

TOWN and AROUND



ISSUE 181 NOVEMBER 2020

PRICELESS!

NEWS FROM
NW NORFOLK
FREE

Celebrating 15 years of publication

First word

Hello and welcome to the November issue.

The pandemic continues to dominate the news on a daily basis and this edition has news about local heroes who have gone above and beyond to help the community.

Local businesses have had to adapt to a new way of working and on page 8 you can read about the Southerland family business in Brancaster. My visit there was a real education into the world of shellfish.

My thanks as always to everyone who has contributed to the magazine through advertising, articles and photos.

The letters page continues to be lively on a number of local issues; if you would like to join the debate in the December issue please email editor@townandaround.net or write to me at the address below by 12th November.

Our cover photo of what is considered to be the gardener's best friend is a reminder that some may need a little bit of help to get through the winter. You can buy hedgehog food or offer meaty dog or cat food - and don't forget to leave out water.

As I wrote last month, we have been forced to suspend door to door deliveries because of Covid-19. I'd like to thank our amazing team of volunteers who have had to stand down at this time. Don't forget, we are still distributing thousands of magazines in this North West Norfolk area and local outlets, including supermarkets, will have plenty of copies.

With best wishes for a safe month

Elaine

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Princess Theatre's future is secured

In an announcement on 12th October Hunstanton's Princess Theatre heard that they are to receive funding amounting to £82,819 from the £1.57 billion government package for the arts.

Hunstanton's Princess Theatre applied for funding from the package for the arts that was announced in July and described by the Chancellor Rishi Sunak as a "rescue package" to help cultural, arts and heritage institutions weather the impact of coronavirus.

Celebrating the news Brian Hallard said: "The future of the Princess is secure; the application process was rigorous and we are delighted with the grant that enables us to keep our doors open and put on the shows that you love to come and watch.

"The Theatre will now stay in the forefront of Hunstanton's economy and will help to bring in



Directors Gemma Tandy, Diana Hallard, Brian Hallard and Paul Searle

trade for our local restaurants, shops and accommodation providers.

"With Christmas around the corner our Panto, Mother Goose, will be even more important to all the families in our local area during this difficult time and

enabling them to still have a little bit of Christmas magic and tradition."

James Wild MP who met with Paul Searle and Brian Hallard at the Princess recently said today: "Covid restrictions have had a dramatic effect on our theatres and arts venues with reduced audiences and a damaging impact on performers, producers, crew, and everyone involved in putting on productions.

"This grant is welcome news for the Princess Theatre and will help ensure its special place as a valued part of the local community and support the culture sector's recovery."

The money is from the Treasury but distributed by Arts Council England. Sir Nicholas

Serota, Chair of the Arts Council, said: "Theatres, museums, galleries, dance companies and music venues bring joy to people and life to our cities, towns and villages.

"This is a difficult time for us all, but this first round of funding from the culture recovery fund will help sustain hundreds of cultural spaces and organisations that are loved and admired by local communities and international audiences."

The culture secretary, Oliver Dowden said: "This funding is a vital boost for the theatres, music venues, museums and cultural organisations that form the soul of our nation. It will protect these special places, save jobs and help the culture sector's recovery."



Classical Music Rocks

By PETER BARKER
Chair and Founder of CMR

In a matter of a few weeks CMR will be launching an exciting series of chamber concerts involving 8 of our talented musicians.

We are very pleased that Brian Hallard and the Princess Theatre are helping us to mount this series which should be of great interest to a public starved of live music. Concerts will be for an hour, without an interval.

Tickets are on sale now, on-line from the Princess Theatre Box Office. £10.00 for adults, under 18s £5.00

For details of our musicians and Classical Music Rocks please look at our website: cmrschoolswestnorfolk.com

PRINCESS THEATRE, HUNSTANTON - CMR SUNDAY CONCERT SERIES 2021

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Mozart and Beethoven

14th February Siobhain O'Higgins ~ piano

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21st February Anthony Flaum ~ tenor

Puccini, Verdi and Rossini. "Nessun Dorma" will be performed
7th March Rebecca Hepplewhite ~ cello

Bach, Beethoven and Mozart

14th March Flauguissimo Duo: Johan Lofving ~ theorbo & Yu-Wei Hu ~ flute

21st March Kamila Bydlowska ~ violin & Siobhain O'Higgins ~ piano. An exciting programme including Vivaldi and Tango Music.



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Official opening of Pendall building at Smithdon

One of the most significant names in the history of Smithdon High School became part of its future when the Hunstanton school's extensively refurbished buildings were formally declared open by the wife and daughter of long-serving teacher Eddie Pendall.

Mr Pendall, who taught English and Geography, played a hugely important role in school life from its founding in the 1950s through to his retirement in the 1990s, as well as being a pillar of local community life. Now his name will be part of school life in the 21st century after the new art and ICT suites were dedicated to him, and formally opened by his widow June and their daughter Hilary Clark.

"He sounds like a great character whose energy I for one, envy," said Smithdon's head teacher, John Hirst. "I think his values of dedication, community and creating opportunities for young people are those shared by the leadership and staff of Smithdon today."

Mrs Pendall said her husband would have been thrilled to know his name was now part of the fabric of school life.

Smithdon is already a place of significant architectural interest because of its bold post-war Brutalist design, and now a host of new rooms designed for art, food tech, ICT, meetings and exhibition spaces have been completed, as well as the sports hall having undergone a significant makeover during lockdown in a project that cost around £1m in Government funding.

In addition to the Pendall Building, the main teaching block, opened in 2000, will now be the Shaw building, named after then-head Catherine Shaw, with the building housing Maths being named after Chris Holt who was also in attendance today.

Also present at the opening ceremony was MP James Wild. He said: "The improvements the school has made both through these buildings and the progress of students is impressive. Investing in education will help create more opportunities for young people at Smithdon to realise their potential."

Lockdown allowed building work to continue without many students on site, and Mr Hirst said it had been an exciting race against time to get the work done



From left: Jack-Harry Roper, John Hirst, Mrs Pendall, James Wild and Eleanor Hollin-Hill

before their return. "It was a little nail-biting to get the building finished in time for the students' return, but that was achieved and the impact on the learning and wellbeing of all who use it has been truly transformational," he said.

Prospective pupils and their families can contact the school office to pre-book tours of the school, and for those who cannot make it in person, there is also a virtual tour of the premises available through the school website.

Head boy Jack-Harry Roper agreed that the new facilities had made a huge difference to school life. "The new Pendall Building allows us students to get on and enjoy learning in a brighter and warmer environment rather than

being sat in uncomfortable chairs in cold and dull classrooms like before," he said.

"The new carpets and ceilings make it feel polished and clean. I'm glad to see some time and money being put into the school for the students' benefit. I believe that it is a great addition to the school."

Head girl Eleanor Hollin-Hill echoed his sentiments. She said: "The new and improved buildings will have a major impact on the students and learning. The refurbishment is the perfect way to show off the ever-improving standards of the school."

Smithdon, on Downs Road, is part of the West Norfolk Academies Trust, an umbrella group that manages 11 primary

and secondary schools across the region. Andy Johnson, executive head teacher of the West Norfolk Academies Trust, said this could be the start of an exciting new era at the school.

"The staff and pupils have had to deal with so much disruption this year, but despite that they produced great exam results in the summer, and now this makeover for the school should really help Smithdon push itself forward, making it a really aspirational place," he said. "When the school was built, it was designed to look and feel contemporary, and I think this is the perfect upgrade for the 21st century."

Book a tour of Smithdon or enjoy a virtual tour of the school by visiting smithdonhigh.org.uk



From left: John Hirst, Chris Holt, James Wild and Mrs Pendall



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The pearl of Brancaster

Brancaster is synonymous with shellfish and in particular the oysters and mussels that the Southerland family have harvested for generations.

The conservatory at the back of Cyril Southerland's house in Brancaster Staithe has a view of the sea that many would envy, and he looks out to his workplace each day in the knowledge that his ancestors have.

"Grandfather had oyster dredgers" said Cyril, "in those days it was the native flat oyster that they harvested (known as Burnham Grounders), but they were wiped out by a parasite and dredging stopped before the First World War."

It wasn't until 1973 that oysters returned to the harbour so in those in-between years the oyster fishery went to whelks, cockles and mussels and the shellfish industry was an important industry in Brancaster employing about forty men.

In 1972 there was an experiment in Thornham Harbour conducted under the auspices of the Ministry and 2000 seed oysters did so well that fishermen, including Cyril, asked Eastern Sea Fisheries if he could try some at Brancaster. He was given 2000 Gigas (rock oysters). These seed oysters were tiny, about the size of your little fingernail. Cyril put them on a trestle and they thrived, taking advantage of the natural nutrients that run through the salt marshes in seawater that's amongst the best of the British coastline.

A sharp rise in production meant that by 1980 there were ten people harvesting the oysters in the harbour, but now there's just the Southerlands and the Richard Loose in the oyster farming business, supplying some of the best oysters you are ever likely to eat.

Contrary to popular opinion, oysters are an all-year round crop. Pre-refrigeration days folk were wary of eating the mollusc when there was no 'r' in the month (in the same way that pork was eschewed) but these days it is safe to eat them all year round.

Farming oysters is a labour intensive job that is mostly done standing in the freezing waters of the Wash. The men have to work the tide having just a four hour working window when the oysters can be farmed. We were interested to see Ben's thermal and reinforced waders that come in at a whopping £200 a pair. It is the hands that suffer the most though as when the oysters are growing they need to be separated regularly into large mesh bags and they are all harvested by hand. And after all that the oysters need to be depurated before sale. This process involves placing the oysters in tanks of sea water which is circulated through Ultra-Violet lights that purify the water that the oysters are filtering. The operation takes 42 hours and then they are ready to eat. Incidentally, the mussels that the family harvest between October and March are also treated in the same fashion; it is an EU regulation and Ben says that even after we leave the EU the same regulations will be applied.

Now working with his son Ben, Cyril says he won't retire and he'll die in his waders! The



father and son team were joined by Hannah this year. Daughter of Cyril and wife Ruth, and sister to Ben, Hannah was recently a victim of the CITB relocation to Peterborough after 20 years.

When Covid-19 struck in March and all the restaurants were forced to close not only did their market disappear, but there appeared to be no alternative route to market for their produce. That is until Ben had the idea of selling direct to the public. Additionally, people who had been used to enjoying oysters were asking where they could source them; they needed to do something. Step up Hannah who thought she could manage the marketing. Packaging was sourced and plans made to set up a local delivery service. Hannah said: "We thoroughly enjoyed setting up the delivery service and meeting fans of our shellfish; it has given us huge smiles over the summer months."

"Ben and Cyril take great pride in their products and love the feedback I take them home from the delivery round."

"My fourteen year old son Noah, being off school helped us with the social media side and deliveries, it was a great home schooling lesson."

"My husband is the designer and he helps with the advertising."

"As the daughter/sister, I have a lot to learn but there is never a dull day, and it's far stretch from the corporate world I'm used to!"

"We still have lots to learn about the retail side, but are hopeful the mussels will be received as well as the oysters."

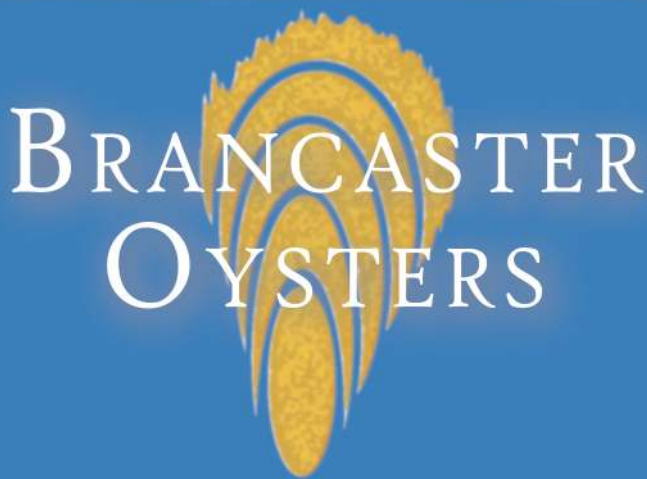
Hannah delivers their oysters and mussels within a 30 mile radius of Brancaster every Friday and customers have to get their orders in by noon on Wednesday.

Top tip

As long as oysters are stored properly they will last for five days. Always store the oysters in the fridge flat side up, that will keep them fresh.



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High Street heroes recognised

Hunstanton High Street traders have been recognised as West Norfolk Heroes for the way they helped the local community through the lockdown period and at the beginning of October James Wild MP presented them with their certificates.

Richard's Butchers, Mr Bun the Baker and Kemps Fruit and Vegetable shop worked together delivering to those residents who were shielding or feared going out during the first wave of the pandemic. And all three businesses have said they are ready to resume the service should there be a second lockdown.

