

TOWN and AROUND



ISSUE 194 DECEMBER 2021
PRICELESS!

NEWS FROM
NW NORFOLK
FREE

Local News • Events • Great Outdoors • Features

First word



As the festive season begins you'll find details of all the local pantomimes in these pages. I hope you will take the opportunity to support live theatre this Christmas and exercise those laughing muscles!

Pantomimes use lots of props, but nowhere near as many as are holding up our local hospital which I why I urge you to join the campaign for a new build. See pages 42 and 43.

During 2021 we have increased our circulation area to include King's Lynn and the demand for magazines continues to grow. We plan to increase the number of

copies again in 2022 and I'll tell you more about that in our January edition. Incidentally, the copy date is *strictly* 12th December!

News items are posted regularly on our website, if you haven't already, do take a look: www.townandaround.net

None of this would be possible without our wonderful advertisers, writers and photographers, all of whom we thank very much. And thank you, dear readers, for your feedback too.

Events are listed on pages 76-77. Please spare a thought for the hardy souls who will be braving the Wash on Christmas Day in the Hunstanton & District Round Table Swim - a fantastic tradition back this year after the 2020 break.

Whatever you are doing this Christmas, we hope it is joyous.

Elaine

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5 ways to get your car ready for winter

Abigail Brown

It may be referred to as the most wonderful time of the year, but, for unprepared drivers, it can quickly turn into the most dangerous. Now, we don't want to put a dampener on the festivities, but believe us when we say nothing could ruin this season more than getting a flat battery on the way to stuff your face with Christmas dinner. Here's five things you can do to get your car ready for winter:

1) Check your battery

Your battery suffers from cold temperatures and the increased use of your lights, heater and blower at this time of year, putting it under extra pressure. If it's already in need of some TLC, you may find yourself stuck on the side of the road with a car that won't start - not to mention how cold you would be!

2) Top up your engine coolant with antifreeze

Although this may seem like a simple job, there's still a right and wrong way to do it. For example, if you've previously topped up your coolant with water, any antifreeze added later would be over-diluted and be prone to freezing. To avoid any problems, it's best to take your car to a garage who can do it for you.

3) Inspect your tyres

When it starts to feel like the North-Pole outside the roads can turn icy, making them particularly perilous. Make sure your tyres are ready to tackle this by checking their pressure and tread depth. We recommend a minimum tread depth of 3mm.

4) Get ready for icy mornings

If you haven't allocated yourself enough time before work in the morning to de-ice your car, you may feel compelled to drive off without finishing the job, despite your sight being compromised. Obviously, this is incredibly risky, so it's important that you're prepared for this scenario; you should always have a good scraper (if not, something similar like a spatula or credit card can work too) and a De-Icer product in your car.

5) Book in for a winter car service

If your car is due a service, get it done before the temperature plummets. A mechanic will look at your tyres, battery, coolant and antifreeze, windscreen wipers, lights and oil. Getting everything checked and any work done by a professional prior to the cold weather will give you peace of mind that you're as safe on the road as you can be this winter.

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Couple's combined 120 years of service recognised by Royal British Legion



From Left: Vice-Chairman Hunstanton RBL Ralph Hamlet, Sid Miller, President of RBL Hunstanton Anthony Jewell, Betty Miller, Chairman Hunstanton RBL Simon Matthews. Photo: T&A

A Hunstanton woman who has been selling poppies for 70 years has been recognised for her service by the Royal British Legion along with her husband who has completed 50 years.

In the run-up to this year's Poppy Appeal, Chairman of the Hunstanton branch of the Royal British Legion, Simon Matthews, was

chatting to Betty Miller and her husband Sid and he learned that Betty had been selling poppies since she was eleven years old. He also found out that Sid had joined Betty in this endeavour and he had reached the 50 year milestone.

Unbeknown to the couple Simon contacted the head office of the Royal British Legion with this news and arranged for their amazing service to be recognised.

Keeping the secret until after the High Street Act of Remembrance on Thursday 11th November was a challenge Simon admitted: "I was sure someone would let the cat out of the bag" he said, "but no-one said a word and our presentation remained a complete surprise to them both."



Betty and Sid were proud to wear their medals on Remembrance Sunday at the War Memorial. Photo T&A

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Cinderella at Hunstanton Town Hall

The Hunstanton Pantomime (in association with Hunstanton Town Council) is back better than ever for 2021 after a year's hiatus.

Cinderella could not go to the ball last year due to Covid 19 restrictions. Join Cindy and 'The Hunstanton Pantomime' in 2021 to see if she finds her 'Prince Charming.'

From friendly mice to ugly sisters, will Fairy G's magic be enough to get Cinderella to the ball, or will her awful Step Mother and sidekick cat get in her way. Can the Prince's Valet Vinnie save the day or will the Ugly Sister's ruin Cindy's chances with Prince Freddie.

Join us on this magical pantomime adventure of laughs and jokes aplenty. Spectacular scenery and sparkling costumes, this community panto promises to keep you entertained in between the lull of Christmas and New Year.

Come along, will Cinderella get to the ball? To find out, you'll have to join us at Hunstanton Town Hall.

An original debut script by Emily Atkins (Fairy Godmother), directed by Liz Bishopp (Vinnie the Valet) and produced by Tony Bishopp (Gertrude-Ugly Sister).

The Hunstanton Pantomime is a non profit making group, anything raised goes back in to our local community. The panto is run entirely of volunteers from cast, costume, set and prop design, sound and lighting technicians and chaperone's, all to create something fun and entertaining for all the family.

So book now you're sure to have a ball!

TICKET INFORMATION as follows:

Hunstanton Town Hall

Monday 27th December 2pm & 7pm

Tuesday 28th December 2pm & 7pm

Wednesday 29th December 2pm & 7pm

Thursday 30th December 2pm only

Family ticket £30 (2 adults, 2 children)

Adult: £10

Child (12 and under): £7

Tickets available from: Hunstanton Town Council: 01485 532402

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67th SOS takes part in Hunstanton's Act of Remembrance

By John Maiden

Remembrance Sunday in 2021 fell on November 14th which also marked is the 69th anniversary of the USAF 67th Special Operations Squadron. In recognition of the special relationship that exists between Hunstanton and the 67th, once again the 'Night Owls' took part in the parade, through the town centre to the war memorial on Reis Leming Way in the Esplanade Gardens.



This year Group Commander, Col Ed Loughran marched with the large contingent from the SOS, which is based at RAF Mildenhall. However, since the 67th was first activated in 1952 at RAF Sculthorpe, after a reception in the Town Hall and a visit to the Civic Society's Heritage Centre in Hunstanton, it was off to the Heritage Centre at RAF Sculthorpe, where curator Ian Brown is now able to display the George Medals awarded to USAF airmen, Reis Leming and Freeman A Kilpatrick for their heroic rescue efforts in the 1953 Floods.

New members of the 67th had been briefed on the part played by personnel based at RAF Sculthorpe, prior to the parade moving off by retired RAF Flight Sergeant, Mark Service. It was in his capacity as the official historian of the SOS that Mark had invited Hunstanton to take part in celebrating the squadron's 60th anniversary in 2012.

The current commander of the 67th, Lt Col Jared Williams, said he was incredibly humbled and honored to return to Hunstanton with the 67th Special Operations Squadron to March in the Remembrance Day Parade. He fondly remembered marching, as a Captain, in the 60th Anniversary Parade in 2012, and the Freedom of the Town Ceremony in 2014. He said, "These events were among the greatest highlights of my first tour in the U.K. Hunstanton will always hold a special place

in my heart, as the relationship the 'Night Owls' have with the incredible town is unique across the entire USAF. I am a proud 'adopted Son' of Hunstanton, and as long as I am the Commander, we will continue to return and honour this town. The relationship was forged in 1953 through the bravery of Reis Leming, a member of the 67th, and it is my aim that the relationship between the 67th SOS and Hunstanton will be cemented forever."



Hunstanton Mayor Adrian Winnington said: "It was really good to see the town gathered together once more for our Remembrance Sunday Service at the town's War Memorial in the Esplanade Gardens.

"I must thank the members of the Hunstanton Royal British Legion and Father James Monro for organising the ceremony and service. Thank you to all the town's organisations which turned out to parade through the town and lay wreaths. It was especially pleasing that the commander, Lieutenant-Colonel Jared Williams, and members of the USAF 67th Special Operations Squadron were able to join us in the parade and this important act of remembrance. The Town Council welcomed the squadron into the Town Hall after the service and Catherine and I then travelled to the Heritage Centre at Sculthorpe to be with them as they celebrated important details of the squadron's history."

Please see <https://townandaround.net/news/67th-sos-takes-part-in-hunstantons-act-of-remembrance> for more photos.

Photos T&A

The Hunstanton Pantomime
in association with Hunstanton Town Council
presents



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Wednesday 29th December 2pm and 7pm
Thursday 30th December 2pm only



Family ticket: £30 (2 adults, 2 children)
Adult: £10
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Tickets available from:
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Email: hunstantonpantomime@gmail.com

Snettisham Remembers

By Richard Bird

The crowds started to gather at Snettisham's War Memorial about 10.30 and by 11.00 they had swelled to about 300 people.



The parade assembled outside the currently being refurbished bakery and delicatessen. Amongst their number were the local dignitaries and at their head were King's Lynn and West Norfolk's Leader Stuart Dark, and his colleague at the Borough Council Ian Devereux, Scout groups, Girl Guides associations and more marched in an orderly fashion.



Service people from across the decades, some wearing their medals of honour, were able to remember their own experiences, both as individuals and as friends of those fallen or disabled.

The service was led by the vicar of St Mary's Church Snettisham Revd Rachel Alexander.

The band of the Snettisham Salvation Army group provided the music for the hymns that were sung by all, with the Last Post and the Reveille, played by Rowland Smith.



Wreaths were laid in a dignified manner; the Exhortation and the Kohima Epitaph were read together with the list of the fallen from both World Wars.

A collection was held in favour of the RBL Poppy Appeal.

Please see: <https://townandaround.net/news/snettisham-remembers> for more photos. *Photos T&A*

Is it time we told their stories..?

Chris Bishop

I listened intently as the names of Hunstanton's fallen were read out at the Remembrance Sunday service attended by well over 1,000 people.

My thoughts drifted away from taking pictures for the next day's papers to wondering who were they?

I've lived here nearly 25 years yet know nothing about any of the names on our war memorial.

Hunstanton lost 53 people in the First World War and 15 in the second. Sixty-eight people who marched off for King and country to fight on the land, the sea or in the air who never came home.

Four of those who perished in the 1914 - 18 conflict shared the same surname. I wondered were they from the same family? Two who died in the Second World War shared the same name.

What were their stories..? Where did the winds of war blow them before they died what the Rev James Monro called "the death of honour", as he led us in prayer.

Would anyone be willing to join me to research our town's war dead..? There are ways and means of doing so if a few people had the



time.

If we could record their stories for posterity, it would be a fitting tribute to those who gave their today for all of our tomorrows.

If you're a family member, I'd love to hear from you too.

You can e-mail me at musselbay@outlook.com if you'd like to help or can shed any light on any of the 53.

Photo: Chris Bishop

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January 2022

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Joyeux anniversaire centenaire

Thornham's Odile Castro celebrated her 100th birthday in style on 5th November with her family and friends at The Orange Tree and village hall.



Odile's family shared her special day travelling from France for the occasion. Photo Credit Chris Bishop

Having lived in the village since 1960's she is thought to be Thornham's oldest resident. For many years Mme Castro worked as a librarian in London's French Institute and also invited people to her home to practise their language skills.

Chairman of the Parish Council Colin Venes congratulated Mme Castro on her 100th birthday and said what a pleasure it was to welcome her and her family to the village hall.

Isabelle Druet, Mme Castro's niece, read the message of congratulation from the French Ambassador, Catherine Colonna and the family sang La Marseillaise.



Photo Credit Chris Bishop

Neighbour and long-time friend Edward Glover said: "It was a wonderful day with members of her family from France, and one from San Francisco, able to be with her."



Colin Venes congratulates Mme Castro. Photo Credit Chris Bishop

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Coral Campbell takes the Chair at Inner Wheel District 8's Rally

For the first time in its 45 year history Hunstanton and District Inner Wheel Club were able to celebrate one of its members becoming Inner Wheel's District 8 Chairman.



From left Myfanwy Dunford, Val Garner, Muriel Motley, Julie Dillon, June Sexton, Rosemary Bowett, IW Association President Betty Roberts, Debbie Peel, District 8 Chairman Coral Campbell, Hilary Farrell, Gill Teicke, Denize Salter, Sue Trewin, Jennie Martin, Susan Gray and Hazel Evans. Photos T&A

Hosting the event at Briarfields Hotel on 20th October, the club welcomed over 70 members of Inner Wheel and their guests from around the country for the annual Rally. Also making the trip to the Norfolk coast from Essex was Association President of Great Britain and Ireland, Betty Roberts, who gave the keynote speech.

Founded almost a century ago and active in 103 countries, Inner Wheel is an organisation that has more than 103,000 members in 3,895 clubs whose key objectives are to promote true friendship, to encourage the ideals of personal service and to foster international understanding.

Any woman who shares the three central aims of Inner Wheel can join the organisation and members achieve these aims through Club events, which combine personal service, fund-raising, fellowship and fun, united by friendship and a common aim to serve the local community. Members give practical support as well as financial help whenever there is a crisis, whether this occurs locally, nationally or internationally, for natural disasters or for people suffering in war-torn regions.

International Inner Wheel is dedicated to the pursuit of a society in which women are given equal opportunity and are equally represented in every sector.

Opening the proceedings Master of Ceremonies District Vice Chairman Hilary Farrell, who is also a member of the Hunstanton Club, set out the programme for the day and introduced Coral Campbell who said how pleased she was to welcome Inner Wheel delegates from the Lake District, Essex and Suffolk along with members of Rotary, saying how Inner Wheel greatly values their connections with them. She also thanked the Hunstanton and District Inner Wheel members for all their help and support in organising the event.

She went on to say: "The District Rally is an opportunity to see old friends, make new ones and to get to know the Association President."

Joint President of the Host Club Rosemary Bowett said: "It is a privilege to have our member Coral as a District Chair," before giving the guests a potted history of the area and highlighting local attractions.

"We shall look forward to seeing you all again next year when Hilary



The Top Table from left: Marie Rayner Dist 8 member of council, IW President Betty Roberts, Dist 8 Chair Coral Campbell, Richard Gowland (seated), Hunstanton & District Rotary President Mick Harpley, Mary Hartley, Deidre Rothwell 2nd Vice Chairman of District 8, Derek Rothwell past District Governor of Rotary Dist 8

will become District 8 Chair," she added.

Past District Governor of Rotary Derek Rothwell talked about the organisation's efforts to eradicate polio world-wide and said there was a new non-mutating vaccine that had great promise.

In her address Betty Roberts said "Friends are what we are, what Inner Wheel is about and at the heart of everything we do." As a member of the organisation for thirty years she said that membership is the key to survival. "One hundred years on, the need for Inner Wheel in the community is as important now as it was in our founder Mrs Golding's day."

Mrs Roberts went on to talk about the structure of Inner Wheel and the need to work more effectively, with more online meetings and the sharing of ideas.

The President's Charity for the year is the Stroke Association and Mrs Roberts described her 'cunning plan' for members to raise funds by each walking two and a half miles so that in total they will have



walked the same distance as Land's End to John O'Groats.

The day following the Rally members donned pink and purple clothing for a sponsored walk on the coastal path – purple for the Stroke Association and pink for International Inner Wheel's theme of 2021/22 Pink First – women helping women.

For the District 8 Chairmanship year Coral Campbell has chosen the British Heart Foundation (BHF) as her charity and is urging everyone in the community to get involved.

She said: "There are two BHF shops in King's Lynn and I would ask people who have items to dispose of to consider donating to them, saying the donation is for Inner Wheel for gift aid.

"Another important factor is the element of re-cycling and upcycling – the BHF sells pre-loved furniture - and they collect too!

"Each Inner Wheel Club in District 8 will be keeping a tally and there will be a prize for the club that donates the most."

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"From December to March, there are for many of us three gardens - the garden outdoors, the garden of pots and the garden of the mind's eye"
Katherine S. White.

If your garden is looking a little sleepy, plant some winter evergreen shrubs for structure. Skimmia Japonica is particularly good at providing colour, try Rubella for pretty pink flowers or Nymans for bright red berries.

Try Mahonia for bright yellow flowers, 'Soft Caress' was recently introduced which has soft leaves so can be planted in pots on a patio. Hamamelis, commonly known as witch hazel, is also stunning from autumn through to early spring. 'Pallida' is a really good, mid sized variety.

Cornus (dogwood) is fabulous at the back of a border at this time of year, with it's colourful stems of reds, yellows or oranges. Try a few together for maximum impact. Midwinter fire is a relatively small shrub and can even be planted in a large pot.

Hellebore are great for a flush of colour within a perennials border. There are some with interesting leaf colour and patterns, as well as double flowers.

Clematis are often forgotten at this time of year. There are a number of Cirrhosa that flower from November until March. There is even one called 'Jingle Bells'.

Perfect for filling the gap between late perennials and Spring bulbs, Baskets and pots can provide a very welcome splash of colour if you have a small balcony or patio. Try trailing violas, ivy, cyclamen and even pop some dwarf bulbs. All are extremely hardy and add light

and colour at a time we need it most.

If you can spare five minutes between wrapping presents, visiting loved ones and cooking feasts:

- Trim roses by up to half.
- Spike the lawn to improve drainage
- Remove any yellowing leaves from shrubs and perennials
- Sweep up and clear leaves, bagging up if possible to store as leaf mould for future use.
- Harvest Holly with berries for a vase or to make a wreath.
- Check climbers and tie in if necessary
- If you still haven't planted Tulip bulbs, there is still time in this part of the country, unless the ground is frozen.

Ensure you keep the bird feeders clean and full and water bowls full of fresh water. The days are short and birds need our help to thrive.

From the warmth of your armchair:

- Plan your vegetable garden for the coming season, or invest in a raised bed if space is tight.
- Think about ordering seeds for next year - reflect on what worked well this year and what didn't.
- Take an inventory of tools and equipment that you need for next year. Add them to your Christmas list!
- Order your apple trees now for planting in early spring. If space is limited in your garden try growing dwarf or patio varieties. These will provide good crops, even if planted in large pots.

All that is left for me to do, is wish you a very merry Christmas and a healthy and happy new year!

Winter Festival at NWT Cley Marshes

Come one, come all: Norfolk Wildlife Trust celebrates diversity in community at Cley Marshes' winter festival. Cley Calling: Community is Norfolk Wildlife Trust's annual winter celebration of walks, talks, workshops, art and performance, all inspired by the natural world. The festival will be taking place from Thursday 9th - Sunday 12th December at NWT Cley and Salthouse Marshes.

This year, NWT are focusing on the diversity of our landscapes, our wildlife and our communities. Each event focuses on uplifting and spotlighting the experiences of people who have formerly been excluded from conservation; drawing on artists and experts to see how we can all become more inclusive.

Talks will take place online and in person; NWT Wildlife Ambassador Nick Acheson will kick these off at the Centre on Thursday 9th December with David Lindo, aka 'The Urban Birder', as David shares top tips for birding in towns and cities. Online, NWT will be hosting a digital panel entitled 'Access for all: How can we make nature conservation more inclusive?', featuring the likes of Alex Bond, Stuart Buchart and Anita Sethi.

Throughout the festival, art lovers can visit 'Living Landscapes', an exhibition by youth-led heritage group NNF Common Ground. This

exhibition explores young people's responses to the array of landscapes present across Norfolk. Four-piece ensemble The Norfolk Broads will also return for another year of witty and wonderful musical accompaniment to Cley's landscape on Saturday 11th December.

For creative types, artist Ellen Harling will combine foraging, monoprinting and collage to create pieces inspired by Cley's flora, fauna and landscape in her workshop on Friday 10th December, whilst artist Alice Lee is running an all-ages-welcome Bird mobile workshop on Sunday 12th December.

There are, of course, plenty of opportunities explore the reserve too. Amongst beach cleans, circuits and introductions to birding, ranger Ajay Tegala will be leading a guided walk of the reserve on Thursday 9th December, followed by a talk exploring his career pathway. This is a perfect opportunity to quiz him about his budding career as a BBC Springwatch presenter.

Author James Mcdermott will also be leading a fascinating writing workshop on the queerness of nature on Saturday 11th December, exploring the fluidity and diversity of nature and how we can alter our interpretations of our world.

For more information and to book tickets, visit www.cleycalling.com

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Choosing the perfect Christmas Tree!

Wendy Warner

If you're just about to buy your Christmas tree, follow these tips to ensure you get the best from it. First measure the space in your room where you need it to fit. Allow for the height of a stand if you're using one, and when looking at the width, remember that you'll still want to watch the television! You don't want to choose a beautiful tree and then find it's too big for your room. Also consider the positioning, try to keep it away from heat sources such as radiators and fires and out of direct sunlight.

If you're choosing a cut tree, freshness is the key. Bright, shiny needles that feel waxy rather than dry are a sure sign of freshness. Avoid trees with browning or withered needles - give it a gentle shake and if lots of needles drop, it's definitely past its best. Always buy your tree from somewhere where they're stored outside as this will mean they've been kept cooler than if they've been in a shop or warehouse. Look for those that are not pre-wrapped or netted as this can cause the tree to sweat and cause inner needles to turn yellow or mouldy. You'll also get a better idea of the shape of the tree if it's not already wrapped.

There are many different types of "Christmas Tree" including firs, spruce and pines. The most popular in recent times is the Nordmann Fir with soft, dark green needles which are the least likely to drop. Its branches tend to grow in layers and they are considerably wider at the bottom than most other varieties. The Fraser Fir has a sweet scent with needles which are deep green on the top and silvery underneath and forms a slender cone with the branches being more upright and structured than the Nordmann. As they are both slower growing and longer lasting, these varieties are generally more expensive. The Norway Spruce is the more traditional Christmas tree with spiky



needles (which can be prone to dropping if not treated correctly), they have a strong pine scent, are denser in habit and more of a pyramid shape.

Ensure your tree is re-netted before it goes into the car - this will protect the tree from any branches getting broken in transit and make it much easier to get it indoors. Once it's in its correct position and placed in a stand or bucket you can then cut the netting but leave it for 24 hours before decorating to allow the branches to settle. If you're not taking it indoors immediately, remove the net, store it in a shady position outside and make sure you stand it in a bucket of water. To help it last longer, use a stand with a water reservoir. If possible, make a fresh cut at the bottom of the trunk to enhance water uptake before placing it in the stand and secure it with the adjustable screws. If you have a blocked tree, this can be placed in a large bucket or tub of water as it will still take up water through the block. Remember, your fresh cut tree can drink up to 4 litres of water a day, so keep it topped up!

Pot-grown or containerised trees are an alternative if you want a smaller tree, with the possibility of putting it in the garden for future use, but again the tips above for caring for cut trees should be followed ie. keeping well watered, avoiding heat and keeping them inside for as little time as possible. Pot-grown trees will have been grown in their pots so their roots should be intact and therefore most likely to survive planting out after Christmas. Containerised (or potted) trees will have been field-grown but then lifted and put into pots - with these, there is the risk that main roots may have been severed in lifting which can reduce the success of replanting.

Whatever type of tree you choose, enjoy it, this Christmas!

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Norfolk Lavender Conservation Day

Jacqueline Merralls

Norfolk Lavender in Heacham chose October Half Term to hold their first ever Conservation Day. The event was aimed at increasing awareness in both an enjoyable, as well as an informative manner. There were activities for the children to include a Pumpkin Hunt and the opportunity to build a Bug House for the garden. Exhibitors were invited to make a presentation during the day.

In the Meadow Garden were a number of stands including:

Representatives and Volunteers from the RSPB. They spoke about our local Reserves at both Snettisham and Titchwell. They talked about the care and conservation that is dedicated to the many birds who are visitors to our area. Please visit www.rspb.org.uk for further details both locally and nationwide.



Matt Curtis and his Team represented our local British Divers Marine Life Rescue here in East Anglia. BDMLR is a Registered Charity and was formed in 1988. Seal rescue remains a major component of the BDMLRs work, with medics rescuing animals in all seasons all around the UK. For more details on their work, please visit www.bdmlr.org.uk



Self-funded rescue Emma's Hedgehog Hotel was present. Emma Pickering spoke about the ways in which hedgehogs could be encouraged in local areas. She also gave guidance on what to do should an injured hedgehog be found. Emma works closely with the Ryston Rachel's Hedgehog Hotel team based in the Downham Market area.

