

Welcome to the Bunny Bulletin



The Bunny Bulletin is the Bunny Village monthly magazine. It was founded in September 1998 and is distributed free of charge to every household and business in the Parish of Bunny.

It is produced by a team of volunteers and is funded by Bunny Parish Council and advertising.

The Editorial Committee is conscious that the population of Bunny is constantly changing and is aware that the sense of community that many of us value is in danger of being lost. By promoting village activities and events, raising issues that affect the life of the village, giving a voice to Bunny residents and supporting local businesses and trades-people, we hope to foster a sense of belonging in those who live in our village.

Bunny Bulletin Committee

Editor:	Heidi Barnard
Treasurer: & Diary Editor:	Heather Paul
Invoicing and Minutes :	Chris Brown

Writing to or Advertising in the Bulletin

Send your copy to:

editor.bunnybulletin@gmail.com

Advertising - Please mark your emails "BB advertising" and include your trading name.

We reserve the right to refuse copy or advertising material and to edit material as considered appropriate.

Subscribing to the Bunny Bulletin

If you are not a Bunny resident but would like to receive a copy then you may like to take out an annual subscription.

Perhaps you would like to arrange a subscription for a friend or relative with Bunny connections?

The Subscription is currently £8 per annum plus postage and packing.

Initial inquiries should be made by letter, including a stamped addressed envelope, to Mrs. Heather Paul, 148, Loughborough Road, Bunny, Nottingham, NG11 6QS.

Each Month our Web Page will give you a Taste of the Content of the Bunny Bulletin by including the Editorial and Information on the Village Events for the Month.

The Editorial



By the time you read this, it will be time to wish you all a Happy New Year. The last month has, no doubt, been a busy one for many of us, and I for one am looking forward to some R & R, before the fresh start in 2016.

It was a pleasure to have met many of you at the Parish supper and put names to faces.

Whilst the last month has been a busy one, the editorial inbox has been lighter than usual, with the exception of an anonymous letter I received about the proposed speed watch group - they were not in favour. As I read it, it conjured up images of the famous howlers from Harry Potter. Do you remember the ones? - Usually sent by angry parents, these were the letters that flew out of the envelope shouted at you and then combusted.

I am more than willing to embrace different views held by residents, but I would prefer that this were done in the form of healthy reasoned debates. I would also like to make it clear that I will only publish items to which people are willing to put their name.

In this month's edition you will find an item on 'Thank You' notes and some hints and tips for sticking to those New Years resolutions, Good Luck!

Heidi
editor.bunnybulletin@gmail.com

Sending copy to the Bunny Bulletin

To make my life easier, it would be helpful if Village Groups could:

1. Nominate someone to be responsible for sending copy (advertising meetings and special events) to the Bulletin each month or when appropriate.
2. Ensure that someone is responsible for sending in a report after the event (some photos would be a bonus!).

Our regular contributors are excellent but, if you are an occasional contributor, as a reminder I use Publisher to compile the bulletin - can I request you send information through in a word document or Publisher file. If sending a publisher file can you also send a PDF version

Page size: A5 Portrait

Line Spacing: Single

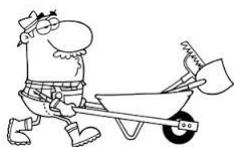
Do not indent the first line of a new paragraph

Case: Main text - lower case, headings upper case

Email: editor.bunnybulletin@gmail.com

Why not set up a “Bunny Bulletin” document on your computer with the above layout – A5, Portrait, the correct margin settings etc. You can then use it each time you need to send in an item for publication. This will give you some idea as to how much space your item will take up, don't forget to allow for illustrations

Having said all this, if you are struggling with technology and can't get someone to show you how, just do your best. Handwritten copy is also welcome, but please make sure that it is legible!



Bunny and District Gardeners

Forthcoming talks in the Village Hall Bunny 2016
All talks are on Wednesday evening beginning at 7.30pm

Date	What's Happening
13 January	Barn Owls by Howard Broughton of Rushcliffe Barn Owl Trust
10 February	Flowering Trees by Dr Pierce, an expert on trees, particularly

POSTPONED

You are most welcome to attend as a visitor, paying £3 at the door. You will find that we are a small friendly group of gardeners.



Church Services for the Parish of Bunny with Bradmore

Everyone is Welcome!

Sunday Christmas 2	3 rd	10:00 AM	Family Service	Bunny
Sunday Baptism of Christ	10 th	9:00 AM	Holy Communion	Bradmore
		10:15 AM	Sunday School	Bradmore Community Hall
		6:00 PM	Evensong	Bunny
Sunday Epiphany 2	17 th	10:00 AM	Parish Communion	Bunny
		10:15 AM	Sunday School	Bradmore Community Hall
Sunday Epiphany 3	24 th	10:15 AM	Sunday School	Bradmore Community Hall
		6:00 PM	Holy Communion (order 2 with Hymns)	Bunny
Sunday Epiphany 2	31 st	10:00 AM	United Eucharist	Stanton
		10:15 AM	Sunday School	Bradmore Community Hall

Rector: Revd. Jim Wellington 0115 9372017
Churchwardens: Mrs. Heather Paul 0115 9845172
 Mr. Roy Baker 0115 9211520
Reader: Mr. Geoff Walker 0115 9213783

January Lunch Bunch.