Presented with this new challenge Richard Burton at Richard's Butchers decided to create a weekly hamper and he said: "There was something different every week and it went very well." In fact the £25 hampers proved so popular he has carried on with them.

At Kemps Leanne and the team found themselves putting in lots of extra hours to satisfy the demand and Peter Gohegan reported completing more than forty deliveries a week from Mr Bun.

Borough Councillor Carol Bower said: "It is important to recognise the contribution that our local businesses made at a very difficult time for so many people and I'm very pleased that they have received the recognition that they truly deserve."

Photo credit: Chris Bishop



Back home and loving it

Dersingham's popular local, The Coach and Horses, has new landlords in Tony and Chris Haughey and they opened the doors for the first time on 1st October.

T&A called in to say hello and learned that it's a return home for Chris who is originally from Snettisham and whose parents still live in the village. She also has a brother in Dersingham.

Both are chefs, and the couple have just sold their restaurant, The Olive in Market Rasen, where they specialised in Spanish Tapas and Mediterranean food.

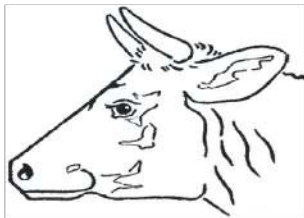
Tony said: "We will continue the tradition of the Coach and Horses by being a community hub – a pub with kitchen and rooms.

"We've been in the hospitality business for over twenty years and are looking forward to welcoming regulars and newcomers to come for a drink and a meal with us, and from December we'll have budget friendly en-suite rooms available too."



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CHRISTMAS HAMPERS 2020

No 1

2.5kg (5lb+) BONELESS SADDLE OF
TURKEY STUFFED WITH HOMEMADE
PORK SAUSAGE MEAT
AND WRAPPED IN STREAKY BACON
10 HOMEMADE PIGS IN BLANKETS
1lb HANDRAISED PORK PIE

APPROX COST: £45
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No 2

1kg JOINT BONELESS TURKEY SADDLE
STUFFED WITH PORK SAUSAGE MEAT
WRAPPED IN STREAKY BACON
10 HOMEMADE PIGS IN BLANKETS
1lb HANDRAISED PORK PIE
1kg JOINT OF: ROLLED LOIN OF PORK
OR GAMMON

APPROX COST: £40
OFFER PRICE: £35

No 3

2.5kg (5lb+) BONELESS SADDLE OF
TURKEY
STUFFED WITH PORK SAUSAGE MEAT
& WRAPPED IN STREAKY BACON
10 HOMEMADE PIGS IN BLANKETS
2lb HANDRAISED PORK PIE
8 HOMEMADE PORK SAUSAGES
1lb BACON
12 XL FREE RANGE EGGS
1kg JOINTS OF: TOPSIDE, GAMMON &
ROLLED LOIN OF PORK

APPROX COST: £125
OFFER PRICE : £105

No 4

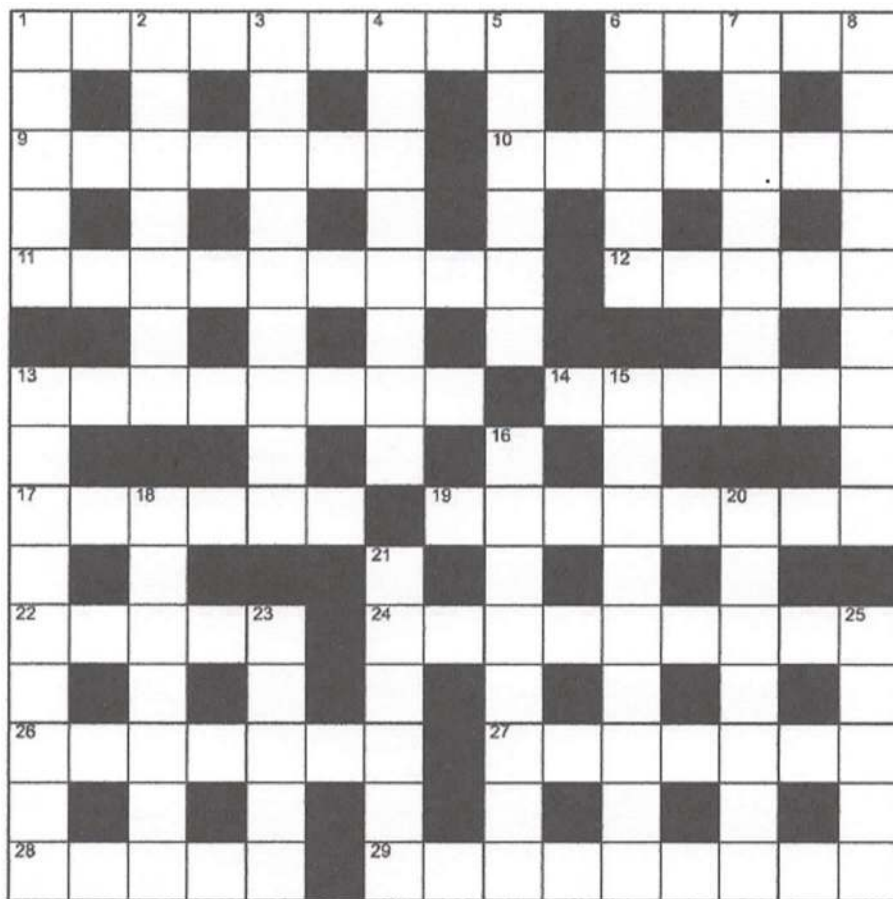
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David Elsey's Cryptic Crossword



Crossword solution on page 22

Crossword Clues Across

1. Carried on after fight was justified (9)
6. Turner landscapes always turn heads, the man concluded (5)
9. Half the team have drink after getting winning goal (7)
10. Paid for by Jack, I ring somewhere in North America (7)
11. Blame current debts on being greedy (9)
12. Hung loosely, yet snug around large body (5)
13. Uncle from America returns with Barney's dogs (8)
14. Standing around cold hotel, starts to exercise toes (6)
17. Plump for cycle across town (6)
19. Glossed over shed Rex had left (8)
22. One who takes on has little time in which to show displeasure (5)
24. Stupidly obstinate beast was in charge (9)
26. Pleasant stroll around back road (7)
27. Run round and round on motorway to find a place to eat (3,4)
28. The rock opera opens with soprano and tenor (5)
29. Beat-up hot rod used to drop off daughter of Greek historian (9)

Crossword Clues Down

1. One walks through water as more dawdle around in the middle (5)
2. Ways of making crepes I cooked (7)
3. Notice 21 shows weakness (9)
4. Interchanges acts no longer available to take part (4-4)
5. Day ends in tears, we hear, when tired (6)
6. Notes temperature inside and stays (5)
7. This sounds like 12 from beginning to end (7)
8. Stretched out along tee crowd finally erupted (9)
13. One's mad to fly after storm (5,4)
15. A bunch of hangers-on could get in your hair (5,4)
16. Humourist with new take on criminal (8)
18. Lake, to some extent, could become discoloured (7)
20. Retreat and lie low elsewhere (7)
21. Broadcast different tweets, in a manner of speaking (6)
23. Backbencher and first lady are a puzzle (5)
25. Change in New York Times leader has Pence in prime position (5)

Ray Butchers Su Doku

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A Page from the Sage

Well it's that time again to write another page or two for the November issue of Town and Around from the Sage at Sunny Hunny.

CB Radio

A friend and I were talking about Citizen Band radio as I had written in Town and Around that it started in the United Kingdom in 1960 but my friend said it started in 1980. We were both wrong, it started in America as far back as 1950 and it spread round the world but it did not really take off in the United Kingdom until 1974 though there was CB radio in the UK that was used before that by farmers, truckers and boat owners.

In 1976 CB radio grew in the UK partly due to the popularity of novelty songs like CW McCall's 'Convoy' and Laurie Lingo and the Dipsticks' 'Convoy GB' both of which were in the top five hits in 1976. 'Teddy Bear' by Red Sovine got to number six in the UK charts in 1976, it could have got to number one but I think a lot of people thought it was far too sad.

After that a lot more songs were made that were related to CB or country and western, such as 'East bound and down', 'Six days on the road', 'King of the road', 'I've been everywhere', and one of my favourite's: 'Give me forty acres to turn my truck around'. There are still some CB users about but they are few and far between as nowadays there are so many gadgets that you can use to speak to each other, even wrist watches!

Everybody had a handle or CB name but I think the best name was Sunny Hunny for the town of Hunstanton; Sunny Hunny had been used as a name for Hunstanton before CB got here but it caught on quick.

Le-Strange Terrace

I was asked what the large building in Le-Strange Terrace used to be, it is at the present time the Show Boat amusement arcade with the small casino arcade at the southern end of the premises. I tried to trace the building back to when it was built but I could find nothing about this building before 1908 when it was owned by a Mr Sidney Barkham who was a book seller and stationer. Then I found it in a 1925 Kelly's Directory and it was still owned by Sidney Barkham but he was then trading as a fancy repository and as a warehouse for the safe keeping of goods. My first recollections of this building was in the 1950s when a Mr Stockdale from Heacham had a snack bar and ice cream parlour with tables and chairs in a courtyard out the back. Some of the courtyard had glass canopies along one side, there was also a small amusement arcade also run by Mr Stockdale, next was a fancy goods shop run by Mr Bill Patterson. Where the casino arcade is today was a fish and chip shop and the small shop on the end were the offices of Cruso and Wilkin the estate agents who still have an office in Hunstanton.

In the 1960s Mr Stockdale let the snack bar

by
Dick Melton
01485 535658



and arcade to a family of showmen, who took all of the tables and chairs out of the back yard and put a waltzer or a similar machine in the yard; I cannot remember what it was, then in 1968 Mr Stockdale sold the whole block to Mr Thomas who already owned the No 1 Arcade and Bingo in Beach Terrace Road.

At one time there were at least five prize bingo's being operated in Hunstanton. After Mr Thomas took the building over he made a lot of alterations including putting a bingo in the arcade. In the early 1990s the yard at the back was covered in and a tenpin bowling alley was put in. The sweet shop at the southern end of the building has been many things in its lifetime; when Cruso and Wilkin moved out it became the Blakeney Wool shop, a newspaper office and then an antiques shop. If anybody can tell me more about this large building then please get in touch.

Land work

I was having a mardle (talk) to an old mate of mine who like me had worked on the land many years ago and we were saying how much land work had changed over the last sixty or so years. When I was twelve years old I went to do work after school and at weekends for a little higgler (smallholder) feeding the pigs, hoeing, mucking out, pulling flax and such like.

After I left school at the age of 15 I had a job as a lorry driver's mate and then a butcher's boy where I learned to drive in an old Morris Eight that you had to crank up with a starting handle (no electric starters them days) as well as working on the land in my spare time. I then did two years National Service in Germany with the Third R.H.A., Royal Artillery and I can still remember my number: 23768491 Gunner Melton. I came out of the army on 10th March 1962, I then had many jobs as there was plenty of work about, you could leave a job on a Friday and start another job on the Monday. In the November of 1962 I went turkey plucking on a farm at Clenchwarton. I had done a lot of plucking when I was a butcher's boy, it was piecework so if you worked seven days a week you could earn about £14 to £15 pounds a week which

was good money those days. The farmer then asked me if I would like a full time job on his farm so I said yes and he said I would be in a gang of five doing all piecework except harvest.

So in January 1963 I started at Anglian Farm down Clenchwarton Marsh, as those that can remember 1963 was a very hard winter with very hard frosts and snow I was living with my parents at Dersingham so I had about 12 miles to go there and back but I had a trusty old steed which was a Norton 350 motor bike and Watsonian child adult side car. I never missed a day off work even though the weather was bad. The first job a had was riddling tates (potatoes) from a grave or clamp the tates were covered with a layer of straw then black polythene sheets another layer of straw and then a covering of soil. We had to riddle 10 tons a day, we started at 7 am and usually got done about 3.30 pm; one man would uncover the clamp one would fork on, two would pick the rotten tates and clods of the riddle and the other chap would bag up. It was cold work. That winter we would load the lorry up with 10 ton of tates and these would go to a London market, we would put a layer of straw over the load then put a sheet over it to keep the frost out.

When the gang was not needed I did odd jobs around the farm like cutting the hedges and mucking out the dykes. I got a day rate for this, I only got piecework when I was with the gang. My next job with the gang was chopping out the sugar beet in the spring time. We had to use short handle hoes as the ground was very stony, it was a back aching job but you got used to it after a few days, chopping out was piecework with the gang and we did this by the acre which was all measured out by the boss - there was a large acreage of beet so it took us about a month.