Both Hedgehog Hotels have Facebook pages with regular Posts.

Local resident June Parish represented the Riverfly Partnership. The Partnership is a network of organisations all working together to:

- Protect the water quality of our rivers
- Further the understanding of riverfly populations
- Actively conserve riverfly habitats.

Assisted by Norfolk Lavender member of staff Sam Witton, June donned her waders

several times throughout the day. As a representative of the Riverfly Partnership, she ventured into the River Heacham to gather invertebrates for visitors to see. Please visit www.riverflies.org for more information on this organisation.



Local Bee Keeper John Emery brought with him a number of bees and one of his many hives. John is well known character in the local area and supplies local retailers with his honey. He kept visitors enthralled through the day with his knowledge around all things relating to bees.

Norfolk Lavender have had great feedback relating to Conservation Day from all those who came along. It was very well attended by visitors who also had the opportunity to visit the Norfolk Lavender Animal Gardens. It gave visitors the opportunity to see everything that Norfolk Lavender has to offer, including the Gift Shop, the Lavender Lounge and the Farm Shop.

We hope that this will become an annual event. *Photos Jacqueline Merralls*

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We look forward to meeting you soon, Merry Christmas!

From The Ground up: plus an Acre of Hope

Hanneke Robson

I have been chewing a metaphorical pencil for this December article, (with furrowed brow to boot!). The truth is, there is not much to report. Peddars Meadow has, for now, been left to its own devices, because unfortunately we missed the autumn sowing window. I had understood that sowing was still possible when the ground was warm, not soggy and cold as it is now.

This event had been greatly anticipated as we imagined ourselves broadcasting from burlap aprons, the seed that would give birth to our chalkland meadow. Our misfortune was due - in part - to the logistics of ferrying seed about the country with missing drivers and a rather large percentage of the population taking planting for pollinators to heart; the latter bit, yay, the former, not so much.

But we did finally procure the six kilos of seed we required for this venture. (One source suggested four and another eight, so we settled on six). This precious cargo is now safely tucked up in the shed as I research the best conditions for them to await the spring.

In our bounty, we have some tantalizing names: meadowsweet, wild marjoram, dropwort, agrimony, salad burnet, ladies bedstraw and bird's foot trefoil amongst many others. The grasses make up the bulk of the seed. It is, after all, a meadow we are sowing and not a bee-bomb type of thing; our flowers

will bloom in natural succession, not all at once and then be gone.

Grasses such as crested dog's-tail and sheep's fescue will support the flora, but their presence could smother the latter, so a pinch of yellow rattle is added to take care of that. Once the bane of farmers, yellow rattle is semi-parasitic and weakens grass growth by clutching their roots, thus creating a more diverse habitat.

Of bugloss, black medic and fumitory - which took over our land so abundantly last year - we saw no mention on the plant lists we perused. So, what were they doing here? Where had these seeds been for the decades the plot was under cultivation?

The positive side of our delay is that we are learning all the while. Our field is providing wonderful tuition for us and it is just so exciting to see what will pop up next.

Along the edge, the hedgerows are full of hawthorn berries attracting newly arrived Scandinavian blackbirds. Which reminds me... one of our gallery artists, photographer Les Bunyan, had his magnificent Snettisham Knot photograph shown on Autumn Watch recently. Even Chris Packham was impressed! And we have it here in our gallery. For once I agree with Chris, it would make a fantastic puzzle.

As I muse on our efforts so far, I realize that

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we have yet to twin with another village willing to remove an acre of land from cultivation and take our 'Acre per Village' initiative off the starting blocks. The support we have craved has not, as yet, been forthcoming. But I am an optimist and I shall keep blowing my 'let's do this!' bugle.

As I pen to a close, I learn a new word from meadow maker Rory Hart, who gave us such sound advice in the summer: vernalization. My knowledge is so threadbare, I had to google it! And this I learned: We could sow now, so the seed can vernalize (get really chilly)! Perennials need to do this, or come to nought. But it looks like we need some help as our farmer is busy! So...would anyone fancy a workout turning earth of ½ acre with gorgeous views? (see left) As I said, I am an optimist!

My deepest thanks to our artists who support this venture and to T&A for printing this, and Merry Christmas to all.



Photo Credit Hanneke Robson

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On the turf with Charles Joyce

Firstly, my apologies for not fulfilling the obligation to explain why an incinerator in Wisbech is bad for West Norfolk. Hopefully, Alex Kemp stepping into the breach was acceptable as I sat in a bed in the Queen Elizabeth Hospital. Many thanks to Monique and Bryony along with all the other nurses, doctors, porters and everyone else who looked after me.

On the racing front the British Horseracing Authority more or less had to own up to leaking the details of a report to the Sunday Times when it reported itself to the Information Commissioner. Of course the gang clearly didn't close ranks on the Opening Show when commenting that there was no sexism in the case of national hunt racing poster girl, Bryony Frost, being bullied by a journeyman jockey. Nor have the racing fraternity closed ranks as her rides have more than halved this October when compared to last year. The Professional Jockey Association wants the whole thing to be closed after more than a year pointing out they introduced a code of conduct as recently as May. If we are being totally honest the old adage paper will not refuse ink springs to mind.

There are three trainers who stand out in this affair. Lucy Wadham, Paul Nicholls and Neil King appear to have stood beside the twenty-six-year-old as she had just one ride in October this year from another trainer. There may be several reasons one of which is she has been very successful riding for the three trainers and a real friend to punters with a career strike rate for only these three trainers better than a one in five winner ratio, and if you had put a pound on every horse Bryony rode for these trainers, a profit of £129+ at industry starting price (bookmaker's SP while at exchange starting price the profit is £223+. What is particularly interesting to note is that with Bryony riding each trainer showed a profit as well as all three collectively. Contrary to the general fairy story where good always wins, it's a sad reflection that so often the bully wins as the Establishment does not like those who are prepared to stand up for themselves. Seemingly it is much preferred for someone to grin and bear it. Yet the bottom line is if racing is to progress it needs people like Bryony Frost who will call out those who abuse others much more than it does jockeys who cross the line and become bullies.

As we move into the end of the year the Christmas festival races take pride of place. Frodon and Bryony will be going for a repeat of last year's King George VI Chase. Their odds will not be the 20/1 of last year especially after their win in Ireland at the end of October. Trainer Paul Nicholls has won this race for the last three years and ten times since 2006. Along with Frodon he'll likely have dual winner Clan Des Obeaux running for him. Nicky Henderson trained Chantry House is a possible after winning at the Cheltenham Festival in March and then beat Shan Blue at Aintree in April. The runner up looked to have the Charlie Hall Chase at Wetherby in October at his mercy until falling three fences from the finish. We should try to keep an eye out for the Saturday before Christmas to see if Nicky Henderson has a last time out winner for the big handicap hurdle race at Ascot. On the subject of Nicky Henderson and December it may prove worthwhile to be with his jumpers having their first run over the obstacles (hurdle or chase) at tracks such as Ascot, Doncaster, Haydock, Newbury, Ludlow and Sandown. I tend to avoid those which are bred in the UK as they do not perform as well as others, especially the Irish and French breds. The big drawback with the Christmas racing as a guide to Cheltenham is that the three mile grade one chase run at Leopardstown means very few Irish raiders travel to Kempton on Boxing Day. The Irish race and the Kempton race have been the best guide in recent years to finding the Cheltenham Gold Cup. Although not always the winners of the race. For example last year's winner at Leopardstown, A Plus Tard, was second in the Gold Cup in March behind Minella Indo. Yet at Christmas Minella Indo had fallen. A rather telling stat maybe that five of the last six winners at Leopardstown were all six year olds. This was from only eight entries with all five winners returning an SP of 8/1 or less. In 2017, Road To Respect won at 8/1 from another six year old, Balko Des Flos, at 66/1. It seems young legs are needed to win around Foxrock. The three grade 1 races at Fairhouse are at the end of November this year rather than December.

Looking back on the year Colin Keane broke the record for wins by a flat jockey in Ireland with most of the winners coming from Ger

Lyons. With no main jockey riding in Ireland for stables such as Aidan O'Brien or Dermot Weld it does not take a large leap to think that the Meath man would be on a very good retainer for either trainer, but some of his loyalty to Ger Lyons could have more to do with Ger's daughter Kerri. In the UK Oisin Murphy was again crowned champion jockey, but also accepted he has problems when he failed a drink test in October following what has been described as a fracas at Newmarket the previous night. Of the others Hollie Doyle stood out among the female riders on the flat with Rachel Blackmore the best by far of national hunt jockeys based in Ireland and the first woman to win the Aintree Grand National in the race's entire history.

Aidan O'Brien had a mixed year as towards the end he could barely buy a winner, but his two year olds still carried the flag as Luxembourg enters the winter months as Epsom Derby favourite following his win in the Futurity Stakes at Doncaster. This is a race won by many who went on to even greater success including several classic winners the following year. Although, I'm not going to take the 4/1 on offer with the bookmakers. Charlie Appleby showed that the Godolphin syndicate are back in business as they won the Epsom Derby with Adayar and the Irish Derby with Hurricane Lane. Both were outgunned by the big outsider Torquator Tasso trained in Germany by new boy Michael Weiss. It is some achievement to train an Arc D'Triomphe winner in his first season as a trainer. The Breeder's Cup at Del Mar came and went. I have to confess since the pro-ride track was torn up at Santa Anita I've lost much of the interest in the annual American fest, much like Dubai where the Meydan track is now dirt. Top class European horses seldom run on dirt and are only likely to win when the turf races are run. This year only one of the top twenty horses trained in Europe and none of the top five trained anywhere in the world showed up in California. Even with the ending of raceday medication this reduces the competitive nature of the racing especially the all-weather races as more often than not the Americans are running against themselves. It seems to me as though the Americans cannot stand losing and everyone else has to dance to their tune. One highlight for the older male viewers was the interview with a Breeder's Cup Ambassador. Nominated for a Golden Globe for New Star of the Year and Jupiter Award for best international actress, the years have been kind to the perfect 10. She has been a trustee of the Kennedy Centre since 2006. A native of Long Beach California, Bo Derek, is the daughter of a Korean War radio operator. An active advocate for wounded veterans she is a national honorary chairwoman of the Veterans Association and was named as an honorary Green Beret by the Special Forces Association. She is involved in a number of animal welfare organisations including WildAid. A supporter of both President Bushes she once appeared in a film with Donald Trump.

The Australians look to be going the same way as the USA with heavy restrictions on European based runners that saw no runners from Aidan O'Brien nor Charlie Appleby this year in the Melbourne Cup. I hope a few T&A readers spotted that my original fancy for the race that stops a nation won at Del Mar when Yibir swooped down the outside winning at 17/2.

This is the time of year when punters who preferred football accumulators looked to have their best chance of winning. The season had settled down, the international matches were passed for a few months. That doesn't appear the way this year with many of the top teams from the elite leagues having indifferent seasons. Early in November, Bayern Munich have already lost at home to Eintracht Frankfurt. The last time that happened in the Bundesliga was in November 2000. The Old Lady of Turin, Juventus, who won Serie A nine years on the bounce from 2011/12 season through to 2019/20, but were languishing in mid table in Serie A in early November. Barcelona are in a similar position in La Liga where Real Sociedad top the table. Meanwhile in the UK Manchester City lost at home in the Etihad to Crystal Palace. Getting those accumulators up with so many top teams being more unpredictable than most years is going to be difficult.

The third round of the FA Cup should be known before Christmas. Chelsea have been in the final four times in the last five years, but lost three of them. 6/1 to win this year is just about okay for the interest, but manager Thomas Tuchel may have his mind on another Champions League and a possible Premiership. Arsenal who are 16/1

in a few places have done well in the FA Cup in recent years. They have made Wembley eight times this century losing only in 2001.

Finally as always. Pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win.

Have a merry Christmas and a prosperous New Year.

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Nightingale Lodge rated OUTSTANDING overall by the CQC for the second time!

Nightingale Lodge first received the title of Outstanding Overall in 2019 and we are overjoyed to see them maintain and improve upon this amazing achievement.



Nightingale Lodge Team celebrate OUTSTANDING again!

It is a true testament to the hard work; care, passion and dedication of our wonderful Registered Manager Sandra Rowe and her fantastic team, that they have not only maintained this rating, but have actually improved it – even in the face of everything the sector has had to adapt too throughout the last 18 months.

Within the Care Quality Commission's key lines of enquiry Nightingale Lodge has been recognized as being outstanding in three of the five main questions;

Is the service caring?

Within this section of the report the CQC inspector spoke to one of our residents, who said: "The staff are extremely kind and accommodating, nothing is too much trouble. It is the closest thing I can think of to living at home."

Is the service responsive?

Within this category of the report the CQC noted the staff's attitude towards learning and development, and support from Sandra herself. The inspector spoke to a member of staff who told them: "Staff said, '[Registered manager] has inspired me to achieve excellence which although has been challenging and stretching it has also been highly rewarding In terms of developing my training I am encouraged by the management team to further my knowledge. There are multiple opportunities to do so.'"

Is the service well-led?

Within this category the report states that 'At the heart of Nightingale Lodge was a very strong ethos of individualised care' which we feel incredibly proud to see noted within the report, as the person-centred approach is at the core of our values across the company.

One of our residents loved ones spoke to the inspector and told said: "The manager pays attention to ever-changing circumstances and details of the environment and of each resident. I cannot commend her enough. The care of my [family member] has been exemplary."

Since the start of 2021 until October 1st the CQC have published over 200 inadequate reports, whilst only 5 Outstanding have been published in the same time period. We feel that this demonstrates the amazing achievement this is for the home. (See the CQC data here).

Sandra Rowe, Registered Manager of Nightingale Lodge, told us what it means to her and the team to receive this rating:



Residents at Nightingale Lodge were overjoyed to hear the home had been rated OUTSTANDING overall for the second time!

"To me it's an honour, not only for myself but for the whole wonderful team we have here at Nightingale Lodge. To receive the outstanding especially in Black Swan Care Group's first home is quite overwhelming, for a second time too.

"This achievement has been made more poignant by the pandemic, collectively as a team we have all gone that extra mile in keeping ourselves and our residents safe, mindful of their feelings, family and friends.

"I would not have had it any other way."



Registered Manager of Nightingale Lodge, Sandra Rowe celebrating the home being rated OUTSTANDING again!

We wanted to take this opportunity to say thank you to each and every member of the team at Nightingale Lodge for the amazing job you do every day.

You're always pushing the boat out and going the extra mile for our residents, ensuring their safety, happiness, independence and dignity are at the heart of the care you provide.

We are so proud of you – congratulations on this amazing achievement!

Photos supplied.

Nightingale Lodge Care Home



Nightingale Lodge is a care home in the charming seaside town of Hunstanton, providing care for residents aged 65 and over. The home sits just 300 yards from the seafront and a short stroll from the town centre.

The home has a rating of 'Outstanding Overall' by the Care Quality Commission, putting it in the top 4% of care homes nationally.

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Hunstanton Eyecare blog

As I am writing the December article, I am very aware of the goings-on at the Cop26 conference in Glasgow. Whatever your views, it seems obvious that the over-population of us humans is having a very bad effect on Mother Nature, but I'm sure we can reverse the situation if the will is there. In the optical industry we have recently had a Sustainability Conference, manufacturers are trying to be more eco-friendly and practices up and down the land are analysing how they can be kinder to the planet whilst running their business.



I'm all for supporting the manufacturers who are making spectacle frames from waste plastic, especially marine waste recovered from the sea. Currently we have two brands at Hunstanton Eyecare, Sea2see and Coral Eyewear. These companies are leading the way where hopefully many more will follow and we are delighted to endorse them.

SEA2SEE

The first brand of eyewear using 100% marine plastic waste as its raw material.

The company talked to fishermen and forged alliances with many coastal regions in Europe and African countries such as Ghana, to collect plastic waste. This plastic is then up-cycled into a reusable raw material which is processed and made into fashionable spectacle frames. This provides much needed work for the local coastal communities as well up helping to clean our oceans. Everyone is a winner. The companies production is in Italy, a country well respected for producing quality eyewear. Sea2See is the first eyewear brand to have its raw material "Cradle to Cradle" certified. This certification is the worlds most advanced, science-based standard for designing and making products for the "circular economy". It acknowledges the products and processes that are good for people AND the planet.

We wish everyone a Happy Christmas and look forward to the New Year with optimism !

Annette

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What she would really like to unwrap this year

Ladies, leave this page open so your other half can shine this Christmas, says Allez Chic's Cheryl Daubney

There's a lot of pressure at this time of year to come up with the perfect gift, and ladies yearn to receive something that they'll actually like, so we thought we'd make life a little bit easier for those of you who remain confused about what to buy the lady in your life.

Let me first assure you that we have gifts to suit every budget that are sure to bring a smile to your loved one's face. From magnetic scarf clips that won't ruin the fabric of one of our lovely scarves to super soft, natural fibre sweaters and gorgeous blouses from Marble and Micha. For the office or a special occasion we have dresses from Pomodoro that are perfect teamed with tights and boots.



New this year are some fabulous boots from Lunar, not only are they stylish and really cosy they are waterproof too, and they'd team up nicely with one of the warm Dolcezza padded jackets (10% off in December) that would be perfect for the Boxing Day walk.

A coatigan is a very useful extra layer. As its name suggests it's a cross between a cardigan and a coat and looks equally great with jeans or a dress. A super all year rounder and the perfect choice for cool winter days. Come summer it's ideal for popping over a dress to keep warm on cool evenings.



Hats, scarves, bags, trainers, boots and slippers together with jewellery and jeans are all in store too and if you are really stuck, don't forget that we have gift vouchers in £5, £10 and £20 denominations.

Lastly, don't be embarrassed. We can help you choose the perfect gift – and you will really shine this Christmas!

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Celebrate your inner Robin on our adventure trail this Christmas

Nestled among holly leaves or perched on a frosty tree stump, robins are a familiar sight on Christmas cards, gift tags and wrapping paper. These red-breasted, cheery little birds embody the festive spirit and it's no wonder they are the nation's favourite bird. To celebrate, we're inviting you to join our robin themed activities this Christmas season. We are delighted to be partnering with Netflix and Aardman on Robin Robin, a half hour animated Yuletide tale for the whole family about a young robin trying to fit in.

Come to Titchwell Marsh and experience the adventures of Robin who raised by a loving family of mice, learns to celebrate her true self. Complete an activity trail, learn to sing like a robin, evade danger, and even find your own superpower. There's some fantastic audio input, voiced by Bronte Carmichael, the voice actor for Robin Robin and our exclusive activity booklet will help you complete all the challenges and become a brilliant robin. With more activities to do at home, it will keep your fledglings busy over the festive season.



Robin Robin Adventure Trail is available from 24 November to 10 January. There is no need to book so just wing your way to the Welcome Hub between 9:30 and 3:30. £3 per child (entry fees apply)

Why not pull on your winter boots and woolly hats and come for a story stomp in our winter wonderland. This walking story tour of the

SNETTISHAM GARDENING CLUB

We are planning a complete programme for 2022 starting with our AGM on Wednesday 26th January at 7.30 pm in the Memorial Hall, Old Church Road Snettisham when we will have the 2022 programme and membership cards available usually meeting on the last Wednesday of each month.

We look forward to seeing both existing members and anyone who thinks they might like to join us.

Further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

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Robin Robin trail will entertain the whole the family. Full of colourful characters this creative adventure will help children connect with nature, stretch their imaginations and explore their surroundings. Prick your ears, sniff the air and watch out for pesky predators as you journey through the narrative to discover your inner robin. We'll finish at the 'who-mans' house for some festive fun and crafting.

Robin Robin Story Telling Walk is a bookable event on 19 and 20 December. Please go to www.rspb.org.uk/events for ticket information. £4 per child (entry fees apply)

We're also offering robin themed food and drink in the café so adventurers can refuel in style, Robin Robin books and pin badges from the shop along with products to help families look after birds and other wildlife at home this winter.

Dan Ojari and Mikey Please, co-creators and directors of Robin Robin, say: "It's a dream come true to be partnering with the RSPB, bringing our Robin into their wonderful reserves and helping families connect with the wildlife around them. The story of Robin Robin plays with a misunderstanding between 'the Who-mens' and birds and we're thrilled to support any effort that will help bring our two worlds closer together."

Full information on Titchwell's Robin Robin events and activities can be found on our events page at www.rspb.org.uk/events and details of our Christmas opening times are on our website www.rspb.org.uk/titchwell Images credit: Netflix and Aardman

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Please ring 01485 578265 or email info@thekingsheadhotel.co.uk to book or to request a copy of our menu.

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£79.50 per adult. £37.50 per child

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See New Year in and sample our wonderful menu that our Head Chef has lovingly created for your enjoyment. Enjoy your food whilst sat in either our restaurant or snug area and enjoy the relaxed atmosphere after the busy festivities, with music to follow.

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The Crying Game



In the words of Bob Seger: "Rock and Roll never forgets." What it doesn't forget – I've forgotten now. In these days of transient pop idols, it's refreshing to find an artist who has remained faithful to his art.

Roy Carr, who was a journalist on the New Musical Express, described Dave Berry as the most original performer in British Rock!

Over the past few years, Dave has been the special guest on prestigious shows with the cream of British musicians – including Van Morrison and Roger Taylor of Queen.

In 2010 Dave was one of the guests at the dusty Springfield tribute concert at the royal Albert Hall – with Boy George, Hazel O'Connor, Mica Paris, Rick Astley.....

Dave's heart has always remained in the 60's, when his five major Top 10 singles – The Crying Game, Memphis, Mama, Little things and My Baby Left Me – led to highly successful concert appearances at some of the most elite venues in Great Britain.

Among them are the London Palladium, royal Albert Hall, Symphony Hall in Birmingham and St David's Hall in Cardiff.

Dave's long career also brought him the distinction of having the biggest selling single of all time in Holland and Belgium with This Strange Effect, written for him by another 60's icon, Ray Davies of the Kinks.

In 2011 Ray Davies – curator – invited Dave to appear at the Meltdown Festival, London with Paloma Faith, Ronnie Spector and Sandie Shaw.

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The copy date for the January 2022 edition of Town and Around is strictly 12th December

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Start 2022 on the right note

Choir Leader Mike Tandy brings 'YOUR CHOIR' to Hunstanton, King's Lynn, and Wisbech.

A brand-new show choir is launching just in time to chase away those winter blues. Find your voice within YOUR CHOIR. Anyone and everyone can be a part of this amazing singing experience.

Your Choir launches in January 2022 in King's Lynn on Tuesday and Thursday mornings and an evening session on Wednesdays. Wisbech on Tuesday evenings and Hunstanton on Thursday evenings. Rehearsals will last for 2 hours which includes enough time for a cuppa and a catch up. Due to the incredibly high demand don't delay in booking your FREE taster sessions now for all venues at www.yourchoir.co.uk

No auditions are required to join, and you don't have to read sheet music or be an experienced singer to take part.

Your Choir will enable you to learn bespoke



arrangements and repertoire from popular music and rock songs, as well as some well-loved Musicals from the West End and Broadway. As a member, you will have the opportunity to take part in a range of concerts, from big theatres to smaller local venues and events.

It's been scientifically proven that singing is good for you. It improves our sense of happiness and wellbeing. Research has found, for example, that people feel more positive after actively singing than they do after passively listening to music or after chatting about positive life events. Long before COVID-19, music therapists used singing to help patients with respiratory issues like chronic obstructive pulmonary disease (COPD) and asthma. Longer breaths can help promote relaxation and reduce the body's stress response. Add in a friendly atmosphere and a room of like-minded people and you've got yourself the perfect recipe for a Choir.

Your Choir needs your voice. They say "It's not a Choir without people." Well, they're right. That's where YOU come in.

T&A interviews Mike Tandy, founder of YOUR CHOIR

Anyone who has heard Mike play will tell you that he's a terrific musician, and he's also a very nice chap. With the launch of YOUR CHOIR, we caught up with Mike to talk about his career.

When did you first realise you wanted to make music as a career?

I sort of fell into it really. Both of my parents love music and were part of local Am Dram groups back in Birmingham. My mum would take me along to her rehearsals and I caught the bug, it's all I've ever known. I had a couple of normal jobs in my youth as you do but music was always a big part of my life, and I was told I had a talent and should pursue it so I did.