Will be held on Thursday 14th January. 12.00, in
Bunny Village Hall. £3.00

**Menu: Fish Pie with seasonal vegetables. Jelly and
Ice-cream. Coffee or Tea.**

Please book with Jan on 9841570 by Monday 11th if
you did not sign up last month.



President	Emily Hardstaff	0115 9217810
		07979960000
Vice President	Anne Wright	0115 921 3798
Treasurer	Jackie Oldham	0115 984 6498
Secretary	Helen Carson	0115 984 6933



We finished off the Centenary year of the WI with our annual members Christmas party in Bunny.

Thank you to the Committee for their hard work in hosting the party, especially to Janice Dickinson for organising our crafty entertainment! The festive tea light holder has pride of place on bunnybradmoredwi@gmail.com my dinner table!

This year we donated Christmas presents to the Women's Aid Integrated Services (WAIS). Thank you to everyone for their generosity. This charity does not get many donated gifts at Christmas for the women and children so our donations make a real difference.

Our next meeting on the 18th January 2016 is in Bradmore Community Hall, where we will be visited by Nottinghamshire Fire Brigade (as long as there are no emergencies!) to talk to us about home fire safety. There should be one fire engine and five uniformed fire fighters joining us. Everyone is welcome to attend -men too! We hope to see you there at 7.30pm. Happy New Year!



Emily Hardstaff
WI President

Date	Location	Title	Speaker	Host
January 18 th	Bradmore	Nottinghamshire Fire Brigade		V Hancock & S Northeast
February 15 th	Bunny	ALASKA	Jollyon Smith	J Norbury & M Merchant
March 21 st	Bradmore	Champions are made not born	Kay Adlington	L Miles & S Olds
April 18 th	Bunny	Remembering the 1950's Did we really have it so Good?	John Whitfield	S Clarke and K Goss
May 16 th	Bradmore	AGM & Resolutions		C Barrett & M Mills



NOTES FROM THE WOOD

Were there once wolves in Bunny Wood? Probably. Bunny Wood is ancient, and thought to represent the edge of a once extensive forest, an ideal wolf habitat in pre-Roman times. The wood had contracted to its present size by Norman times, but wolves were still in

Nottinghamshire. In 1433, Sir Robert Plumpton held about 15 acres in Nottingham, providing he chased the wolves in Sherwood Forest. Not long afterwards wolves became extinct throughout most of England. In Scotland, the last wolf was killed in 1743.

The problem with wolves is that their impact on us is often exaggerated, due as much to folklore as reality. Wolves eat deer, elk and moose or smaller prey such as rabbits and fish. They do take domesticated animals, and in Scotland island burials were practised to avoid bodies being scavenged, but they rarely harm people. In Europe and Asia between 2000 and 2013 wolves attacked about 30 people.

https://en.wikipedia.org/wiki/List_of_wolf_attacks

Is there room for wolves in today's Britain? Many people think so and there is growing support for their re-introduction to help control deer damage to woodlands. There is a proposed release in Scotland, where wolves, elk, wild boar and brown bears would be established in a large fenced reserve. Crofters and sheep farmers are worried that their stock would be targeted, but in some countries such as Poland, where wolves are still common, farmers receive a subsidy to cover losses (estimated at 1-2%).

It's doubtful that we'll see releases here, but are there wolves in Bunny Wood? The scientific name for the grey wolf is *Canis lupus*. DNA analysis shows that domestic dogs evolved from wolves, and the dog is now *Canis lupus familiaris* – a subspecies of wolf. What big teeth you have fido!

PS: "Dumpsy" is an old Somerset term for the gathering gloom before dusk, and "fido", a common name for dogs, means, "I am faithful" in Latin.

maybe to lose weight, quit smoking or drink less - but only one in 10 of us will achieve our goal.

Psychologists have found we're more likely to succeed if we break our resolution into smaller goals that are specific, measurable and time-based.

Those who fail tend not to have a plan, which make their resolution soon feel like a mountain to climb. Some focus too much on the downside of not achieving their goal, adopt role models, fantasise about their goal or rely on will power alone. 10% of participants in a recent study who had achieved their target broke their goal into smaller goals and felt a sense of achievement when they achieved these. "Many of the most successful techniques involve making a plan and helping yourself stick to it," says Prof. Wiseman.

Top 10 goal-setting tips

Prof. Wiseman's top 10 tips to achieving your New Year's resolution:

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behaviour.
2. Don't wait until New Year's Eve to think about your resolution and instead take some time out a few days before and reflect upon what you really want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.
5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.
6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.
7. Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you obtain your aim.
8. Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and a sense of progress.
9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.
10. Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.