The gang never worked on the harvest there was just the boss and his two sons. The farm had a combine so I was on corn cart from the combine to the silo. There were still some farms in the sixties that had tractor drawn binders but most farmers had combines. I remember in the fifties when Billy Smith at Dersingham still had a horse drawn binder but by the end of the fifties there was very few horses working on farms. That year, 1964, the boss bought his first sugar beet harvester and as we were only about five miles from the sugar beet factory at Kings Lynn we took the beet in by tractor and trailer, like the harvest we got day's pay with overtime and we worked six days a week.

After the harvest and sugar beet harvest was done we started at the end of September on the potato harvest. This was a back breaking job; I would join the gang for this to make up a gang of five, one of the bosses sons would get there before us and cut the tops of the tates with a spinner attached to the PTO (power take off) on the tractor. He would then spin out five rows of tates with a machine called Hover as the boss did not have a potato

harvester in those days. One of the boss's sons would steer the tractor and trailer up the rows, two of the gang would pick the tates each side and one would pick in the hoss row (in front of the trailer). When we got to the headland the boss's son would cart them off to the edge of the field where the boss and his other son would put them in a clamp, or as they called it in Lincolnshire, a grave. This job was piece-work by the acre, we worked six days a week, we were paid sixteen ponds a week then when we finished potato picking usually in the middle of November we got back money of about £100 pounds.

I liked working on that farm but it was a long way to go each day so at Christmas 1965 I left and went lorry driving for a short while carting potatoes and carrots, I then got a job in a carrot topping factory and part time at the Kit-Kat in the summer time. I got married to Joy in 1966, then in the summer of 1967 I went full time at the Kit-Kat, I enjoyed working on the land and often wished I had stopped there, but things on a farm are so much differ-

ent now. When King George V farmed Sandringham he had 80 farm workers, now the Estate farms a lot bigger acreage and due to all the modern machinery they only employ 10 men on the farm.

Books

As I sat here in my room I heard a thud and something came through my letter box; Joy picked it up and it was two books, one about Hunstanton and one called Hunstanton and Wells-next-the-Sea, I do not know who brought them round but I would like to thank them very much.

Le-Strange Terrace

Early on in this article I wrote about the large building in Le-Strange Terrace that is now the Show Boat I found out a bit about it but I could not find out who built it or when. It was built in 1864 by a Mr John Beeton.

Mr John Beeton came to Hunstanton St Edmunds at the same time as the railway 1862, he took out his first lease, to run for 99

years from lady day 1864, but commenced building before that date, it was for plot number 20 on the schedule and in a coveted position on Le-Strange Terrace. He built a block of shops next to the Railway Hotel (Wash and Tope), starting with Twiss the Chemist (later Lentons) and continuing as far as Bank House, this was the start of a building career which left its mark all over Hunstanton.

Now then, about Huggins Lane or Pit; I have been told by good authority by a gentleman who lives in Hunstanton that Huggins Lane or Pit, which just up Redgate Hill on your left just before you get to The Firs, belonged to a Mr Mike Huggins, a builder for many years who lived in Hunstanton and sadly passed away about four years ago. The way Hopkins have been tipping there soil in there I reckon it must now be in their ownership.

Well there are still some good cockles about and the mussels will soon be good.

That's your lot for now keep a troshin'.

The Sage the Boy Dick, Sunny Hunny

Derbyshire's finest move to Shepherds Port

Dave and Lorraine Hilton moved to Shepherds Port early this year having sold their Trip Advisor Five Star rated pub business in Derbyshire.

They have a long association with this area having holidayed here for many years and when the opportunity arose to take over the Shepherds Port Bar they jumped at it.

They opened just two days before lockdown so had a tough start to their much anticipated new life in Norfolk. Undeterred the couple set about installing a brand new kitchen at the premises which is just five minutes from Snettisham Beach.



Now dubbed 'Lorraine's Kitchen', home cooked recipes that secured such great reviews at The Holly Bush in Merehay, are now being prepared and served for breakfast and lunch daily. Food service is a first for the Bar and the Shepherds Port park.

Another first is the introduction of the Cob with fillings ranging from Chips and Cheese to Beef and Stilton. Now anyone from Derbyshire, Cheshire, Leicestershire and the surrounding counties will be familiar with the Cob and it was a surprise to Lorraine when her first few customers were confused – so to save you from embarrassment I'll tell you. The cob is simply a round crusty roll. Strangely, everyone knew what a baguette was!

Aware that some people remain nervous about eating out at the moment, Lorraine's menu is also available for takeaway – and this includes a Sunday Roast for just £9!

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Local chef Zach makes the comforting puddings that include apple pie, sticky toffee pudding and treacle sponge and Tracey also works alongside Dave and Lorraine in the business.

The bar is dog and family friendly and the couple have socially distanced the tables and installed partitions and hand sanitisers to ensure they are Covid secure.

Smithdon teachers go the extra KM

There was no stopping a trio of teachers at a West Norfolk high school when they put on their trainers and walked hundreds of kilometres for a virtual adventure.

Smithdon High School's team had to walk as far as they could during August and September in the challenge to raise money for the Duke of Edinburgh's Awards Scheme (DofE) and two of them came in the top 15 nationally for the distance they covered.

Amanda Wright covered an impressive 805km to take the fifth spot and Emily Hernandez walked 350km while Alysha Moat completed 259km and their effort saw the team in fourth place on the leaderboard with 1,414km. Together they raised a total of £829 for the awards scheme to help support schools take part.

The DofE scheme at Smithdon, a member of the West Norfolk Academies Trust, is led by Alysha who said she was 'really impressed' with the efforts of her two colleagues.

"They did brilliantly and to make the top five is really impressive," she said.

A holder of the DofE Gold Award, Alysha has been an ambassador for the East of England and has always been involved in the scheme.

"Covid-19 has destroyed all the plans for the students this year and they have had to complete it online. We are just launching it this year with Bronze for Year 9 and we have two groups currently working for their Silver Award," she said.

Amanda, the head of English, never had the chance to complete her DofE at school as she was educated in America, but she was captain of her school's gymnastics team and has recently returned to regular exercise.

"During the summer holiday Alysha emailed regarding the challenge. Over the years, her work with DofE has been transformational for so many of the students we serve. As life changed most drastically for students, I felt this would be a good opportunity to be an advocate of DofE. All co-curricular activities are important for students, they give



From left: Amanda, Emily and Alysha at Smithdon.
Picture by Ian Burt.

young people the added motivation to attend school and achieve," she said.

"Some walks blessed me with relentless pelting rain. Many days included multiple walks or a walk and a run. When we returned to school the challenge intensified, but I maximised the path between my classroom door and desk, it became a runway. One of my Year 11s commented 'She never sits down', and I didn't!"

Emily has been involved with the DofE Awards since her school-days and she also has a Gold Award and signed-up to help when she started at the school as a PE teacher.

"I felt that I should lead by example. I have had so much fun over the years being involved in the scheme. I want the students at Smithdon to have the opportunity to get on the DofE ladder and see how far they can push themselves. This is why raising money for this scheme is so important," she said.

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CAN WE HELP YOU?

At Heacham Post Office since we have resumed our full opening hours again, I have become increasingly aware that many people, particularly those that are more vulnerable still aren't coming out and afraid of going into shops, because of Covid 19.

With Christmas approaching I have been thinking about how those people will be able to do their Christmas shopping, particularly if they don't use the internet, so I am offering a service to help those people.

At Heacham Post Office I have been increasing my range of gifts, I have called my gift side of our business Little Kiss Sally. I am now offering to deliver items to Heacham residents and the neighbouring villages, or wrap and post them to the recipients. We can include a handwritten cards in with these.

If you are interested in this service please phone or email me and I am happy to assist. We can discuss your requirements and I can give suggestions of gifts. We stock home decor gifts, plaques, candles, scarves, jewellery and so much more.

We are also offering ready made up gift boxes with a selection of little bits inside, these make beautiful present for any occasion. We offer a little gift of happiness, friendship, gardening, Christmas, love, positivity, whatever your choice. For example, these are a box delivered with shredded tissue paper containing items such as a plaque, coaster, candle, pen, mug or jewellery.

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'2 Course Sunday Lunch' is served each Sunday for only £7.95.

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The Snooker room is open. Bingo held each Friday at 7.00pm.

www.hunstantonconservativeclub.co.uk



Mobility News

There are many people asking "What's happened to the MOBILITY SHOP?" Unfortunately the Pandemic forced the closure and the owners have closed their entire operation in Norfolk and have no plans to reopen.

This left the existing staff us, Michael and Roger, out of a job so we decided to open our own business and we have called it

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Tash's transformation

Jo Jackson

Tash joined group on 15th January 2020 after having decided this was going to be her now or never attempt to lose the weight that she had battled with since childhood. Having tried Slimming World before Natasha was determined this time was going to be different and she left group that first week armed with ideas and inspiration to get her off to a strong start in fact she achieved her half stone award the next week having lost 7.5lbs at her first weigh in. She committed to staying to group every week for her dose of motivation and sharing of ideas and continued losing week after week and at the beginning of March achieved her 2 stone award just before we learned that the Covid 19 pandemic would force our group to temporarily close its doors. Tash was devastated and fearful of what that might mean for her new found motivation and success thankfully Slimming World found a way to offer a temporary solution and we started holding groups on Zoom each week; this actually proved to be a real lifesaver for many members during those weeks of lockdown & isolation it was our chance to see and support each other and have a sense of normality. Tash was thrilled and was one of the first to book her space on the screen.

Each week she inspired us with how she was coping with all of the challenges covid was throwing us and she found new ways of dealing with those stresses including Body Magic

which is Slimming Worlds way of encouraging members to embrace activity for long term lifestyle benefits. We took part as a group in a virtual walking challenge to walk the coast of Britain and Tash and other members of the group started the Couch to 5k program too. Tash said as a result of food optimising and body magic: "that she is fitter and healthier than she has ever been and her mental state has improved 100%."

We literally watched her shrink on our screens week after week as she continued to lose weight.

With full Covid secure safety measures in place we were finally able to re-open our doors the first week of September, 6 months after we closed them. Our very first session of the morning saw Tash achieve her 6 stone award and reach her target weight having dropped from a size 20/22 to a size 6/8. Her fabulous achievements saw her voted as our Woman of the Year 2020 for our 8.45 session at the end of September too. Tash shared with us all how she used to want to hide away but now she is feeling like a new woman and she is much more confident, likes having her photos taken and loves clothes shopping. Tash said: "I was so nervous and embarrassed about joining but I needn't have been - everyone was lovely. I would say to anyone wanting to join, leave your worries at the door and do it! You won't look back."

Your BMI is a factor in covid battles. Tash dropped hers from an at risk 39.3 to a healthy 23.2 and consequently has come off all



her medication for high blood pressure too.

As part of the government's 'Get healthier after lockdown' local GPs are currently able to offer a free 12 week referral to Slimming World for anyone with

a BMI of over 30 or if people just want to get healthier there is a #betterhealth campaign if they visit slimmingworld.co.uk valid until 22.11.20 they can print off a free membership voucher when they sign up to 6 weeks



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Tash has lost 6 stones since January,
read her inspirational story in this issue of T&A




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Comfortable and chic

We may be spending more time at home, but there are plenty of stylish labels to enjoy this season, writes Allez Chic's Cheryl Daubney

November is traditionally the month when we are heading out to do our Christmas shopping, invest in some fabulous party outfits and perhaps something special to wear on the Big Day. As I wrote last month, 2020 has been an unprecedented year and has changed so many aspects of life, but adapt we must, and Allez Chic has plenty of gorgeous fashions and gift ideas to suit the moment.

Even if you are scaling things down for this year's celebrations, choosing and wearing a new outfit is uplifting in so many ways and I for one will be cherishing the opportunity to enjoy wearing beautiful clothes. Try Foil's Gun Metal blouse which drapes exquisitely, and whether you dress it up with trousers or down with a pair of great-fitting jeans it feels fabulous to wear. If you are more comfortable in a dress, try Pomodoro's easy-to-wear collection in a range of stunning prints and fabrics.

Temperatures are cooling so if you like an extra layer, try this stunning light, fuchsia jacket-let from Micha which is perfect indoors and out, or wrap up in elegant knitwear from Scot-tish label Marble – who says cosy can't be chic? You might even treat someone special to a sweater this Christmas.

Now, who doesn't want to get their gift shopping wrapped up? We have a treasure trove of goodies in-store to treat the ladies in your life, including wonderful costume jewellery, luxurious scarves and wraps, plus elegant gloves. Truly individual and not found on the high street, give a unique present or treat them to a gift voucher so they can choose something themselves in 2021.

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Hunstanton Lions Club 2020 'Turkey and Tinsel' Dinner

It is with much regret that we have to inform you that we have cancelled this year's "Turkey and Tinsel" lunches in December, due to the ongoing problems with Coronavirus. There is no way under present regulations that we could safely cater for the usual numbers and satisfy the requirements of social distancing.