How did you get started?

I started piano lesson at a very young age, and it all evolved from there really. The first 'band' I played in was at High School. I was probably about 12 or 13. Mr Cox (music teacher) wanted some of us to form a band so me and my mates did. We played mostly Oasis, Nirvana and Green Day songs. Those were the days. I then went on to study music at the Birmingham Conservatoire and Wolverhampton University. During these years I had the privilege of playing with some fantastic bands and artists along the way, such as Jamie Cullum and The Midland Youth Jazz Orchestra. This is where I got a lot of my training from. After completing my studies, I was given the opportunity to work as a keyboard player in the Show Band for Carnival Cruise Lines and that was my first BIG professional job.

Tell us about your career as Musical Director on the cruise line?

Working on Cruise Ships has ended up being something I truly loved and has been an amazing part of my life, it's where I met my

wife, Gemma for starters! Meeting lots of other musicians from all over the world was incredible and with most I am still in touch with today with the powers of social media. Ships definitely broadened my skills in teaching me how to play different styles of music as we would do Latin shows, Pop shows you name it we played it. We also had to play for the one-night artists who would fly in just to do their cabaret shows, so it certainly kept you on your toes. I was in charge of a team of musicians, so not only the show band but all of the other bands and singers who were on board, from the Calypso Duo to the Promenade soloists and the mid lounge bands. Cruise ships is definitely a place of diversity where you can experience all types of music and sounds within one environment. This really was the ultimate job as a musician, it was great as I was doing what I loved 100% of the time and all whilst travelling around the world.

What is your favourite piece/song for a choir to perform and why?

Throughout my time leading Choirs over the past decade, two songs stick out for me as my favourites. Seasons of Love from Rent, the harmonies and different vocal parts are just stunning, and you can't help but sing along when you hear that song. If you don't know what I'm talking about google it you won't be disappointed, and Labi Siffre's 'Something Inside So Strong'. This became something of an iconic song for me as the lyrics are so poignant. It's originally a song about protest. When people sing the song, they are encouraged by the strength the song conveys. "The higher you build your barriers, the taller I become" and "the more you refuse to hear my voice, the louder I will sing" It's just brilliant, I think we can all relate to this at some point in our lives.



The new choir will start in January what would you say to people who would like to go but are nervous about looking silly?

Well, I'd say you've got nothing to worry about. You may well feel silly but that's just it, we will all be feeling a bit silly at the same time. It's a brand-new Show Choir so it's something that no one has ever experienced before with me as it's never been done. I hope to bring something a little bit special and different to Your Choir. Even if you have sung with me in the past this is a new beginning. It's the magical thing about being in a Choir. Everybody's in the same boat, so to speak. So, let's all be a bit silly, have some fun, do some singing and have a great time. Your Choir's motto is Your Music, Your Friends, Your Choir and I intend on it being just that.



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November has seen several bookings and we believe some were visiting Thursford for its Christmas Spectacular, Santa's Magical Journey and the world's largest collection of steam engines and organs. Instead of taking a long coach journey, we have guests who make a short break of their annual visit. Some are now bringing the grandchildren who are old enough to enjoy this sensational show. You may have heard my short interview on Radio Norfolk at the beginning of November saying how important Thursford is for the local economy. Having the show here with its huge entourage of people – over 100 performers of all descriptions plus set builders, producers, directors and everyone else in the credits brings income to so many businesses in the area. There is a knock-on effect from all the business generated in the show itself – shops on site, the ticket paying audience, accommodation providers, housekeepers, booking agents, restaurants, fast food outlets and more. Not forgetting the coach companies who bring in the audiences from all over the country who call in to restaurants and pubs for meals/drinks en route. A show not to be missed whether you are local or from away and if you need to stay overnight, bear us in mind. In fact, two nights is better so you can totally relax and unwind and not have to dive back home after the show late at night. I am talking about next year now as I imagine that

most tickets are sold for 2021.

Christmas seems that it will go ahead at present unless the Prime Minister decides to suppress it once again in view of the Covid figures we all hear about every day (sorry to bring this up). On a brighter note, I can say that there are still properties available to rent over the festive period if you have overflow families wanting to visit. Better to have them close by in their own space perhaps, than constricting yours and their own privacy by struggling to find space at home for them. If this is the case, call in or give us a call. We may be able to help.

Finally, as always at this time of year, a big shout out 'THANK YOU' to all our cleaners, housekeepers, DIY and maintenance engineers including plumbers and electricians whose help we are very grateful for throughout the year. Some come out at the drop of a hat when we call, as they realise how important it is to have happy holiday guests and we know that we can rely on them in an emergency. If there is anyone else in the town who would like to be put on our list of 'handy people', just let me know. Being available 24/7 does help too please.

Next month – proposal on the beach!!
 Happy Christmas to all!

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A column from the Sage

Well here we are again, fact, fiction and squit from the Sage for Town and Around for December 2021.

A chap asked me about the distribution of the population locally and the acreage of each area. These are the figures according to the 2011 census:

Hunstanton population 4,229, just over 500 acres

Heacham 4,750, over 3,000 acres

Dersingham 4,640 over 3,000 acres

Snettisham 2,570 over 5,000 acres and a foreshore of over 1,500 acres

History of Hunstanton Land

Hunstanton consisted of a tightly packed community of Victorian houses and businesses. Most of the northern end was farm land which was farmed by the landlord of the Le Strange Arms Hotel at Old Hunstanton and the cliff top car park and small golf course were farmed by him till well after the Second World War, I am not sure when the lighthouse estate was built but it was the first private estate to be built in Hunstanton, the Waveney Road council estate was started in 1948 and the first road on that estate was Melton Drive named after the Town Clerk. It took about ten years to complete the estate which included a few private bungalows.

The next estate was the Bennett estate with 400 bungalows to the south of Oasis Way, then there is the Butterflied estate with 166 mixed properties: bungalows, houses and flats to the west of Redgate Hill. I am pretty sure that some of these properties are within the Heacham boundary. Then there is the new Bennett estate to the east of Old Town Way. They are I believe just inside the Hunstanton boundary.

Freebridge Housing want to build a lot more properties in west Norfolk especially along the coast of the Wash it would not surprise me that in a few years' time that Dersingham, Ingoldisthorpe Snettisham, Heacham, New Hunstanton and Old Hunstanton are all joined together as there is not much room between them now, it will be interesting to see what the population of all these places is when the 2021 census is published.

Trees

John Maiden put before the council that trees should be planted around the Green yet a while ago he objected to the bandstand. And the council objected to goats on the cliff top and a big wheel on the Green. May I suggest that the Green be made into a communal garden for the people of the town so they can grow their own tates, parsnips and other vegetables on there?

Anyway, he will no doubt have to wait along while to see them, we have been waiting since 1976 for a new slipway at the end of Seagate, the old Kit-Kat site has been empty since 1996, there was an application for 30 properties on the Sheep Field but I reckon the squirrels will get there first. Also, in 2008 Pat Richardson and myself asked for a bus shelter at the top end of Princess Drive, the windiest place in Hunstanton; I reckon the plans must have got blown away. There have been foundation slabs on the land near Manor Park for 20 years but no building, also the plans for 120 homes next to the business park must have been forgotten; I am beginning to think that the railway could be here first.

Abseiling down Dersingham Church tower

50 people did it a week or two back to raise money for a new toilet in the church.

A few years back some boys from school were taken up the tower. One was looking over the edge when his hat fell off and got caught on the hour hand of the clock which was at eleven o'clock - he had to wait till the hand got to four o'clock before it fell off!

Well that's your lot for this month just keep a troshin', eat plenty of shellfish, chestnuts and walnuts.

The Boy Dick, Sunny Hunny

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Breaking up: dealing with matters amicably for the children

By Emma George, Family Services, Hayes + Storr Solicitors

Breaking up can be very difficult, especially if children are involved. Often parents continue to live together until they separate, which can create a toxic family environment. Parents will need to decide where their child(ren) are going to live after the break-up, where they will go to school and other day-to-day arrangements.

This article explores 5 ways to keep matters amicable and act in the best interests of the children.

1. Think before you talk

Don't talk negatively about your ex-partner in front of your children, whether directly or indirectly. Parental responsibility is a parent's duty to secure the welfare of their child, which is to be exercised for the benefit of the child. If a parent is talking negatively about the other parent they are not acting in their child's best interests.

2. Discuss contact arrangements

It is important to discuss contact arrangements. The usual arrangement is for children to have a 50/50 split between parents to allow for equal contact, however this is not always possible due to work commitments or if one parent has moved far away. Under these circumstances, parents will often agree to have alternate weekend contact.

If you do not live with your child, think about living locally so that travel arrangements are easier. This way, the child can easily alternate between homes and, if appropriate, mid-week contact can take place. If moving away is unavoidable, consider indirect contact through telephone calls or other means.

3. Stick to a regular routine

A regular routine is important for children, so it comes as no surprise that when parents separate a child's routine is likely to change. Create a new routine for your child(ren) as quickly as possible. If your child is finding the change difficult, try to communicate with your ex-partner to discuss how you can make things better for them.

4. Talk to your children

Make sure your child is handling the separation and changes well. If they are old enough, discuss their wants and needs. This can help shape future arrangements and determine whether current arrangements are working.

If your child is young, consider talking to your ex-partner about how the separation may affect them as they grow up, and think about possible short-term arrangements which could improve the situation until they get older.

It may be useful to agree on a 'Parenting Agreement' which can be regularly altered to reflect the child's age. This can include,

among other things, details about holiday arrangements, educational and welfare needs.

5. If you're struggling, seek advice

If you are struggling to deal with arrangements amicably, a solicitor can help negotiate on your behalf. Whilst it is important for parents to try and continue communicating, we know that this is not always possible, and it can be helpful to discuss any areas of disagreement with a professional.

If you are going through a breakup and would like to speak to a professional about children or other legal family matters call Hayes + Storr on 01328 862321.

This article is for general information only and does not constitute legal or professional advice. Please note that the law may have changed since this article was published.



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STAR OF BETHLEHEM

Lesley Nadel



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The "Star" of Bethlehem apparently did exist. But what it was exactly and when it shone in the night sky are questions we have taken on trust for 2000 years.

We look forward to some revealing answers when Hilary Guise, an Arts Society Accredited Lecturer, delivers our December lecture **Star of Wonder, Star of Light: New Evidence for the Star of Bethlehem** on 13th December 2021 at Sedgeford Village at 2pm.



If you want to have some fun exploring this subject but are not yet a member, please visit our website and apply for a free invitation.

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The Star of Bethlehem, the symbolic Christmas star that is believed to have guided the Three Kings to where Jesus was born, was believed visible for the first time in 800 years in December 2020. This unique planetary alignment between Jupiter and Saturn last occurred in 1226 and is not expected again until 2080. The planets appeared so close in the Earth's night sky on winter solstice to look like a single object.

Throughout history many Christians have believed the star to be a miraculous sign. To Theologians a mark of an historical event. Astronomers maintain there is a link to the star and unusual celestial events, but to some modern scientists it is more likely to be a pious event linked to the Gospel of Matthew.

Could the Star of Bethlehem that the Magi saw have been caused by a 'great conjunction' of the bright planets Venus and Jupiter? On June 17, 2 B.C. the planets are believed to have come so close they also could have appeared as one object. The sight of this 'Christmas' star could have heralded the first biblical Christmas. But, of course, not everyone agrees with that idea. The Gospel of Matthew is the only reference in the Bible to this new star and how three wise men, Kings or Magi, believed it to be a sign of the birth of the King of the Jews. Nativity scenes around the world have featured these biblical 'Magi' along with paintings by some of the greatest artists from Leonardo da Vinci to Botticelli.

The Star of Bethlehem appears in a watercolour painting by Sir Edward Burne-Jones depicting the Adoration of the Magi with an angel holding the star of Bethlehem (1887). But the genesis for the idea was in 1886 when the artist was approached to create a tapestry for Exeter College, Oxford. It was woven by Morris & Co. and proved to be the most successful of all their tapestries. The painting has a much richer colour palette and more fine details than the tapestry. The warm colour palette used to depict the angel holding the star illustrates the wildflower, Star of Bethlehem.

Astronomers have rigorously looked for an explanation of the Star of David. Maybe it was a supernova, a comet, even a Christmas comet. Some theories have been ruled out, others doubted but none of them appear to have quite matched up to the account in the Gospel of Matthew. However, others are of the opinion that the "Star" of Bethlehem did exist. Their views are supported by advances in astronomy, evidence from NASA photos and ancient astrological meanings.

How lucky were those who saw their own "Christmas Star" in December 2020. To some it will have a special meaning, with the hope of good tidings. For others many intriguing questions remain unanswered. If the 'Star' did exist what exactly was it? Why would the Magi, presumed to be Persian, set out to find the Saviour? Would it not have made more sense if these three wise men were in fact Jewish

rather than Gentile.

We look forward to some revealing answers when Hilary Guise, an Arts Society Accredited Lecturer, delivers our December lecture **Star of Wonder, Star of Light: New Evidence for the Star of Bethlehem** on 13th December 2021 at Sedgeford Village at 2pm. If you want to have some fun exploring this subject but are not yet a member, please visit our website and apply for a free invitation.

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Strictly Arts: update from the HDFA

Verity Jowett

After a slow start in 2021, the Hunstanton and District Festival of Arts (HDFA), quickly got into gear and it's only fitting that our first event was all about music as it was a 'Day of Music' in 1941 that helped bring about the creation of the HDFA, with the first official Festival taking place at our Town Hall on 20th June 1942!

Buskers Corner, which took place on the bandstand on the lower green in July, was the first time in 2021 we all had the chance to enjoy live music outdoors when local musicians from soloists to groups entertained us on the bandstand. We held two more free music events in the summer, presenting a great line-up of music at our Live Music Festival in August in spite of the terrible weather and thankfully the sun came out in September for our second Buskers Corner of the year.

In between our live music events in 2021 we also managed to start up our regular monthly Craft Fairs, run an online One-Act Play competition, put on a subsidised summer family show of Peter Pan, present an old-fashioned Victorian Picnic afternoon featuring the Kings Lynn steam punks, organise a celebration banquet of St Edmund and run a Christmas Gift Fair with music to welcome the Christmas season before finally staging the traditional Christmas Tree Festival on December 3rd, 4th & 5th in the Town Hall to see the year out. Phew!

We are already planning events for 2022 to include our One Act Drama Festival at the Princess Theatre, an Art Show, our regular monthly Craft Fairs and Live Music Festival all of which will all have a distinct 'Jubilee' flavour in honour of the Queen's Jubilee Year, so watch out for announcements in this column, online and on our Facebook page Festival 3 By the Sea.

Finally, although the HDFA was originally founded on bringing music to the town, it is now dedicated to bringing as many of the Arts as possible to the people of Hunstanton which includes all the creative and dramatic arts. We are funded by an annual grant from the Borough Council of Kings Lynn & West Norfolk and our committee is made up entirely of volunteers. So if you have an interest in the arts and would like to offer some of your time to help us please get in touch via our website www.festival3.com where you can find out more about what we do.

Wishing you all a very Merry Christmas and Happy New Year from the HDFA.

The Bridge For Heroes holds Art Exhibition

Veterans from the Bridge for Heroes Armed Forces Community charity gathered in the Soul Café in the town's Tower Street, to exhibit paintings that they have produced in the charity's new activity centre.

The centre, located in Nelson House on the North Lynn industrial estate, was set up specifically to allow members of the Armed Forces Community to engage in a wide range of activities, these including photography, carpentry, cycle maintenance and Cyber and IT skills, with the art class proving to be one of the most popular.

The classes, run by David Chapman, the father of Bridge for Heroes founder Helen Taylor, have been a major success, with individuals with no previous experience of painting showing a real skill in the subject which they never knew they had.

The exhibition, kindly hosted by the Soul Café, featured paintings by several members of the class, the subject matter including portraits, landscapes and still life.

Class tutor David said "it has been a real delight in teaching the class the techniques necessary in painting both oil and water colours, the results having surprised those taking part who prior to this had never thought of picking up a paint brush, other than for painting the skirting board and some not even that!"

The Art Class meets at Nelson House every Tuesday morning and is open to all serving, ex service members and their families. For more information about this and the other activities available contact the Bridge Centre on 01553 760230 or simply call in to the Contact Centre located in South Clough Lane.

The picture shows exhibitors and guests at the Bridge for Heroes Art Exhibition with Tutor David Chapman fourth from the right.



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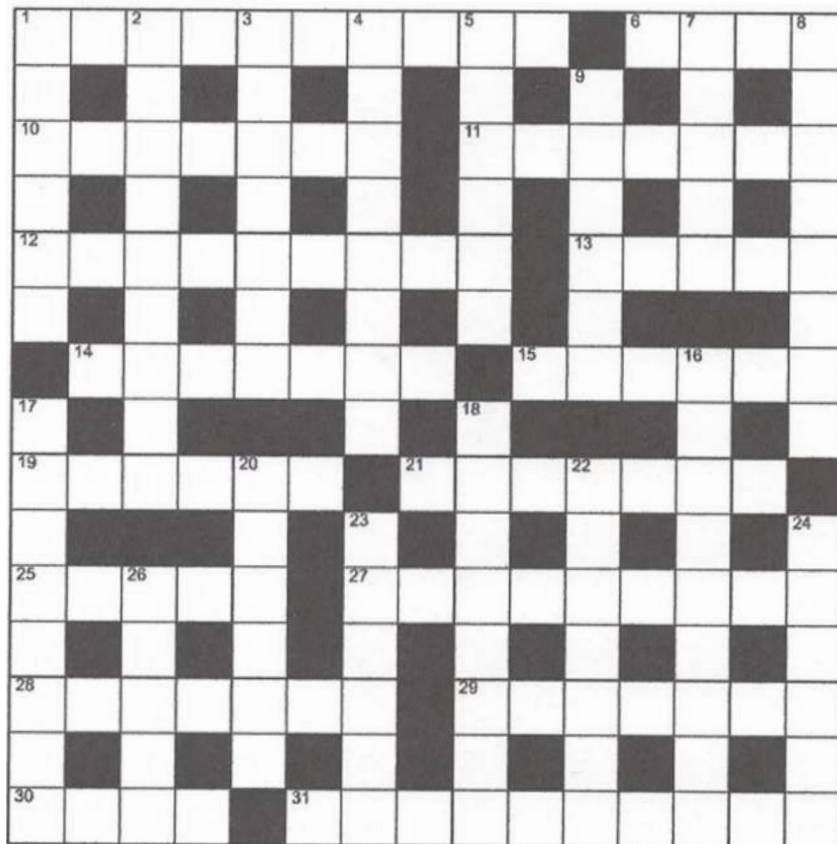
David Elsey's Cryptic Crossword

Crossword Clues Across

1. Having been raised in conversation, alcohol is added as supplement to Christmas meal ... (5,5)
6. ... grand spread to put on table (4)
10. He pins trimmings initially all over the place – it prevents future issues (3,4)
11. European representative with hampers unloads contents (7)
12. After second defeat to Germans one raises game by a whisker (9)
13. Like to wear rubbish – in other words, dress down (5)
14. Mass tends to be special in Italy on the 25th (7)
15. Broadcast a blessing from within the birthplace of Jesus (6)
19. Type of weather which is not temperate ruins your tops (6)
21. Postal service to add electronic messenger (7)
25. New Christmas visitor is beginning to settle in (5)
27. Untangle confounded clue I set - by the 31st, say? (9)
28. Length of twisted tinsel put over windows (7)
29. Legislator and US statesman takes cold comfort after losing primary (7)
30. One of Santa's reindeer, we are told, is too short to fly (4)
31. After a short walk run for assistance to decorate top of tree (10)

Crossword Clues Down

1. It is needed to deliver pancakes for buffet (6)
2. Cut top off new Christmas tree? (9)
3. Responses are pronounced after band finishes before chorus (7)
4. Cook ate pie with top crust, creating thirst (8)
5. At the start of Christmas this woman's touring Spain to promote good health (6)
7. Corrie favourite devours a dish from India (5)
8. Set Deb to scatter nuts about ... (8)
9. ... dash of whisky, perhaps? (6)
16. Balanced balloon and kept 13 moist overall (9)
17. What star did when sibling kicked leading light? (8)
18. Tidy round after tree is in place (6,2)
20. Bad surfer loses crest of wave (6)
22. Part of church has area with a flowering shrub (7)
23. Prepare for good film on TV (3,3)
24. Cuddly toy (present Penny sent off) is returned by carrier (6)
26. Take a day off from build-up to Christmas and start sweeping chimneys (5)



Crossword solution on page 42

Ray Butchers Su Doku

Easy first...

...then the more challenging

6	1			5		9		
	5		8		1			
				6	4			7
				2		3	5	
	3	2		7	6	8		1
		8					7	
9			4	1				
				8			2	6
2								9

6				4				
						9	4	
4	8			6	9			
		4				3		
8				7	6			
		9	4				8	
			2				3	
			3	1			5	9
7		8						

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HUNSTANTON BRIDGE CLUB AFTER COVID

The Bridge Club has moved to new premises, at the recently refurbished Old Hunstanton Village Hall where there is ample parking and easy access. We meet there:

* For regular duplicate play on Thursday evenings at 6.30pm, we finish by 9.30pm.

* For supervised play and for those who prefer afternoon bridge on Friday starting at 1.30pm and finishing by 4.30pm. In this session: players are welcome to consult their notes if they wish and ask for help during the play. And there is no need to book or to bring a partner.

Complimentary tea, coffee and biscuits are now available for players, please bring your own mug.

In addition, on Sunday evenings, starting at 7pm we play online using RealBridge.

Thursday and Sunday sessions both award English Bridge Union (EBU) Master Points.

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Starting in February there will be a 6 week Fast Track course for complete beginners wanting to learn bridge quickly, based on the EBED Fast Track training programme. It will take place on Friday afternoons. See advertisement on this page or for further information: Please contact Hunstanton Bridge Club via email bridgehunstanton@gmail.com

Now, test your skill and knowledge:

BRIDGE—TO WIN A TRICK OR NOT TO WIN IT
Sometimes we are in a contract that depends on not losing the lead to a particular opponent and this may mean letting them win a trick or two at the start.

S	972		
H	A84		
D	84		
C	AJ932	S	J543
S	K106	H	J962
H	1075	D	753
D	KQJ96	C	K5
C	64	S	AQ8
		H	KQ3
		D	A102
		C	Q1087

South is in 3NT and West leads DK. Clearly South needs to take the club finesse but if it loses to East a diamond return could be fatal as it looks like West has long diamonds. So South must not win the first diamond or the second but can win the 3rd diamond. Even if East did have another diamond it would mean they split 4-4 so there would only be 3 losing diamonds and one club and hence the contract would make.



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MAKING TAX DIGITAL DEFERRED FOR ANOTHER YEAR – A WINDOW OF OPPORTUNITY?

By Kathryn Gigg Chartered Accountants, Hunstanton

Back in September the Financial Secretary to the Treasury, Lucy Frazer, announced that Making Tax Digital (MTD) will now be deferred until 2024/25. This is the latest in a long (and probably welcome) line of delays in implementing the new system. The change was first proposed by George Osborne in late 2015, with a start date for small businesses and landlords of April 2018. VAT was brought within the scheme in 2019 but the proposed changes for Income Tax were held up by a combination of complexity, general elections and Brexit, such that the implementation date remained at “not before April 2020” until July last year when the date was moved to April 2023. This was confirmed as recently as 20th July 2021 - 65 days before the latest deferral. Partnerships (except “complex” partnerships who will join the scheme later) will join the scheme in April 2025, and companies, presumably, in 2026, although this has not been confirmed. The new penalty regime which is being introduced alongside MTD will also now be deferred until 2024/25 for MTD filers, or 2025/26 for other self-assessed taxpayers.

MTD for VAT commenced on time for most VAT registered businesses on 1 April 2019 but “complex” entities had a deferred start date of 1 October 2019. Smaller businesses which have hitherto been outside MTD for VAT will still be required to join the scheme in April 2022.

Those who are fearful of impending changes to the tax system for the self-employed may have been thrown a life line, but it really does seem likely that this will be the final delay. From 5th April 2024 all businesses and landlords with gross income of over £10,000 pa will need to start filing quarterly returns and maintaining digital records. There is, therefore, now a window of opportunity to prepare by making and testing the necessary accounting system changes within the next two and a half years.

