Snailwell Christmas Fayre

Saturday 4th December, 2.30pm
Christmas arrangements & Gifts
Bric a brac: White elephant: Home produce
Good quality toys, jewellery and toiletries
Raffle and refreshments
Help and articles for sale wanted,
please contact Maureen 577456

"Dance to Paul Cage" Chippenham Village Hall Saturday 11th December, 8pm till late

Hot Food ~ Draw ~ Bring your own drinks Tickets £5, from Margie (720054), Diana (720825), Dawn or Hazel

Bryony & Amy's Babysitting Service

Responsible and experienced 15-year-olds willing to take care of your children of any age, any time.

If you are interested please contact
Bryony on 01638 720062 or Amy on 01638 721307
If you have already used our service, thank you very much: we look forward to hearing from you soon.

PRIVATE COACHING IN MATHS & ENGLISH. PLEASE CONTACT JUDY GEAR ON 721081.

Cleaner/Ironer wanted, 3 hours per week for professional couple with children in Chippenham. Please call 01638 720180.

For Sale

Girl's Raleigh bike with gears and stand.

Suitable for ages 6 – 9 years. Very good condition.

Smoby children's desk with integral seat. Suit ages
2 to 6 years. Excellent condition, £10. Tel: 721745.

Car cleaning products for sale

Dashboard shine * Bumper shine * De-icer

Window cleaner * Upholstery cleaner

Alloy wheel cleaner * Tyre foam cleaner

Please call Scott for details and prices on

07843051785

Selling Nearly Brand New Wallace & Grommit PC game, £15. Action-packed, Buzz Lightyear PC Game, £15. Contact Giles Gear on 01638 721081

Chippenham Poetry Book

The Poetry Book will be going to press in the next two weeks. It will then go on sale in the Tharp Arms, La Hogue Farm Shop and from me at 48 High Street.

Price is only £4.99, an ideal Christmas present!

Everyone who has a poem printed will get a free copy.

Please collect these from 48 High St from 13th

December onwards. Paul Mangell, Tel: 721211

New Year's Eve Dance Chippenham Village Hall, 8pm till late Dance to "Two of a Kind"

Buffet ~ Draw ~ Please bring your own drinks Tickets £7, available from Hazel (717000), Margie (720054), Diana (720825) and Dawn Get your tickets early and join us for New Year!

Santa Claus' annual visit to Chippenham

Santa Claus will be arriving in Chippenham on Saturday December 18th, just in time for Christmas. He will ride in his horse-drawn carriage up the High Street, arriving from the A11 direction at about 12 noon and then to the Coach House, weather permitting. He's hoping to see lots of children waving to him as he comes by.

Church Services at Christmas

St Margaret's Chippenham

Carol Service with Dressing & Dedication of the Crib Friday 24th December, 6pm

Christmas Day Sung Eucharist, 11am

St Peter's Snailwell

Candle-lit Carol Service, Sunday 19th December, 6pm

Midnight Mass, Friday 24th December, 11.30pm

Christmas Day Family Communion, 9.30am

<u>Dog owners?</u> Are you looking for an alternative to kennels or are you just out for the day and need somewhere to leave your dog? If so, please contact Judy Gear on 721081.



For Sale

Male Dwarf Lop multi-coloured 9-week-old rabbit. Very friendly and full of fun! Only £8 to a good local home. Please contact Catherine Barrow on 721745.

Respectable Young Lady is looking for lodgings locally, to live as family. Non-smoker, non-drinker, car driver, very reliable good references. Please reply in the first instance to Linda on 01638 720415.

Mother & Toddler Group

Every Tuesday morning in term time at Isleham Village Hall, 9.15 – 11.15am

Cost £2 per family, all you need is a little one, or more, aged 0 to 4 years.

If you're in need of a cup of tea or coffee, we will add some good company.

More info from Michelle on 781041.

