacies and passion of these iconic works.

For more information or to book, visit norwichtheatre.org or call the Box Office on 01603 630 000.

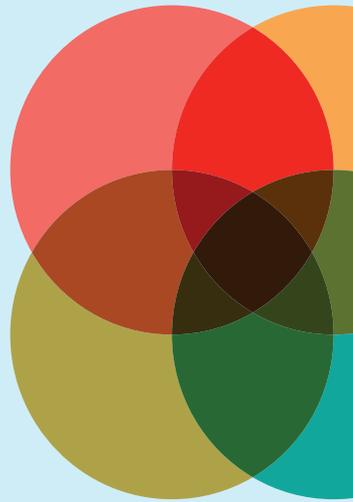


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28 March 2026 –
28 February 2027



Florence Peake, Factual Actual Performance Documentation 9, 2022, acrylic on card © Florence Peake.
Courtesy of Richard Saltoun Gallery London and Rome.

Both exhibitions are included in admission. Book now at norwichcastle.norfolk.gov.uk



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SEVEN DECADES OF CONTEMPORARY ART

Norfolk Contemporary Art Society at
Norwich Castle

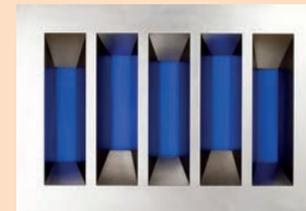
28 March 2026 – 28 February 2027

This year marks the 70th anniversary of **Norfolk Contemporary Art Society (ncas)**, whose partnership with Norfolk Museums Service has shaped an exceptional contemporary art collection at Norwich Castle Museum and Art Gallery. Since 1956, **ncas** members have supported acquisitions and displays by innovative artists including Eduardo Paolozzi, Bridget Riley, Colin Self and Roger Ackling. This exhibition brings together more than thirty works collected with the Society's support over seven decades.

Recent acquisitions on display include performance-based figurative paintings by Florence Peake and photographic work by Daniel & Clara, exploring imagined narratives within a country estate.



Florence Peake, Factual Actual Performance Documentation 9, 2022, acrylic on card. Presented by the Contemporary Art Society with support from Norfolk Contemporary Art Society, 2023/24 © Florence Peake.
Courtesy of Richard Saltoun Gallery London and Rome



Derek Morris, Five Windows with Sky, 2005, stainless steel. Purchased with the support of an anonymous donor, The Art Fund and the Esmée Fairbairn Foundation
© The Estate of Derek Morris

Also featured is work from **Wall Existing**, a layered photographic survey of Norwich's medieval city walls by Robert Filby and Glen Jamieson.

The exhibition also highlights the early years of **ncas**. **Landscape with Farm Buildings** (1954) by L. S. Lowry inspired the Society's creation, while **Man entering a Boiler House** (c.1957) by Prunella Clough was the first work collectively acquired by its members. A striking stainless steel sculpture by Derek Morris titled **Five Windows with Sky** (2005) is on display, alongside work by Ruth Ewan, Maggi Hambling, Nigel Henderson, Allen Jones, Frances Kearney, Penny Slinger, Mary Webb and many others.

With more than 600 members, **ncas** continues to run talks and events, offer grants to Norfolk-based artists, and award prizes to graduating students at Norwich University of the Arts, sustaining its long-standing commitment to creativity in the region.

This exhibition is included in general admission and is free for Norfolk Museums Pass holders and ncas members.