Another complication announced in July, will also be deferred for a year. As part of the move to MTD, proposals were issued that in future all businesses would be taxed on a fiscal year basis (12 months to 31st March or 5th April) rather than the current arrangement where the profits of an accounting year ending within the fiscal year are taxed as income for that year (the current year basis or CYB). This would necessitate a transitional year which would include the last CYB year plus profits up to 5th April 2023, less any transitional relief for profits taxed twice in the opening year. This transitional year will now be 2023/24 rather than 2022/23.

The transitional provisions will be complex for those businesses with non-fiscally aligned year ends - up to almost 24 months of profit may fall to be taxed in a single year, the magnitude of overlap relief may need to be researched (it could go back to 1996/7), and possible claims to spread some of the excess profits into future years will need to be investigated and computed. Going forward, businesses will need to decide whether to switch to a fiscal year end in future or remain with the existing year end which might mean that tax returns may need to be submitted on a provisional basis, since the filing date might come before the annual accounts have been completed – or indeed started.

Kate concludes “There will be plenty to think about over the next two years, and possible opportunities to structure the business so as to minimise the impact of the changes, whilst also setting up an appropriate structure for full and relatively painless compliance in future. As always, a trip to the accountant (like the dentist) now, might save a deal of pain in future.”

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in November 2021



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Pensions experts say a minimum of £10,900 a year needed to retire

A single person will need post-tax annual income of £10,900 for a minimum standard of living in retirement, according to the Pensions and Lifetime Savings Association (PLSA).

The minimum retirement living standard is based on the Joseph Rowntree Foundation's Minimum Income Standard and covers a typical retiree's basic needs plus enough for some social activities, such as a week of holiday in the UK, eating out once a month, but not including running a car.

That spending budget increases to £16,700 for a couple and also includes subscriptions and services such as getting a haircut.

The moderate retirement living standard includes a two-week holiday in Europe and more frequent eating out. This was assessed to require a budget of £20,800 for a single person, £600 higher than two years ago, and £30,600 for a couple, up £1,500.

The annual budget needed for a comfortable retirement living standard has increased since 2019 by £600 to £33,600 for one person and £2,200 to £49,700 for a couple.

This covered items such as regular beauty treatments, theatre trips and annual maintenance and servicing of a burglar alarm.

Nigel Peaple, Director of Policy and Advocacy at the PLSA, said:

'The pandemic has emphasised the importance of economic security as well as social and cultural participation in retirement.

'We hope the updated standards will encourage people to think about whether they are saving enough for the retirement lifestyle they want and, in particular, whether they are making the most of the employer contributions on offer in their workplace pension.'

It's a full-time job to deal with the admin from a loved one's death

A survey by Life Ledger has found that dealing with the administration when someone dies is equivalent to working full time for a month.

The average person in West Norfolk has at least 11 different accounts that need to be notified and closed following their death and this process can take loved ones up to 140 hours. The accounts to be closed include services, subscriptions and bills like bank accounts, TV telephone, internet and even pet insurance. That's the same as working full time for four weeks whilst dealing with the grief of losing someone close, arranging the funeral and all the other practical activities that need attention after someone dies.

The survey, published by Life Ledger, which offers a free national death notification service, also found that whilst the oldest generation unsurprisingly have accumulated the highest number of accounts, their children, grandchildren and great-grandchildren are now hot on their heels.

People from the Silent Generation – aged between 74 and 91 – have an average of 14 accounts to their name whilst those in Gen Z – people aged between 18 and 22 – have already accumulated an average of 10 accounts per person. Meanwhile Millennials (23-38), GEN X (39-54), and Boomers (55-73) have an average of 12 accounts per person.

These accounts include services, subscriptions and bills like bank accounts, TV telephone, internet and even pet insurance.

"Dealing with the death of a loved one is hard, making death notifications shouldn't be, said Tremayne Carew Pole, the founder of Life Ledger. "Up until now those dealing with the admin around a loved one's death have had to approach each company separately to close or amend accounts, and often every company needs the same information and documents, it is a time consuming and stressful process.

"That's why we created a service that allows the bereaved to notify banks, mortgage lenders, utility companies and any other organisation from one place.

The survey of 2,001 adults also found that whilst people with no experience of the admin around death already expect closing accounts to take a considerable amount of time, those with experience of death say that figure is 30% higher.

When asked how long they felt it would take to close an account, people surveyed with experience of death admin said 13 hours whilst those with no experience pitched it at 10 hours.

Launched at the end of 2020, Life Ledger is a free easy-to-use service helping families deal with death notifications.

For more information go to www.lifeledger.com



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Letters to the Editor

PLEASE, PLEASE, PLEASE SIGN THE QEH PETITION!

AN APPEAL TO ALL RESIDENTS OF HUNSTANTON, HEACHAM, DOCKING, SEDGEFORD, HOLME NEXT THE SEA, THORNHAM, TITCHWELL, HOLKHAM, BRANCASTER, SNETTISHAM, INGOLDISTHORPE, DERSINGHAM and all other communities in North-West Norfolk

There can be precious few of us who have not needed to use the facilities and services of the QEH, King's Lynn at some point in our lives.

Even if we have not, there is inevitably going to be a time when we will need to use them.

It has been well publicised and documented in the local press and magazines over recent months that the QEH in King's Lynn is in dire need of a new re-build.

Action has already been taken by key campaigners to move this item up the political agenda and on to the shortlist for funding.

But.....the truth is that unless we ALL put our names to the petition, it will look as if we don't care about it. What could be perceived as lethargy, apathy and lack of engagement will do little to boost the QEH King's Lynn cause in the minds of the decision-makers in central London.

To date, around 14 thousand people have signed the e-petition, but we all know that not everyone has access to the internet and that old habits die hard in terms of some people still preferring to sign a petition and other documents using pen and paper.

So.....we need a massive, massive push to get as many petition signatures as possible. 100,000 signatures are needed in order to trigger a parliamentary debate on the issue of a re-build for the QEH, King's Lynn.

Please, please, please do your bit and spend just a few seconds of your time signing the petition.

I will be collecting QEH petition signatures between 11.30am and 1.30pm on Friday November 19th at Hunstanton Community Centre, in the café area.

I will also be collecting signatures on the following dates in December – again, in the café area of Hunstanton Community Centre, between 11.15am and 12.30pm on

Friday December 3rd

Friday December 10th

Friday December 17th

Yvonne Bridger

Any queries, please just call me on 01485 533896

Dancing in Dersingham

Just wanted to congratulate you on the (Dancing in Dersingham) article and thanks for the publicity.

I think the reason for the amount of activity is the quality of the venue- it is thought to be the best and largest underfloor heated sprung dance floor in the region.

We also host a monthly ballroom and sequence dancing tea dance (last Friday of each month 2 to 4pm). There's no tea dance in December but we re-start in January at £6 per person.

David Collingham

A million trees

I saw mention in Town and Around of the plan to plant a million trees in order to combat climate change, which all sounds promising. However, we have six small hornbeam trees in our drive, and for the last few years, since maturing, they have seeded prolifically. We therefore have a large number of small seedlings (although the trees grow very fast), which I have tried to give away.

Unfortunately, organisations like the National Trust and Woodland Trust are too concerned with the provenance of the seedlings, which cannot be certified, and the perceived risk of disease, etc - despite the fact that the existing trees seem in perfect health. I have tried Parish

Councils, via the Borough Council, to no avail, and apart from a local couple who were delighted to take some for their new garden, it appears that nobody is in the slightest bit interested in planting trees!

Pamela

Advertising

I just wanted to thank you for the great response I had to my Ad in the above edition of your monthly magazine.

I'm convinced that had it not been for your ingenuity, experience and support Elaine, the response may not have been so accurate in suiting my needs.

Whilst writing, I've just looked at your November Edition, which is just bursting with informative articles, and to me is the best to date.

I'm also delighted about your new e-mail newsletter link, this is real progress.

I can only add Well Done, a big Thank You, and may you continue to go from strength to strength.

Marie Harvey-Wickens

Thank You

To everyone who came to our Hall of Stalls event on November 6th and supported us by buying items, refreshments, raffle and tombola tickets. All winners have received their prizes, and we are particularly grateful to Kemp's Fruit & Veg, Keelie's Salon and Alirae for their generous donations.

All our Guiding units benefitted from the event and it will enable us to continue giving the girls – Rainbows, Brownies, Guides and Rangers – all the opportunities that Girlguiding provides in our area.

Girls from 5 – 14+ can join, and further information can be obtained from:

www.girlguiding.org.uk/interested

Eve Eates

Flood defences

It has been brought to my attention that nothing much has been done to the Hunstanton flood defences since the 1950s so here is a list of the work that I can think of and recorded.

In the late 1960s over 100 new groins were put in between the pier and the fairground, and in the late 1970s lengths of steel were put in between the power boat slipway and the hump to strengthen the steps.

A lot of work was to be done from the Kit-Kat to the Heacham boundary starting in April 1997 but this work was held up for about 5 years and did not start till 2002 and went on for 5 to 6 years. Most of this work was the strengthening of the lower sea wall, making the back sea wall higher from the fairground to the hump, Heacham boundary, this work was done in stages and it also included the power boat ramp being made stronger and liquid cement being pumped under pressure into the promenade from the sea side along a stretch of promenade from Johnson's slipway to the Kit-Kat. The cost of this 5 year project cost £10 million 566 thousand, though I did see another report saying it cost £15 million, but after all of this money being spent I still say Hunstanton needs a new promenade from Johnson's slipway right through to the power boat club.

Dick Melton

Sunny Hunny

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Down: 1. Batter, 2. Evergreen, 3. Dancers, 4. Appetite, 5. Cheers, 7. Rata, 8. Besotted, 9. Spirit, 16. Ballasted, 17. Twinkled, 18. Spruce up, 20. Roller, 22. Spiraea, 23. Get set, 24. Bearer, 26. Vents

Next stage of the Save the QEH campaign

Jo Rust

I had hoped and expected that by the time this article was published we would have found out if the Queen Elizabeth Hospital King's Lynn, had made the shortlist to go forward for funding consideration. However, this decision has unexpectedly and without explanation, been pushed back to between December 2021 and January 2022. This is incredibly frustrating for us as campaigners and of course, for the staff of the QEH. Although we've known that the final decision will not be made until Spring 2022, far too late in my view, it was expected that we could at least be in a position where we'd have some certainty around the next steps. This delay will potentially have the affect of making it harder to recruit to vacant posts, after all, knowing that a hospital is being kept up with props that need to be worked around doesn't make it the most attractive proposition for a place of work.

Because we had thought that we had a deadline to lobby the Minister for Health on this matter our campaign team was out in force on Saturday 23rd October putting in that final push to get more signed postcards to Sajid Javid calling on him to fully fund a new build. So last week over 500 postcards were packed up and sent off to him, meaning they'd land on his desk just before we thought he'd be doing the decision making. We assumed that seeing the physical proof of our concern in the form of the signed postcards, would be hard to ignore. Because while online petitions do, of course, have a place, an actual hard copy addressed to the Minister for Health and signed in person by a concerned resident, is a far more powerful message. Sadly the delay means that work didn't have the impact we had hoped it would, so we've now gone back to the drawing board and made further plans.

We plan to ask members of the public to sign a letter to Santa, well, when we say Santa we mean Sajid Javid (currently anyway). The letter is expressing our disappointment that we've got to wait for a decision but asking to go on the shortlist. It's really simple and styled to echo a child's letter to Santa. We'll be in the town centre on Sunday 21st November, to coincide with the Christmas illuminations being switched on. We know it'll be a busy day for shopping and we're hopeful that the letters will be well received. In addition to the letters, we're going to have a Santa's Scroll – a large piece of fabric that people can put their signature too asking to be on the shortlist. This will be a highly visible effective way to attract attention. We're hoping that the MP for North West Norfolk, James Wild, will be at the light switch on so we can give them to him publicly. One of the challenges we have is that he has no constituency office and so we can't meet him locally. And of course, there are still visiting restrictions in Parliament, so we can't go there to see him either. It's incredibly frustrating that there are so many barriers to speaking with the person who is meant to represent us. Especially as our council meetings are back being held in person and the public can attend and observe. Why parliament is operating differently is not clear to understand. And the fact that he still has no local office is bemusing. It's as if he doesn't want us to know where he is!

Following the campaign day on the 21st November (12.30 start outside the former Burton Shop on the High Street) we'll also be holding two other sessions where we'll ask the public to sign the letter. On Saturday 11th December and Sunday 12th, from 12 until 2pm we'll be in the same spot. This is the week of the Christmas Market, so again there should be good crowds to get to sign the letters. We'll then get these packed up and sent off to either Sajid Javid, or give them to our MP if we can find him!

When we do hear if we've been successful for the shortlist, we'll move on to the next stage of the campaign and it'll involve another postcard, well why not! But the wording has been updated with this new communication calling on the SoS for Health to make the right decision and to fully fund a total rebuild. The reason that the rebuild is the ONLY option is due to the fact that the RAAC planks have an end life if 2030, but a phased redevelopment would only have 61% complete by 2033. A single phase new build would provide 90,000m2

of accommodation. This is about 40,000m2 more than we currently have. A phased redevelopment would only provide 55,000m2, a mere 5,000 m2 more than currently. The extra m2 could provide for up to 100 more beds and so is vital if we want to be able to meet our growing health needs. A lot has been made about the difference in costs between a single phase new build and a multi phase development. The bottom line is that a single phase could be delivered for £727m, while the lesser option would cost well in excess of £950 million by the time it was complete. And that's even assuming that the funding to complete it is forthcoming. Funds for a phased development would most likely have to be applied for again at each stage and there would be no guarantee that we would be successful. I hope you can see from these scenarios that we cannot afford to compromise on the preferred option – a single phase total new build. Even though the initial cost for this option looks more to begin with, it's the far cheaper option and will enable us to meet our growing health needs.

So, when you see us out and about, please come over and sign one of our letters to Santa and make sure whoever the Secretary of State for Health is, they know exactly what we want for our new hospital in King's Lynn.



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Piles and Tribulations – Notes from a rural GP

Dr David Ince

Is Laughter the Best Medicine?

If I don't see you before, Happy Christmas. At the time of writing, there are 46 days till Christmas – it used to be 'shopping days till Christmas' but in the consumer-led, immediate need culture that we now live, all days are shopping days nowadays. For those of you still hanging on for a serious medical article, this may not be your month I am afraid. I will try harder in the new year but, right now, with everything that is going on in the world I fancy a bit of light humour to get us in the mood for Christmas. It is a time for good humour, laughter and goodwill to all men & women (although I am not sure this memo has quite yet got through to the medical editor of the Daily Mail in reference to GPs and their staff).

Quite a few years ago in the lead up to the festivities we had our staff Xmas party booked for a Friday evening a few days before Christmas Day at a local rural hostelry. I decided to wear my party outfit to work to ensure that I was away on time without having to invite my dresser to the surgery at the end of the day. Fortunately (for the patients) but also unfortunately (for my comedy persona) my Bernie Clifton outfit was at the dry cleaners that day and my wife had sensibly banned my Dr Tarzan outfit. So I chose what was terribly 'à la mode' at the time and wore a white shirt (double cuff, cutaway collar) with a black knitted silk tie. Sharp, tailored chinos teamed with a slim fitting Italian wool jacket with my stethoscope poking proudly and pretentiously out of the side pocket, I felt quite the young, stylish GP. Ready for a surgery. Ready for a party. Ready for life.

Settling into my morning surgery, a lady of around 60 years who I had not met before presented before me. We dealt with her problem and then I saw her look at me and noticing my tie and outfit, I prepared myself for a delicious compliment. However rather than a fruity commendation, she said 'I'm terribly sorry has somebody died'. My sartorial elegance and pride immediately cut down to size, I found myself thinking inwardly but accidentally saying outwardly with a smile 'No, but you're only my second patient of the day'. Boom boom - I was terribly pleased with this and I hadn't even started on the practice's Croft Original. Fortunately the patient took it in the spirit with which it was offered but using humour in a consultation can be a risky business. It can back fire if aimed inappropriately and not backed up by serious clinical acumen. However, those readers who are also unfortunate enough to have to endure my medical skills, will hopefully confirm that humour used in combination with seriousness and compassion can be beneficial and even, at times, therapeutic.

One of my favourite yuletide publications is the Christmas British Medical Journal (BMJ). Once a year it is published and the content looks at the more light-hearted and humorous side of medicine. The research articles are well written but cover more unusual subjects. Although the BMJ has been published since about 1200 AD, it is only since the 1980s that it has let its hair down at Christmas and allowed some fun into the most serious of publications.

An important study looked at the average time a box of chocolates lasts on a hospital ward (51 minutes in case you were interested) and also analysed which health care profession were the largest eaters (I won't embarrass this group by naming them). Roses also disappear faster than Quality Street. There was also another study that looked at the ability of medical students and junior doctors to identify the flavour of a Quality Street chocolate from the wrapper. There was an exponential rise in the knowledge between medical students and junior doctors highlighting one of the benefits of qualifying as a doctor being the ability to eat the chocolates on the ward (this being frowned upon as an undergraduate)!

In another, urine output was compared between a group of hospital patients and the junior doctors who were looking after them highlighting inadequate hydration was a more significant problem in the doctors than the patients.

Other delights included sword swallowing and its side effects (sore throat predictably) and a study looking at the predictive value of

diagnosing acute appendicitis from pain (or its absence) whilst going over speed bumps on the way to hospital. In patients presenting with abdominal pain and tenderness over the appendix, there was a close correlation between not having pain over the speed bumps and not having appendicitis (it was more sensitive than an abdominal examination!). I wonder whether some of the speed bumps around hospitals have been erected on the recommendation of the surgical staff to aid their diagnoses.

A gingerbread man walked into my surgery yesterday evening. He said that he had a sore leg. I asked if he had tried icing it. Sorry. Oh – another I hear you cry. I have bought my son a new fridge for Christmas; I can't wait to see his face light up when he opens it. I hope you all have a peaceful, kind, quiet festive period and, of course I wish you good Christmas health.



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New Hunstanton Women's Institute

At our October meeting we welcomed some new members. We had a very interesting talk on the History of Norfolk Lavender with slides.

Details were given for our Christmas Tree entry at the Town Hall in December. A raffle, tea and cake brought our meeting to a close.

Our Christmas meeting, with Ukulele Band, is on 16th December at the Methodist hall, Hunstanton, 2.15pm. Visitors welcome £3.00. Enquiries 01485 532174

RINGSTEAD VILLAGE HALL

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects, there will be something to interest everyone. There is no meeting in August.

The December meeting will be on Thursday 9th when Mrs Maureen Kimber will give a talk and demonstrate Line Dancing. Why not come along it should be fun.

Refreshments are available and we hold a raffle at each meeting. All welcome

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Round the bend with Dean Baker

Here we go again or make the most of it!

Suddenly, we're back round, it's here. For all the upheaval, the uncertainty, the dreadful newness, whisper ... it's Christmas. Mrs B's cousin Lizzie and her husband aren't coming this year. Phil has had a health scare and doesn't want to take any chances. Instead, we leave the cat in charge and set sail for Warwickshire and Lizzie's sister Margaret's house. Margaret has never liked her name and after trying out many variations she now calls herself 'Margate'. As Toto's nose steam makes slime marks on the back window and we plough along the A14, I chant under my breath 'Margate not Margaret'!

When we arrive, we're not sure what to do, only the dogs bound up to each other, then the littles and finally the adults smile and make arm gestures. Aunt Marie doesn't come to greet us but after hand washing and donning fresh masks, we file into the chocolate box Tudor cottage. It's absolutely freezing, I can see my breath, I can see Mrs B's breath. Neither Margate or Maggie have lit the fire. The floor is stone, the walls are inches thick and worse the windows are wide open. I'm sure the outside air is warmer than the air in the room. Mrs B surreptitiously puts her coat back on and slips out to join the gang in the 'warm' garden.

"Have a seat Dean, we're meeting Phil and Lizzie in pub,"



chimes Margate moving a pile of 'Pottery Monthly' magazines.

The 'Bulls Head', is just across the road, I glance across, does it look warm? Dare I hope for cosy. Auntie Marie is in her mid 90's, surely she's frozen. As if reading my mind "I'm as warm as toast" she declares.

"it's a bit chilly in here"

"Oh, but we need ventilation. They said so on the television. Especially on The One Show. Do you like The One Show?"

"Aren't you cold?"

"Doooooahhh, you should read your own articles. Lizzie has that magazine posted to me. My favourite is the news from the garden centre and the churches"

"Really?"

"I'm sitting on a heat pad and I've got an electric blanket over my knees. As you advised in the October edition"

She straightens the blanket and looks straight ahead, past me. Margate bustles in.

"Time to go Mother" she holds

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out Aunt Marie's coat. "I've used the hairdryer to warm the lining"

I want to say that living in a freezing house, using the hair dryer to warm your clothes up and renaming yourself after a sea-side town in Kent is false economy and insane. But, it is Christmas!

At the pub the room is toasty warm. Unbuttoned coats are shrugged off, cheeks glow and crackers are pulled before pudding. Aunt Marie tells us the stories of Christmas' past. Of cousins who played cricket in the snow, of her Aunt Elsie who died her hair platinum blond and only brought Christmas crackers from Harrods.

"I've heard these stories a hundred times", Mrs B whispers. But, she listens intently.

Back at the cottage, Auntie

Marie says goodbye and goes upstairs for 40 winks. I hope she has an electric blanket! After tea and mince pies its time to point the car towards Hunstanton. We smile hard to each other and vow not leave it so long next time.

"Good bye, Margate", I remembered!

"Oh, its Helen now, like Helen of Troy, I'm buying myself a kiln, making pots is the way forward". I'm tempted to explain that kilns use a lot of energy, but I resist.

On the way home, the children plug themselves into devices, dogs snooze.

"Thank you, I know my family are a bit cuckoo, but its only once a year"

"I wouldn't miss it for the world" and I wouldn't ...

Wishing you a very Happy Christmas. See you next year.

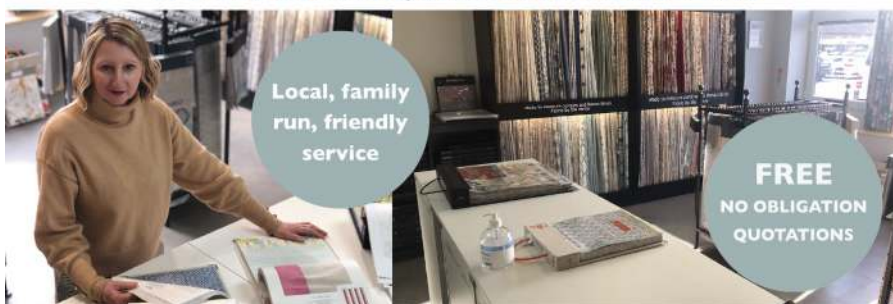
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HUNSTANTON PROBUS CLUB



After a lengthy postponement due to the pandemic, the Hunstanton Probus Club has now resumed its normal programme of monthly lunch meetings at the Le Strange Arms Hotel and its members have renewed many old friendships established through the Club.

Probus Clubs were created in the mid 1960's as a result of an initiative by a number of Rotarians who wished to create a similar organisation to that enjoyed by members of Rotary clubs for the mutual fellowship of professionals and businessmen following their retirement...hence the name PRO(fessional)BUS(businessmen). Not to be confused with the Roman Emperor, Probus, nor the hamlet in Cornwall near Truro.

There are now over 1,700 Probus Clubs around the world and the Hunstanton Club was founded in 1976, the current President being Ron Annies. The Club meets at the Le Strange Arms Hotel once a month where members enjoy an excellent lunch accompanied by much friendly conversation and fellowship...Boris would certainly learn how to put the world to rights if he became a member!

Membership numbers have reduced slightly over the last couple of years as age and family relocations have taken their toll, so the Club is now actively encouraging those retirees from the business and professional worlds to consider joining. The monthly meetings for lunch are always very friendly and relaxed affairs and the annual joining and lunch fees extremely modest, and there is no commitment to membership following a trial attendance.

Readers who might like to consider coming along as a guest to see whether Probus membership is for them are asked to contact the Secretary, David Dickinson, who will be happy to provide further details about the Club. Telephone: 07941 798343 or email: Hunstanton.Probus@outlook.com

A recipe from the Prudent Pensioner Carrot, Red Pepper & Chicory Soup

1 med Shallot or small onion
Knob of Butter
Potato approx. 115g/4oz
Carrots approx. 230g/8oz
1 large or 2 medium sticks of celery
1 red pepper (capsicum)
6 Leaves of Chicory (I used red)
1 Stock cube (I used Chicken) dissolved in 500ml hot water.
Salt and Pepper to taste.

