



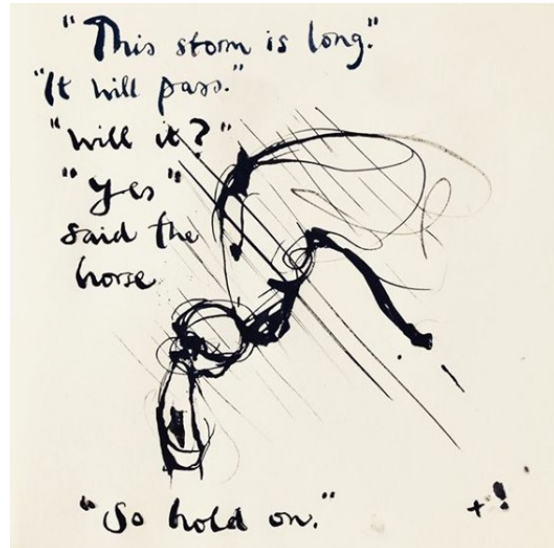
Happy New Year

And I'm sure it will be a happy year. We've got lots to look forward to: we're all going to get vaccinated very soon and life will return to normal; we will meet again (I'm hoping for Easter); we will be able to hug our families and each other; we will have a reason to put lipstick on again (and it won't come off straight away on your mask), and hair appointments won't keep getting cancelled.



So stay strong everyone, stay safe and see you soon.

Genevieve



Credit: Charlie Mackesy



Can the Digital Team help you?

Got a question about using your internet/phone/tablet/laptop? Would you like to get online, or feel more comfortable online?



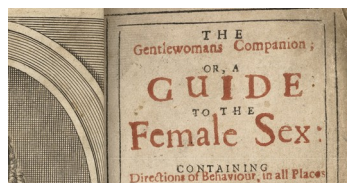
Maybe to borrow and read library books. Do you need to order repeat prescriptions, find or update utility suppliers, or use council services online? Perhaps you want to shop online, whether it for one-off gifts or weekly grocery shopping? Do you understand your smartphone, or want to manage photographs better? Maybe you'd like to keep in touch with family and friends through Facetime, Skype, Facebook, Instagram, Zoom or some other means?

Then the **Digital Team at Norfolk Federation** can help.

No question too simple. Email the team on winorfolkdigitalhelp@gmail.com and you will be matched with a helper.

17th Century Manners

(an extract from "The Gentlewoman's Companion" of 1652 and sent to me by Betty Stacey)



"Close your lips when you eat; talk not when you have meat in your mouth; and do not smack your lips like a pig, nor make any other noise which shall prove ungrateful to the company. Do not bawl out loud for anything you want; as, I would have some of that; I like not this; I have onions; Give me no pepper. Instead, one should whisper softly to a servant that he or she without noise may supply your wants."

(I wish - Ed)

ON ZOOM FOR ATTLEBOROUGH WI - Wednesday 27 January at 1.30pm



"An Englishwoman's Life in Rural Turkey"
By Jenny Gibbs
Click here on this [link](#) on Wednesday

In 2016 Jenny gave us a presentation on "A Turkish Shirley Valentine" which was a huge success. Jenny now gives her talks on-line, so it's a great opportunity for us to enjoy a speaker at last. I hope you can join us. If you've any queries about using Zoom, I'll be happy to help.

Genevieve

Shirley Miller has been busy during the lockdowns making really lovely wall hangings, cushion covers and woolly hat and mittens. She kindly sent me some pictures.



Wall hangings

Shirley says she "embroidered this hare with some gold thread to make him sparkle"



"I made a Christmas beret for my friend for her December birthday and I made some fingerless mittens to match with the red hearts on".



Really beautiful, Shirley. Thank you for sharing your pictures with us.



**Three Ingredient Recipe:
Nutella Brownies**



- Ingredients:**
400g jar of Nutella
3 medium eggs, beaten
115g plain flour

Method:
Preheat oven to 180°C (160°C fan). Line a 20 cmsquare cake tin with baking parchment. Scrape Nutella into a bowl and mix in eggs with a wooden spoon until the mixture is combined and glossy. Mix in flour then scrape into the lined tin and smooth to level. Bake for 15-18 min, until just set and slightly springy to the touch. Cool completely in tin before slicing and serving.

Q: Why is it best to think of 2020 like a panto?
A: Because it's behind you 😊



Bressingham's beautiful winter gardens (My pic - Ed)



One last thing, dear readers. Please don't hesitate to contact me if you'd like to have anything included in the monthly newsletter, eg a short story, a lovely photograph, what you've been up to during lockdown ... anything. I'd love to hear from you.
Genevieve