

# SUDLEY AREA RESIDENTS' ASSOCIATION

SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ

Registered Charity No. 508950

## Newsletter December 2011 Issue 25



# Merry Christmas from the SARA Committee



### CHRISTMAS SHOE BOXES FOR TROOPS SERVING ABROAD

On Thursday 20 October 2011 Trustees and helpers gathered at SARA Hall to fill shoe boxes with gifts donated by local residents for the troops serving abroad. All the boxes were covered by Christmas paper before being filled and each contained a Christmas greeting. Bill Sergeant and his friends from the Royal British Legion collected the 55 boxes for onward delivery abroad. We are very grateful to everyone who generously donated gifts, to Ken Devine for obtaining the shoe boxes and to those who assisted in preparing the boxes.

# Happy New Year to our readers. Here are some 2012 Dates for your diary. See back page for dates of Table Sales, Day Trip and Film Nights



### AN EVENING WITH THE HARMONY SINGERS

Join us for an evening of music and song

FRIDAY 10th February 2012 at 7.30 pm

Tickets £3.50

Call SARA on 726 0805

### SARA SPRING HOLIDAY

In collaboration with David Urquhart Travel

Monday - Friday 26th - 30th March 2012

5 days/4 nights. Dinner, Bed/Breakfast, Entertainment  
and Excursions

The Cavendish Hotel, Torquay, Devon

£145 per person. (£13 p.p. single supplement) Insurance,  
if required £14. £30 deposit required with balance  
due in January.

Further details: 0151 726 0805



### DAY TRIP TO BAKEWELL AND BUXTON

On Monday 16th August a full coach left SARA Hall for a trip to the Peak District. Our driver took the scenic route through some pretty villages and up to the Cat and Fiddle pass. The scenery was stunning, but some long scary drops! We continued on our way to Bakewell, where we stopped to spend time (and money!) in the outdoor market, have lunch and relax until 2.30pm. Then we re-boarded our coach and travelled on to Buxton. Once there we spent a couple of hours in and around Pavilion Park, with lots to see and do, including a min-



ature railway giving rides around the lake. We all returned to the coach where the usual raffle was held with nice prizes, a total of £40.50 being raised for KIND. Our return trip was via motorway and local roads, and we were safely back at SARA hall by 6.30pm We all returned to our homes tired but happy after a lovely day, with perfect SARA weather.



### TRIP TO BARDEN MILL

Shopping, a delicious lunch and canal boat trip were enjoyed by our group on a blowy but bright September day at Barden Mill near Burnley. Shops were limited in range but this was more than compensated for by the quality of the lunch and enjoyment of the circular boat trip on the Leeds and Liverpool canal, during which we were provided with tea or coffee and biscuits and were able to take turns in spending some time up on top of the boat, taking in the beautiful scenery including views of Pendle Hill. The raffle raised £59 for KIND.



### TRIP TO LOWRY OUTLET MALL

Once again our coach trip to the Outlet Mall at Salford Quays in October proved to be a happy occasion. With plenty of variety for all tastes including a Classic Film (The King and I) followed by lunch. A tea dance with a live band for dance enthusiasts and discount shopping for Christmas at the many outlets including Marks and Spencer, Nike, Past Times and Windsmoor. The on-board raffle for KIND raised £35.

### CHRISTMAS PARTY AFTERNOON AT THE BOURNE POACHER

Our final coach trip of the year took us to the Bourne Poacher, Cleveleys for a Christmas Party afternoon. This was our second visit to the family run establishment and proved to be as enjoyable as the first. We had a coffee break in Cleveleys and then off to the hotel a short drive away. We started with a tasty dinner from a good menu which catered for everybody's taste. This was followed by an afternoon of entertainment which included a comedian and singing and dancing. A happy time was had by all and it was a great forerunner to Christmas celebrations. The raffle for KIND raised £56.



### CHRISTMAS FOOD

An old wives' tale says that bread baked on Christmas Eve never goes mouldy.

The Christmas turkey was imported to France by the Jesuits and is still known in some French dialects as a 'Jesuite'.

Christmas pudding originates from an old Celtic dish known as 'frumenty'.

Mince pies should only be eaten between Christmas Eve and Twelfth Night. One should be eaten on every day of the 12 days of Christmas to bring good luck.