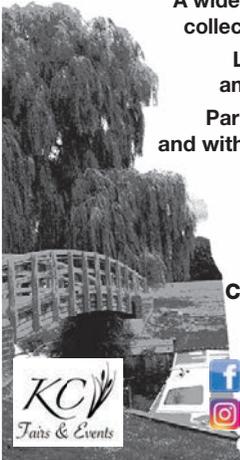
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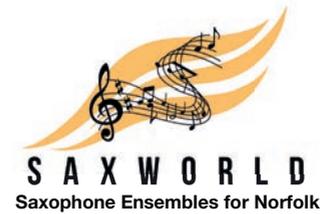


BECCLES ANTIQUES MARKET SUNDAY 3rd MAY 2026 THE QUAY, BECCLES NR34 9BB

The wait is nearly over as the annual and much anticipated Beccles Antiques Market will be back at the Beccles Quay on Sunday 3rd May. With over a hundred dealers, selling a good selection of antiques, retro, vintage and collectables, including furniture, glass, silver, art, postcards, clothing, jewellery plus a food village, serving hot and cold food, with plenty of open space to sit and eat and what's more it's absolutely free to enter. As well as the local pay and display car park there will be some additional parking available at the Quay market site for a small charge of £2 as well as all the car parks in Beccles town centre being just a short walk away. Dogs on leads welcome. Sat Nav NR34 9BB. All enquiries Tel 01502 711174.

Follow the market on social media
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During lessons I guide practitioners (participants) to listen to their own body first and then listen to me. Noticing what is unfolding for each person as we practice structure poses, along with some freedom of movement in the body. As your body knows if you dare to listen. I can also say that yoga teaches you how to listen to your body and how to gradually become in union with yourself and others as we are all connected.

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There are grassy areas with sunloungers and picnic tables to relax on, and two all-weather eating and spectating areas, plus a cafe serving hot and cold snacks, drinks and ice creams. From stone baked pizza to fresh milkshake, the cafe has something for everyone.

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Or why not take a relaxing trip on Big Dog Ferry to the Locks Inn Community Pub in Geldeston? Setting sail from the lido, enjoy the wildlife enroute, including otters, kingfishers, swans with their cygnets and marsh harriers. Stay on board for a round trip, disembark to enjoy a meal drink or music, or take a one way ticket and walk back on delightful riverside footpaths.

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Top-notch shows at Norwich Theatre this Spring



Looking for something to do in Norwich this spring? The stage is set for a whole range of fantastic shows at Norwich Theatre, from high-energy pop musicals and timeless literary classics to gripping mysteries and stunning ballet.

Here & Now | 14 – 19 Apr | Norwich Theatre Royal

Get your party on with Here & Now, the hilarious, brand-new musical based on the songs of multi-million-selling pop phenomenon, Steps. It's Friday night, and the vibe is right as Caz and her fabulous friends dream of the perfect summer of love. But when Caz discovers her 'happy ever after' is a lie, and the gang's attempts at romance are a total tragedy, they wonder – will love ever get a hold on their hearts?

To Kill a Mockingbird | 28 Apr – 2 May | Norwich Theatre Royal

Successful lawyer, Atticus Finch, encourages kindness and empathy in his children, but is pushed to the limits of these qualities himself when he resolves to uncover the truth in a town that seems determined to hide it. Set in 1934 Alabama, To Kill a Mockingbird was inspired by novelist Harper Lee's own childhood and has sold more than 45 million copies worldwide.

Death on the Nile | 5 – 9 May | Norwich Theatre Royal

On board a luxurious cruise under the heat of the Egyptian sun, a couple's idyllic honeymoon is cut short by a brutal

murder. As secrets that have been buried in the sands of time finally resurface, can the world-famous detective, Hercule Poirot, untangle the web of lies and solve another crime? This brand-new adaptation of the Agatha Christie classic is not to be missed.

Miss Saigon | 12 – 23 May | Norwich Theatre Royal

In the last days of the Vietnam War, 17-year-old Kim is forced to work in a Saigon bar run by a notorious character known as The Engineer. There, she meets and falls in love with an American GI named Chris, but they are torn apart by the fall of Saigon. The soaring score features hit songs including: "The Heat is On in Saigon", "The Movie in My Mind", "Last Night of the World" and "The American Dream".