Trim and peel carrots and cut into small pieces. Peel potato and cut into small pieces. Peel shallot or onion and slice thinly

Wash celery trim off and discard base and top of stalk and slice fairly thinly.

Wash pepper, discard seeds and stalk. Cut into chunky pieces.

Wash chicory leaves and cut into smaller pieces

Place butter in a saucepan over a low to medium heat, add shallot/onion slices stir and cook for 1 minute stirring continuously.

Carefully add potato, carrots, celery, chicory and pepper stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave, covered, simmering gently, stirring occasionally, until vegetables are fairly soft (approximately 15 minutes). Strain off most of the liquid into a jug, put aside while you either put vegetables into liquidiser or use a hand blender and whizz until pureed.

Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Reheat stirring gently. Turn off heat, serve and enjoy.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham. Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire. See more recipes on The Prudent Pensioner Facebook page Email: pru.pensioner@btinternet.com

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The Parish of Hunstanton St Edmund's



Ever since the church of Hunstanton St Edmund's was built in the 1860s it has served the community of Hunstanton.

The church stands as one of the most prominent buildings in Hunstanton and regular services of worship, celebration and commemoration have taken place throughout its more than 100 year history.

We are delighted to say that the church, which was built by the Le Strange family for the people of and visitors to the town, has recently started to be left open during the day and we would invite anyone to come in to the church and to enjoy the beautiful space. Enjoy the stained glass windows, which depict the story of the martyred King Edmund and look particularly stunning with the sun shining through them. Enjoy a space that offers quiet and time for reflection and refuge from the busyness of our daily lives.

In other news the church has until recently been heated by gas, but this system has now been condemned and the gas supply to the church has been capped off. The proposal is to replace the old gas heaters with electric heaters. Due to the costs involved with installing the new system and the need to get it in place relatively quickly, it will initially be powered with mains electricity. In order to make the church a more environmentally sound building for the future, preliminary investigations have, though, begun into the possibility of installing solar panels on the roof of the south aisle of the church with the intention that these will provide enough power to heat the church and to return surplus electricity to the national grid. The installation of panels on the south aisle roof, which is one of the lower roofs, would not overly impact on the aesthetic of the building, which sits in the heart of the Hunstanton conservation area. We have a long way to go with regard to getting the appropriate permissions in relation to the proposed work, but the Bishop of Norwich is the lead bishop for the Church of England looking after all things environmental, so we are hopeful that applications will be looked upon favourably. As the project progresses we will be looking at fundraising to cover the costs involved.

Roger Clark
Garry Langham
Members of the Parochial Church Council

Applications now being taken by Hunstanton Town Council for the Community Grants Programme 2022/23

Hunstanton Town Council recognises the hard work of the many individuals and organisations that help to improve services and facilities for residents of the Town and promote the community of Hunstanton, and is committed to providing assistance and support to individuals, charities, community organisations and voluntary groups living, working, or serving the community of Hunstanton and has in place a Grants and Donations Fund to enable it to provide financial support.

Small Grants

Applications for a small grant or donation will be limited to a maximum of £500, although it is expected that most small grants and

donations will be smaller amounts in the region of £100 to £250 in order to ensure that the grants fund benefits as many individuals and organisations as possible.

Larger Grants

The Council may from time to time set aside sums of money for the purpose of providing large grants. All large grant applications will be assessed for eligibility in accordance with the requirements of HTC's Grants & Donations Policy.

For an informal chat or further information please contact the Town Clerk by email clerk@hunstantontowncouncil.gov.uk or call 01485 532402.

Incinerator Campaign Part 2

Alexandra Kemp

The Campaign to stop MVV's Incinerator on the West Norfolk Border in Wisbech is gathering pace. I have set up the cross-party "Gang of Six" councillors again, that successfully fought the South Lynn Incinerator in 2014. The new Gang of Six is - : Richard Bird (Independent) John Dobson (Conservative) and myself, with Charles Joyce (Labour), Rob Colwell (Lib Dem) and Michael de Whalley (Green). All trusty campaign stalwarts.

I have written to the Leader of the County Council, Andrew Proctor, calling him to West Norfolk, to hear why the incinerator must be stopped. Conservatives running County Hall in Norwich, support the Incinerator upwind of King's Lynn and even made their Conservative colleagues from the Borough vote against, or abstain on, my Motion to stop the incinerator in September.

I have written to Kwasi Kwarteng, the Secretary of State, who makes the final decision. He has just refused permission for a new incinerator in Kemsley in Kent. He said it isn't needed and would burn what we should recycle. The same should apply in Norfolk.

HIGH COURT REJECTS NEW INCINERATOR IN KENT

The High Court has just rejected a 390,000 tonne Incinerator at Kemsley in Kent for the following reasons: no need for the incinerator, the energy generated would be only partially renewable at best, the incinerator would put recycling and composting targets at risk.

All true for a 625,000 -tonne incinerator on the West Norfolk border. The tide has turned against incineration. But the Conservatives running Norfolk County Council have their heads in the sand.

FARMING AT RISK The Conservative Administration at Norfolk County Council is placing the most fertile area of England, necessary for our food security, at risk. Post-Brexit and post-pandemic, this would be gravely irresponsible. Regulation of Incinerators fails. Incinerator Bottom Ash (IBA) is called "inert" but is in fact highly

flammable and toxic. The Environment Agency monitors incinerator emissions for only 16 hours a year in total. IBA and Fly Ash are highly toxic pollutants that can enter the soil and food chain through emissions, accidents or landfill, a common destination for incinerator ash.

FAILURE OF REGULATION CAUSED MAJOR EXPLOSION

In 2017, MVV Energie were exporting Bottom Ash from their Plymouth Incinerator. MVV's ash blew up the ship and injured the Chief Engineer. Regulations said the ash was " inert", totally failing to protect the public. But MVV Energie ruled out any need to model the effect of a major accident from their proposed incinerator in Wisbech. MVV won't say either if they will landfill the toxic ash locally, or export it through the port of Lynn. But when incinerators breach emission levels, the damage is done and it can never be recalled. It blows around the air, enters the soil and can cause acidification. The Regulations are leaky as a sieve.

DEPRIVATION AND POLLUTION

What makes me really angry is, yet again, an incinerator firm has chosen a deprived area to build in. Health inequalities mask environmental and health impact of incinerators. MVV claims it is only steam that comes out of the chimney stack, but incinerators emit toxic metals, cadmium, mercury, lead, dioxins and furans. Not all the fine particles are captured or monitored. They can enter the lungs and affect the unborn foetus.

So after we stopped the South Lynn Incinerator, the Rainbow Alliance brought in a No Incinerator in Norfolk Policy. The Conservatives are turning back the clock.

County Councillor Alexandra Kemp
Alexandra.Kemp@norfolk.gov.uk

STILL BEING KEPT IN THE DARK

By John Maiden

The decision by west Norfolk council to sell off part of The Green in 2003 has never been properly investigated. It therefore came as a pleasant surprise when I received a copy of an email from a local county councillor asking west Norfolk council leader, Stuart Dark, to make a start on correcting this dreadful mistake.

Unfortunately, Stuart seems determined to keep me in the dark, because he did not copy me in on the reply to his well-informed colleague! Neither has he taken the trouble to acknowledge my own emails addressed to him. It is a matter of even greater concern that council officers appear to be subject to some kind of gagging order. This is the most likely explanation for the property services manager's failure to come up with a response to an email from me, in spite of an assurance from a senior colleague that he had been asked to look into

the issues brought to their attention.

When faced with a similar wall of silence in the past, I have resorted to making requests for answers under the Freedom of Information Act, which accounts for the fact that I know more about breaches of the 1955 Covenant on The Green than anyone at King's Court. This is why I have decided to mark the twentieth anniversary of the 'pier' fire, on May 18th next year, by publishing a 'naming and shaming' book covering the main errors in the council's handling of planning applications in the aftermath of the fire.

The need for such a publication was suggested by Henry Bellingham when he was our MP, but to the best of my knowledge he never raised the matter in parliament. Perhaps James Wild will do better, because he certainly played his part in ensuring that the perilous state of our hospital was brought to the attention of central government. Once we know for certain where a new hospital is to be built, then we can press the government to provide a railway to get us there on time...



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The Stark Reality

Rev Mark Capron



Two women every week die at the hands of an abusive relationship. Here are some hard hitting and uncomfortable facts: 1 in 3 women and 1 in 5 men will experience domestic abuse in their lifetime. 750,000 child incidents of domestic abuse are reported in the UK every year. Domestic abuse goes beyond violent behaviour and physical abuse. Sexual, financial, and psychological abuse is about coercive control. It is dangerous. It does not discriminate. Domestic violence is the leading cause of foetal death in the UK. Witnessing domestic abuse as a child can have the same emotional effects as experiencing it first-hand and it can cause long term emotional and cognitive problems.

Emotional abuse can have longer lasting effects than physical abuse and this can have a devastating effect upon someone's life. Both men and women are abused.

Difficult reading? Yes.

This is happening today....

It is happening in England. It is happening in East Anglia. It is happening near us.

A real-life insight comes from a local couple's daughter who lives elsewhere and to protect her identity we will call her Anna. Anna has lived with, and is still living the nightmare of an abusive and emotionally destructive time, even after physically escaping. Anna was kept away from the

safety of her parents and through control and threats lived in a life of intimidation. Sadly that intimidation has changed to a new avenue through 'legal games' by her former husband through the judicial system. This kind of appalling behaviour brings continued emotional heartache and prevents any attempt by Anna to make a clear break and attempt to move forward. Anna's parents' lives have also been emotionally impacted and continue to be.

A Norfolk Women's refuge spokesperson from Leeway says that: "Since the pandemic there has been a significant increase to our Advice & Support line at Leeway, women looking for emergency accommodation has increased across the whole of Norfolk and to quote the Domestic Abuse Bill findings '57% of women are turned away in the whole of the UK as there are not enough refuge spaces'.

For any lady, coming to a refuge must be a very difficult decision to leave everything behind; home, friends and family, belongings etc. This is a decision they take in order to keep themselves safe from their perpetrator. We have lots of examples of women coming into refuge with very little not even a towel or toiletries. They arrive in the clothes they stand in because it is such a risky time when leaving a perpetrator. Developments happen very quickly, and we try to move quickly to get each lady to safety as quickly as possible, some arrive with babies and children".

The staff member at the refuge continues by saying: "We are very fortunate we have been able to confidentially contact Baby Basics to support our ladies with items they need for their child or baby. Baby Basics has ensured no baby or little one will go without the essentials they need. It is very



humbling to see the relief on their faces when we can get them the support they need. Baby Basics were recently able to provide a lady with all the essentials for her baby's needs, baby bath, Moses basket, bedding, clothes, nappies, and toiletries when she had nothing. We also have the Food Bank we can rely on until someone's universal credit kicks in as there is a normally a six week wait for benefits. This service is so needed in the community".

Baby Basics, based at St Nicholas Church in Dersingham, is very aware of the increased impact that domestic abuse is having in North-West Norfolk and afar. Referrals from Professionals and Support Agencies into Baby Basics show over a 30% increase in domestic abuse. Baby Basics upholds dignity and anonymity for women either expecting or having had a new born baby who are in desperate need. The gift of love comes in a Moses basket

offering a safe place for baby to sleep along with all the basic essential items needed for baby and mummy.

The Pandora Project is based locally. It offers advice, support and information to women and children affected by any form of domestic abuse. It offers free legal advice around domestic abuse and children's law, especially those experiencing harassment from ex-partners, having problems with children's contact or needing legal advice. This is a confidential and non-judgemental support service and is open to anyone.

Domestic Abuse is not real love, "Love is patient, love is kind... it is not self-seeking, it is not easily angered, it keeps no record of wrong, it always protects, it always trusts" (from 1 Corinthians 13 in the Bible). This kind of love is the basis on which we should all seek and deserve to receive in all the various relationships of our lives.

Photo: Pandora Project

Points of Help:

Freephone 24-Hour National Domestic Abuse Helpline: 0808 2000 247

Pandora project - www.pandoraproject.org.uk

Email info@pandoraproject.org.uk

Where to go - 41 Old Hospital Walk, Kings Lynn. PE30 5RU

Leeway Women's refuge 24 hour helpline: 0300 561 0077

Email: adviceandsupport@leewaynwa.org.uk

For anyone in immediate danger, call 999.

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Wednesday Winter Warmers at the Hunstanton Ski Cafe and Bar



business on the Hunstanton seafront is offering home-made meals with entertainment.



Some of the Ski Cafe and Bar team from left: William, Cheryl, Lorraine, Debbie and owner Peter Byrne. T&A

What could be better on a winter's day than a walk along the promenade (with or without the dog) then a hearty home made lunch with live entertainment?

Peter Byrne, who took over the Hunstanton Ski Cafe and Bar two years ago, has come up with Wednesday Winter Warmers offering an affordable home cooked meal served between 12 noon and 3pm every Wednesday while professional musicians Jef Manhatton or David Young provide the music.



T&A

wWw lunches started on Wednesday 11th November.

Peter said: "We wanted to offer something a little bit different during the winter months and a mid-week economic lunch (£6.50 for a main course) with live entertainment will, I hope, appeal to locals and visitors.

"Pre-booking is always advisable, just give us a call and don't forget that we are also fully licensed and cater for special diets and group bookings - ideal for a club outing!

"Moving into December we'll be offering Festive Specials including Turkey lunches with a mince pie for £9.95."

The Ski Cafe and Bar can be contacted on 01485 524475 and the business is dog friendly.

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The Barking Bugle

What a year it's been!

2020 has certainly been a very busy time for the Barking Bugle team, so I thought it would be a woofingly wonderful idea if I put paw to paper and sum up what has been going on. I do find my sister, Miss Zsa Zsa, extremely annoying at times but I have to admit she has come on in leaps and bounds as a repawter (thanks in no small part to my excellent tuition!) in the short time she has been with us.

There have been several highlights this year, not least Miss Zsa Zsa's appearance on ITV to bark about doggy food and also on the BBC programme 'Countryfile' to woof about dog theft. She has been interviewed on Norfolk radio too and there was a feature about her life as a rescue dog in a national magazine.

The lovely thing about all this is that it didn't go to her head. She is well grounded and it is a pleasure to call her my sister - now that's something I never thought I would be able to say! Her tireless search for the latest scoops are becoming legendary and her spelling and all round typing skills are now nearly as good as mine! It is mainly for this reason that the Barking Bugle were runners-up in the National Best Pet Blog Awards.

We want to woof a huge THANK YOU to all our friends over at Cavalier Matters, a charity that aims to raise funds for all our furry friends of this breed. Both of us are even featured in next year's calendar! I am the face of January and you can see a photo of my sister in the December section. How utterly pawsome is that!

A few months ago my sister took part in the annual Muddy Dog Challenge, which is a national event aimed at raising funds for Battersea Dogs Home in London. The Stanstead event she attended on its own raised well over £50,000. How good is that!

There are so many lovely, generous human beings out there who have donated money and gifts for PACT animal sanctuary, a cause very dear to our hearts. Whenever my sister and I go and do the deliveries the staff are always delighted to receive these goodies and are very appreciative. Thank you to each and every one of you out there who has donated because of your love for animals. It really does make such a difference!

Our thanks also go to West Norfolk Knitters who made some pawsome purple poppies in memory of all the animals who sadly lost their lives in horrible wars. Every year Coastal Vets in Snettisham put these on display in their reception area for people to take on behalf of PACT. Once again many people donated to this very worthwhile cause and, in return, received their poppies which were no doubt all proudly worn by their pets and their humans.



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We must also give a huge THANK YOU to Lily's Pet Supplies in Hunstanton who are a pet food donation point. Lily, you are an absolute star for arranging this! Without you we wouldn't be able to receive all the wonderful goodies that so many lovely humans donate. Thank you also for displaying some of the purple poppies.

Next year we plan to be equally busy. We look forward to hosting the annual Hunstanton Dog Show at Glebe House School at the beginning of May after a two year absence, and also hope to attend Crufts once again.

But the really big news....wait for the drum roll..... is that we have two new budding repawters who have just started their training at the Barking Bugle HQ. All will be revealed very soon so watch this space

.....
In the meantime we woof you all a very Yappy Christmas!
Lots of big barks and woofs,

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Wild in Westminster & West Norfolk

"Did you go trick or treating?"

That wasn't a question I had expected to be asked as I visited to Heacham Primary and Nursery School during UK Parliament Week. I was there to talk about democracy, the role of MPs, and how Parliament works. Although that inquiry wasn't wholly on topic, most of the questions were about what the Prime Minister does, if it is chaotic in the House of Commons during debates, and the priority topics the pupils had come up with during their own debates, producing rosettes, and campaign pledges.

Top of the list at Heacham, and Snettisham Primary School, was what action is being taken to protect the environment. With the close links to Wild Ken Hill, it was no surprise the pupils were concerned about tackling plastic pollution, protecting wildlife, climate change, and improved air and water quality.

It was a good opportunity to talk about the Environment Bill which has just become law. This includes measures to improve air quality, restore natural habitats, and increase biodiversity. It will halt the decline in species by 2030, require new developments to improve or create habitats for nature, and tackle deforestation overseas.

Sadly the littering of beaches, parks, and roads means that people are rightly concerned about doing more to encourage more recycling and make better use of resources. Many companies are already taking a lead and there will now be more powers so others follow suit and to encourage consumers.

Given our wonderful coastline and rivers, regular readers will know that I have consistently campaigned to protect our precious chalk streams. The amount of sewage discharged by Anglian Water and other water companies through storm overflows is not acceptable – it is unpleasant and harmful to the environment. In the House of Commons, through the All Party Chalk Streams Group, the Public Accounts Committee, and in meetings with ministers I



James Wild MP
james.wild.mp@parliament.uk
www.jameswild.org.uk
[@jameswild](https://twitter.com/jameswild)

urged them to tackle this issue.

The issue is caused as in most places there is one system of pipes that takes rainwater from drains and sewage from homes. Strong storms can mean that too much water enters the sewerage system and it cannot cope. The only option can be rain and foul water overflowing into rivers and coastal water – otherwise it would back up into people's homes. Sadly, both issues happened to constituents who I met in the Creakes, Burnhams, and elsewhere earlier this year.

So I welcome the new powers and duties in the Environment Act that make clear that water companies must significantly reduce sewage discharges from storm overflows as a priority. Government has to produce a report setting out the actions needed to eliminate storm overflow and the costs and benefits. Each water company will have to set out how reductions in sewage discharges will be achieved and funded. Companies and the Environment Agency will have to publish near real time information on when overflows are used which will also help enforcement.

Protecting and enhancing our coastline and countryside is important to all Town and Around readers, and may I take this opportunity to wish you all a happy Christmas and peaceful new year.

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Linking up - Live Locally and Prosper

Andrew Jamieson, Norfolk County Councillor, North Coast & Cabinet Member for Finance

COP26 and what we are doing about it.

At the time of writing the UK is presiding over the 2021 United Nations Climate Change Conference, also known as COP26 in Glasgow. One day of the conference has been set aside for cities and local government, recognising local authorities' key role in reducing carbon.

Furthermore, the Environment Bill, expected to become an Act in the autumn (?!), will create a number of new responsibilities for local authorities, and these will have to be factored into our overall planning process, particularly in relation to our commitment to carbon neutrality by 2030. So I thought it would be worth sharing where Norfolk County Council has got to in delivering against targets to reduce emissions, both directly and indirectly.

Progress and next steps on Scope 1 and 2 emissions

To get a bit of jargon-busting out of the way: Scope 1 emissions are direct greenhouse gas emissions that occur from sources that are directly controlled or owned by Norfolk County Council. This is measured in tonnes of carbon dioxide equivalent (tCO₂e) and includes other polluting greenhouse gases. The council is the direct owner or controller of various buildings and vehicles: these are Scope 1.

When originally adopted by Cabinet in 2019, the approach taken by Norfolk County Council in relation to the net-zero challenge was to follow the energy management hierarchy. This meant actions were taken to:

- Reduce fuel and energy demand
- Adopt energy efficiency measures
- Look to install onsite renewable energy systems
- Offset whatever remains

The authority has substantially reduced its Scope 1 emissions, which result from burning gas and oil for heating and from the use of petrol and diesel in vehicles. Transport emissions have reduced by 65% since 2018/19, while buildings have reduced by 16% over the same period. In 2020/21, total emissions for Scope 1 were 3,467 tCO₂e, which is a 38% reduction since 2018/19.

In our buildings we are moving from gas to electricity across the estate. As a result, total carbon emissions associated with fossil-fuel based heating systems were reduced from 3195 tCO₂e in 2019/20 to 2642 tCO₂e in 2020/21. This is a 19% reduction overall.

So, within Scope 1, major emission reductions have resulted from the refurbishment of County Hall, reducing gas consumption by more than 75% since 2013/14; from the rationalisation of the corporate property estate; and from a reduction in vehicle mileage.

Next, we have pledged to tackle the following:

- With immediate effect, ceasing to buy petrol and diesel cars and light vans, apart from where there are exceptional operational requirements.



- Installation of electric vehicle charging points across the estate.
- Norfolk Fire & Rescue Service buying an initial ten electric Emergency Response Vehicles, and provided that there are no major issues, its future purchases being of electric vehicles.
- With immediate effect, ceasing to buy gas boilers for our buildings [offices, depots, libraries and so forth] unless there are exceptional reasons – and replace existing boilers with heat pumps or other low-carbon alternatives as they reach end of life.

Scope 2 emissions: These cover indirect emissions from the generation of purchased electricity, steam, heating and cooling consumed by the Council.

As well dramatically reducing energy consumption at County Hall, we have already removed fossil based systems on a number of sites. There are now over 40 sites with low-carbon electricity based heating systems.

The conversion of 22,000 lights to LED since 2008 has resulted in a total reduction in Scope 2 emissions of 12,000 tonnes of carbon dioxide equivalent (tCO₂e). A further 15,000 lights will have been converted by July 2023.

The further commitments proposed in respect of Scope 2 emissions include:

- Making the business case for conversion of the remaining streetlights to LED.
- Completing the transition to low-energy lighting in council buildings by 2024.
- Shifting more IT loads to the cloud, and implementing a smaller and more efficient server estate next year for the remaining local requirement, reflecting a reduction in storage volumes, cloud migration and advances in server efficiency.

We have substantially reduced business mileage during the pandemic, and many of these reductions can be retained as the pandemic ends. However, we need to recognise that much of our work will still require face to face contact or visits to homes or sites.

Scope 3 emissions

This is the big one. It is also trickier to deal with as it does not cover emissions we are directly responsible for but for those we indirectly cause by buying goods and services that in themselves cause emissions.

However, there has been already been a significant reduction in the authority's Scope 3 emissions mainly as a result both of the changes in working practices. For example, prior to the pandemic I was travelling frequently to County Hall, this has been radically

reduced by virtual meetings.

We will be working hard to help more staff find alternatives to the car, ensure our construction contractors are in readiness for implementing carbon reduction measures, work with our supply chain about timescales for phasing out petrol and diesel vehicles in school transport.

Progress elsewhere on greener transport

Regular readers of this column will know that I have been pushing hard for us to pursue an Active and Greener Travel policy across Norfolk with particular emphasis to the west and specifically within the North Norfolk Area of Outstanding Beauty (AONB). So as well as producing Local Cycling and Walking Infrastructure Plans (LCWIPs) for Norwich, Great Yarmouth, King's Lynn and Dereham we have provided funding to produce a Norfolk-wide LCWIP, with particular AONB emphasis. This means that we have 'shovel ready schemes' to bid into funding as it becomes available, with a particular eye to Levelling Up.

The LCWIP programme is integrated into the wider Greenways to Greenspaces programme, improving connections between market towns by providing safe, travel connections, particularly by bringing Norfolk's disused railway lines back into use by walkers, equestrians and cyclists for new active travel routes.

The council has obtained e-cycle extension fund monies to promote the use of electric bikes across the county. This project will provide e-bike loans across the county at a reduced price and also expand the Beryl e-bike scheme outside of Norwich. I am keen to set up schemes along the coast to provide short-journey alternatives to car or even bus.