Isleham Under 5s Association

Chippenham Women's Institute

We have our annual Christmas Dinner in December, so there is no meeting. We resume in January on Wednesday 19th, when Judy and Alan Broadway will be coming to give a talk about Vietnam. The competition is for a winter scene photo. On February 16th we have a speaker from RAF Mildenhall. We are a very friendly group: you are very welcome to join us. Meetings all start at 7.30pm in the Village Hall.

Ginette Hawes, President (781127) Eileen Smalley, Secretary (720453) **New World Montessori School**

St Agnes Church Hall, Bury Road Newmarket

For children from 2 to 5 years Monday to Friday, 9.00 am to 1.00 pm. Now accepting new registrations for 2005

For more information, please call Christine on 01638 561568 or Fiona on 01638 720677



LA HOGUE FARM SHOP & DELICATESSEN

Daily Telegraph/Sage National Business Award Winners Newmarket Business of the Year Award Winners 2003/04

"A unique food shopping experience"

Offering the finest quality farm produce that you can trust

- Home & locally grown fresh fruit & vegetables
- Large selection of traditional fresh meats and game, all from East Anglian farms.
- Delicious homemade meals, cakes & pastries (made in our farm kitchen).
- Delicatessen with over 60 different cheeses. olives, anti-pasti etc.
- Local dairy produce (direct from a Suffolk farm).
- A selection of local ales & fine wines.
- In all over 2,500 exciting products in our unique and comfortable shopping environment.



Now Available by Order for Christmas

Genuine Free-Range Norfolk Bronze and Black Turkeys from Lanfren Farm, Lopham, last orders by December 4th (subject to availability)

- Free Range Norfolk Ducklings & Geese.
- Traditional Christmas hams & joints.
- Whole and half baby Stiltons & Cheddar truckles.
- Wide range of smoked products including whole and half sides of smoked salmon and gravadlax.
- Homemade & Coles traditional Christmas puds
- "Fill your own" Christmas Hampers (you choose the hamper and fill to your own taste & budget).

Christmas Trees

Huge selection of beautiful local Christmas trees including 3 varieties from the renowned Rougham Estate, Bury St Edmunds. Norway Spruce, Scots Pine and "non-drop" Nordsmans. Also beautiful natural local handmade Christmas wreaths & Christmas tree stands. All available in our Christmas Tree Barn at rear of shop.

Christmas Opening Hours

December

Mon 20th, Tues 21st, Weds 22nd: 10am-7pm Thurs 23rd: 9am-7pm, Fri 24th: 9am-4pm Sat 25th, Sun 26th, Mon 27th: Closed Tues 28th, Wed 29th, Thurs 30th: 10am-7pm Fri 31st: 10am-5.30pm January

Sat 1st, Sun 2nd, Mon 3rd: Closed Tues 4th: Back to normal

Have you discovered La Hogue yet?

Recently featured in Rick Stein's "Guide to Food Heroes of Britain", Les Routiers Accredited Members of Tastes of Anglia

> La Hogue Farm Foods, Chippenham, nr Newmarket, CB7 5PZ Tel: 01638 751128, Fax: 01638 552688

Opening Hours: Tuesday – Friday 10am – 7pm Saturday 10am - 5.30pm : Sunday 10am - 4pm

visit our website at www.lahogue.co.uk

Christmas Bonus for Chippenham Pensioners

The Parish Council looks after two village charity funds which are used to give a Christmas bonus to pensioners in the parish. If you received the bonus last year, you need not re-apply. If you'd like to apply and are not already on our list, please fill in the form below. Ladies of 60 or over and gentlemen 65 or over are eligible to join. Please return this form to the Clerk at 50 High Street by Friday December 17th.

I/We would like to receive the Chippenham Christmas Bonus. Please add my/our name(s) to the list. Name (please print):

Address:

HOW ARE YOU GOING TO FINANCE THE REST OF YOUR LIFE?



COULD YOUR "LIFE BANK ACCOUNT" BECOME OVERDRAWN?