We hope that you are all keeping safe and that we will be able to continue again next year.

Wishing you all a happy and safe Christmas.
Chris Holt, Hunstanton Lions.

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£140 winter energy bill discount for some pensioners

Eligible Pension Credit customers who qualify for the discount were identified after the Department for Work and Pensions cross-checked its records with energy suppliers. Customer data was matched with records from more than 50 participating suppliers, so that 95% of pensioners who will get the discount will receive it without having to lift a finger – savings totalling £137 million.

The deduction, called the Warm Home Discount Scheme, will be taken automatically from energy bills before March 2021, with most pensioners receiving their discounts between now and January.

A further 220,000 pensioners who meet part of the eligibility criteria but are not yet benefiting will receive a letter encouraging them to claim via a dedicated helpline.

As the Warm Home Discount Scheme is linked to Pension Credit the government is encouraging pensioners to check their eligibility by visiting the Pension Credit section on GOV.UK. It only takes a few minutes to get an indication of how much they could get using the online Pension Credit calculator, and a claim can be made online or by calling the free claim line on 0800 99 1234.



Round the bend with Dean Baker

Push the button or stop me and buy one

This month we will be discussing the rise and fall of the push button toilet.

These toilets were specially designed to save water. But, they're wasting more than they conserve.

Dual-flush toilets were introduced as a more efficient alternative and were expected to use less than half the amount of water per flush. Unfortunately these toilets are even more prone to leaks.

The problem is so great that the costs are outweighing the benefits. "Because there's so many loos that continuously flow through the day and night, collectively this water loss is now exceeding the amount of water the dual flush design should be saving", said Andrew Tucker, water efficiency manager at Thames Water.

"The volume of water loss is getting bigger everyday as more people refurbish and refit older toilets and as more homes are built, so it's a growing problem."

The campaign group 'Waterwise', has estimated that 400m litres of water leak from UK toilets everyday. Waterwise says that a single leaking toilet wastes between 215 and 400 litres of water per day.

Older toilets use a siphon system, which works by pushing water upwards until it reaches a point at which it can flow into the bowl. Because that point is above the water line when the toilet is not being flushed, the system is less likely to develop the same sort of leak.

The managing director of one of the UK's largest plumbing manufacturers told the BBC

"If we're serious about wasting water, the only way to do that is to put a siphon back in toilets"

For the time being, dual flush toilets are with us!

They have 2 buttons that allow different quantities of water to flow through the toilet. The big button will use 4-6 litres, the smaller button uses 1-2 litres. For some people push button toilets present a bigger problem. Those with reduced mobility in their hands or fingers they struggle to press the button, and therefore flush the loo at all! There is

good news..... I have found a raised button specifically designed to solve this problem. This raised button is designed to make the toilet much easier to use for everyone.

I'm going to keep these raised buttons on my van so please do contact me if your struggling with a standard push button toilet.

Until next month ... all the best.

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www.dalegatemarket.co.uk



Don't Get A Fright On Firework Night!

This year the big firework displays have been cancelled. Yippee!!!! I would go a whole day without doggy chunks for this to happen every year! However, fireworks go on sale for private use from the 15th October to the 10th November. (Humans can also buy these dreadful things from the 26th to the 31st December and 3 days before Diwali and the Chinese New Year.)

Fireworks can be very stressful and traumatic for us dogs as we instinctively associate loud noises with danger. As we possess an acute sense of hearing sound is more amplified and much louder than it is to humans. Loud bangs and flashes may make us want to hide in the corner and shake while others may bark very loudly at every strange noise and feel like the home is under attack. These types of behaviour show a level of anxiety and so I have decided to investigate further how our humans can help ease our stress on fireworks' night.

Preparing for fireworks' season

Start to de-sensitise to loud noises by playing firework sounds quietly while your human is at home. Over time, slightly increase the volume.

Engage in activity during the day

Get out and do some exercise during the day whether it's a long walk, or playing fetch, so when the fireworks start you're almost too sleepy to notice.

Stay indoors

For most of the year it's against the law to set fireworks off after 11pm. However, this curfew is extended to midnight on Guy Fawkes Night. Make sure you go out to the loo early before the fireworks start. Your human can always let you out again in the early hours of the morning! Do not go out for walks after dark. Make sure you have company and are not left home alone!

Create a 'safe space' in your home

Some dogs like a safe space such as their bed with blankets and soft toys, or a table covered with a sheet. Creating a comforting space to which you can retreat and relax may help. Others may prefer to snuggle up to their humans. The best thing is to decide where you want to settle and make sure your human does not confine you to one place, as you may grow distressed and hurt yourself trying to flee, should you be spooked.

Draw the curtains

Fireworks flashing across the skies are scary, so shut out the light to create a calm environment.

Escape-proof your home

Close all doors and windows, then secure any escape routes in the garden.

A collar and micro-chip are a must

If you do escape, a collar with your details and an up-to-date micro-chip will ensure you can easily be traced. More dogs go missing on Firework night than any other.

How to keep calm during a display

Mask the sound by playing the TV or radio – classical music, for example, is proven to be very calming and will reduce the impact of loud noises. Ask your human to play with you and maybe have your favourite toy and treats to hand.

Visit your vet

There are products available for dogs which can be effective at reducing stress and anxiety levels. It is important to ask your vet for advice on the best one to suit you.

Try a Thundershirt

I have been told by friends that these work well. Apparently it uses gentle hugging to calm you. It is believed that the pressure from the

shirt has a calming effect on the nervous system and possibly causes calming hormones to be released.

Let's all pray for heavy rain every night for the weeks surrounding bonfire night and if all else fails, be strong and hold your heads (and tails) up high!

Woofs Pupstar

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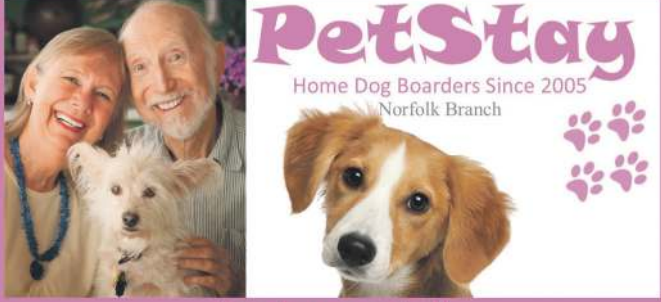
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Here we hoe again...

By Old Muck at Northfields Allotments

Bit nature related ...

Or, look at them bees. They're not bees they're wasps. Well that one's definitely a fly. That's definitely a bee. Must be an ivy bee then.



Nature often becomes the subject of debate up our end of the allotments. This is mainly because Tallest Of The Peters (as opposed to Midi Peter, Peter on the Bike or Peter from the Other End...) is a total nature buff.

That means he's a naturalist, as opposed to someone inclined to removing his clothing to garden as nature may once have intended.

TOTP usually tolerates my less than knowledgeable outlook regarding wildlife, apart from when we got a little close for comfort to a water buffalo the size of an SUV out in the Fens the other week.

When not steering me away from getting us flattened by three tonnes of beef with horns on, he has taught me much about some of the more interesting sightings to be had nearer to home without turning us into PP (Pancake Pete) and EMCOM (Even More Crushed Old Muck).

While just about everything else is shutting up shop as we soggily shift towards winter, the ivy which grows thickly along one of our boundaries is giving it the big one as it comes into flower.



A brief sunny interlude saw it mobbed by wasps and bees making the most of last orders at the nectar bar, along with flies, TOTP, Chicken Mick and me.

The buzzy things were so preoccupied with their trough they ignored our "they're bees - no they're not, they're wasps" debate.

As Pete looked like losing that round of Nature Question Time, a staccato bursts of tweets rang out from an oak tree, prompting "long-tailed tit" in response.

I wonder how many plot holders have become as enthralled by the wildlife as we have. We've all seen amazing things a few minutes' walk from home, ranging from large birds of prey soaring overhead (it's a marsh harrier - not it's not, it's a red kite, looks more like a seagull to me...) to smaller lesser-spotted woodpeckers flitting through the hedgerows (you calling me a tit again...?).

As I go back to my weeding, I hear a shrill Wee-ee-ee-ee-ee from TOTP's shed. What's that, I ask Chicken Mick. Made me jump right out of my skin.

Sound's like tea to me, says Chicken Mick, dusting off his mug. Pete's got the kettle on.

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Nature Notes with Roger

Notes from another county

We have just returned from a short break away. Originally we planned a holiday abroad in July, which had to be cancelled; then we decided on a coach holiday to North Wales - restrictions struck, so that was abandoned. We ended up much nearer home in the neighbouring county of Suffolk where, despite rumours, no passport is needed. We based ourselves in the seaside town of Aldeburgh and braved the somewhat stormy weather to make several visits into the surrounding countryside.

Aldeburgh is divided from the North Sea by a narrow shingle ridge which made sea-watching an easy exercise. Many Gannets passed northward, and on one day a raft of about 150 Common Scoter, a winter sea duck, floated just offshore. To the north of Aldeburgh lie the RSPB reserve of Minsmere, the currently contentious site of Sizewell Power Station and the quaint settlement of Thorpeness, developed by G. S. Ogilvie in 1910 into a private holiday village and containing the iconic House in the Clouds, the original water tower for the village.

Between Aldeburgh and Thorpeness low-lying, flooded fields form The Haven Nature Reserve, which is indeed a haven for wildlife. Huge skeins of Greylag Geese were constantly passing over and landing on the scrapes, and smaller numbers of Teal, our smallest duck, were also present. On one visit I heard the loud explosive call of a Cetti's Warbler, a bird far more often heard than seen as it skulks in the waterside vegetation. On returning to Aldeburgh one afternoon I noticed two large, slow-flying birds passing high overhead. Their long necks were extended and on closer observation I could see very long legs extended as well - a pair of Cranes. These are largely mainland European birds, but do visit here from time to time on migration. There is also a small resident population in the Norfolk Broads which has been there since 1979.

Just up-river from Aldeburgh, some 4 miles away, are Snape Maltings, former grain storage and mill buildings, now converted into the world famous concert halls; the brainchild of Benjamin Britten who lived at Aldeburgh from 1947 until his death in 1976. Here it is possible to take a river trip on a small boat and enjoy the Suffolk countryside from a different perspective. The land adjoining the river was inundated in the 1953 floods and has been left as a wonderful wetland reserve, home to many species of ducks and waders. We had excellent views of large flocks of Redshank and Black-tailed Godwit and also several Curlew, while in the distance around 200 Avocet rose and

wheeled in the brief periods of sunshine. There were several Shelduck present along with a few Lapwing and a noisy flypast of 16 Canada Geese. Hunched on the mud of the river bank we spotted a Grey Heron and its smaller cousin the Little Egret. Over the reedbeds several late migrating Swallows were busy feeding up before their long journeys south, while in the reeds themselves about a dozen Bearded Tits were present.

One of our trips took us to the town of Woodbridge on the River Deben. While the morning was grey and damp, the afternoon cleared enough for a walk along the river path. Curlew and Redshank called from the mudflats across the water, while gulls patrolled the air above. A large bird caught my eye, at first glance gull-like but darker and with what appeared to be a slight light-coloured crest. Obviously a bird of prey, my first thought was a Marsh Harrier, but the wings were distinctly bowed and as it turned it showed very pale underparts. It was an Osprey which proceeded to track up-river before returning and diving for some fish. A magnificent sight, and a case of being in the right place at the right time.



Ospreys are remarkable birds of prey, having a wingspan of just over 1.5 metres. They live exclusively on fish, diving into water feet-first to catch their prey with extremely strong power talons. In the UK they migrate south to Africa every winter - a journey of over 3,000 miles to Senegal and the Gambia - and the juveniles do this without their parents. The Osprey is widely distributed throughout the world, found on every continent except Antarctica, but here in the UK numbers reduced dramatically through the 19th century, due mainly to persecution and egg collecting, until the last recorded breeding pair was in 1916 on an island in a remote Scottish loch. Breeding started again in Scotland in the early 1950's as a result of overspill from Scandinavian populations but each time the efforts of the birds were thwarted by egg thieves; so in 1958 the RSPB launched 'Operation Osprey' with round the clock protection. The site at Loch Garten became a bird reserve and, in time, a tourist attraction, and I can remember visiting in my college days in the early 1970's to get a sight of this magnificent bird on its huge nest. Slowly other parts of Scotland were colonised, and in 1996 a translocation project began at Rutland Water with chicks from Scottish nests. In 2001 a milestone was reached when a male bird, re-located in 1997, raised a single chick at the reservoir. Today over 150 young Ospreys have fledged from nests in the Rutland Water area. A truly remarkable conservation success story.