Nature recovery via One Million Trees for Norfolk and the Councillor Community Tree fund

I covered these measures last month and I am pleased to say that the Town Council, together with two other parishes within my Division took up the offer. I am keen to pursue this further, particularly when looking at projects that create new tree planting or natural regeneration (self-seeding) opportunities.

There are many other Nature Recovery Partnerships that we are undertaking: I would urge anyone who has the chance to visit our Environmental Hub at Gressingham, where the Wendling Beck project is centred. Not only reviving that lovely stream the project covers about 2000 acres north of Dereham, showing how we can help transform land use for environmental benefit, create new public access and show how our environmental policy can work on the ground.

So, we have a long way to go but I feel sufficiently confident that the work the Council is doing to promote nature recovery and reduce carbon emissions puts us on the right path.

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Borough Council News Heacham, Sedgeford and Fring

Terry Parish Borough Councillor and Leader of the Group of Independent Councillors (15)

This is the time of year when, traditionally, planning applications emerge as it is hoped they are hidden within the season of goodwill. We shall see.

The newspapers and online blogs have been full of the things the Council cabinet have, apparently, been responsible for. This plethora of publicity has been boosted by a significant increase in staffing. I have asked if opposition groups can also make use of this public money though I would prefer it to be a reducing cost not a rising one.

Scrutiny and codes of conduct have been in the national news recently as some MPs are up to some tricks of profiteering. We have scrutiny in the Borough Council too but all but one scrutiny panel is politically weighted towards and chaired by the majority group. A seven-person board which looks at the efficacy of major projects now has 4 members who are also Cabinet members. The body which decides

what constitutes major projects is the Cabinet, all of whom are members of the majority group.

We also have codes of conduct, breaches of which go through lengthy processes involving legal officers and an independent person. They might then be referred to a standards committee. I made a very significant complaint in March. It might reach a conclusion this month, December.

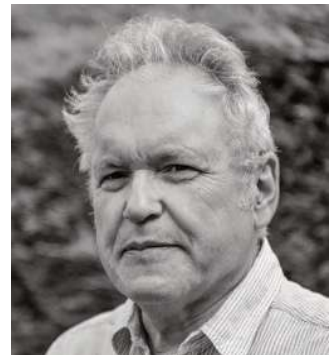
Complaints against and within public bodies operate in a manner which seeks to wear the complainant down and are often dealt with by the peers of the offender. Rarely does a group turn on itself. If you have such a complaint then, unfortunately, you need to make a noise and to persevere.

I notice that the proposed incinerator at Wisbech continues to make headlines and also featured in an article in Town and Around last month. I have to make it clear that I have no desire for an incinerator in Wisbech and I am also fully aware that burning things produces greenhouse

gases. However, no one has yet told me how the millions of tons of residual waste (not recyclable) produced by society can be disposed of. Alternatives are burying it, or sending it to a far off shore, both of which are untenable. And, if incineration really upsets you, campaign to stop West Norfolk's waste from going to incinerators elsewhere. It has been sent to Holland and is currently sent to Suffolk.

Some statistics. There are 2,317 caravan pitches in Heacham. Some of these have 11 months occupancy. In addition, there are 32 residential caravans – official homes. There are also 21 Airbnb lets and an unknown number of other holiday lets.

As the number of villagers is of the order of 5000 (it varies) there is currently sufficient temporary accommodation to easily double the population in 'the season'. A season which is increasingly becoming most of the year. So, is it reasonable to increase this type of 'temporary' accom-



modation further by taking up more land deemed countryside?

Look on the planning portal to monitor the situation and make your comments.

Last thing on holiday lets. If they are available for letting for 140 days in each year then they cannot use the normal domestic bin collection service but have to pay for business waste collection. Just 23 holiday lets in Heacham currently do that.

Merry Christmas and a Happy New Year.

The Mayor writes

I often see letters and emails referring to "The Council". There are actually three councils which influence things in Hunstanton – Norfolk County Council, the Borough Council of King's Lynn & West Norfolk and Hunstanton Town Council. Each of these has different responsibilities and powers. Although the Town Council is the lowest tier of these councils in many ways it is the most important for the residents of the town. It has an important role in promoting the town, representing its interests, serving the whole community and supporting the work of different groups in the community. Many services and facilities in Hunstanton are controlled and managed by the Borough and County Councils. The Town Council engages regularly with these higher level authorities to make known the needs and priorities for our town. It also works in close co-operation with the local police and other agencies. In order to fulfil its role the Town Council has a number of committees – Finance & Property Management, General Purposes, Community, Environment, Planning and Personnel – as well as Full Council. All of these meetings are open to the public.

Hunstanton Town Council is entitled to have a maximum of seventeen councillors, with elections every four years (next elections are in May 2023). Currently the Town Council has twelve councillors. We would welcome individuals who feel that they have something to offer towards the work of the town and its residents. As a local councillor your residents will expect that you:-

- Respond to their queries and investigate their concerns
- Communicate council decisions which affect them
- Know your patch and be aware of any problems
- Know and work with representatives of local organisations
- Represent their views at council meetings

I have written previously about the importance of volunteers in Hunstanton. Town Councillors are also volunteers as none of them are paid, including the Mayor!

Moving on to my role as Mayor, what have I been doing and where have I been since my last report? On 21st October Catherine and I attended the Trafalgar Day Supper at King's Lynn Town Hall in

support of the Mayor of King's Lynn Charity. You cannot fail to be impressed by the grandeur of King's Lynn Town Hall; it is one of a very large number of ancient listed buildings in the old town.

Later in October we were invited to Norfolk Lavender's very first Conservation Day. Everyone was very welcoming and it was very well attended and so is likely to become an annual event. Apparently all animal parks now have to demonstrate the role they are playing in conservation.

The last Saturday in October marks the beginning of Remembrance-tide in Hunstanton. This is commemorated by the Hunstanton British Legion with a short ceremony at the overseas war graves in the town's cemetery. Names and words are recited in English and Polish and small crosses are placed by each headstone. I joined with the Hunstanton Royal British Legion and Father James Monro again in the High Street for a ceremony marking Armistice Day.

I was really pleased to see so many people present and to hear the two minutes silence so well observed. It was an honour afterwards to present special awards to two long serving members of the Legion who I know very well – you can read more about this elsewhere in the magazine. By the time you read this the Remembrance Day Parade and Service will have taken place. I want to thank members of the Legion, especially Simon Matthews and Ralph Hamlet for organising all these events; it is so important that we continue to remember all those who died and suffered on our behalf.

On the 6th November I began the day on a cold, windy North Prom starting off the Hunstanton Parkrun for the first run on their winter course along the Prom. I was so impressed by the people taking part – such a variety of ability, reasons and health – I really was humbled by some of the stories behind those participating.

That evening I was invited to the Hunstanton Round Table Bonfire and fireworks on the cliff top to light the bonfire. I was there for about four hours in total and it was a fantastic evening. As promised the event was bigger and better than ever with light show and soundtrack to accompany the fireworks. Again a very big thank you and well done to Wes Attwell and the whole of the Round Table Team for all the hard work they put in to staging this event again after a forced break last year.

Editor's note: Please see townandaround.net for a longer version of the Mayor's news.

Wanted: on-call Firefighters

Tim Keogh

Hunstanton and Heacham Fire Stations are looking to recruit new members to their On Call teams. Whilst the positions are open to all there are a number of criteria that need to be met:

- Must be 18 or over.
- Must pass initial written and physical tests, as well as a medical.
- Living or working within a 5 minute radius of the station.
- Available for drill training on Monday nights.
- Available for four weeks of residential courses in the first two years (including an induction course).

Watch Manager, Rigil Kent, who heads up the Hunstanton team and has been a member of the Fire Service since 1996 said, "We welcome all applicants, currently we are really in need of recruits who can cover the Monday to Friday day time periods. Whilst the positions are retainer fee salaried with additional payments for call outs, we welcome all applicants who want to be part of our vibrant and exceptional team."

They operate as a support for all the emergency services with call outs ranging from Road Traffic Collisions, Building collapses and house fires. Whilst rescuing cats stuck up trees is now more a remit of the RSPCA, the Fire team have still been known to offer assistance.

These fire fighters are men and women who live or work close to the fire station and ride the top of the range fire appliance when alerted to any fire and rescue incident that can be anywhere in Norfolk. Presently, with a team of 10 On Call personnel, they receive, on average, about 100 calls a year. The team have a range of full time jobs including a Veterinary Assistant, Leisure Centre Manager, Shop Manager and a Gardener.

A firefighter on the on-call duty system provides cover as and when required to respond to fire and emergency calls using the same appliances and equipment as their wholetime colleagues. The difference is that on-call firefighters are available in their homes or work places rather than at a fire station. This role offers flexible working hours.

For more information about the positions and how to apply please visit www.Norfolk.gov.uk and click on the Safety link.

For an informal chat about the positions, you can also contact Rigil on 07861 300439.

Lifeboat Crew seeks new recruits

Tim Keogh

Hunstanton Lifeboat Crew are part of the Royal National Lifeboat Institution and provide cover for HM Coastguard from as far North as Skegness around to Brancaster in the South. Recent call outs included a sinking vessel in distress at sea and a horse riding incident on Holme beach.

Their present boat, an Atlantic 85 called The Spirit of Norfolk, is usually ready to launch within 5 minutes of a call out, so ideally recruits need to work or live within a 5 minute radius of the Lifeboat House in Old Hunstanton. They also have a hovercraft (The Hunstanton Flyer) which assists in incidents inaccessible by lifeboat such as tidal mud-flats.

They exercise on Sunday mornings between 8am and 12pm. Anyone interested in joining are invited to pop down to the Lifeboat House in Old Hunstanton between these times to discuss the wide range of positions available, covering roles such as lifeboat/hovercraft crew, tractor drivers and Lifeboat Centre staff.

There are no formal qualifications required although new recruits would need to pass basic medical and physical tests for Lifeboat crew roles.

Rigil Kent, a lifeboat volunteer as well as an On Call Fire & Rescue member said, "We normally get between 30 and 50 call outs a year, but had over 60 in 2020. With crew ages ranging from 17 to 55, we presently have a team of 25 crew members. There are a number of positions available across the whole operation. Anyone interested in finding out more are invited to come down and speak to one of the team on a Sunday morning". Rigil can also be contacted direct for an informal chat on 07861 300439.

To donate to this invaluable service that saves lives please visit www.mli.org.

Brancaster School news

By Thrift Class



We have just come back from half term. Before half term we had our Harvest Festival. We did the story of The Little Red Hen. Samphire Class were the narrators and Thrift Class did the acting. We loved the songs and are still singing them now! We were celebrating that we have food to eat and we were thanking God for it. We belong to school and the church so that's why we went to church. We shared our food and we shared our play. Sharing is caring. We sent our love to God and He sent His back. It made our families super happy. We had a collection because we wanted to help other people. Revd Kirsty had told us about the Delhi Brotherhood who help the poor. The stories were really sad so we wanted to help. We raised over £100 so thank you all very much.

We have been on nature walks and are learning about Autumn and what happens in nature. The leaf colours are amazing. We are growing hyacinths and first the roots grew and now the shoots. It is very exciting.



We had Simon, a percussionist in for a concert. A percussionist is someone who plays instruments that you hit. He says that there is a project where they will get lots of schools playing instruments together to make an orchestra. We don't know what we will be playing yet.

Today Revd Kirsty baptised our baby, Chloe Brancaster. We all played a part and it was really interesting to learn what happens.

Next week we will be seeing an opera and are learning a song so we can join in. We will also have our Remembrance Day Service

In School Council, we have been talking about courageous advocacy – what can we do to make the World a better place? School Council felt strongly about green issues:

- Recycling
- Composting
- Picking up litter
- Turn lights off in school and shutting doors to save energy
- Starting to grow our own food in the raised beds
- Restoring the school pond area

The children have started making a plan for how we will make our school greener. To begin this process, Briony Bax (Chair of Brancaster Parish Council) will be attending School Council on 12th November to discuss what the school can do in the community.

Our School Carol Service/Nativity is on December 8th at 2pm. Term finishes on 17th December and children return on 6th January 2022.

Democracy came under the spotlight at two local schools when MP James Wild called in

The North West Norfolk MP visited Snettisham Primary and Heacham Infant schools for the first time on 5th November where he saw how pupils have been learning about democracy and how it works in our country.



Heacham School



Heacham School

Louise Jackson, Executive Headteacher at Heacham Infant, Junior and Snettisham Primary schools, said: "Our own pupils have revisited the concepts of democracy they went through while voting for their Junior Leaders earlier this year.

"They have a real interest in the wider subject and it has been the subject for discussion, especially with COP26 taking place as well. We are already looking to debate whether a walk to school week would help our climate."

Pupils have been taking part in assemblies as well as using a live 360-degree tour of the House of Commons and holding class debates on the subject of democracy.

The Junior Leadership Team was elected in September and pupils had to apply for the role and tell the school community what they could do to make a difference. Members of the team gave Mr Wild a guided



Snettisham School



Snettisham School

tour during his visit when he was also the guest at a celebration assembly.

Pupils at both schools had also engaged with the current COP26 conference on climate change and they were part of a wide school group who wrote letters and posters to the president of COP26, Alok Sharma about their concerns.

The schools have also had strong links with the nearby Rewilding Ken Hill project which recently featured as the host on the BBC Autumnwatch series.

James Wild MP said: "It was great to talk to pupils about my role as a MP, their enthusiasm for learning about democracy, and how it can drive change on the environment and other important issues they are passionate about."

All photos Ian Burt

Hunstanton Primary School

We have a new vacancy at Hunstanton Primary School for an After School Play Leader. The hours of work are Monday to Friday 3.15pm-5.15pm, the rate of pay is £10.4142 per hour Scale E Point 7. This is a fixed-term contract which will be reviewed on 1st April 2022.

If you are interested in applying for this post the main job purpose is to provide creative play opportunities across the primary age range of school children 4-11 years old and ensure that this is delivered in a safe and caring environment.

Please email office@hunstanton.norfolk.sch.uk for an application form.

In addition you will provide full care for the children which will include provision of refreshments provided by the school. You will need to be able to provide safe, creative, appropriate play opportunities, preparing activities and organising the programme under the supervi-

sion of the Headteacher.

You will be able to manage and lead an assistant playworker and work within agreed policies.

Carry out the record keeping of pupils attending the after school club, ordering and purchasing of materials and equipment, in consultation with the headteacher.

You will need to be able to administer first aid as appropriate.

The candidate will receive training in safeguarding, behaviour management and medical needs.

This post comes under the requirements of the Childcare (Disqualification) 2009 regulations. The successful applicant will be required to complete a declaration form to establish whether they are disqualified under these regulations.

The school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. This includes obtaining references and all employees are required to undertake a full DBS check. We are an equal opportunities employer.

Sporting Corner by Tim Keogh

8 year old Thomas raring to go!

You may remember we recently ran a feature on local kart racer, Dave Curtis. Whilst Dave will admit he is very much in the twilight years of his racing career, at the other end of the spectrum we have 8 year old Thomas Battershill.



Racing at Newmarket

Thomas has been racing since he was 5 in the Bambino age group, but has quickly progressed into the more senior Cadet age group. He is now raring to go which was set up by Rob Smedley, a British Automotive Engineer who has worked for a number of F1 teams.

Karting is a great starting point for any budding racer and is a lead into a wealth of motor sports. Even Lewis Hamilton initially started out with Karting in 1993 and we all know where that has led him.

Thomas's proud father Graham, who lives and works locally said: "Thomas showed a keen interest in motor sports from an early age, so we tried to nurture his enthusiasm."

"His commitment and performances continued to prove it was not just a passing fad so we engaged Total Karting who have been fantastic and he has gone from strength to strength."

"His start to racing did not all go to plan



With one of the Kart coaches

however, I remember the first time he got into a kart when he was 4, he accidentally put his foot down on the accelerator and proceeded to fly through four barriers, across another track and into a tyre wall.

"Rushing after him, we found him unharmed at the wheel in hysterics (a fearless trait might be a good thing in this sport)."

"A second incident was purely my fault as



With his first podium finish award

whilst racing, one of his wheels fell off as I had forgotten to tighten the wheel nut - I may own up to that when he's older!"

Total Karting have also recently launched Total Karting Zero which is the UK's first ever electric racing series. Whilst it is their mission to make motorsport more accessible to families and keen racers who struggle to find a way into it, they are also aiming to reduce costs further in the future to increase participation with this launch.

For more information about an introduction into Kart racing please visit www.totalkartingmotorsport.com

Thornham Cricket Club Cap Fine Season

Thornham Cricket Club celebrated a fine season by holding their end of season presentation at the Lifeboat Inn on Saturday, 6th November.

The 1st XI finished a creditable 2nd in the Norfolk Cricket League Division 2 West, which should bode well when the leagues are restructured next season. The 2nd XI and Vets teams both finished in the top half of their respective divisions.

Whilst patron, Graham Gooch, was unable to attend this years event, the evening was superbly compared by Simon Parsons.

Training will reconvene in March and any player - young, old, novice or experienced - are invited down to join this vibrant and friendly club. For more details please contact Ron Williamson on 07789 276365.

Photo - 1st XI with League awards

Back: Alf Burgess, Ben Harris, Bradley Williams, Kevin Williamson, Shaun Baker, Finley Hewson, Andy Arnold.

Front: Will Symington, Jacob Hewson, Simon Parsons



Heacham and Hunstanton at Night

Terry Parish

The 21st is the Winter Solstice, the shortest day. The Earth's orbit and its tilt conspire to cause the Sun to be at its lowest elevation of the year at noon.

The Sun will rise at 8.08am and set at 3.43pm though sunlight will be in evidence at dawn (7.26am) and dusk (4.26pm). Effectively there is a recognised daylength of 8hrs 35mins. This is at Heacham, at Hunstanton - who knows?

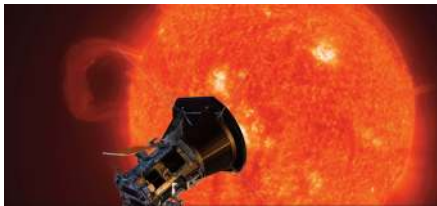
winter solstice (December 21)



Internet

Further north the shorter the day and at the Arctic Circle the Sun does not rise. Above this there is darkness until the earth's orbit and tilt bring the Northern hemisphere into light and we have 'the land of the midnight sun'. I have been above the Arctic Circle in both winter and summer and it is strange.

We went in the winter to see the Northern Lights, the aurora. We found we had to travel outside of Tromsø, Norway, to do this as the town was floodlit to allow the docks to function. We saw the more common green curtains of light. The Norfolk coast has seen a range of colours in recent weeks (early Nov) due to many charged particles impacting the Earth's atmosphere. These have been contained within ejections of material from the Sun's surface - coronal mass ejections. The Sun is currently waking up and entering upon an active phase in an 11-year cycle.



NASA

Such solar storms can impact upon electrical and communication services on Earth and are closely watched by craft launched by NASA. Stereo A and B were designed to capture stereo images of the Sun's surface; A is still operating. The Parker Solar Probe is the newest one, launched in 2018, it has detected far more mass ejections than expected and will, at its closest, be just 4.5 million miles from the Sun, well within its atmosphere. It repeatedly swings around Venus to gather speed and plunges closer to the sun after each pass. By the end of

November, it was travelling in excess of 364,621 mph.

I can observe the Sun through special filters and a dedicated solar scope. Except for special events like eclipses and the transit of Mercury, I have not done so for a few years as there was little to see. That is rapidly changing.



Parish. Sunspots from Heacham 2014

There is a total eclipse of the Sun on the 4th Dec but it is only visible in Antarctica. Mind you, as that continent is currently experiencing 24 hours of daylight, a few minutes of darkness will make a nice change for the penguins.



Internet

The night sky has not been clear very often which is another impact of global warming. An increase in water vapour leads to more clouds and mist. Let's hope that some very cold weather comes along to clear the air.

Venus, Saturn and Jupiter are still prominent in the SW.

Venus is very bright but low down. It's at its brightest this year on the 7th Dec at magnitude - 4.6. I saw it well in November by standing in the middle of my short road which points SW. The advantage of looking down such a road, the longer the better, is there won't be a house or tree in the way. The disadvantage is you might get run over. A steady telescope will reveal Venus's change of phase over the month, at the end showing as a thin crescent. The Evening Star sets at 6.30pm at the start of the month, 5.20pm at the end. These times assume a clear horizon, you won't likely have that so setting times will, in practice, be earlier.

With a clear horizon, you may spot very faint Mercury just below and to the left of Venus. It will be difficult even if you manage to get a tripod set up on the road!

Saturn and Jupiter lie on a line running to the left of Venus at an angle of about 45 degrees. It is easy to find bright Jupiter which

sets around 9pm. Saturn is between it and Venus and sets around 7.30pm.

Uranus and Neptune are visible through telescopes. Uranus all night whilst Neptune sets around 11.30pm. Use Stellarium or a phone app to find their location.

Right at the end of the month, Mars appears in the morning sky. It rises in the SE at 6.30am. It should still be visible against the lightening sky at 7.10am. Using steady binoculars, look for a red dot very low in the SE. If you see two dots and one is sparkly, the latter is the red giant star Antares. On the 31st the waning crescent Moon is very close to both of them.

Winter dark skies are the best opportunity to scan the Milky Way which stretches between the W of Cassiopeia in the west to Orion in the East. Just sweep binoculars across it and then read the Foundation novels by Isaac Asimov (or do it the other way around).



NASA

Orion is well placed to see. Use binoculars to study his belt and the misty area just south of it. This is the Orion Nebulae a star building factory where gas and dust continues to condense and heat. At 1,344 light years away, it is the closest of 'new builds' to the Earth.

Meteors. It is the time of the Geminids again. The peak is on the 13/14th December with most appearing in the early hours. These slow-moving falling stars are debris from an asteroid called Phaeton rather than being comet dust.

January 2022

On the 1st the moon is at perigee, its closest approach to Earth. However, you won't likely see it as the next night is a New Moon. This is when the Moon is between the Earth and Sun so not illuminated. Sometimes this results in an eclipse. This phase of the Moon should really be called Dark Moon. Historically and in some cultures 'New Moon' means the first hint of a crescent. The Moon is at apogee, furthest from the Earth, on the 18th.

The difference between perigee and apogee is about 27,000 miles, rather more than 10%.

On the 3rd is the Quadrantid meteor shower peak. It is active between 12th Dec and 12th Jan. The best time to look is just before dawn.

On the 4th look SW at around 4.45pm and see a very thin crescent Moon close to Saturn with Mercury to the lower right and Jupiter to the upper left. As the days progress the arrangement changes as the Moon moves across the sky. On the 6th. the fattening crescent is close to Jupiter.

On the 4th at precisely 6.54am, the Earth is at perihelion. This is the closest the Earth approaches the Sun this year. The difference between closest and furthest approach, 5 million km, is due to the Earth's slightly elliptical orbit.

Mercury climbs a little higher in the sky through January and can be found due SW close to Saturn. It reaches its highest elevation, which is still low, on the 13th.

Venus is lost to the evening sky right from the start of the month but pops up in the SE from the 24th at 6.30am.. The Evening Star becomes the Morning Star.
Merry Christmas



Rudolph's Nose . V838 Monocerotis, a red supergiant. Hubble and a Happy New Year.



Apollo8 December1968. The picture that focussed thoughts on the Earth and why it needs protection 53 years ago..



The faithful from around the world suggest Papal prayer intentions in each country to their national office. Some of these are then selected and sent to the international office of the Pope's Worldwide Prayer Network in Vatican City. After prayer and discernment, the Pope selects a number of them and sends them to be translated and published as the official set of monthly prayer intentions. The Pope's prayer intention for December 2021 is :- "Let us pray for catechists summoned to announce the word of God, may they be its witnesses with courage and creativity and in the power of the Holy Spirit."

The Sisters at St Theresa's Convent are now offering daily Mass at 12 noon. Please confirm with them if you intend to be present. Contact 01485 532837.

There will be no Midnight Mass this year but Masses on Saturday 25th, Christmas day will be at 9am at St Cecilia's Dersingham and 11am at Our Lady's Hunstanton. These times are the same as normal Sunday Mass times and include Sunday 26th, Boxing Day. Any changes will be published on our website and in both churches as soon as possible.

For Parish news including Mass times and

prayer requests, please see the Parish News page on our website. For information about live streamed Masses in the Diocese and related matters, including Coronavirus updates see the Links page of our website at, www.hunstantoncatholicparish.org

People are advised not to go to Mass if they have any symptoms, however mild. Wearing masks when coming to church is still advisable, although not mandatory, and hand sanitiser is still provided. We now have communal singing of hymns at our Sunday Masses.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton.