TO TRY OUR NEW DYNAMIC PLANNING FACILITY

SEND AN EMAIL TO admin@newmarketfinancialplanning.co.uk





Megan's Pet Sitting

If you're going away and need someone to look after your pets, give me a ring. Thank-you to all my customers old and new, I really enjoy looking after your lovely pets.

Merry Christmas to you all.

Megan, 01638 720062, 4 Tharp Way

Emmaus Cambridge

Everything you need for your home, new and second-hand. Find us at Green End, Landbeach, Cambridge Tel: 01223 863657

All proceeds go to help homeless people

Thanks from Megan

Thank you to everyone who has donated blankets and food for the Animal Sanctuary (this is on-going). Also thank you to everyone who donated wool, items for the shoe boxes and complete shoe boxes filled to the brim! (the last date for this year is Saturday 4th December).

Megan Dumphreys

Village Hall 100 Club October Winners 1st: K Nobbs, 2nd: B Evans, 3rd: D Price Bonus: I Drake, J Wilson, A Broadway

Thank you

I would like to thank everyone for their good wishes and gifts over the last few weeks, especially the prayers that were said for me by the Revd Mike and friends. They were all very much appreciated.

Thank you, Betty Orme

Qualified Holistic therapist REFLEXOLOGY AND REIKI

These therapies gently assist the body to heal itself by releasing blocked energy and allowing the free flow of energy throughout the body. They may be helpful to aid relaxation & most minor ailments, or just as a special treat.

THERMO-AURICULAR THERAPY (HOPI EAR CANDLES)
May be helpful for blocked ears, sinus congestion, headaches, stress relief and assist relaxation.

CRYSTAL THERAPY

Placing crystals near or one the body help to clear blocked, negative energy and replace with pure life force energy, bringing balance and harmony to the mind, body and spirit.

> ORGANISER OF A MEDITATION GROUP Gift Vouchers available. Contact Joanne Duffy, 01638 721386

Professional Fruit Tree Pruning IAN PITCAIRN M.I.Hort 01440 - 786467

Restoring Old Fruit Trees a Speciality
Also new fruit & nut gardens designed
Help with choice of varieties, planting & training etc.

Isleham Pre-School Lunch Club

Isleham Pre-school are pleased to announce the opening of a 16-place lunch-time club, Monday to Friday in term time, at the Pre-School unit next to the primary school, from 11.15am to 12.45pm. Cost only £2 per lunch, payable with booking.

Packed lunch to be provided.

All children attending pre-school are welcome. For info please ring 720760 or 780060

"Health Wise"

Once again we feel the bite of the frost and see the snow flakes tumbling from the sky one day, only to wake up to mild, damp drizzle the next. This is just the type of weather which can catch us out and cause us to fall prey to coughs, colds, etc. It is true that getting cold or wet does not give us an illness in the ordinary course of events. Nature is a little more subtle than that. What does happen when the body experiences a sudden and dramatic change in the environment is that it starts working harder to raise or lower the temperature, especially if there is too much or too little clothing on. The immune system is focussed on this to the extent that it cannot attend to the normal work of protecting from the many germs, viruses, etc. which abound at this time of the year and this makes us much more vulnerable to illnesses taking hold.

How do we go about protecting ourselves at this time of the year? We need plenty of hot drinks, good nourishing soups (chicken broth still remains one of the great natural treatments for colds) and use plenty of herbs and warming spices and winter vegetables. If you do get cold and wet always remove wet clothing at the first opportunity, and if at home, have a hot bath or shower then wrap up warmly afterwards. Never go outside for at least half an hour after bathing as the pores of the skin are still very open and the cold can get in much more easily Always eat breakfast and try to have something hot - porridge being the ideal. Oats are slow release meaning that they gradually raise your blood sugar levels and give you energy bit by bit throughout the morning whereas sugary cereals shoot the blood sugar levels too high initially then leave you feeling tired and hungry much sooner. If you want to avoid catching colds taking echinachea tablets can help as can garlic and it will bring down high blood pressure if taken correctly.