It is important to add 3 spices (cinnamon, cloves and nutmeg) to mince pies to represent the three gifts given to the Christ child by the Magi.

A wish should be made whilst eating your first mince pie of the festive season and should always be eaten in silence.

The traditional time for making a Christmas pudding is on STIR UP SUNDAY at the beginning of Advent. A proper Christmas pudding is stirred from East to West in honour of the Magi and traditionally made with 13 ingredients to represent Christ and his disciples.



### THE HISTORY OF CHRISTMAS

Father Christmas was originally part of an old English mid-Winter festival. He was dressed in green as a sign of returning Spring. He was known as Sir Christmas, Old Father Christmas or Old Winter. Images of Father Christmas dressed in red started appearing on Christmas cards in the late Victorian times. He is called different names around the world, Santa Claus being the most popular.

### CAN YOU HELP ?

We need people to deliver the Newsletter in:

**Alresford Road, Daventry Road, Hillview**

If you are able to spare a few minutes three times a year, we would love to hear from you. Contact details opposite. Thank you.

## SREEPUR VILLAGE ORPHANAGE & WOMEN'S REFUGE

SARA hosted a lecture by Ruby Porter who described her work with destitute women and children in Bangladesh which deservedly earned her an MBE. She had first gone to SreePur Village Orphanage and Women's Refuge after seeing a TV documentary about the work being established there by a former British Airways stewardess, Pat Kerr.



As a result of this, in 1990, Ruby had offered embroidery materials for the women to use but had been asked to get involved personally to teach the women – Ruby's profession being a textile teacher. She is currently organising her 31st trip to the project and is a trustee of the village.

She teaches the women embroidery skills so that they can find work in the garment factories. She also brings some of their handicrafts back to sell in the UK.

She vividly described the conditions in which she found herself – “rats as big as cats” and cockroaches nicknamed Cornish pasties by her husband who now accompanies her on her trips.

A heroic woman who is to be commended for her selfless approach to life. It was a humbling experience to hear how very little the women have and the stories of child abandonment would just break your heart. An inspiring story of volunteering, told without self praise and with humour. The event raised £163 for her charity.



## THE COLOSSUS OF ROADS

Friday 7th October 2011, saw the welcome return of Norma Walmsley to SARA Hall continuing her stories of her association with the Sultan of Brunei. Norma and her husband Ken (the *diamond*) having retired, decided to spend time travelling in America and Canada and the Royal family provided them with a 42ft Conestoga R.V. for their journey.

Then followed a fascinating talk with pictures, of their next four years travelling the length and breadth of America and parts of Canada.

The trip started in Vancouver, where they collected the R.V but what they expected to be a second honeymoon nearly ended in divorce, due to the *diamond's* refusal to accept that he needed help to manage the massive truck and van. Over the next 24 hours they only moved a few yards! At their first camp they flooded the whole site by turning the waste pipe the wrong way.

Things did improve, and the adventure began.

They saw lots of Native Americans. Ken knew all the tribes thanks to his boyhood love of comics; they encountered wild animals, including Wolves, Bison and Bears. They parked overnight in National Parks free of charge, after waiting until the Rangers left for the night, but had to leave before they returned in the morning. After all as the *diamond* frequently said, “we are on a fixed income now.”

At times they returned to the UK to see relatives, and check on their home etc., having further adventures on their return to USA. On one occasion they nearly caused an international incident, with Norma's luggage and a dodgy box of Bisto gravy. On another visit they used a Greyhound bus to reach their van, and a very damp journey ensued, caused by a faulty loo!

Norma ended her talk with an update on her Charity work with a Filipino village, on the Island of Mindanao, and as always, left us wanting to hear more.



## LIGHTS TO REMEMBER

Marie Curie Cancer Care would like to invite you to attend their annual Lights to Remember Service, and sponsor a light in memory of a loved one at Liverpool Metropolitan Cathedral on Sunday 11th December at 5pm. During the service, we remember loved ones and the Tree of Lights is lit in the hospice grounds. Fundraiser Antony Jones, said: “Christmas can be a very difficult time of year for those of us who are remembering loved ones who have passed away. We hope that our service will be of some comfort to those people.”

## THANKS

Joan Hill thanks everyone who came to her garden party in July and also those who made donations. The final amount raised was £544 for KIND.