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday and Fridays and 10.15am at Dersingham on Wednesdays.

Website: www.hunstantoncatholicparish.org
Email: parish@hunstantoncatholicparish.org
The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220.

or email; parishpriest763@gmail.com

What's in Your DNA

by Gill Tanner, a member of the Way CF Leadership team

God the Father planted His divine seed in a young virgin's womb. All that Christ would be was in that tiny embryo as it formed. The Saviour of the world who would change history for ever. The one who will judge the world and every person's work after death, entrusted himself to frail humanity.

From that seed a world-wide movement has embraced billions of people over the centuries. As we celebrate His birth once again this Christmas, let us remember He came to die in our place and bear our punishment, just because He loves us.

We are known individually by the creator of the universe, and if we look at Jesus, His life, His death, and His resurrection, we see God.

He offers us all a relationship with Him, which continues after death and for all eternity

In each of us God has planted potential – we are unique! We are only here on the earth for a little while, let's get to know this God who loves us and find out what we are designed for. We can each leave this world a better place if we learn to love Him and each other.

We wish you every blessing this Christmas and in the coming year.

The Way will be having our usual services through the Christmas period, that is at 11am on Sundays. You would be most welcome if you'd like to come along to The Way Centre in Downs Close, Hunstanton and join with us to celebrate His amazing birth this Christmas time.

St Mary's Church Snettisham

OUR CHRISTMAS SERVICES

6th December - Uniformed Groups Carol Service 6pm

19th December - 10am CAROL SERVICE

19th December - 12-4pm LIVE NATIVITY

24th December - 3pm CHRISTINGLE

24th December - 11.30pm MIDNIGHT SERVICE

25th December - 10am Family Christmas celebration

Hunstanton & the Saxon Shore Season's Greetings one and all!

ADVENT & CHRISTMAS WREATH FESTIVAL

St. Marys Church, Old Hunstanton

We are inviting local businesses, individuals and organisations to get involved in our Wreath Festival.

Please take your individually designed wreaths to St. Marys Church on Friday 3rd December and collect on 31st December.



**Sunday 5th-30th
December 2021**

The church will be open daily for everyone to enjoy this event.
Entry: FOC.

FREE Wreath
Making Demonstration
with Gary Bocking,
mulled wine available
Sunday 5 December, 2pm

Enquiries: Rev Rachael Dines:

t: 01485 535936 m: 07763 211901
e: revd.rachael.dines@hotmail.com

As we approach what is often referred to in our house as the 'silly season' due to its busyness, Rachael and I are mindful that due to Covid, we still haven't met many of the people that live in our communities. Usually at this time of year, we would do an Advent course at church, so rather than keep things in house so to speak, we thought we'd simply have some times of 'Drop in and Chat', so that anyone can come and say hello to us. We would both enjoy an opportunity to meet people who live in our town and villages and wish them well for the Christmas Season.

Rachael and I will be at the following churches at the following times and would be delighted to meet you. Please do bring your neighbours and friends.

3 RD	COFFEE MORNING AMONGST THE TREES INC. RAFFLE & STALLS	10AM - 12NOON
4 TH	WANDER AROUND THE TREES WITH STALLS & REFRESHMENTS BILTON SILVER BAND CONCERT 7.30PM £15 INC. REFRESHMENTS	10AM - 2PM
5 TH	THE GATHERING HOLY COMMUNION VIEW THE TREES CHRISTINGLE	9.30AM 11AM 2PM - 4PM 4PM
11 TH	TREES BY CANDLELIGHT	5PM - 9PM
12 TH	THE GATHERING HOLY COMMUNION MORNING PRAYER VIEW THE TREES TEA & CAROLS	9.30AM 11AM 2PM - 4PM 4PM
18 TH	MEET FATHER CHRISTMAS! WITH STALLS & REFRESHMENTS	10AM-2PM
19 TH	THE GATHERING HOLY COMMUNION VIEW THE TREES SERVICE OF LESSONS & CAROLS	9.30AM 11AM 2PM - 4PM 6.30PM
24 TH	CRIB SERVICE MIDNIGHT COMMUNION	4PM 11.30PM
25 TH	FAMILY CHRISTMAS CELEBRATION	10AM
	PRIVATE PRAYER BENEATH THE TREES TUES. 7 TH , 14 TH & 21 ST & THURS. 9 TH , 16 TH & 23 RD	10AM - 2PM

Join us throughout
as we prepare for **December
CHRISTMAS**



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www.stnicholasdersingham.org.uk www.dersinghamonlineworship.co.uk



Wednesday 1st December	2pm-4pm	Burnham Deepdale
Friday 3rd December	10am-12pm	Old Hunstanton
Saturday 4th December	10am-12pm	Hunstanton
Wednesday 8th December	10am-12pm	Brancaster
Friday 10th December	2pm-4pm	Ringstead
Saturday 11th December	10am-12pm	Thornham
Wednesday 15th	2pm-4pm	Titchwell
Friday 17th December	10am-12pm	Holme

As I said, this time of year can get very busy, but as I became more involved with church, I realised that the simpler things in life are what matter and it eased the pressure. Becoming Reverend 4 years ago then altered what Christmas looks like for ever, as I now work on Christmas Day. When I was a teacher and the list of things to do got longer and more stressful, I found this poem rebalanced our chaotic household and put things into perspective.

I pray you find it helpful and wish you every blessing for a peace filled Christmas.

Christmas 1 Corinthians 13

If I decorate my house perfectly with tartan bows, stings of twinkling lights and shiny baubles, but do not show love to my family, I'm just another decorator.

If I slave away in the kitchen, baking dozens of mince pies, preparing gourmet meals and arranging a beautifully adorned table at mealtimes, but do not show love to my family, I'm just another cook.

If I work at the food bank, carol in the nursing homes and give all that I have to charity, but do not show love to my family, it profits me nothing.

If I trim the tree with shimmering angels and crocheted snowflakes, attend a myriad of Christmas parties and sing in the church choir, but do not focus on Christ, I have missed the point.

Love stops the cooking to hug the child. Love sets aside the decorating to kiss the husband. Love is kind, though harried and tired. Love doesn't envy another's home that has coordinated Christmas china and table linens.

Love doesn't shout at the children to get out of the way but is thankful they are there to be in the way. Love doesn't give only to those who are able to give in return but rejoices in giving to those who can't.

Love bears all things, believes all things, hopes all things, endures all things. Love never fails. Video games will break, pearl necklaces will be lost, golf clubs will rust, but giving the gift of love will endure.

Rev Kirsty Allan - Team Vicar

revkirsty@icloud.com 01485 211159 / 0777 371 6781

Christian Science Society, Hunstanton

The days are shorter and the trees have shed their leaves, but December is a month of hope and joy. Christmas is a time of peace and sharing. We all love to spend time with family and friends and this time of year is when we try to be together and share in the divine Love that touches us all at this special time. The story of the birth of Christ Jesus brought hope and this hope can be renewed every day but especially at this time of year. This December, more than ever, we can share the Christmas spirit with all.

We wish you all a very happy and love-filled Christmas.

We are now back in our church building and our Sunday services are at 11am. We also hold a service on the first Wednesday of each month at 12 noon. Follow us on Facebook to see information about our church and its activities. Information on Christian Science and our worldwide church can be found at www.christianscience.com. Sunday and Wednesday services are also available online. Please go to www.spirituality4.me to find live-streamed services around the UK, along with other online events, talks and webinars as well as our online shop where you will find books, including the Bible, the writings of Mary Baker Eddy, and many other inspirational resources.

Daily inspiration can be found at <https://www.christianscience.com/christian-healing-today/daily-lift>. If you wish to download or listen to a sample Bible lesson, go to <https://quarterly.christianscience.com/thanksgiving>.

Methodist Church



My name is Richman Ncube. Before joining the Methodist Church in the United Kingdom I headed one of the largest Districts in Zimbabwe, stretching from Harare, the Capital to the border with Mozambique. Our work focussed on development and poverty alleviation alongside our ministry of the word.



Together with my wife and three children, we have just celebrated a year since joining this part of England. It has been both an awkward, as well as a wonderful experience joining Norfolk community from a far away country Zimbabwe, from a totally different culture, at such a difficult time. The challenges of COVID 19 have not spared any of the people we have met and the people we left back home, in Zimbabwe. We have lost loved ones, we have grieved, we have endured sickness and isolation. It has really been a roller coaster experience, but the love, care and support we received from people here and around has been amazing.

As I join you in and around Hunstanton, I look forward to meeting and learning from you and also hoping there is something you can learn from my experience in Southern Africa. I have recently learnt that Hunstanton Motto 'ALIOS DELECTARE JUVAT' It is our pleasure to please others. The Methodist church indeed endeavours to contribute to making the experience of Hunstanton a pleasing one for all who visit. Our Chapel on 5 Austin street is dedicated to be a warm and welcoming home for all. We are here to help others encounter Jesus. We meet at 10:30 each Sunday and all are welcome for a cup of tea and a biscuit after the service. As we approach Christmas may the Love of Christ, inspire hope to all of us and the world.

Heacham Carpet Bowls

The Heacham Social Carpet Bowls Club held its AGM on 26th October 2021 in the Public Hall

There were a good numbers of members present along with all of the retiring officers. Mick Harpley Chairman welcomed all to the meeting and stressed that there had been 18 months gap in playing due to the Pandemic and play finally recommenced in September. Hence no AGM could be held in 2020. He thanked all for their continuing support and in particular Mick proposed thanks to David and Cynthia Sanderson who had decided to retire as Treasurer and Secretary respectively but would remain as active members of the club.

Officers elected all unopposed were Mick Harpley remaining as Chairman, Bob East as Treasurer and Mike Trebbick as Secretary.

The club always welcome new members both experienced and beginners. They meet every Tuesday and Thursday in the Public Hall at 10.15 for a 10.30 start for a 2 hour session always with a social chat over tea and biscuits. If you would like any further information you can ring Mick Harpley on 01485 570460.



Chairman Mick Harpley

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Question:

Since the first Winter Olympics, held in France in 1924, in which two events were Great Britain's first two ever gold medals?

Closing date: 15th November 2021

Answers to: editor@townandaround.net

or by post to:

The Editor, 18, Tapping Close, Snettisham, Norfolk PE31 7FF

The first correct answer for last month's question that was pulled out of the hat was from Jill and Carl.

Enjoy your afternoon tea!

Sporting Corner with Tim Keogh

In The Spotlight...Jack Raby

Those of a certain age may remember weekend afternoons with wrestlers Big Daddy (the good guy) and Giant Haystacks (the bad guy), vying it out in a ring on World of Sport. No social media in those days, no live football, just wrestling with Dickie Davies or horse racing with Frank Bough on Grandstand on Saturday afternoons.

Wrestling has come a long way since then with the World Wrestling Entertainment (or WWF as it was previously known) having global recognition amongst a huge fan base with many a film made about wrestling, including the hilarious 'The Peanut Butter Falcon'. With the possible exception of athletics, wrestling is actually recognised as one of the world's oldest competitive sports. Indeed, cave drawings of wrestlers have been found dating as far back as 3,000 BC. The sport was introduced into the ancient Olympics in 708 BC, shortly after the Games' recorded history began.

Lo and behold, based here in Snettisham, Norfolk has their very own Wrestling hero in 17 year old Jack Raby. Having started wrestling when he was just 10, he has given some insight into his wrestling career to date and how he learnt the ropes.

Where were you born?

I am a local lad and was born in King's Lynn.

What got you into Wrestling?

When I was at Primary School I



remember watching wrestlers such as Rey Mysterio. I was instantly hooked and have been trying to put my own spin on wrestling ever since.

How did you develop?

I credit my development to Jimmy Starr of the Falling Starr Wrestling Academy who are based in King's Lynn. Also, Sid Scala, who runs the Hustle Wrestling School in London.

What are your dimensions?

I am 6 feet tall and weigh 180lbs. I am in the Cruiserweight category.

First match?

This was an academy show against Mitch Basher. Needless to say I got thrashed!

You've come on since then?

I had the opportunity to wrestle the World of Sport legend Danny Boy Collins, an amazing opportunity and experience. The part that stood out for me the

most about this bout was how terrified I was beforehand, I don't think I've experienced such nerves in my life especially as it was a style of match I had never performed in front of a big crowd before. The match went well and it was a massive learning curve



Jack with proud Mum and Dad Jo and Daniel Raby

for me to be in the ring with someone of that calibre and fame in the wrestling world, definitely an experience that I won't forget in a long time.

So where are you at now?

Right now I'm the current Falling Starr Wrestling Limitless Champion as well as being a former tag team Champion in Falling Starr. The goal, in terms of Championships, would be to hold the most prestigious Cruiserweight belts from around the world, perhaps a Super-J Cup (big in wrestling) type of event is needed so I have a chance to win all of them at once!

I used to tag with the wrestler J-den Scarr and we were very successful and were the tag team Champions for 6 months. Since then I've been striking out and making my own name as a single wrestler. I am currently assigned to Cowboys from Hell.

What's the dream?

An Ultimate X match with one of the high flyers. I would also love to travel to Japan where wrestling is extremely popular with the

Dragon Kid and YO-HEY having massive followings.

Any injuries?

Where do I start ! I am returning from a broken wrist, but I've also torn ligaments in my hand and broken my ankle whilst wrestling. I suppose you have to expect these things occasionally when you are flying through the air from a great height or have rather large people dropping on top of you.

Any interests outside of wrestling?

Not surprisingly I like Heavy Metal music. I play the guitar - electric, acoustic and bass. I am also studying and aim to go to University. Whilst I train hard and control my diet, I do like to indulge in the odd Chinese, Indian and Italian cuisine.

And finally, funniest incident?

Ah, now, there are many, but, once, I was introduced at an event and as I calmly walked towards the ring lauding the applause, something caught the event stand and curtains, bringing the whole thing down on top of me. I think



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my opponent thought he was in for a long night!

I turned down the opportunity of a trial bout in the ring with Jack due to a long standing injury, but we wish Jack well in his pursuit of his dream to wrestle at the top level.

For more information about Jack, you can find him on facebook under his wrestling name Jack Landers, Youtube @Jack Landers and on instagram @jack_landers2004.

And what of Big Daddy (aka Shirley Crabtree) and Giant Haystacks (aka Martin Austin Ruane)? Both household names in the 1980's and 1990's, Big Daddy even had Margaret Thatcher and the Queen as fans. He retired in 1993 and died in his home town of Halifax in 1997. Giant Haystacks enjoyed an equally illustrious career, he was born in London and died in 1998.



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We will be open every Wednesday
and Thursday in December
from 10.15 - 11.45am



Calling all Netball players

Tim Keogh

The sport of Netball can trace its roots back to Basketball which was invented in 1891. The sport soon gained a lot popularity before spreading quickly across the British Empire - although it wasn't until 1960 that the rules were standardised internationally. It is estimated that over 20 million people now play Netball in over 80 countries. Many will remember the amazing celebrations as England beat Australia for Gold at the 2018 Commonwealth Games in the very last second of the match (well worth a watch on YouTube that one).

Until COVID struck, the West Norfolk Netball League proved no exception, hosting 18 teams in three divisions with teams from as far away as Fakenham, Heacham and Dersingham all represented in the Kings Lynn



based league.

Well, good news, the league is looking to resume in the New Year and are inviting anyone interested in playing or entering a team to register. The league invites players of all ages and abilities with matches taking place at the King Edward Secondary School (KES) in King's Lynn.

Emilia Rust, secretary of the league, enthused, "We are looking forward to get the league back up and running. We had over 100 players registered and participating in 2020 before the suspension, so are asking all players, old or new, to get in touch via the West Norfolk Netball League on Facebook".

Alternatively, you can email any enquiries to Emilia at emilia_rust@live.co.uk.

Civic Society news

The Civic Society re-commenced the monthly talks in November with an excellent presentation by Kate Craven, the Water Safety and Visits Officer at RNLi Hunstanton. She was assisted by six members of the crew.



Covid-19 restrictions meant that we have been unable to have any talks or visits after the one on 19 February 2019 when John Cushing spoke about The Thursford Story.

The evening's talk was the first to be held in the Heritage Centre and attracted an attendance of just over 50. A quiz at the end of the presentation tested members of the audience knowledge of water safety.

Photos: Andrew Murray



Screen-next-the-Sea December films at Wells Maltings

It has been a difficult year but it is good that so many of you are coming out to see our films and 'sharing the experience', and there are two great movies as we approach Christmas.

On Monday 6th December at 7pm we are showing director Wes Anderson's latest movie *The French Dispatch* (12A). This is a comedy/drama set in the 60s/70s, which brings to life a selection of stories published in the fictional American magazine 'The French Dispatch' in a fictional French town. It is full of marvellous images, elaborate sets and a huge cast and is a love letter to France and journalists. "Amazing visuals, lots of laughs and an A-list cast make this a real treat" - Peter Bradshaw, *The Guardian*.



It Must Be Heaven (15) is on December 20th at 7pm, in French with subtitles. Writer/director Elia Suleiman takes us on a journey through Paris and New York, which he finds more Palestinian than he expected. His style has been compared to the observation of comedy of Jacques Tati, so think Mr Hulot crossed with Buster Keaton. "Everyday surreal... a deadpan joke book" *Financial Times*.

Tickets are available on line from www.wellsmaltings.org.uk, and in person or by phone from the Visitors Information Centre 01328 710885.

Screen-next-the-Sea keeps our audience informed through a regular e-mailing service, if you are not yet on the list let us know on screennextthesea@gmail.com.

Diary for January

10th Jan 7pm Wells Maltings *Supernova* (15)

24th Jan 7pm Wells Maltings *I'm your Man* (15)



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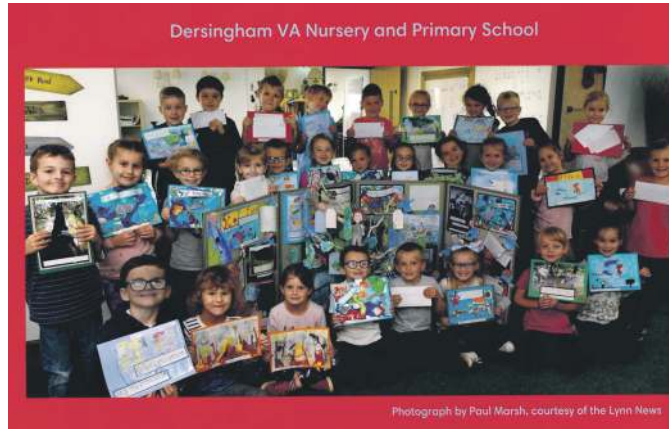
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Children Share Climate Change Messages On Eve of COP26

Schoolchildren from across west Norfolk have showcased their moving messages about climate change on the eve of COP26.



West Norfolk schools were invited to participate in a project set up by KClimate Concern which saw young people creating messages to world leaders about climate change in the form of pictures, poems, prose, and posters.

13 schools from across west Norfolk got involved in the project and members of KClimate Concern, together with the News Editor of the Lynn News Allister Webb had the very difficult task of choosing a few messages from each school to go into an album for Alok Sharma MP, President of COP26.



And, on Saturday 30 October, at the invitation of the Mayor of King's Lynn and West Norfolk Councillor Harry Humphrey, the children displayed their work at the Town Hall. The Mayor and Deputy Mayor Councillor Lesley Bambridge were on hand to greet and chat to the pupils and families.

Sarah Glenn of KClimate Concern said: "We were frankly overwhelmed by the children's work: it's powerful, emotive and creative and we were really keen to display it."

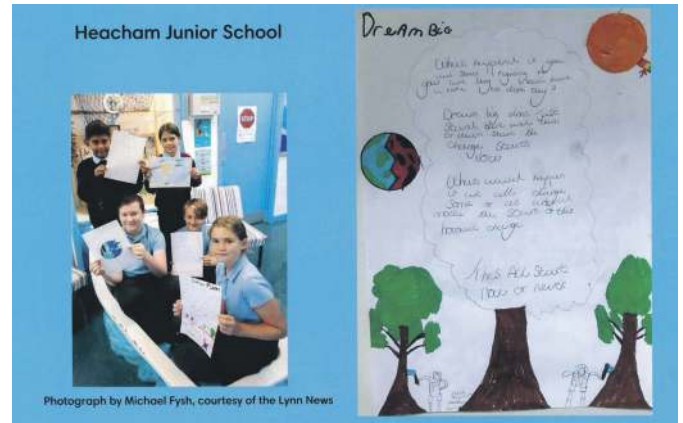
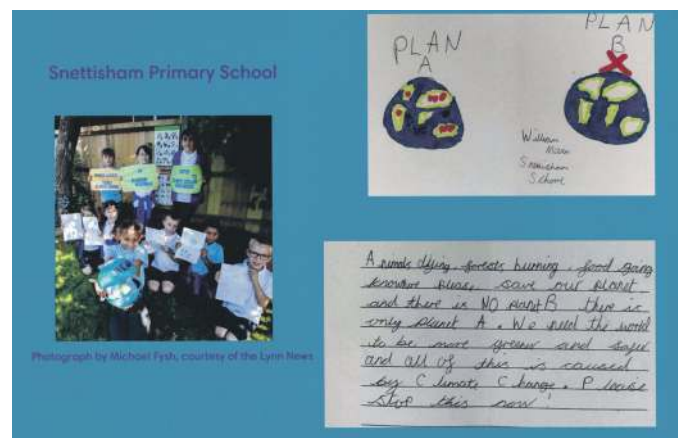
"We're really pleased that the Mayor and Deputy Mayor were so supportive and welcoming, which is recognition of the importance of the issue and the work of the children."

Mayor of King's Lynn and West Norfolk Councillor Harry Humphrey commented: "Climate change is such a crucial issue and in west Norfolk, we are committed to doing what we can to tackle it."

"It was inspiring to see the work that the children created and I would like to congratulate all of the young people involved for their efforts."

"With COP26 beginning, it is fantastic to see these young people leading the way in conveying such important messages about protecting our environment."

The schools taking part were: Walpole Cross Keys Primary School;



West Lynn Primary School; St Michael's C of E Academy; Gaywood Primary School; Ashwicken C of E Primary School; Holly Meadows School; North Wootton Academy; Flitcham C of E Primary Academy; Sandringham and W Newton C of E Primary Academy; Dersingham VA Primary and Nursery School; Snettisham Primary School; Heacham Junior School.

* KClimate Concern is a local non-political group based in King's Lynn working to identify, share and promote good practice on reducing our impact on climate change.

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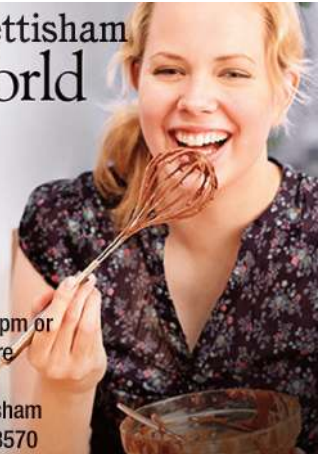
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Launch of the Memorial Pavilion Fund in Snettisham



A much loved building in Snettisham that has been central to village life for seventy years is to be restored and upgraded.

After the end of the Second World War the Pavilion was built on the field as a memorial to the fallen of the village. The cost of the materials was raised by public subscription and the labour was given for free by the men (many of them returning veterans) and boys of the area.

The Pavilion was commenced in June 1949 and opened in 1950. The building was recognised and blessed as a war memorial by Dr. Herbert, The Bishop of Norwich. There is a plaque on the exterior wall of the building commemorating this and a 'roll of honour' inside listing the names of the people who laboured upon it. This makes the Snettisham Memorial Pavilion rather rare, as it is one of only 63 UK war memorials out of over 90,000 on the Imperial War Museum's Register, that has a year round, functional, community use in addition to its remembrance one.

At the launch event for the Memorial Pavilion Fund on 11th November the problems with the existing building that Snettisham based architects Atelier Associates had to address in their design were explained.

- The Pavilion does not meet modern standards or regulations in several key areas, severely restricting its current use, including; Health and Safety, Child Protection, Disability friendly building access, Disabled participant facilities, changing facilities for everyone (both of these preventing inclusive access to sport), appropriate toilet and shower facilities and adequate provision for visiting teams and officials.
- The size of the building restricts any wider use as a community space, social interaction pre and post events or it fully supporting mass events on the field.
- Snettisham Primary School can no longer use the Pavilion for changing, nor can they, or Snettisham football and cricket clubs hold multi-team tournaments.