I should like to wish you all a very happy and healthy Christmas and look forward to hearing from you for further advice on how to stay healthy. My telephone number is 01638 750475 or email maureen@penney41.fslife.co.uk

The Parish Churches of Chippenham & Snailwell

Chippenham Sunday Rota											
SUNDAY	Dec 5th	Dec 12th	Dec 19th	Dec 24th (6pm)	Dec 25th	Dec 26th	January 2nd	January 9th	January 16th	January 23rd	January 30th
SIDESMEN	Anne	Brian	Ian	Alan	Jan	Anne	Brian	Ian	Alan	Jan	Anne
READERS	Eileen	Nicola	James	Carol	Chris	Anne	Jan	Brian	Helen	Eileen	Nicola
WINE	Kevin & Linda	Beth & Tim	Anne	Service readers		Brian & Jennifer	Isabel & Terry	Mandy & Andrew	Paul & Isobel	Sean & Moira	Fiona & Peter
CLEANING	Julie	Paul & James	Fiona & Mandy			Judy, Eileen & Mary	Julie	Paul & James	Fiona & Mandy	Judy, Eileen & Mary	Julie
FLOWERS	Adv	ent, no flo	owers	Christmas flowers, everyone			Joy	yce	Jennifer		
Please note Judy Gear (Tel:721081) is happy to act as sidesman if anyone is away.											

Snailwell Sunday Rota								
Readers/sidesmen Flowers & Clean								
December 5th	Michael	Gaynor & Sue						
December 12th	Maureen	"						
December 19th	various	Sophie, Jane & Joan						
Carol Service, 6pm								
December 24th	Helen	"						
Midnight Mass, 11.30pm								
December 25th	Gaynor	II .						
December 26th	Betty	"						
January 2nd	Muriel	Muriel & Maureen						
January 9th	Charles	"						
January 16th	Michael	Bryan & Betty						
January 23rd	Maureen	"						
January 30th	Helen	Gaynor & Sue						
February 5th	Gaynor	"						
Christingle, 3pm								

If these dates don't suit, please swap.

Flowers for Christmas to be arranged by the Carol Service.

All hands on deck on Saturday 18th December please.

Chippenham Church decorating for Christmas

We very much welcome any help with decorating the church for Christmas. Offers of evergreen foliage and flowers are also invited. Please contact Jennifer Wilson, 5 Manor Farm Barns, Chippenham, Tel: 720649, if you can help.

Church security – be aware

There has been a number of burglaries of churches in our Diocese in the last few weeks. Burglary is a distressing crime as not only are items of financial and sentimental value stolen, but there is usually a good deal of damage as well. Windows can be repaired and door locks replaced, but the theft of items of communion silver is somewhat more difficult to cope with.

Please be on the look out. Burglars will sometimes 'case the joint' to decide on a point of entry, before they commit a crime, and someone will see them. This means the more of us who regularly look round the church and churchyard and watch out for strangers, the better.

This warning was issued by the Diocesan Secretary in Ely.

Carol Singing in Chippenham

Everyone is welcome to join in on our annual Carol Singing visit around the village on **Tuesday December 21st**. We will meet outside the Village Hall at **6.30pm** and start off in Scotland End, then come down the High Street and do as much of the village as we can before it gets too cold or too wet. We will end at Chippenham Park, by kind invitation of Anne Crawley. The Choir is also singing at La Hogue Farm Shop on the morning of Saturday 18th December, 10.30-12.30. We hope to see you there and wish everyone a very Merry Christmas.

Terry Cross, Tel: 721549

Snailwell Church News

Flowers and cleaning rota

We need more volunteers for both these rotas. If anyone in the village feels they could help or would like to just do the flowers, or enjoys cleaning brasses, please ring Maureen.