Gentleman Jack | 27 – 30 May | Norwich Theatre Royal

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"Anyone that can spare some time and lend a hand will be assured of a warm and friendly welcome."

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Climb aboard a Dining Train



There's lots to enjoy at the North Norfolk Railway with unlimited hop on hop off travel every time you visit! Running between Sheringham and Holt, the Poppy Line runs through some of Norfolk's most beautiful countryside.

Hop aboard the Easter Eggspress, running between March 28 – April 12, and join the hunt as Mor-gan the Railway Cat tries to find all his missing eggs. Follow the trail and claim your very own chocolate egg to take home!

Explore the line at your leisure and discover historic buildings, model railways, fully interactive play coach, bookshops, the William

Marriott Museum and more, all accompanied by unlimited travel on the steam and heritage diesel trains running when you visit.

Plus, save 15% off fares when you book tickets in advance!

See www.nnrailway.co.uk/opening-dates/ for more information on when trains run.

If you're looking for an extra special day out, you could even treat yourself to a dining experience; savour freshly prepared food served to your table while you steam along gently!

From Brunch Onboard to Gin Trains, or even Murder Mystery nights, there really is something to suit all tastes.

For the full list of dining experiences please see www.nnrailway.co.uk/dining-trains/



Spring on the allotment



The biggest dilemma at the moment is deciding what to weed and what to leave for further growing. It was a hard decision that the coriander had to go. Realistically, I am not going to pick it and

The first days of a new gardening season are always hard. The body is just not used to all that bending, grabbing, pulling, shovelling and spreading after a long winter. The back aches, hands are stiff, shoulders twinge, necks hurt and legs feel weak but none of it matters when I inhale the earthy smell of the soil, notice the number of worms wiggling in it and see that it is not too early or too wet to work my plot. My soil can store a huge amount of water since I stopped digging, started covering any bare patches with green manures and, to the dismay of hubby who can never find anything to pick, am not too tidy with it before winter.

- freeze it, however much it hurts me to stuff it in a
- compost bin. I can't quite remove or eat all the self
- seeded lambs lettuce, so some of that will eventually
- be composted too. But by making parsnip crisps
- every week I can get rid of a lot of parsnips and the
- handful that are left over I will let flower to attract
- hoverflies and develop seeds for the next growing
- season.
- This time of the gardening year is all about
- savouring what's left and looking forward to new
- harvests... and for all the aches and pains there's
- Pilates!

Birgit Griem





You're coping. But are you truly okay?

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The Emotionalskills Online Programme is a structured, psychotherapy-informed online pathway designed to help adults better understand anxiety, low confidence, relationship patterns, emotional overwhelm and a lingering sense of feeling stuck.

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- ✓ Practical tools & worksheets
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- ✓ Developed by Norwich-based clinicians

Scan the QR code or visit:

www.emotionalskillsonline.com



Local Psychotherapy Team Launch Structured Online Programme to Support Emotional Wellbeing



A Norwich-based team of psychotherapy professionals has launched a new structured online programme designed to help adults better understand and manage stress, anxiety and emotional challenges.

The Emotionalskills Online (ESO) Programme has been developed by Sonya Bell in collaboration with experienced psychotherapist Shane Lutkin and Dr Branson. The programme builds on a face-to-face therapeutic framework first introduced in 2013 and has now been adapted into an accessible digital format.

Designed as a structured, psychotherapy-informed pathway, ESO offers weekly video sessions supported by practical worksheets and educational resources. Participants work through the programme at their own pace, with 24/7 access in complete privacy.

"This isn't about crisis care," explains Bell. "It's about helping people understand why they feel the way they do. When someone struggles with confidence, anxiety or feeling stuck, we explore the roots of that and provide structured tools to support real, lasting change."

Independent feedback gathered from 100 participants who completed the original face-to-face programme showed that 96% found it extremely helpful, with 93% reporting they felt better able to manage their psychological challenges.