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FOOD PRODUCTION HAS TO BE VIEWED ON AN INDUSTRIAL SCALE

By Robin Limb, agricultural consultant

Norman Borlaug's Legacy – the 'Father of the Green Revolution'

Norman Ernest Borlaug, born on March 25th 1914, and died on September 12th 2009, was an American agronomist who led initiatives worldwide that contributed to extensive increases in agricultural production, termed the 'Green Revolution'. Borlaug was awarded multiple honours for his work, including the Nobel Peace Prize; the Presidential Medal of Freedom; and the Congressional Medal.

Borlaug received his BSc degree in forestry in 1937, and then studied for a PhD in plant pathology and genetics at the University of Minnesota in 1942. He took up an agricultural research position in Mexico, where he developed the first semi-dwarf, high-yielding, disease-resistant varieties of wheat. During the mid-20th century, Borlaug led the introduction of these high-yielding varieties, combined with modern agricultural production techniques, and returned to Mexico, along with Pakistan and India. As a result, Mexico became a net exporter of wheat by 1963. Between 1965 and 1970, wheat yields had nearly doubled in Pakistan and India, greatly improving the food security of those nations.

Borlaug died just a few years ago, but he was instrumental in creating a paradigm shift in farming and food production around the world, through modern seed breeding techniques that improved yields and moved crop productivity into a new dimension.

The world's population is forecast to rise from 7BN to 9BN by 2050 – in reality it won't if we can't feed all those mouths. Organically produced food is a lifestyle choice, and a luxury for those that can afford to pay a price premium, but many studies have shown no evidence of better nutritional value. Organic crops cannot match the yields of conventionally grown ones, and hence require

40% more agricultural land to produce the same quantity.

At a time when farmland is being lost around the world due to desertification and sea level rise, for well-off western nations to shy away from technology and rely evermore on foreign imports is effectively 'exporting' poverty to those third-world nations that will ignore the needs of their indigenous population and instead sell produce at higher export prices.

The reality is that around 90% of UK food is produced by just 10% of our largest farms. These operate to the strictest environmental, animal welfare, and sustainability standards. But the UK is still only 60% self-sufficient in its basic food supply – "A spectacle of both majesty and madness," as Winston Churchill once said.



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“The UK is still only 60% self-sufficient in its basic food supply.”

shelves fully stocked at all times. I will name just a few: A.H. Worth Farms, Holbeach; Lincolnshire Field Products, with its massive fleet of FreshLine delivery trucks; and Shropshire's (G's) from Barway, just south of Ely, Cambridgeshire. Guy Shropshire invented the first ever mechanised celery washing and processing plant, back in the 1970's, and is still the main supplier of fresh celery to Marks and Spencer's to this day.

Branston Produce, located at Bracebridge Heath, Lincolnshire, supply nearly all of Tesco's potatoes. There is a Tesco manager constantly on site to check the quality of produce before it is dispatched – this ensures there are never any rejections upon arrival at the factory.

Strawson Ltd, based in North-Nottinghamshire, send most of their carefully selected crisping-variety potatoes to Walkers at Thurmaston, Leicester – think about that the next time you rip open a packet of their crisps.

A tour of the packhouses on some of these farms would literally blow your socks off – their sheer throughput is just mind-boggling. The discipline and commitment of the workforce is humbling to say the least. Every five minutes of the day and night a refrigerated truck leaves site bound for any one of our major cities around the country. Overnight, the produce will arrive in time to be unloaded and stacked on the shelves by opening time the same day.

There all sorts of moralistic debates going on about how we produce our food – but just reflect on that on an empty stomach when the supermarket is closed on a Sunday afternoon.

Norman Borlaug testing wheat varieties



Thaxters plant of the month - Amaryllis

by Wendy Warner

To be botanically correct, this article should be titled Hippeastrum, but I think it's unlikely anyone would recognise this name. These natives of South America with their large exotic flowers on tall stems are can be enjoyed here as a houseplant from Christmas through to Spring.

Amaryllis are grown from a large bulb and will produce bold flowers in many colours from plain white, pink or red to deep burgundy, nearly black. Others are two tone with stripes or star shaped markings, picotee (the edges of the petals being a different colour) or with extra layers of petals making them appear double. Some of the most exotic ones can be in shades of salmon, orange, cream or yellowy-green. Their flowers are produced on the top of a sturdy tall stalk with strappy leaves usually appearing after the flowers open.

If you are buying your amaryllis in a kit it will usually be supplied with compost or a compost pellet that should be mixed with water as per the instructions. If you get just the bulb, you should use a multi-purpose or John Innes No.2 compost with good drainage. Use a pot just slightly larger than the bulb and if possible stand this in a heavier pot cover as your amaryllis will be quite top-heavy when it is blooming. The upper third of the bulb should be showing above the compost and keep the compost moist,

watering around the edge of the bulb, but avoid overwatering. The bulbs should be planted 6 to 8 weeks before you want them to flower. Keep at a steady 20-25°C to start them into growth, this could be in the dark in an airing cupboard, and as sprouting begins, move to a warm, bright position. The pot should be turned regularly to avoid the stem bending towards the light and may require staking. Feed with tomato food every 2 weeks as it grows and as the flowers start to open, you can extend the flowering period by moving the plant to a slightly cooler spot.

An amaryllis isn't just for Christmas! With some careful aftercare, you can get it to flower again the following year. After flowering, cut the dead flower spike to the base, but keep leaves growing and feed with a balanced liquid fertiliser. During the summer place the pot outside or in a greenhouse, keep moist, but shade from scorching sun. In September, move into a light position, at approximately 13°C for 8 to 10 weeks and cut any old foliage back to 10cm from the neck of the bulb and add a little fresh compost. After this time resume cultivation as if you were planting a new bulb.

Although a plain red is probably most traditional, try "Black Pearl" with its stunning dark burgundy flowers or "Christmas Star" which, as the name suggests, has a white star shape on red petals or "Alfresco" with its double white flowers. For an amazing show, grow extra large bulbs.

Treat yourself or buy as a gift for a friend or family member to grow this Christmas.



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"Anyone who says that autumn leaves are dead has never watched them dancing on a windy day" Shira Tamir

It's been a pretty wild and windy October, here's hoping for a sunny and bright November to enjoy the colours of Autumn and lift our spirits.

Here are a few jobs to kick start November:

In the flower garden

- Plant out spring bedding such as wallflowers and spring flowering bulbs, snowdrops and early white daffodils work beautifully in low light. Even evergreens and evergreen grasses work well.
- Sow hardy annuals in cleared areas for early flowers next summer.
- Plant up tubs and baskets with evergreens for autumn and winter interest.

In the vegetable garden

- Best to harvest any fruit or vegetables and ripen on the windowsill if necessary. It is unlikely the sun will do the job for you in November.
- Sow broad beans and hardy peas.
- Plant out garlic cloves.
- Plant new fruit trees and bushes.
- Tidy strawberry beds, cutting back old foliage or remove old strawberry plants altogether. New, self set plants will fruit more readily.
- Pot up roots of mint and bring under cover for winter pickings

Other Jobs

- Clean the green house and insulate with bubble wrap.
- Don't forget to turn the compost heap if you have one.
- Cut back suckers growing around the base of trees.
- Choose bulbs and bedding for spring displays.
- Mow lawns less frequently, remember not to cut it too short.
- Dig manure into your soil over winter or mulch with compost and bark to break up heavy soil.
- Gather up leaves on a dry day and set aside to rot down. Leaf mould is fabulous for mulching and would be ready for next winter, absolutely free!

From your armchair

Start to think about how you would like your garden to look next year or even what crops you would like to grow in pots or raised beds. There are so many seed and plant catalogues to look through on a wet Sunday afternoon.

Hunstanton Gardeners' Association

Please note that we have cancelled the AGM that was due to take place on Thursday 19th November 2020.

All about service

Sandra Hohol, Norfolk Holiday Homes

Again this month featuring Hunstanton's lack of Tourist Information Centre, our friend Mr Richard Bird, upon delivering T & A, got talking about cycling and walking routes. He could have gone to the local Tourist Information Centre to find more information for his and his lovely lady – but silly me, it's shut. However, luckily we have a wealth of information for our holiday guests in the office so he was pleased to receive a very handy book to help them discover new routes in the area. So it is not just the holiday-makers and day trippers seeking information to assist them in exploring our coastline, it is also the local people, or people new to the region, who need help with information from local people in the know. Sometimes leaflets are not the answer – it's what you know for that extra personal customer service.

Someone asked me the other day what sort of questions do we get from visitors which a leaflet cannot answer. Put on the spot, I had to think. "Where can I get the best fish and chips?" "Where is the nearest loo?" "Is there a disabled toilet nearby?" "Is there a chemist near here?" "Where is the nearest doctor's surgery or hospital?" "Is there somewhere which serves a nice fish meal instead of fish and chips?" "Is there a Post Office in Hunstanton?" "Is Barclays the only bank in the Town?" And so, if anyone does not know the answers to these simple questions, where would they go? Yes, to the local Tourist Information Centre.....a leaflet will not help.

Well done to all involved with the petitions and surveys excelling themselves in trying to bring back the manned TIC – you are doing a wonderful job.

We have been so busy this year which is extending now into October and November especially as no-one wants to travel abroad. Every year we lose a few properties but we always gain a few more so if you own a holiday home in the area we would be glad to give you an assessment with a view to adding to our portfolio. Call in or call us if you have any queries.

Finally just to remind T & A readers that we are independent and local agents for self-catering holiday homes along the North West Norfolk Coast and Countryside and beyond. We provide a stress free service for holiday home owners plus a painless booking system for guests. With three ladies in our office we have a vast amount of holiday letting experience with owners and guests so advantages all round. No robots or menu buttons – just humans knowing about all their properties and the area so guests and owners benefit successfully.

NB: I will have been operating the business for 40 years on 10 November and learned as I went along. Julie started operations on 14 June 2004 bringing her own holiday career experiences. Carol joined us on 10 June 2018 and has a wealth of knowledge about the industry from a lifetime of past executive careers. So, guests and owners are in very good hands. And.....we are all still learning.

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Holiday letting in a covid world

There's no denying that 2020 has been a hugely transformative year both on a global and local level. When the pandemic hit and national lockdowns were imposed the thought was that it would kill the leisure and tourism industry plummeting it into a dark hole of no return. Understandably lockdown brought a halt to everything however the turn of events over the last few months has put Britain back on the map for thousands of families looking to get away and holiday cottages have been at the top of the list.

People are still looking to travel, but are now considering more rural, less densely populated destinations. Norfolk continues to be in exceptionally strong demand and features high in the list for a great British staycation. The draw of booking a stay with sites like Air bnb over a traditional hotel break has always been about price or variation. However with covid the hotel route doesn't appeal to many, it's not exactly the most socially distanced option with communal areas, so in turn we see a massive swing to self-contained, cleaned and sanitised homes.

Workcations have also proven very popular, city folk now working from a laptop in their spare room, have seen an opportunity to break away from the city, family in tow, to a rural destination for a number of weeks at a time.

For home owners there has never been a better time to maximise their second homes or investment properties. Industry experts believe the current trend will continue well into 2021 and 2022 with families finding new love the British countryside.

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JOHN AND JANET– PROBLEMS WITH TRUSTS

By Kathryn Gigg Chartered Accountants, Hunstanton

Once upon a time, Mr and Mrs Smith had two children, John and Janet. When Mr Smith died, he left everything to his wife, but she remarried, and left all her estate to her new husband. When he died everything passed to the children from his first marriage. John and Janet were not entirely pleased by this state of affairs, and on taking legal advice, decided that the same thing would not happen to their children, so both drew up Wills leaving the bulk of their assets to their respective spouses for life and then to their children. Over time John invested in a fine house and Janet built up a portfolio of investments. In due course both passed away, coincidentally appointing the same family friends as trustees of their Will Trusts. John's wife lived in his house and Janet's husband received all the income from her investments (which he duly reported on his own tax return). In time most of the trustees had also passed on, and no one had thought to replace them since the tax affairs of both Will Trusts had been completely transparent, with one generating no income from John's house and the other mandating all the income from Janet's portfolio to her husband as the life tenant. No tax returns have been issued to the trustees for decades.

Unfortunately, this simple life will shortly be disrupted. Anti-Money Laundering (AML) legislation introduced on 20 January 2020 will add many more Trusts to those which are required to register with the Trust Registration Service (TRS). Prior to 2017 HMRC normally only kept records of those Trusts which had regular liabilities to Income Tax, Capital Gains Tax or Inheritance Tax. These Trusts then were obliged to register with the TRS in 2018, but the new AML rules extend the registration requirement to ALL expressly created UK trusts (and some foreign ones) including many which have no tax liabilities. Some estimates suggest that as many as 2 million Trusts might be affected by these new requirements. These might include bare trusts (where the trustees are little more than nominees), Will Trusts where the only asset is a property occupied by a beneficiary (such as John's Will Trust), trusts where the income is mandated to a life tenant who declares the income (such as Janet's Will Trust), and also some trusts where the only asset is a contingent right under an insurance policy or pension.