Recent services

Thanks to everyone for a splendid Celebration of Harvest. The church looked beautiful and the array of food was outstanding. At Remembrance Sunday we had a very moving service and a full church. Chippenham Choir's singing was a delight. The lunch afterwards was a wonderful idea and much enjoyed. Thanks to all involved. The Nine Lessons and Carols on December 19th will feature Chippenham Choir again. Mince pies and mulled wine will be served afterwards.

Christmas Fayre

This will be on <u>Saturday December 4th</u> at 2.30pm, featuring stalls, games, light refreshments, a raffle and lots of bargains not to be missed. Hope to see you all there. All proceeds go to our Restoration Fund. If you could help to run a stall and/or have the time to help to set everything out on the Saturday morning, please let Maureen or Bryan know, or just turn up.

Fund-raising

Many thanks to the cycle riders in September, the boost to church funds was gratefully received. Whist nights are great fun and going well. More players always welcome. The total raised since we started is just under £300, a wonderful amount. They are on Thursday evenings, 7.15pm for 7.30pm start. Do come along and have a light-hearted night out.

Maureen Howes, 577456, Bryan Orme, 578265

Parish Council News

Neighbourhood Watch

The latest meeting for the local cluster was held in Fordham on October 19th. Police representatives included Sergeant William Creasey (Isleham), Kate Kent (Community Contact Officer), Brian Tully (Antisocial Behaviour Co-ordinator), and Ben Boddington (Chairman of the East Cambs Crime Prevention & Neighbourhood Watch Panel).

Several interesting points arose from the meeting including:

<u>Police Successes</u> Most of the reported crimes reported locally are cleared up; an example of this has resulted in the perpetrator of the theft of the ladder from Fordham Road, Snailwell presently languishing at Her Majesty's pleasure in Norwich!

<u>Vehicle Alert Scheme</u> This is a scheme where members of the Neighbourhood Watch can identify vehicles which have property left on view, making the vehicles vulnerable to attack by criminals – typical of a high proportion of reported crime in our villages.

By notifying the Force Control Room of the details of the vehicle with property on view, a letter will be sent to the registered keeper with accompanying vehicle crime prevention advice.

In order to do this call 01480 456111 and ask for your Sector Community Contact Officer. Inform them you have details for Vehicle Alert. They will then call the Force Control Room on your behalf.

<u>Datalink</u> This is a scheme where in simple terms a canister with your medicines and medical information is kept in the fridge. This ensures that the Emergency Services have access to important information about you, should you have an accident or suddenly become ill at home. The scheme is open to anyone who needs it.

For a canister please contact either the Southern Division Police Community Safety Unit on 01223 823251, or Kate Kent on 01353 656643 who will be more than happy to send you a canister and instructions on its use.

Charlie Richmond

<u>Neighbourhood Watch Co-ordinators</u>

Adrian Kidd, Neighbourhood Watch Co-ordinator for Chippenham, has recently announced his retirement from the post. The Parish Council would like to register its sincere appreciation for all the hard work and effort which Adrian has put in for our village over the years. It has not been easy, with many changes of personnel at the Police Station in Ely, and a sometimes apathetic response from both sides.

Thank you so much Adrian, for all your efforts.

We hope that one of the present Neighbourhood Watch members will be willing to take over the Co-ordinator role. Would anyone who is interested please contact Kevin Pallant on 720415 or Judy Broadway on 720619.

Recycling and rubbish

Snailwell PC would like to remind residents to put their rubbish bags out only on the right day. PLEASE don't put bags out until the night before the refuse bin comes, or preferably early the same morning. This will stop the bags being torn open by animals and the contents strewn around, and also keep our village looking tidy and attractive as long as possible.

You can take green waste for recycling to Depot Road in Newmarket where they will make it into compost.