The programme is designed to be affordable and flexible, offering monthly, six-month and annual memberships. **A free discovery session** is available to allow people to experience the approach before committing.

As demand grows for accessible mental health support without long waiting lists or high costs, the founders hope the programme will provide a trusted, clinically grounded option for those seeking clarity, resilience and emotional balance.

For more information, visit www.emotionalskillsonline.com



Beccles Public Hall

Nestled within the literal and figurative heart of the charming market town that lends its name, Beccles Public Hall and Theatre, is a small-yet-mighty powerhouse of year-round entertainment. Panto, live bands, comedians, musicals, plays, magicians, wrestling, movies, makers markets, exhibitions, quiz nights, celebrity evenings... it presents an eclectic smorgasbord of talent at prices that everyone can afford.

The Hall offers a diverse range of entertainment throughout the entire year and is currently preparing for an ambitious new chapter, announcing the first in-house production for 2026: Roger & Hammerstein's immortal classic, The Sound of Music. Directed by Thom Bailey, this most beloved of musicals will make you 'sing once more' over eight glorious performances this July.

The Hall is a vibrant hub of community engagement and celebration. A dedicated army of local volunteers (supported by small staff) works tirelessly - not only selling tickets in the Box Office, pouring drinks at the bar, and ushering patrons to their seats, but reaching out to local community groups, schools, clubs and homes to support them and share all that the hall has to offer.

For all enquiries, email: info@becclespublichall.com
www.becclespublichall.co.uk | 01502 770 060



Looking for a venue to host your upcoming event? The Hall is perfect for any kind of gathering - birthday parties, anniversary celebrations, charity fundraisers, conferences, exhibitions, discos, craft and food fairs, fashion shows...you name it. Able to accommodate over 200 people - and with kitchen facilities, a fully stocked bar, spacious dressing rooms, a drop-down cinema screen, a piano and excellent technical services - the Hall can make your function exactly how you want it.

Beccles Public Hall and Theatre is entering an exciting new part of its life, with renewed energy, vision and commitment from all involved. Whether you want a great night out, somewhere to take your family during the holidays, to get more involved with the community, or a venue to put on your big event, the Hall is for you.

Norwich Games Festival 23–30 May 2026

At The Forum, Norwich, with some events taking place at other city venues.

Full programme can be found at norwichgamesfestival.co.uk

The Festival at a glance:

- Saturday 23 & Sunday 24 May - The Albion Arena - Competitive Gaming Tournament - New
- Monday 25 May - Trader and Collector Day
- Tuesday 26 May - Relaxed Day - New
- Wednesday 27 - Saturday 30 May main Festival.

Norwich's vibrant celebration of all things gaming is back from 23–30 May 2026, bringing a full week of interactive entertainment, industry insight, and hands on creativity to the city. Presented by The Forum with lead partner Norwich University of the Arts, this year's Norwich Games Festival (NGF26) showcases the very best of video games, computer games, tabletop and board games, as well as physical and retro gaming experiences.

The Festival continues its mission to celebrate the creativity, innovation and talent within the games industry, offering visitors opportunities to play, learn, discover, and connect—whether they're seasoned gamers, industry professionals, or complete beginners.

A Festival for Everyone

NGF26 promises something for all ages and interests. Attendees can dive into the retro arcade, try out exciting new indie titles, explore pathways into careers in



© Luke Witcomb

games, or simply enjoy the fun, drop in gaming experiences throughout the week.

The Forum will once again host The Arena, a lively hub filled with free interactive gaming for all ages—packed with fan favourites, new releases, and hidden gems ready for discovery.

Talks, workshops, and live shows will run throughout, covering everything from the basics of how to make a game to entertaining game themed performances.

Alongside festival staples such as The Game Cave, Game Jam, YouTuber and Comedian Ashens, The Big Quiz, and the popular indie developer and education zones, NGF26 introduces fresh programming designed to inspire and engage.