Atelier's design that includes 'going upwards', altering the pitch of the roof and adding a balcony was given planning permission in the summer of 2021 with the support of all statutory consultees and local residents.

A target of £500k has been set to complete the works in time for the building's 75th anniversary in 2025.

Patron of the Memorial Fund The Lady Dannatt MBE Lord Lieutenant of Norfolk, the Chair of Norfolk County Council Cllr Penny Carpenter, James Wild MP and David Bocking, who was one of the people who voluntarily gave his time for the building of the original building, joined villagers at the launch event and the service, conducted by the Rector Rev Rachel Alexander, and wreath laying at the Pavilion which also included some splendid singing by the children from Snettisham School.

Stuart Dark said: "I'd like to thank everyone who helped, took part in and attended (the list is very, very long) our launch event yesterday.

"I have already received correspondence from the Lord Lieutenant

(our Patron) that stated this is one of the best community events she has ever attended, her admiration for our clearly close knit village and the warm welcome she was given by all.

"This sentiment was also echoed separately by both the Chair of Norfolk County Council and our MP.

"Lady Dannatt also made special mention of our primary schoolchildren for their amazing singing and our three special guests - men who as boys worked on the pavilion's original build - between them spanning the generations in remembrance of the fallen and giving thanks to those who built it to be enjoyed.

"I'm pleased to say we are now very much up and running towards our objective and we have already raised over £24,000 in donations and pledges towards our £500K target and our website is now live: snettisham.org.uk

"Please become an active supporter by donating what you can on the simple, secure links provided on our website - replicating the 'crowd funding' of those who built this great, well-loved building before us 70+ years ago."

Photos: Ian Burt



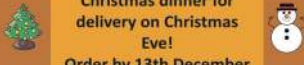
Above: Stuart Dark MBE, Louise Jackson, Executive Headteacher Snettisham Primary, Chair of Norfolk County Council Cllr Penny Carpenter and The Lady Dannatt MBE Lord Lieutenant of Norfolk with some children from the school.

Below: Snettisham Parish Council's David Bocking lays a tribute to the veterans and young people from the village who gave their time to build the Pavilion.





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Hunstanton Lifeboat Station

Geoff Needham, LPO

Covid still dominates the way we operate at the station, some restrictions have been eased, but we remain alert as it has not gone away. As Autumn approaches things are easing, although there are still lots of visitors to the beach, on the shout scene it has been fairly quiet. Tuesday 2nd November at 1.45 p.m. Humber Coastguard requested launch of Hunstanton RNLI Hovercraft to reports of a Bait Digger reported overdue from bait digging at Terrington marshes, in the Trial bank area, on arrival at area it was established that the person was now off the Marsh and was safely ashore. Hovercraft returned to station.

Notes from History

November 14th. 1871. Hunstanton lifeboat Licensened Victuallar was launched to a French Lugger aground in Brancaster bay. The wind was strong E N E and not being able to find the vessel, the crew returned to Hunstanton. The lifeboat was called out again next day, a full gale was blowing from the North East, to an unknown vessel reported to be on the Burnham Flats, again nothing was found. And they returned to station.

It was almost two years before they were next called, 21st Oct. 1874. The Colchester reg. Brigantine Le Liberal, aground on the Woolpack sands in a North Westerly gale, after a struggle the Hunstanton men rescued the crew of five. Nov. 22nd 1874 a Russian Barque, the Caseo of Bargo, which had run aground on the South sand in a strong North East wind and heavy sea. On arrival the Capt. of the Caseo requested the crew of the lifeboat aboard and with their local knowledge and assistance managed to get the vessel off the sands and managed to get the vessel to port. For this service the crew were credited with saving the vessel and 15 man crew.

The lifeboat launched three days later on an all night service in heavy seas and a North East gale. Distress rockets, fired from the lightship had been seen by the coastguard, it was later confirmed by the lightship that the vessel had got off the sands and proceeded on passage, the

lifeboat returned to station. 20th Nov. 1884 the three-masted Barque The Alabama of Helsingborg had left Denmark bound for Hull, the wind blew up from the north-north-east, the weather had been thick fog all week, catching glimpse of lights at about 9 p.m. the captain thought he was off the Humber, he realised to late his mistake and ran aground on the Sunk sands off Hunstanton, the vessel smashed her rudder as she grounded, and then drifted inshore until she grounded half a mile off the coastguard station, the impact bringing down the main and mizzen masts, the duty coastguard called the lifeboat, which managed to launch at 10.30 p.m. after a long hard pull they managed to reach the vessel at midnight, they had an extreme task of getting alongside due to the masts and rigging hanging over the side of the Alabama, eventually they managed to get all twelve crewmen off and landed them at Hunstanton. It was stated in the paper that many people walked out to the wreck at low water.

Just a little glimpse into our past history, bearing in mind the lifeboat was rowing and sail boat, and the foul weather gear was oily's and leather boots, cork life jackets, not like the equipment used today, hardy chaps.



Le Strange Old Barns

Moira Sleight

The lockdowns and various Covid-related restrictions experienced this year have meant that local artists and crafters have had more time than ever to create their wares and this has led to Le Strange Old Barns Antiques, Arts and Crafts Centre, on Golf Course Road, Old Hunstanton, having a bumper number of folk contributing to the goods on sale there.

For what is believed to be the first time, there are now more than 100 people involved in making sure Le Strange Old Barns is crammed full of pottery, art, craft, antiques, jewellery, fossils, crystals and cards.

The team leader there, Lydia Smith, said: "It has been a creative year for Le Strange Old Barns and we are delighted to have so many talented craftspeople, potters and artists involved here. Also in these days when people are concerned about both Covid and the environment, it is good to have a place where local people can easily pop by to do their Christmas shopping without having to travel to crowded shopping centres or rely on the internet. On top of that, so many of our things for sale are unique and make truly individual gifts. Lots of them make use of recycled materials too which is an added plus for those who care about the planet."



King's Lynn Festival Chorus

Join in with the King's Lynn Festival Chorus as they 'Deck the hall' with joyful music of the season. Leading with musical festoons and garlands will be Music Director Ben Horden. Together with seasonal readings, the Chorus will be aided and abetted by soloists, a brass group from the Royal Academy of Music, percussion and organ making spectacular 'merrie noise'. We all deserve it after the difficult 18 months or so we've had with the pandemic.

Children are integral to the wonder of Christmas, hence the earlier start of this concert. There will be something for everyone – carols familiar and maybe not-so-familiar; from Lully Lulla to Jingle Bells and Sleigh Ride. And popular carols for the audience to raise the roof of St Nicholas' Chapel spreading good cheer of the season.

Saturday 18th December, 5.30 pm, St. Nicholas' Chapel King's Lynn

Tickets : £15 (free for under 16s) are available from the Corn Exchange, King's Lynn tel.01553 764864 or www.kingslynncomexchange.co.uk



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December Diary

- 1 United Services Club Hunstanton PE36 5HL 8pm Christmas Carol & Christmas songs singalong. Free Refreshments
- 2 Stanhoe and Barwick WI 2pm Speaker will be Juyna Lewis with 'Spice up your Christmas'. Visitors are most welcome; please contact Valerie (01485 576261) for further details and to confirm your attendance.
- 3 United Services Club Hunstanton PE36 5HL Christmas Dinner 2 Courses £15.00 followed by dancing to Travis Book on 01485533360
- 3 Quiz night at Anmer social club. Doors 7pm. Quiz 7.30pm. £2pp, licensed bar, raffle. PE31 6RN
- 3-5 Christmas Tree Festival. Display of local group and charity Christmas Trees at Hunstanton Town Hall PE36 6BQ . Organised by HDFA. Free entry. Music, mulled wine and mince pies. <https://www.festival3.com/events/christmas-tree-festival>
- 3-19 Christmas Tree Festival at St Nicholas Dersingham PE31 6LN
- 4 Christmas Craft Fair raising funds for the Dersingham Day Centre for the Elderly 11-3pm. Lots of stalls and refreshments available. Free Entry. Dersingham Village Centre PE31 7LN
- 4 Docking Christmas Fair, indoor and outdoor pitches. Docking Village Hall PE31 8NG There will be refreshments such as bacon rolls, hot soup, cakes, tea & coffee! Parking is free & available outside the Hall. <http://www.dockingvillagehall.com/>
- 4 The BagLadies of Thornham invite you to their winter Gift Far at Thornham Village Hall PE36 6LX 10am-4pm. A great collection of quality gifts for your seasonal shopping plus BagLadies jams , marmalades and chutneys. Christmas cakes and puddings are available to order.
- 4 North Wootton Village Hall Christmas Fair and Christmas Tree Sale. 10am-5pm. North Wootton Village Hall, Priory Lane, North Wootton PE30 3PT. Christmas craft market, a freshly-cut Christmas tree sale, festive food and drink etc.
- 4 Snettisham Christmas Fair 5-8pm Carols, Stalls and Food in the Market Square – and Father Christmas!
- 4 St Nicholas Church Dersingham PE31 6LN present a Christmas Concert with Bilton Silver at 7.30pm Tickets £15.Pre-order 01485 540363 (leave a message) or on the door. Children under 18 with an accompanying adult £5.
- 4 United Services Club Hunstanton PE36 5HL Carolanne All eras 8.30pm
- 4-1/1 Aladdin at The Princess Theatre Hunstanton PE36 5AH. Ticket Prices - Adults £18.00, Children £16.00, Concessions £16.00, Family Ticket of 3 £48.00, Family Ticket of 4 £64.00 (Family Tickets must include at least 1 Child) Groups of 10 or more - 1 in 10 go free.
- 5-31 Advent and Christmas Wreath Festival. St Mary's Church, Old Hunstanton PE36 6JS Entry FOC. Church open daily for everyone to enjoy this event. revd.rachael.dines@hotmail.com T: 01485 535936 M: 07763 211901
- 6 Anmer Social Club Prize Bingo Night. Club opens at 7pm. Eyes down at 7.30m £6 for a book of 10 cards & £1.50 for a "Flyer Card". Fully licenced bar and Raffle. To book email to events@anmerclub.co.uk
- 6 Screen-next-the-Sea at Wells Maltings present Wes Anderson's latest movie The French Dispatch (12A). 7pm Tickets are available on line from www.wellsmaltings.org.uk and in person or by phone from the Visitors Information Centre 01328 710885
- 9 Ringstead Village Club talk and demonstration by Mrs Maureen Kimber: Line Dancing. 2pm Ringstead Village Hall.
- 9 Thornham Village Hall PE36 6LX Gong Sound Bath Relaxation Class 7-8pm contact soulstarstories@icloud.com or call Tonia on 07917 625607
- 10 United Services Club Hunstanton PE36 5HL Christmas Quiz Night cash prizes & supper £3.00pp 8pm
- 10 Winter Warmer and Supper Talk at Thornham Village Hall PE36 6LX. Now and Then – The Cottage. With photographs, film and personal accounts, Joe Davies and Peter Gold will tell the story of how the House and its gardens have evolved over the centuries. Doors Open at 1830, talk starts at 1900. Two Course Supper. email winterwarmers@thornhamvillagehall.co.uk for enquiries and bookings.
- 11 United Services Club Hunstanton PE36 5HL In The Mood all eras 8.30pm
- 12 Thornham Village Hall PE36 6LX. The Nutcracker live by satellite from the Royal Opera House 2pm start Booking is essential – stephanie.mocatta@btinternet.com
- 13 The Arts Society Lecture at Sedgeford Village Hall 2pm 'Star of Bethlehem' . Visit www.theartssocietyw.norfolk.org.uk for a free invitation.
- 15 Screen-next-the-Sea at Wells Maltings present It Must Be Heaven (15). 7pm Tickets are available on line from www.wellsmaltings.org.uk , and in person or by phone from the Visitors Information Centre 01328 710885
- 15 United Services Club Hunstanton PE36 5HL Christmas Prize Bingo. Eyes down 8.00pm
- 16 New Hunstanton WI, Methodist hall, Hunstanton, 2.15pm. Christmas meeting with Ukulele Band. Visitors welcome £3.00. Enquiries 01485 532174
- 18 North Wootton Village Market. North Wootton Village Hall, Priory Lane, North Wootton PE30 3PT 9am-2pm
- 18 Anmer Social Club CHILDREN'S CHRISTMAS PARTY – 12.00 noon to 3.00pm. Admission £5 to include visits to the reindeer & a gift from Santa. Refreshments, games, face painting. Tickets limited - ADVANCE BOOKING ONLY Contact Dorothy on 01553 631349 or email events@anmerclub.co.uk
- 18 King's Lynn Festival Chorus present a Christmas Spectacular 'Deck the Hall' with joyful music of the season. 5.30pm St Nicholas' Chapel, King's Lynn. Tickets £15 (free for under 16s) available from the Corn Exchange 01553 764864 or www.kingslynncornexchange.co.uk
- 18 United Services Club Hunstanton PE36 5HL Just Us all era's 8.30pm
- 18-19 Holkham Hall Christmas Food Drink and Gift Festival. NR23 1AB 10am-4pm Adult £2, Child £1. Half of all proceeds will be donated to Hospitality Action and Heritage House.
- 19 Christmas Dance at Snettisham Memorial Hall 6-9pm with music by Dinky. Christmas Raffle, Bar. Entry by ticket only £6. Phone 07787 966000
- 21 Gong Bath at Sedgeford Village Hall 7om Call Val 07990 938456 to book a place.
- 22 Christmas Carols at Dersingham Village Centre PE31 6LN 5pm. Light refreshments.
- 24 United Services Club Hunstanton PE36 5HL Cecil Farayi Motown 8.30pm
- 25 Hunstanton Christmas Day Swim
- 27-30 Cinderella at Hunstanton Town Hall. Tickets from Hunstanton Town Hall, Heroes and Toymaster. Family £30, adult £10 Under 12 £7
- 31 New Year's Eve Disco & Supper at Dersingham Village Centre PE32 6LN 8.30pm with supper at 9pm Licensed Bar Tickets from Dersingham Post Office £25 (or call 01485 540271)

31 United Services Club Hunstanton PE36 5HL New Years Eve Transition Playing in the Lounge & Disco With Dean in the Bar. Tickets Members £10.00 Guests £20.00 Bring your own food. 8.30pm

Regular events

Thornham Village Hall

FABS Exercise Class for the over 50s, get fitter and have fun! Every Friday morning throughout December 10am - 11am Advance booking essential - Email Stephanie.mocatta@btinternet.com

Yoga with Clare McKenna - Tuesday 6.15pm - 7.15pm

THORNHAM HARRIERS - We are an informal group of runners and walkers. We started as a Couch - 5km group in lockdown, and have grown from there. We meet Tuesdays and Thursdays at 10am at the Village Hall for a 5km run (or a shorter walk) aiming to get back for 10.30am for some outdoor socialising. Please come along and join us, just turn up! For more information contact stephanie.mocatta@btinternet.com

United Services Club

Cash prize bingo every Monday & Thursday night. Eyes down 8pm

Karaoke every Sunday with Mick 8pm

Poker night every Tuesday friendly and Thursday league

Snooker room

Sunday lunch 2 courses £9.00pp tables must be booked 01485 533360

Editor's note: Please send details for the January 2022 diary to editor@townandaround.net by 12th December

All advertisements and articles need to be with us by 12th December too as it is a very quick turnaround this month. Thank you for your co-operation.

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Gong in the Vibration

Someone asked me the other day. "How did you get into Gongs?" Good question, well many years ago a Hunstanton local approached me to attend one of my holistic events, he said he played the gong, I was intrigued. "The gong" I said, "What, like we saw on those old films with Top Rank". Yes was the short answer, and a friendship with my newly found friend, I called "Dave the Pilot", had begun.

There is much to playing the gong and over the coming years and with my musical background supporting my keenness I began a climb up the gong ladder to where I am today, supporting my own students in the art of the gong.

How does it work and why a gong bath? In a nutshell we place several gongs in a room and invite people to join us by laying down, on a mat fully dressed with warm comfortable clothing and additional blankets for that toasty feel. The aim of the Gong master is to create beautiful sound, frequency and vibration that enables the receiver to meditate and in some cases go on a special and unique meditation journey. There are many techniques and plenty of different gongs to help the master create what is needed for this to happen. It is all good and completed with positive and vibrant intentions for all that attend.

It helps to bolt these onto special and profound activities such as the Summer and Winter Solstices and Spring and Autumn Equinoxes where ancients with the help of the seasons, celebrated the coming of the seasonal changes. The next big change is the Winter Solstice on 21st December when Dave the Pilot and I, shall play the gong to herald the coming of the winter season. Val Rybak a local Yoga teacher, who started these events a few years back has booked the village hall in Sedgeford for a 7pm start. If you wish to join us then please do book your place with Val 07990 938456. Further information on this and more related to the gong can be found on the web via EmrysSkye.com

One final thought, if you are self employed and live in Norfolk our County Council are currently offering to pay 75% of new and exciting training courses to skill more of us up here in Norfolk. All our practitioner training courses are accredited across the UK and approved for this special scheme. You might be the next Gong Master to play at one of these amazing events in 2022. Check out Norfolk.gov.uk/etip to see if you are qualified.



Photo from our last Gong Bath on Old Hunstanton beach when up to 80 people came together to celebrate the Autumn Equinox.

Stanhoe and Barwick WI

On Thursday 2nd December, 2pm, our speaker will be Juyna Lewis, with "Spice up your Christmas". Our 2022 programme is still under wraps, but be assured that we will have speakers and events for your entertainment and enjoyment, with some education to boot!

Visitors are most welcome; please contact Valerie (01485 576261) for further details and to confirm your attendance.

Aladdin at the Princess Theatre

Dust off your flying carpets and take a trip to The Princess Theatre, Hunstanton this Christmas as Tony Peers Productions return for their biggest Christmas production yet! The fabulous Mervyn Francis returns in the role of Widow Twankey who runs a laundry with the help of her son Aladdin played this year by the very talented Kyle Trimble. Aladdin, a diamond in the rough is sent into the cave of wonders to retrieve a magical lamp by the Evil Abanazer played by the magical and wonderful Daniel Dean.

Aladdin uses the power of the lamp in his quest for the true love of Princess Jasmine played by the singing sensation Naomi Dale. Aladdin fights to win over Jasmine's father the Emperor, played by the truly accomplished actor Paul Flanagan and with the help of the magical Spirit of the Ring played by the delightful Emma Harding all peace and harmony is restored in Old Peking.

Expect dazzling scenery, colourful costumes, hilarious comedy, and amazing special effects!

No pantomime at the Princess would be complete without the smiley faces and senior dancers from the local Rollason Stage School.

So, what are you waiting for? Make a trip to see Aladdin one of your three wishes this Christmas!

The Cast



Featured on the front cover, Kyle graduated from the University of West Scotland in 2018 where he attained his BA Hons in Performance.

Since then, he has learnt many aspects of the theatre, including lighting and sound as well as puppetry.

After graduating, Kyle worked

abroad, both in Cyprus as part of Kanika hotels, and then Mallorca, in the New Jersey Boys Mallorca when he played the role of the legendary Frankie Valli.

Kyle went on to play Man Friday in the pantomime, Robinson Crusoe.

In 2021 Kyle became part of the talented Searles Superstars entertainments team and when Tony Peers Pantomime company saw his showreel they were very impressed and thought he would be perfect for the starring role of 'Aladdin'.



Panto regulars will recognise Mervyn as Dame Widow Twankey in this year's production which will mark Mervyn's fifth pantomime in Hunstanton. His stellar career includes multiple TV roles, West End shows and performances in every major theatre in the UK.

Mervyn can't wait for you all to pop down to Twankey's Laundry and sincerely hopes you all enjoy the show.



Naomi Dale is a Staffordshire girl and has been performing since the age of three, completing her training in Musical Theatre at The Arts Educational Schools London. is extremely excited to be playing the part of Princess Jasmine this year, in contrast to her playing the part of Aladdin two years ago in Scunthorpe before the pandemic.

Naomi is delighted to be working for Tony Peers

Productions again, this time in Hunstanton.



Emma Harding is a BA Musical Theatre graduate of The Royal Conservatoire of Scotland.

Her credits include: The Chamber Musical Sessions (Garrick Theatre), Maid Marion (UK Tour), Rosalie (Workshop-the Bow Maker), Ensemble (Workshop, BINGO!)

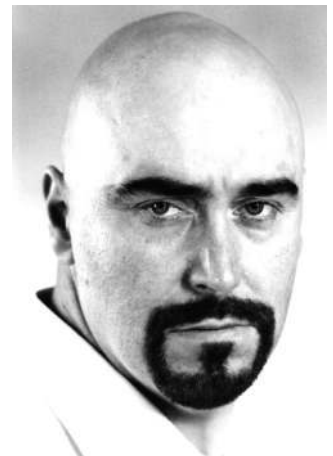
She is excited to bring Christmas Magic to Hunstanton as the Spirit of the Ring this festive season.



The role of Abanaza is played by Daniel Dean who has performed his unique magic act across the country. Playing seasons at Blackpool Opera House, Babbcombe Theatre, Royal Hippodrome Eastbourne, Princess Theatre Torquay and London's West End to name a few.

He has performed his cabaret act on some of the best cruise liners in the world and at many corporate events. He was also a great success when he appeared in Las Vegas.

Daniel is a recognised pantomime actor playing amongst others Dandini in Cinderella, Genie in Aladdin and as King Rat in Dick Whittington.



Paul Flanagan is the Emperor in this tale. Paul has had a wide and varied career, working globally, from his first feature film in Malta in 1986, to such later films as Harry Potter, and Wrath of the Titans.

Paul has many appearances on television soaps such as Coronation St and Emmerdale. Recent credits include the B.B.C. drama 'Ridley Road' as a farmer and a Netflix film titled 'Munich 38' as an R.A.F. foreman.

The Writer and Director



Tom Rolfe is looking forward to returning to Hunstanton to write and direct the Princess' Christmas pantomime for the third consecutive season on behalf of Tony Peers' Productions 'Pantomime is particularly important to me as it is often a child's first introduction to live entertainment. I remember arriving at The Forum Theatre, Billingham to watch my first ever pantomime 'Snow White' starring Timmy Mallett and Tricia Penrose. I can still remember the 'smell' of theatre as we arrived. Smoke billowing on to the stage, house music playing and the orchestra tuning up for the grandest of Overtures. If I can create an atmosphere to make a family half as excited as I was then I'll be a happy man!

THE WHITE HORSE

HOLME - NEXT - THE - SEA

PRE CHRISTMAS DINNER MENU 2021

available from 29th November - 24th December

To Start

Lightly Spiced Butternut Squash soup
with Crusty Bread & Butter

Chicken Liver Parfait with Winter Berry Chutney &
Melba Toast

Smoked Salmon & Crayfish Cocktail
with Garlic Mayonnaise,
Brown Bread & Butter

Kale & Beetroot Tart
with Caramelised Red Onion

To Follow

Roast Turkey Crown, Pigs in Blankets, Homemade
Bread Stuffing, Roasted Potatoes, Roasted Parsnips
with Gravy & Seasonal Vegetables

Mushroom, Garlic, Pine Nut and Basil Parcel served
With Vegetables & New Potatoes & Tomato Concasse

* Rump Steak served with Field Mushroom, Grilled
Tomato, Beer Battered Onion Rings, Chips & Peas

Salmon Supreme marinated with Lime & Coriander
served on Wilted Spinach with New Potatoes &
Seasonal Vegetables

Slow-Cooked Belly Pork with Dauphinoise Potato,
Wilted Spinach, Apple Gravy & Seasonal
Vegetables

To Finish

Christmas Pudding with Brandy Sauce

Lemon Mousse with Gingernut Crumb & Mint

Selection of Cheese with Biscuits, Onion Chutney,
Celery & Grapes

Chocolate Pannacotta with Orange Compote

2 Course £18.00 3 Course £24.00

* Supplement of £2.00 applies

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Daniel Dean

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JASMINE**
Naomi Dale

ALADDIN
Kyle Trimble

EMPEROR
Paul Flanagan

**DAME
WIDOW
TWANKEY**
Mervyn Francis

**SPIRIT OF THE
RING**
Emma Harding

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**SATURDAY 4TH
DECEMBER 2021**

**UNTIL
SATURDAY 1ST
JANUARY 2022**

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