The coffee morning and book sale held by SARA on 30th August, also for KIND, raised £44.35. Thanks to everyone who donated books and to those who came along and purchased books at bargain prices!

## Contact us:-

Sudley Area Residents' Association

S.A.R.A. Hall

Rundle Road

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Liverpool L17 0AQ

Tel: 0151 726 0805

Email:

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**IT'S PARTY TIME AT S.A.R.A. HALL**  
Hold your childrens parties at SARA from £25 for 2 hours and £6 for each additional hour thereafter  
**726 0805**  
sorry, no bouncy castles!

## SAVE THIS PAGE FOR FUTURE REFERENCE

### JOKES

For our younger readers and the young at heart!

What is Father Christmas's wife called? *Mary Christmas*  
What do you call F.C when he doesn't move? *Santa Pause*  
Where do Santa's little helpers go to relax? *An elf farm*  
What goes red white, red white? *Santa rolling down a hill*  
Who looks after F.C. when he's ill? *The National Elf Service*  
Why does F.C. go down the chimney? *Because it soots him*

### DAY TRIP TO BURY MARKET

**Date:** WEDNESDAY 7th March 2012 **Cost:** £10

**Booking:** From 15th February 2012

Bookings by telephone 726 0805 (Answerphone). Please leave your name and telephone number and we will get back to you. Maximum number of seats per call is 4.

Details of other coach trips in the Spring Newsletter

### FILM NIGHTS 2012

Please make a note of the dates as film nights will not take place every month.

**FRIDAYS AT 7 PM: JANUARY 27th, MARCH 23rd, MAY 25th, JULY 27th, SEPTEMBER 28th and NOVEMBER 23rd**

**All welcome - Free Admission**

### TABLE SALE DATES 2012

**SATURDAYS at 10.00 am (please note earlier start time)**

**January 21st, February 18th, March 17th, April 21st, May 19th, June 16th, July 21st, August 18th, September 15th, October 20th and November 17th**

A table costs £7 payable at the time of booking. To book call 0151 726 0805. If you are looking for a bargain pop in for a browse and perhaps have a coffee - admission only 20p.

## SARA Hall Weekly Events

For weekly updates, please visit <http://www.sudley.org.uk/timetable.html>

#### Monday

09:00 - 11.00 Sure Start Sessions\*  
11.15 - 12.00 Zumba Call Lucie - 07811301554  
13:45 - 15:45 Painting and Drawing for All (starts 9th Jan.) \*\*\*  
17:30 - 18:30 Karate (age 5+ Boys & Girls) \*\*  
18:30 - 19:30 Karate for Adults\*\*  
19.45 - 21.00 Yoga Call Philippa - 727 3133

#### Tuesday

10.00 - 12.00 Learn to Paint with Acrylics (starts 10th Jan)\*\*\*  
13:30 - 15:30 Tea Dance  
17:45 - 18:45 Pilates )  
19:00 - 20:00 Pilates ) Call Sarah - 724 2060 for details  
20:15 - 21:15 Pilates )

#### Wednesday

10:30 - 12:30 Music For Pleasure (starts 25th Jan)\*\*\*  
13:00 - 15:00 Craft/Card making  
17.00 - 18.00 Zumba Call Lucie - 07811301554

#### Wednesday (cont'd)

18:30 - 20:00 Yoga Call Philippa - 727 3133  
20.15 - 21.15 SARA Committee Meeting (1st Weds of the month)

#### Thursday

09:30 - 11:30 Craft  
14.00 - 15.00 Sure Start Session\*  
17:30 - 18:30 Karate (age 5+ Boys & Girls)\*\*  
19:00 - 20:00 Pilates Call Sarah - 724 2060 for details  
20:15 - 22:15 Wu Shu Kwan Call Steve - 07525 032511

#### Friday

09:30 - 10:30 Pilates Call Sarah - 724 2060 for details  
11.00 - 13.00 Sure Start Session\*

#### Saturday

10.00 - 12.00 Cllr. Hurley's Surgery (1st Sat. of the month)  
13.00 - 15.00 Cllr. Hinnigan's Surgery (3rd Sat of month from Jan)

\* For Sure Start sessions, contact Justine Merton on 233 5399

\*\* For all Karate sessions, contact John O'Neill on 07590 309462

\*\*\* Further details 726 0805 (answerphone)