For attendees with SEND related access needs, NGF26 will host a Relaxed Day on Tuesday 26 May. During this day, the Festival will run at a controlled capacity to provide a calmer, more comfortable experience, supported by programmed SEND focused events.



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Richard Penguin's Musical Triangle

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TRES PANTALONS- LIVE FROM THE SHED ALBUM LAUNCH-RUMSEY WELLS. Launching their all instrumental debut album Tres Pantalons showcased their brass laden, bass driven and as they state horns heavy and strangely timed tunes with aplomb in the Rumsey Wells bijou cellar.

Ranging from offbeat and experimental to funk tinged and furious they are dextrous and dynamic players all. If you like your jazz with a bit of an edge, varying between danceable and odd time signatures all delivered by very talented musicians then you should definitely make a beeline to go and see one of their all too rare gigs. A dynamic album and band.

GEORGIA SHACKLETON- FROM THE FLOORBOARDS LAUNCH- CARBERY'S. Georgia's new album has an amazing story to it, and musically lives up to the narrative. Sir Ernest Shackleton the famous explorer is a distant relative. A craftsman made a violin from the floorboards of Shackleton's old house, Georgia wrote tunes and songs on it and then recorded them on his boat The Discovery. Uncovering songs that Shackleton and his crew members had written Georgia transcribed, recorded and included them on the album. With partner and Shackleton Trio band mate Aaren Bennett on guitar, Georgia, on violin, vocals and Harmonium, regaled us with tales of 'Seahorses' and aired tunes written in Scotland including the deftly played jaunty title tune, and 'Oystercatchers / Down to the Rockpool'. They sat neatly alongside her distant relatives 'Sea Legs' reflecting upon how he could not escape the call of the sea and the tongue in cheek 'The Engineer and the Doctorman' featuring some nimble fingerpicking from Aaren. Creatures loom large in Georgia's world and the album concludes with 'Footprints in the Snow' about Shackleton's canine companions on those voyages.

Bandmates Nic Zuppari and Adam Clark also made guest appearances on what was a storytelling, musically scintillating, and hugely entertaining concert. THE CRYSTAL TEARDROP + SCOTT HEPPLER AND THE SUN-VOODOO DADDY'S- Signed to the Rise Above record label they both look back for musical inspiration. SCOTT HEPPLER AND THE SUN exuded a youthful energy and edge to their sound harking back to the early to mid 70s with riffs redolent in parts of Sabbath and Zeppelin. THE CRYSTAL

TEARDROP take inspiration from the mid to late 60s both image wise and musically. While some songs sounded reminiscent of Garage bands on the Nuggets compilations others, notably 'By the River' complete with sitars and drones venture deep into psychedelic territory. Splendid. FOLK ON THE PIER- 8th to 10th May- Cromer Pier- Celebrating their 26th anniversary it remains as popular as ever attracting some of the finest acts on the circuit and folk fans from across the UK. This year is no exception with among others the Friday afternoon attracting Bellowhead main men Spiers and Boden, and Fairport Convention's Chris Leslie in the evening. Saturday 9th sees Show of Hands Phil Beer headlining the afternoon session while the evening sees Merry Hell's Virginia Kettle appearing with her band Rolling Folk together with the dynamic Demon Barbers. Sunday afternoon brings well known DJ Mark Radcliffe as part of his duo with David Boardman, together with Gerry Colvin, while the weekend is concluded on the Sunday evening by Fest of Fiddles. To discover the full line up for the weekend and to purchase tickets go to www.folkonthepier.co.uk Meanwhile the 1.3 EAST fringe festival has up to 100 acts playing free concerts over the weekend at 5 venues namely The Cliftonville, The Parish hall, The Albion, Grey Seal cafe and Cromer Social club. Too many to mention but among others George and Nancy, Lisa Redford, Invisible Fish, Laurel Canyon, Tinaire and Rattlebox are playing on the Friday. Saturday includes The Rhythm Travellers, False Colours, Strange Behaviour, Isle ave a shanty, Ragged Hearts, Cruel Folk and Tony Purdy. Sunday sees The Gillies, The Browns, Retro Firefly, Broken Maps, Chad Mason, Neil Cousin, plus my own band Penguins Go Pop. We are making our return at 6pm at Cromer Social club as a 3 piece line up playing a mix of new and old songs. For the full line up + more info go to- <https://www.facebook.com/1.3EastCromer> SOME CONCERTS BY ORIGINAL ARTISTS FOR APRIL AND MAY (see websites for more concerts, tribute acts, covers bands, + support bands etc). NORWICH- ANTEROS- April- 21st Granny's Attic, 25th Andy Cutting. BRICKMAKERS- April- 1st Psychedelic Circus, 2nd Metal 2 The Masses (+ 9th + 16th), 4th Route 66, 17th Chelsea, May- 2nd Roxoff festival, 23rd and 24th- Slay Fest, B2-April- 3rd Mastiff,