Following consultations in 2019-20 some Trusts have now been excluded from registering including Will trusts which are created on death and wound up within two years, trusts for joint ownership of property, "pilot trusts" holding less than £100 and some trusts for critical illness policies and pension schemes.

Any trusts not previously registered and not falling within the exclusions must now register by 10 March 2022. Those established after 9 February 2022 will need to register within 30 days. A 30-day deadline also applies for the notification of any changes in the details of beneficial owners and there are additional deadlines where tax becomes due.

Clearly John and Janet's children will need to contact the surviving Trustee fairly sharply and arrange registration – not a simple exercise because the HMRC guidance online has not yet been updated. They probably ought also to find the original Trust Deeds (or obtain copy Wills from the Probate Registry) and perhaps ask their solicitor to review the process for appointing some new trustees. Given that the time frame is now clear and, as usual, there are penalties for non-compliance, starting at £100, the sooner the process is put in hand the better.

We can help Trustees to understand their likely obligations under these new rules and assist with the Trust Registration process and ongoing Trust tax matters if required.

If, having read through the information provided above, you require advice, please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA



Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.

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We've recently been carrying out lots of different works, such as laying grey sandstone patios, installing new fences with gates (especially those damaged in the recent bad weather). We re-modelled a garden to include new paving, laid new turf and constructed raised beds around the garden. Plus, we are currently in the middle of designing a new garden layout with paving and raised beds to name just a couple of jobs. We cover a wide area, from Norwich, down to Downham Market and all the surrounding villages in north-west Norfolk.

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Linking up

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

I have just been notified of the need to self-isolate for a while, so in a reflective mode I decided to look back at the past three years.

In June 2017, I outlined my objectives as: Better broadband and mobile coverage; Solutions to summer traffic; Better bus transport; Restoration of the railway; Greater cleanliness on beaches generally; Coastal defences and improving the sand on Hunstanton beach.

Since then, I have become increasingly involved in ways of attracting a higher wage, low impact economy to the area to broaden our year round economic base, raise average wages and reduce our dependence on hospitality and tourism, important as those continue to be. This in turn has led me to lobby for a more forward-looking approach to Hunstanton, its infrastructure and economy.

I have taken on the role of Norfolk's walking and cycling champion, with the aim of expanding and improving the miles available to us and reducing the role of the car.

Upon the restoration of the Cabinet system of Government, I had the honour of being appointed as Cabinet Member for Finance.

Infrastructure

Infrastructure is key to sustainable economic growth. So my first priority has been improvement to the poor network and broadband coverage for Hunstanton and the surrounding area. The Norfolk-wide LFFN (Local Full Fibre Networks) agreement was signed in 2019. It installs FTTP (Fibre To The Premises) into public buildings, which means that we will have gigabit capable infrastructure throughout my Division by June 2021, greatly increasing individuals and businesses ability to work effectively from here across the globe. There were six initial sites selected in my Division: Hunstanton Fire Station; Hunstanton Library; Burnham Market Primary; 12-14 Valentine Road Hunstanton; Hunstanton Primary school. Additionally, we have enabled Heacham and Wells Fire stations as well. We have been awarded another £2m across the County to sort out any areas still receiving poor speeds so anyone still off the network after June will be catered for. On Mobile coverage, while there is more to be done, extensive lobbying has taken place with mobile operators specifically about the North Coast over the last two years, with the result that there are improvements already within Hunstanton; also, we will have 5G deployment in the Town within the next 18 months. O2 have new masts proposed for the remaining not-spots in Hunstanton, Brancaster and Burnham Overy Staithe (subject to planning) as do EE and 3. So, although there is more to do, the not spot areas on the latest map of my Division are now gratifyingly smaller than they were when I started this campaign.



Traffic

That long term solutions for summer traffic are needed was graphically highlighted by the post-lockdown invasion of the coast over the summer. In the past, solutions have been sought piecemeal, on a by-parish basis. For example, I arranged part payment (along with parish councils) for SAM2 speed monitors to be installed in Hunstanton, Ringstead, Burnham Market, North Creake, and Burnham Overy Staithe. These have helped but do not get to the core of the problem. It needs to be done as a complete plan. Therefore, I have formed a Task and Finish Group, comprising senior officers from Norfolk County Council's Environment, Highways and Public Health departments, together with the team at Norfolk Coastal partnership (NCP: responsible for our AONB). The team will use the western end of AONB (Hunstanton to Wells) as a pilot project to find long term solutions to speed reduction, parking issues, reprofiling the use of some of our smaller lanes and a general improvement of the coastal walking and cycling experience to make them the natural choice for shorter journeys or part of a longer journey. Parishes are currently undertaking residents' consultation and you may have already filled in NCP's survey.

Walking & Cycling

Alongside this sits another programme. Norfolk County Council has an obligation placed upon it to manage the countryside access to properly meet the various demands placed on it. To facilitate this and provide focus to North West Norfolk, I became Chair of Norfolk Trails in March. We had a huge programme of work planned, which was completely abandoned due to COVID, both for Norfolk Coastal Path and some of the recently created 'West Norfolk Coastal Treasures'. However, we will be back on track next year, COVID permitting. The circular walks are linked to the Coastal Path or the Peddars Way. Their purpose is to bring the countryside immediately inland from the coast to a wider audience: partly because the stories they tell (and can be found in the booklet that details each of the walks and cycle routes) and partly to alleviate the pressure caused by people believing that the Coast is all there is

to see. To further the aim of opening up Norfolk's interior, I have launched the Greenways Project: a plan to recycle Norfolk's disused railways for walking and cycling. Following feasibility studies, pilot projects are underway to bring part of the lines from Kings Lynn to Fakenham and Kings Lynn to Hunstanton into use.

Introducing Norfolk's interior to our visitors will not, of its own, reduce pressure on the fragile environment of our sand dunes and beaches. Again, this is not an issue with an 'easy win'. It is vital that sustainable economic growth is available for our residents: never more so than now, in the teeth of lock down and sharply rising youth unemployment. However, it is possible, through active campaigning, both by the Borough and by Norfolk County Council, to 'nudge' people into adopting better behaviour. It works elsewhere: it will work here. Additionally, I have supported a Biodiversity Audit of the Norfolk Coast by UEA, in conjunction with coastal landowners and organisations along the coast.

Public Transport

In terms of Transport, I am pleased to say that I successfully lobbied for West Norfolk (Hunstanton to Lynn) to receive over £180,000 of the £900,000 funding allocated to Norfolk to improve public transport. This was to be used to trial evening services to Lynn and re-introduce a fast direct service between Hunstanton and Kings Lynn railway station. No sooner had it been allocated than we had to use these funds to support the existing bus network, which was bleeding to death (and still is) as a consequence of the dramatic fall in passenger numbers. However, hopefully we will be in a position to reintroduce this next year. I am also pleased to say that the path to re-establishing a rail link to Hunstanton from Lynn took a great leap forward when I persuaded Norfolk County Council to fund a bid to access cash from the recently announced Beeching Reversal Fund. We are in the second round. If successful, we will have funding for a full feasibility study.

In addition, I have been so enthused by those of you who have sought my help to deliver a project and I have been able to assist, either directly or through Norfolk Community Foundation, where I sit as Trustee. I have had enormous pleasure meeting those of you who I have assisted in your interaction with the County's services. My other role, as Cabinet member for Finance has allowed me to bring influence to bear on behalf of North West Norfolk and I hope to be able to assist many more in the future.

andrew.jamieson.cllr@norfolk.gov.uk
07450 679902

Wild in Westminster & West Norfolk

Across North West Norfolk we are lucky to have so many amazing people living in our local communities. So it has been fitting and uplifting to see so many of their efforts in responding to Covid-19 recognised through the Love West Norfolk hero awards.

The sheer variety of background of those who have received awards underline how everyone stepped up to help those in need – from chefs cooking for the NHS, the leader of the King's Lynn Beavers bringing the group together virtually, through to teachers, vets, the Samaritans, a song a day in Snettisham, the QEH Chief Executive, and many more.

It is particularly appropriate that they were all nominated by members of the public for the difference they have been making during the pandemic. As we continue to try and control this virus within the new tiers of medium, high, and very high risk areas set out by the Prime Minister, I know that those crucial community efforts continue. West Norfolk is medium risk as I write, but the number of cases is increasing so it is vital to keep following the advice – wash hands, cover face, make space.

In recent weeks, it would traditionally have been the time when party conferences take place – although sadly they no longer happen in seaside towns. However, due to Covid-19, this year they have all been virtual which was particularly appropriate for the panel I took part in on the rollout of gigabit capable

broadband. The government has pledged to achieve this by 2025 and allocated £5 billion to spend on the hardest to reach 20 per cent which will include parts of North West Norfolk.

During the session with the Chief Executive of BT Openreach, I pointed out that 40% of lines in the constituency have speeds less than 30 Mbps, and a quarter of lines in Grimston, Gayton and elsewhere deliver speeds below 10 Mbps (there is a legal right to receive this speed so do contact BT if you don't).

So the desire for gigabit speed is significant. There is so much potential to transform public services such as healthcare and build on the increase in virtual hospital and GP appointments during lockdown. While of course access to face to face appointments will always be important, many value the convenience accessing services online offers.

Better digital connectivity – along with road and rail links – will help level up and encourage businesses to relocate and thrive in our villages and coastal areas. By doing so it can make them more sustainable with successful local economies. But it isn't enough to talk about it – we need to get on with the rollout and I continue to press the government on the urgency of delivering on the promised investment in this area.

For many of us, it is the coastline and countryside that make North West Norfolk so special and as the nights are drawing in, the



James Wild MP

House of Commons, London SW1A 0AA

james.wild.mp@parliament.uk

www.jameswild.org.uk

@jamesowild

amazing dark skies come into their own.

As a Vice Chairman of the All Party Parliamentary Dark Skies Group I encouraged people to respond to a consultation to develop our priorities to protect and enhance dark skies. I'm grateful to the Norfolk Coast Partnership, Kings Lynn & District Astronomical Society and other for providing their ideas on how to enhance these nightscapes. We will be refining our policy asks to protect our dark skies for future generations.

OLD HUNSTANTON PARISH COUNCIL

In September we had a meeting with neighbouring Parish Councils, under the umbrella of the Saxon Shore forum. Attendees included our County Councillor, Andrew Jamieson and Borough Councillor, Bob Lawton. We discussed the ongoing high visitor levels, parking problems and speed restrictions. There were a number of ideas reviewed including the provision of more parking, a 40mph blanket speed limit along the A149, a concept being mooted by our County Councillor, and our proposal for a 20mph speed limit through the coastal villages. Andrew asked the members of the forum to put forward a wish list that would be acceptable to their parishioners and meet with him when completed.

Old Hunstanton PC (OHPC), has joined with Holme next the Sea PC and Hunstanton Town Council in an anti-litter campaign because of the unprecedented levels of litter left behind by visitors, after the lifting of lockdown. This has started with 'Slam Dunk The Junk in the Bin' posters.

The Children's Playground is still under review. Essential maintenance was carried out on the 8th October in response to the report from ROSPA and we have asked our contractor to carry out grass cutting and weeding in and around the area. We will keep a close eye on the situation, taking advice from the relevant authorities and open the Playground when it is deemed safe to do so.

The AONB boundary review is ongoing with OHPC lobbying for the whole parish of Old Hunstanton to be included within its borders. The pandemic has caused delays in the process but we are hopeful.

We would like the residents of Old Hunstanton to engage with us and let us know how they feel about the above matters

Please contact the PC through the Clerk, email below, to give the PC your views on the above, or anything else you think we should know about, or do something about. Thank you all for helping the village through this pandemic and, hopefully in the same vein, continue until the virus is under control. You can contact me or any other councillor through the Clerk at clerk.oh@gmail.com

Regards

David McLeod, Chairman OHPC

The next meetings of Old Hunstanton Parish Council will be held on 19th November and 10th December. These will be held virtually via Zoom and any resident wishing to attend should contact the Clerk for the link. All residents are invited to put their views and comments to the Councillors during the meeting at Public Participation time. Glynis Allen, Clerk to Old Hunstanton Parish Council. 07917 757328

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Campaign to reinstate Hunstanton's staffed Tourist Information Centre

A meeting was held on Wednesday, 7 October between representatives of the Hunstanton and District Civic Society (H&DCS) and Cllr Elizabeth Nockolds, Deputy Leader of the Borough Council of King's Lynn and West Norfolk (BCKLWN).

Discussions focussed on the results of the recent surveys and petitions conducted by H&DCS with respect to the sudden closure of the staffed Tourist Information Centre (TIC) in Hunstanton and its replacement with an unmanned room containing only a display of leaflets. Two representatives of the local business community – Joel Large of East Coast Gelato and Sandra Hohol of Norfolk Holiday Homes – spoke strongly of the need for a staffed facility.