Fireworks in Chippenham

Many people have said how disappointed they were that there was no central fireworks display and bonfire in Chippenham this year. The Parish Council has agreed to organise and fund the event next year, which we hope to hold on the playing field by the allotments. We will find out about insurance and safety issues in plenty of time so that the event can be run with the minimum of disruption and maximum enjoyment for everyone. Kevin Pallant, PC Chairman

Climate Change – what can you do?

The scientific evidence is growing that man-made greenhouse gas emissions are having a noticeable effect on the earth's climate. Globally, 7 of the 10 warmest years on record were in the 1990s. The earth could warm up by as much as 3 degrees centigrade over the next 100 years, bringing severe environmental and economic costs.

What can we do at a local level to alleviate the problem?

One way to make a difference is by reducing the amount of energy we use to heat and power our homes. Did you know that houses produce approximately 25% of the UK's CO2 emissions and that the average home produces more CO2 in a year than the average car? A normal house loses over 40% of its heat through the loft space and walls.

Depending on your house size and the type of fuel you use, cavity wall insulation and 10 inches of loft insulation can be professionally installed from as little as £100. If you receive certain income benefits these can even be installed free!

If you want to know more, contact HEAT Cambridgeshire on 0800 0930450 to arrange a survey, or call the District Council's Energy Conservation Office on 01353 616251.

Current Planning Applications

Plans recently considered by Chippenham PC:

 Erection of 'in ground' swimming pool, changing rooms, etc, Badlingham Manor, 04/01302, for Mr N Wright

<u>THE NEXT MEETING</u> of **Chippenham** Parish Council will be held on Thursday January 13th at 7.30pm in the Village Hall. **Snailwell** Parish Council's next meeting is on Tuesday November 30th, at 7.45pm in St Peter's Church.

Next issue Please send all notices and news for the next issue to the Editor, Judy Broadway, 50 High Street, Chippenham, Tel: 720619, by January 25th. You can e-mail me at *j.broadway@dial.pipex.com*

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Merry Christmas and a Happy New Year to all our readers

The Parish Churches of Chippenham & Snailwell

Church Diary

December

Sun 5thSecond Sunday of Advent (P)Romans 15:4-13Matthew 3:1-12Holy CommunionChippenham 8amHoly CommunionSnailwell 9.30amFamily ServiceChippenham 11-11.45am

Sun 12thThird Sunday of Advent (P)James 5:7-10Matthew 1:2-11Family ServiceSnailwell 9.30amSung EucharistChippenham 11am

Sun 19thFourth Sunday of Advent (P)Romans 1:1-7Matthew 1:18-endSung EucharistChippenham 11amCarol ServiceSnailwell 6pm

Fri 24th CHRISTMAS EVE

Carol Service & Blessing of Crib Chippenham 6pm Midnight Mass Snailwell 11.30pm

Sat 25thCHRISTMAS DAY (W)Hebrews 1:1- 4,5-12John 1:1-14Holy CommunionSnailwell 9.30amSung EucharistChippenham 11am

Sun 26th St Stephen's Day (R) Acts 7:51-end Matthew 10.

Acts 7:51-endMatthew 10:17-22MatinsSnailwell 9.30amSung EucharistChippenham 11.00am

January

Sun 2nd EPIPHANY (W)

Ephesians 3:1-12Matthew 2:1-12Holy CommunionChippenham 8amHoly CommunionSnailwell 9.30amFamily ServiceChippenham 11-11.45am

Sun 9thFirst Sunday of Epiphany (W)Acts 10:34- 43Matthew 3:13-endFamily ServiceSnailwell 9.30amSung EucharistChippenham 11am

Sun 16thSecond Sunday of Epiphany (W)1 Corinthians 1:1-9John 1:29-42Holy CommunionSnailwell 9.30amSung EucharistChippenham 11am

Sun 23rdThird Sunday of Epiphany (W)1 Corinthians 1:10-18Matthew 4:12-23MatinsSnailwell 9.30amMatinsChippenham 11am