4th Big Iron, 10th State of Deceit, May- 30th Papa Shango. EPIC- April- 29th Turin Brakes, May 29th Los Campesinos, THE HOLLOWAY- 5th- Sam Glassie, 11th Lande Hekt, 22nd Carpool Tunnel, 30th Ben Moss, May- 6th Hevenly Bodes + Black Magick Caravan, 11th lorelle Meets the Obsolete, 23rd Spirited Followers. NORWICH ARTS CENTRE- April- 1st Feet, 18th Zion Train, 20th Katherine Priddy, 24th Afrobeat Experience, 28th John Jones Trio, May- 8th Deer Hoof, 11th Gwenno, 15-24th Jazz Festival, 19th- Jesca Hoop. NORWICH FOLK CLUB- April 10th Dan Mckinnon, May 8th Pete Coe. OCTAGON CHAPEL- April 25th Honey and The Bear. PUPPET THEATRE- April 12th Kris Drever, 17th- The Bar-Steward Sons of Val Doonican. UEA- April 24th The Charlatans, May 28th Toots and the Maytals. VODOO DADDY'S- April 16th Wasted Youth, 29th Otaia, May- 3rd Marc Valentine + Lassie, 9th Bird Service + The Annex, 14th Spiral Drive, + Dreamwave + The Mink. WATERFRONT- April 4th EMF, 23rd Jim Jones all stars, 30th Dodgy, May- 15th Beth Rowley, 19th The Lemon Twigs, 20th the Hillbilly Moon Explosion. See also Dead Wax Social, Reindeer, Rumsey Wells, + Space Studios. OUTSIDE OF NORWICH- BECCLES- Canopy Theatre- April- 11th Suzie Ungerleider, 25th Hannah Scott, May- 16th The Shackleton Trio, 30th Bob Wood. BUNGAY- Fisher Theatre- May 22nd Around About Dusk. CROMER COMMUNITY CENTRE- April 2nd Martin Stephenson + The Daintees. GELDESTON LOCKS INN- April- Bands on Sunday afternoon- 5th Yield, 12th Time and Mercy band, 19th The Outsiders, 26th The Sugar Beatniks. Check website for Irish and acoustic sessions. LOWESTOFT- THE SLOUNGE- April 2nd Will Ferguson, 12th Samuel Easter band, 16th Pangea, 23rd Dove and Boweevil, 25th Border Valley 4, MAY- 1st Little Big Mouth, 9th Murphy's Lore, 15th The Vagaband, 21st The Shackleton Trio. SWANTON NOVERS VILLAGE HALL- April 26th Reg Meouss, May 16th Kyson Point, 23rd John and Pauline Pearce. (Now heading off to the 20th anniversary party)

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by Oscar Wilde
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... is to yield to it.*



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matters - it's where
you go from there.*

*That's the
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