Mrs Hohol reported being inundated with questions from potential visitors since the closure of the former TIC – and this was reflected in the survey feedback from other business owners/managers. Mr Large firmly supported the notion of a blended solution, i.e. a mix of staffed tourist information centre and unmanned information points (self-service leaflet displays), ideally with a manned kiosk on the promenade during the summer months.

Cllr Nockolds informed the group that closure of the former TIC was not connected to the cost; nevertheless, she stated that there is little or no budget availability for a staff member and that the borough's preferred option is to promote use of the Visit West Norfolk website, pending the transfer of visitor information to the Library.

All other participants agreed that digital technology has an important role to play in the tourism offer. However, based on practical experience of the site, they believe that the current Visit West Norfolk website requires significant investment to meet the needs of present and future users – and in any case could never replace the stated need for a human contact to respond to detailed questions on the spot. They suggested that immediate co-location of a tourist facility with library services would save the expense of maintaining the Coal Shed Gallery (TIP) as an independent site and that these savings might be used to cover staff costs.

On closure of the TIC within the Town Hall complex BCKLWN paid Hunstanton Town Council (HTC) £14,000 expenses, including an amount for unsold stock items. It was suggested to Cllr Nockolds that

a staffed tourist information facility would allow the Borough to recoup this expenditure through a small retail offer – and, if sustained, longer-term could generate revenue to contribute to staffing costs.

It was acknowledged that the former TIC was unique in that it also provided a valuable service to residents, filling the void when the BCKLWN offices were closed in Valentine Road. Since those services do not fall under the heading of tourism, it was also suggested to Cllr Nockolds that HTC might be approached to part finance a staff member to support the local community.

Whilst the issue of staffing is still unresolved, the main follow-up actions agreed at the meeting were as follows:

- Subject to any potential future Covid-19 restrictions, Cllr Nockolds committed to a review (by March 2021) of tourist information provision in Hunstanton, based on the evidence provided and economic considerations. The review will include a breakdown of operating costs of the current TIP
 - In the interim, Cllr Nockolds will talk to Cllr Andrew Jamieson at Norfolk County Council about the possibility of immediately co-locating tourist information services with the current Library, in anticipation of its scheduled move to the new location in St Edmund's Terrace in a few years' time.
 - In terms of Hunstanton community or business queries about issues such as car parking and permits, EN volunteered to offer her contact details for local residents and businesses if and when they encounter specific problems as a result of closure of the staffed TIC
- Cllr Elizabeth Nockolds, Deputy Leader of the Council and Portfolio Holder for Culture, Heritage and Health
Tel: 01553 670264
Email: cllr.elizabeth.nockolds@west-norfolk.gov.uk

Editor's note: I would draw your attention to paragraph 4 (in italics) which appears to contradict itself by stating that the TIC closure was not connected to the cost but there is no budget. Not exactly a clear message is it? Searching the Borough and Town Council's websites there doesn't appear to be a published, reasoned, decision on the matter either.

Civic Society news

We have been opening the Heritage Centre for just Saturdays and Sundays from 2.00pm to 4.00pm from mid-September. These reduced hours mean that we are able to survive with fewer Volunteers carrying out duties. Naturally we are all very aware of the risks involved in doing this work but we hope that the rules we have in place help to reduce the exposure to Covid-19. To repeat what was said in previous months, we have restructured the furniture in the Centre to provide a bit of a one-way system around the Centre. We are also displaying all sorts of signs to tell our volunteers and visitors what they have to do to keep any risks of transmission of the Covid-19 virus to a minimum. In addition, we have provided a screen in front of the re-sited Reception Desks and also hand sanitiser for use by everyone entering the Centre. We insist that face coverings are worn as with other similar venues. Finally, we are having to take a record of all who enter the Centre (group leaders and numbers, contact numbers and times in and out) for Track and Trace. Now, we also have a QR code displayed at the

entrance which visitors are able to scan into their mobile phones if they have the NHS Covid-19 App installed. It would appear that the majority of visitors have. This tells the system that they have visited us – not entirely sure what help it is on top of what the App itself does but at least we are doing what our leaders tell us we should do!

Terry Ashworth is continuing to organise volunteers for single two hour sessions Saturdays and Sundays through November. Whether we utilise all these remains to be seen. It really depends on the numbers coming through the door. We are sure there are a lot of you who perhaps have not had the opportunity to come and have a look round the Centre. Our volunteers would be more than happy, in fact, delighted to welcome you at the door. Visiting numbers are really rather sparse so there is little likelihood of experiencing a jam; quite the opposite, in fact. Please do come. As we have received Grants that theoretically enable us to stay open over the Autumn/Winter which we are using to make the place a little warmer, we feel obliged to continue on as long as possible. If

visitor numbers continue to decline, we would not like to see our volunteers getting very bored and so may need to close sooner rather than later.

We continue to be short of volunteers so if anyone out there can spare a couple of hours on a Saturday or Sunday afternoon, please contact Terry Ashworth on 01485 535292 or email ashworth@hunstantoncivicsociety.org.uk
Thank you.

ANNUAL GENERAL MEETING

The Committee met this last Tuesday and decided that we should hold our Annual General Meeting in the same way as we held the Special General Meeting on 1st July. We now subscribe to Zoom and therefore need not be restricted to the normal free 40 minute limit but we are limited to 100 participants. We have decided that it should take place on Wednesday, 9th December at 7.30pm. Please put this in your diary assuming that you are ready, willing and able to join us on zoom. We shall be sending out Agenda, Accounts and voting schedules to allow you to indicate your

agreement to the various resolutions and elections well in advance.

AUDIO GUIDE – THE WOLF TRAIL

We have been very lucky to have been offered some digital files containing an audio guide to help visitors along the WOLF TRAIL starting at the southern entrance to the Esplanade (Heritage) Gardens to the St Edmund's Chapel Gardens. This was prepared and narrated by Darren Deans, a professional voice-over Artist who has also very kindly donated some Bingo Boards to the Heritage Centre that came from the Pier Amusement Centre before it's fire in 2002. This audio

guide can be listened to by visiting the Audio Guides page under the Events and Activities tab on our website.

BIRCHAM NEWTON OPENING DAY

We understand that it is possible to visit the Aviation Museum at Bircham Newton on Remembrance Sunday, 8th November. You will be required to wear a face mask and exercise social distancing while you are inside the Centre. The Centre will be open from 10am until 4pm. Entrance and car parking will be Free and disabled access and toilets will be available. The following appertains:

Number of family groups inside the Centre

at any one time will be limited to a maximum of three. There will be a welcome desk outside the Centre where visitors can sit, meet the staff and ask questions.

To avoid disappointment in these rapidly changing times of the pandemic, RAF Bircham Newton Heritage Centre advise potential visitors to re-check opening times before they set off on their visit. This can be done on www.rafbnmp.org.uk, or by a quick search on Facebook for: RAF Bircham Newton Heritage Centre. The Satnav for the Heritage Centre is PE31 6RH.

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AN ITEM OF INTEREST FROM THE HERITAGE CENTRE

MARY EVELYN RHODES –
born 1925, died 19 Feb
2018



This months 'OBJECT' is a new Plaque that has been commissioned and fixed to the outside wall of the Heritage Centre in Northgate, in memory of Mary Evelyn Rhodes 1925 to 2018, a local author who was 'born and bred' in Hunstanton. Her books were mostly about the Town. Firstly, in 1990, there was 'Hunstanton Born and Bred' which was about her childhood. Then in 2003 came Hunstanton 'The First Fifty Years' and then in 2008 came 'A Hunstanton Miscellany'.

Between those three books you would learn all about the history of Hunstanton.

She also wrote about 'The Great Surge of 1953' and another about a cottage she lived in with her Husband, and what they found in the loft!

As a researcher myself, I appreciate the immense amount of time she must have spent in Libraries and the Records office, whereas today we have the benefit of the internet, Mary did not and did it the hard way, and for that we are eternally grateful.

I first met Mary in 2010 after I had started researching the Soldiers from Hunstanton in the first World War, I had written a short booklet of story's that soldiers had reported in the Lynn News when home on leave.

I asked Mary if she would proof read my work and correct any mistakes which she certainly did. It came back with more inserts, out takes and writing that filled the margins. She taught me a lot in those early days, so much that I nicknamed her my Teacher, although some would say of my writing, she never taught me enough.

She was very open minded and asked me to research her ancestors.

I found that Licensed Victualler / Publican / Inn Keeper kept showing up, even a widowed Great Great Grandmother running a Pub.

I felt uneasy in telling her my findings, but she kept reminding me so I had to tell her, she replied 'that explains why so and so (a relative) turned to drink in later years, and his wife had what today we call Dementia' followed by 'we never knew which came first, did the Drinking cause the Dementia or the Dementia caused the Drinking'. Not the response I was expecting.

And in all this time she was not a well person, but you would never have known it.

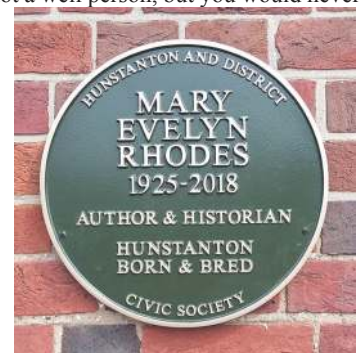
Following her death, there was found to be a stock of her books that she had not sold. Her daughter Penny asked if we could make good use of them in Hunstanton (the 'we' being myself, John Smith & Christine Earnshaw, as representatives of Hunstanton at her Green Funeral).

We thought that selling them at a very attractive price would raise some monies for a Plaque to be made in her honour, many people donated a little extra and over the last couple of years we collected enough to pay for the Plaque.

It now is fixed to the Northgate wall of the Heritage Centre and is a Memorial to a great lady who never forgot her home town.

Researched and written up by Tony Armstrong,
 Heritage Centre Volunteer.

'TILL NEXT MONTH

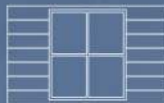
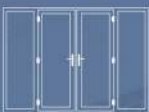


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*According to figures from armedprevention.co.uk

Letters to the Editor

Ref Neil Tidbury's letter October issue

I totally agree with his email letter. I have in the past written to Sir Henry Bellingham just before he resigned as our MP, who kindly wrote and went to see Vida and also passed my letter to Matt Hancock. I found Matt Hancock's reply in my opinion not very helpful. In essence he said the NHS contracts out the service to the surgery and providing they carry out the contract they can run it as they please e.g. nothing to do with him. I asked but never found out what the contract contained. I also would like to know how many people are put off seeing their doctor by this phone process. I also asked how the people could set up a review on, are we getting value for money from the Lords, MP and councillors and what could be done if not?

Dave Pickworth (by e mail)

A lot of issues in the October magazine

1. Mr Melton mentions about the planning application on Southend Road car park, I along with others went to that meeting on the 27th February but was a waste of time as the council chap was only repeating himself over and over again, which is typical of all council officers, they are in fact politicians, and in my opinion most lie through their teeth.

2. Mr Melton also mentioned the Kit-Kat site planning application but there was no meeting for that, I suppose they 'the council' will say 'Covid'.

Also Mr S Rake's point on planning wondering whether they have any morals, I think they don't. I also think it is immoral for a developer to be on the council. ie:- conflict of interests.

3. Mr J Maiden re:- 'Climate emergency' said several councillors voiced their support for the wooded area west of Redgate Hill then changed their minds. It seems to me like we have the same type of councillors as the Borough of King's Lynn.

4. Then there is the closure of the TIC again with no discussion as mentioned by Sandra Holol.

5. Then on page 56 Mr N Tidbury mentions a doctors surgery run as a private concern, ie:- VIDA healthcare which I congratulate him for spending his time researching. But my question is why can my wife go for two separate blood tests and come in contact with a nurse, who I must admit was protected as was my wife, yet you cannot get an appointment to see a doctor, why? They only have to reposition the furniture so that they are away from the patient, I think it is rather selfish, don't you? I know they need to protect themselves but why is it OK for nurses.

6. An unnamed person's piece on the Railway, I will bet on my life this will never happen as they are looking at only one option, rather than a possible monorail.

D Cook. Hunstanton resident.

Editor's note

Following the publication of the October issue a lady telephoned T&A and said she was from the Hunstanton surgery. She said that the surgery was not part of the larger VIDA company that shares their name. I asked her to send a letter explaining their position but at the time of going to print nothing has arrived.

Motorhomes welcome?

Few will disagree with the comments by Dave Stevens in last month's issue about the 'plague' of motorhomes that seemed to have invaded Hunstanton's Cliff Parade in even greater numbers this year.