Sun 30th Fourth Sunday of Epiphany (W) 1 Corinthians 1:18-end John 2:1-11

Holy Communion Snailwell 9.30am Sung Eucharist Chippenham 11am

February

Sun 5th Presentation of Christ in the Temple (W)Holy CommunionChippenham 8amChristingleSnailwell 3pmChristingleChippenham 5pm

From the Three Rivers Curate, Mike Banyard Tel: 721616 Christian Aid this year has a wonderful new catalogue of Christmas Gifts for 2004. Called "Just Gifts", it gives an opportunity to buy a gift from as little as £7 right up to £800. So there's something for everyone. But these are gifts with a difference. Each gift is a simple thing, and meets a simple human need – for water, food, good health, a decent living – but we get to know that each Just Gift does more than just that. The gifts start with a stethoscope at £7, to help local health workers in Cambodia, through to four goats at £60 to start off a local farmer in Bolivia, to providing enough cement for a new well in Mali for £790. You get to help someone in need in another part of the world, and the recipient here knows that you have thought very carefully about what to give and how to make a difference. Christian Aid says that when you buy one of their gifts for family or friend, "they won't receive the real thing - but we will be delighted to send you a special card that you can send instead." Each card features an image of the gift, and encloses a small token describing just how much the gift is needed - and how much it will be appreciated by the individual or community it goes to. Donations will be used to fund the life changing work of Christian Aid's partner organisations around the world. "Isn't that better than another pair of socks?" says Christian Aid. If you would like to know more about this way of giving gifts, then please do ask me for the catalogue.

Many thanks to everybody in both Chippenham and Snailwell who gave of their time and talent to make both churches look so magnificent for <u>Harvest Festival</u>. The Harvest Suppers, which followed the services at both St Peter's and St Margaret's, were, again, a great success!

Remembrance Sunday too was very special, of thanksgiving for the commitment and sacrifice that so many in our villages made, and continue to make, to the cause of freedom. And of our desire for reconciliation between all people, so that justice and peace may prevail. We seem to need this message ever more and more. The lunch afterwards at Chippenham was both well supported and a great meal and fellowship.

Amid all the hustle and bustle of the next few weeks, find time for a few quiet moments each day in <u>Advent</u>, our four weeks of preparation for Christmas, to think about how blest we are. Give thanks to God, for in giving thanks we will find the true meaning of Christmas: of God's great love for us, mirrored in our giving to others. Jesus came that we might have life in all its abundance. What a fantastic gift for us all.

The new 'Sound and Loop' system is installed and works well! Thanks to all who donated to make it possible. Do join us in church and see for yourself what a difference it makes.

God bless. Have a blessed & peaceful Christmas & New Year.

Mike Banyard

Chippenham Sunday School

Sunday School will be held at 48 High Street, from 10.45am, on all Sundays in December and January apart from Family Service days. All welcome.

Paul Mangell

Other regular weekday services

Snailwell: Evening Prayer, Wednesdays 4.15pm Chippenham: Evensong, Thursdays, 6.30pm

WORD SEARCH FOR CHRISTMAS AND NEW YEAR

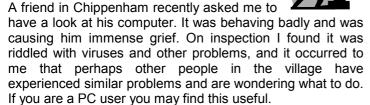
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CHRISTMAS CARD			PF	RESEN	TS	STEPH	HEN	MAF	RY	J(OSEPH		STAB	LE

BETHLEHEM ANGELS SHEPHERDS WISE MEN STAR JOU EPIPHANY CANDLEMAS SON JESUS FLOCKS	
CHRISTMAS CARD PRESENTS STEPHEN MARY JOSEPH STA	ABLE JRNEY

Have fun with this one. First correct three to the Vicarage win an Advent Calendar.

Sean's Technology Column

Broadband is here but beware!



As many of you may know Broadband Internet access recently came to Chippenham. For those of us who have subscribed, our use of the web has never been so good rapid access and "always on" connection has meant that we no longer have to wait for large documents to be transmitted over a slow modem, and with today's ever increasing requirement to have the information here, now and fast, broadband internet is a major step in the right direction. But with all the benefits increased performance and a permanent connection gives us, there arises an opportunity for the computer hackers to take advantage.

Many of you will have heard stories in the media about the threat from computer viruses but in recent years another form of computer menace has surfaced - spyware. You may know spyware by one of its many names; adware, malware, trackware, scumware, thiefware, snoopware, sneakware. Because of its stealthy nature, most Internet users are more familiar with the symptoms of spyware infection:

sluggish PC performance + increased pop-up ads + unexplained homepage change + strange pop-up messages + mysterious search results.

Like viruses, spyware is much more of a problem for people who use Microsoft Windows than other operating systems, but for virtually everyone with an Internet connection, spyware is a nuisance. Its undetected presence on your PC can lead to more serious consequences like identity theft.

Whether you have broadband or dial up using a modem, you still need to put in place measures to stop your PC from being deluged with undesirable software. Just like viruses there are many different kinds of spyware and it is essential that you protect your PC.

Firstly, make sure you have a firewall installed.

Windows XP comes with an inbuilt firewall, but there are other products such as Norton Internet Security or Zonealarm which do the job.

<u>Secondly</u>, immunize your system against attack. This includes ensuring your antivirus software is up to date and using anti spyware. There are a number of anti spyware products on the market, many of them free. I would recommend using Spybot, Adaware and CW Shredder, all of which can be downloaded free of charge from http://www.download.com

Anti-virus software needs to be updated to current versions. It is not enough to simply download the latest virus definitions, as old versions of anti-viral software cannot cope with new virus threats. Some viruses can actually prevent your anti-virus software from running!

Thirdly, make sure that your Windows operating system is up to date with the latest security fixes from Microsoft. These are available as automatic downloads from the Microsoft web site http://windowsupdate.microsoft.com

With a little effort it is perfectly possible to enjoy the Internet for all the benefits it can give and also have a healthy and functioning PC that doesn't cause you to tearyour hair out!

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Chippenham Fen Get-together Village Hall, Tuesday 18th January

The event includes:

- > a video diary filmed by staff during the last year
- displays by English Nature, Cambridge Bird Club & Cambridge Conservation Volunteers
- photos of the reserve and its wildlife on sale
- > free tea, coffee and light refreshments

Come along any time between 5 and 8pm to see what's happening at Chippenham's very own National Nature Reserve.

For more information please ring Kevin Warrington on 07970463829 or 01638 721329

Nial Murphy Private Hire

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Events at Ely Museum Winter 2004/5

27th November - 31st January 2005 King Arthur Exhibition

Come along to this fascinating exhibition of Darrell Warner's costume drawings which were recently used in the making of the Disney Blockbuster "King Arthur". not to be missed! Normal admission charges apply. Mon-Sat 10.30am-4pm, Sun 1pm-4pm, Tues closed.

Saturdays 4th & 11th December, 10.30am - 4pm **Christmas in the Courtyard**

Come and visit Santa in his Grotto. Other activities include story telling, face painting, paper chain making, raffle & refreshments. Cost £2 per child, includes free entry to Museum.

Reflexology, a holistic treatment to help balance the body, has been shown to be effective for:

- Migraine
- · Stress-related conditions
- Sleep disorders
- Digestive disorders
- · Back pain & Arthritis
- · Hormonal imbalances
- · Sports injuries

To book a taster or full treatment contact:

Martin Attree on 01638 718357 or 07792 875825 Gift vouchers available

Yoga for Everyone

New classes with Maureen Taylor Chippenham Village Hall, commencing 10th January Mondays 1.30pm - 3pm

All classes will include the postures, breathing and relaxation practices of Hatha Yoga. Beginners as well as more experienced students are welcome.

Six weeks' course: £25.50. Book early as places may be limited.

Tel: 01638 714990