As far as parking restrictions go, they are perfectly entitled to stay there free of charge for 14 hours each day and have the perfect view. Come rain or shine, the first motorhome - perhaps occupying the space of two family cars - will move into position just after 8am and start to unwind the sun awning, get out the table and chairs and erect the wind-break. Some will have spent the previous night in a neighbouring road. No need to pay a campsite or car park fee. When you have spent well

over £50,000 on your vehicle, why spend out any more?

You can only sympathise with the residents of Cliff Parade who have paid top dollar to enjoy the vista over the Wash only to have their view obscured. At least the road cleared at 10pm - and I was pleased to see a traffic warden issuing tickets one summer evening this year at 10.30pm to those prepared to flout the law.

But when the night-time restriction lifts at this time of the year, it's a certainty motorhomes will delight in having somewhere to sleep free of charge.

I had a 'discussion' in August with a motorhomer who was warning his fellow campers about to bed down for the night that a traffic warden was patrolling Cliff Parade and he insisted they bring money into the town. 'They spend in the pubs,' he said. Well, I replied, that won't help reduce my council tax. Why don't you go to a camp site, I said. That costs money, he remarked.

The question is how does officialdom get them to go to the council car park designated for motorhomes. Putting up 'No Motorhomes' signs on Cliff Parade or installing ticket machines would only drive more of them to park in roads further back and that would displease even more householders. Could they be allowed into a designated area on the Cliff car park with a time restriction? Money comes in for the authorities but there would be a need for someone to patrol it. Yellows lines everywhere? Residents parking permits? Think we have been here before!

Perhaps our Town Council can provide some solutions - if they can spare the time between discussing building on existing car parks and hiding away the tourist information centre.

Hunstanton resident (and life-long caravanner) Name and address supplied.

Speeding of traffic in the town - see Richard Bird's report in Sept T & A page 20.

Holidaymakers who visit for a quiet stay in a small Victorian seaside resort are in for a surprise and must take care when crossing roads. Whoever the Hunstanton Town Councillor was who stated that there was no need for speed restrictions, wants to spend a day in our office in Westgate. For a start there are lorries and vans of all sizes speedily seeking their place of delivery driving back and forth plus doing turns in the road; the brewery lorries turning into Church Street to deliver to the Conservative Club who hare round the corner at tremendous miles per hour on two wheels almost making an early arrival into the undertakers; the young guns flying up and down the hill tooting at other drivers to get out of their way and to move quicker; not forgetting the elderly drivers who diddle about for twenty minutes trying to park in spaces large enough to fit a bus thus causing tailbacks both up and down the road and a few more toots! These are just a few of the many incidences in Westgate at our crossroads making us all cringe when we hear engines launch into overdrive. The length of some of our roads in the town just encourages drivers to speed up with accidents waiting to happen. So much for the Highway Code's '30pmh in a built up area'. So please, town councillors come and monitor various areas for a period of time and you will see that we at least need some sleeping policemen in certain areas. We know that a bobby on foot patrol is very rarely seen in Hunstanton so let's have some permanently lying down doing their job. Putting an extra bit of tarmac on the road here and there will surely will not cost the earth.....but then I suppose we will have to wait until an accident does happens before something is done. No doubt financing this will be another story.

Sandra Hohol, Norfolk Holiday Homes, Westgate, Hunstanton.

A Town Council survey

Well done Cllr Amanda Knight for reminding me, along with thousands of other 'Town & Around' readers of the harm caused by discarded cigarette butts to all kinds of wildlife. When the time is right, good luck with reinstating the Smokers Ballot Box, but ideally restrict the topic to the impact of tobacco on their own health, or the health of the planet.

Hunstanton has lost too many trees and hedgerows in recent years for the need to plant more trees in the town to be a topic of a smokers'

ballot. However, the good news is that in October the Town Council organised a survey of the problems facing people with reduced mobility, or other special needs.

In the middle of the month I met up with Cllr Ann McKimm who was one of four councillors, armed with clipboards, going around town to find out more about the mobility problems faced by most of us, if we live long enough.

Closer to home - my home that is - Hunstanton Road has a new footpath between Heacham Manor and Chalk River Road This begs the question: Is the Ringstead River really classified as a Chalk River? Answers on a post card - or a question for the Smokers Ballot perhaps?

It has taken a long time for the footpath to be brought up to scratch, but I am wondering if the Town Council survey will convince the County Council that improvements to Hunstanton High Street are long overdue. Especially the stupid kerb outside Barclays Bank, which several years ago brought me down to earth with a bump, after a Borough Council litter bin had broken my fall!



John Maiden

A149 speed controls

In the last issue of Town & Around Richard Bird (Political Comment) mentioned that speed controls had not been implemented on the A149. I also did not believe they worked and decided to test them out. £100 later I can assure him they are in perfect working order!

Regards

Reg Eaton



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Borough Council News - Heacham, Sedgeford and Fring

Terry Parish, Leader of the Group of Independent Councillors (15)

November and we are still in the midst of this Covid crisis. Meetings are Zooming onwards and Council officers, just catching up with delayed leave from lockdown, are being prepared to do some Covid related work again. Work programs are not stopping but some will take longer than anticipated and councillors have been asked to think twice before initiating any new ones.

Visit West Norfolk and Visit East of England have got the rising Covid cases message and have stopped their winter campaigns that were going to try and encourage a winter season. They have changed it to one which encourages people to,

perhaps, visit somewhere for the day.

It is surprising then, that the Government's 'initiative' to encourage Local Planning Authorities to relax rules on the holiday season for caravan parks (the months they can be open) is still live. I was announced in July when the current Covid Wave was not thought about.

So far, four caravan sites in Heacham have applied to remain open over winter and applications are due to come before officers or the planning committee. Reasons for the applications include: to allow owners locked out of their caravans during the first Covid Wave to use them during the second Covid Wave - winter. A

reason for not doing it: West Norfolk is currently at Medium Alert Level and it may seem illogical to encourage people who live in higher risk areas to come here where there are fewer restrictions to confine them and a local population with, currently, a low infection rate.

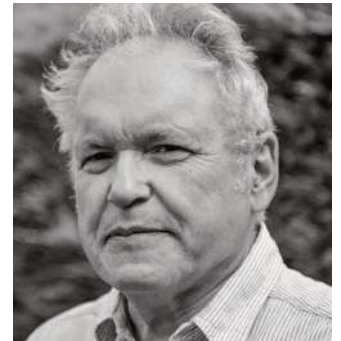
If you wish to comment on these applications their planning references are:

20/01458/F; 20/0126/F;

20/01268/FM; 20/01269/FM

Google King's Lynn Planning to find the planning portal. And/or contact the Borough Council by telephone or letter.

Other news is mainly sniping amongst councillors. The ruling group, Tories, are about to change



standing orders so that opposition groups have less time and opportunity to question them. Such scrutiny is a function of opposition and, generally, why such councillors are elected - to hold the Council to account.



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Rule of Law

By Miranda Marshall, Director, Hayes + Storr

The Rule of Law in relation to the Brexit negotiations is much in the news currently. At least it makes a change from the pandemic.

In England we do not have a written constitution: nor should we. The closest thing we have is the Rule of Law. It may sound like a computer game or the title of an airport novel, but it is ancient. Lawyers and others can get emotional about it. To some it has become emblematic of what makes English law great. Its origins are ancient and found in many societies and philosophies worldwide.

The Rule of Law is defined in the Oxford English Dictionary as: "The authority and influence of law in society, especially when viewed as a constraint on individual and institutional behaviour; (hence) the principle whereby all members of a society (including those in government) are considered equally subject to publicly disclosed legal codes and processes."

The Rule of Law means that Law is supreme and is above every individual. The Rule of Law is a system to protect citizens against their Government, so as to ensure it does not treat them unfairly, or arbitrarily deprive them of their rights. It has evolved into being viewed by the liberal young as synonymous with human rights.

As a rookie law student in the 1980s we all had the sturdy orange book on Constitutional Law on our shelves. The first edition was written in 1885 by British jurist A. V. Dicey. It was not a fun read but had weightiness and determination about it which made us feel that what we were studying really mattered. Dicey coined the expression 'The Rule of Law' but did not invent the idea lying behind it.

In England, the Rule of Law is a long-standing principle of the way the country is governed, dating from Magna Carta in 1215 and the Bill of Rights 1689. The 19th century, brought the twin pillars of the British constitution which are the rule of law and parliamentary sovereignty.

Thomas Bingham, successively Master of the Rolls, Lord Chief Justice and Senior Law Lord of the United Kingdom, and the only person to hold all three offices, wrote 'The Rule of Law', published in 2008, 6 months before he died. It was chosen as 'book of the year' by several eminent people across the political spectrum.

Bingham said he first chose the title as a subject for a lecture he was asked to give some years before, as he was not sure he knew what it meant. He also said that those who used the expression did not know either or did not mean the same thing. Following the lecture, The Guardian newspaper media described Lord Bingham as 'the most revolutionary man in Britain'.

The Rule of Law has come to mean an amalgam of human rights and civil liberties, on the one hand, and security against a terrorist attack, on the other. It is a good thing, but the meaning is different and tailored (and twisted) to suit the purposes of those that use it.

Miranda Marshall
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PETER PARSONS IS ALL SET FOR RETIREMENT

In January 1971 W. Parsons & Son was established. A local Plumbing & Heating business run together by William (Bill) Parsons and Peter Parsons, who at the time was 18. They set up as partners who had three rules in business, with they always followed:

- Every job they undertook was to be done as though it was being carried out in their own home. So, if they were happy with the process and end result, then the customer should be too.
- Always tidy up after yourself when you are finished.
- No job is ever too small, as it could and would lead to bigger and more work.

Sadly, Bill passed away in November 1984 leaving Peter to run the business alone. Peter has seen many changes to the industry throughout the decades including the use of galvanised and lead piping through to plastic, the endless amount of training courses and certifications that constantly need updating to stay within compliance of the materials and services that were carried out.

P. J. Parsons Plumbing & Heating has been regarded as a long standing and professional business throughout the local area since the business was established. From fixing the occasional annoying drip, to working on major building sites to recently designing full kitchens and fitting bathroom suites and entire heating systems.

Peter said: "After 49 years I have now decided to retire, and I wanted to take the time to thank all my customers over the years for their valued support."

In all the ups and downs you get in business, there has been one constant person throughout in the background answering the phone, booking appointments, and all the other jobs in between, that is my loving wife, Pat, I owe you the biggest thanks of all."



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A recipe from the Prudent Pensioner

Doreen Reed

In the past I have associated lentils with 60's "Flower Power" but have recently decided they would be a handy stand by so I have been experimenting. This recipe has been enjoyed by family and friends.

Carrot, Parsnip, Courgette & Red Lentils Soup.

Makes approx. 700ml/1¼ pints

1 med Shallot or small onion

Carrots approx. 140g/5oz

Parsnips approx. 115g/4oz

Courgette approx. 230g /8oz.

Red Lentils approx. 60g/2oz. (See note)

Chicken or vegetable stock cube

Salt and Pepper to taste.



Rinse lentils well in cold water.

Place lentils in a large pan and add 500ml of cold water. Bring to boil and boil rapidly for 10 minutes, stirring often to prevent lentils sticking to base of pan.

Peel parsnips and carrots and cut them into small pieces.

Peel shallot or onion and slice thinly.

Trim off and discard ends from courgette, clean and slice fairly thickly.

Remove pan from heat, place stock cube in a jug and strain off most of liquid from lentils into same jug, top up with hot water to reach 500ml and stir well to dissolve stock cube. Return stock to lentils in saucepan, add all vegetables. Stir and mix well. Increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, stirring often, for a further 15 minutes when vegetables should be fairly soft.

Strain off most of the liquid into a jug, put aside while you either put vegetables into a 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.

Note: Boiling rapidly for 10 minutes was in accordance with instructions on the packet.

For details of my books and more of my recipes and 'How to' Video clips visit the Prudent Pensioner's page on my website www.doreenreedpoet.com Email: pru.pensioner@btinternet.com See more recipes on The Prudent Pensioner Facebook page

Hunstanton and District Inner Wheel

Despite the limitations on what we can do as a club currently, I feel we have done rather well this last month. One of our members has been busily packing shoe boxes which will be sent through the organisation Samaritans Purse as part of their Christmas Child Scheme. This is a scheme that has been going for many years and brings joy to the recipients in Eastern Europe and parts of Africa. The inner Wheel member who acted as the link between Inner Wheel and Samaritans Purse wishes to remain anonymous so, you know who you are so 'thank you'!

The Macmillan coffee morning was scheduled to take place on September 25th. This is always a huge fundraiser for the organisation and particularly important this year as Macmillan is struggling to keep afloat. Our club decided to try and arrange a coffee morning in true 'we will not be beaten' style.

A couple of us got together, devised a timetable that would enable four guests in rotation to come for just over the hour throughout the day, and this resulted in nearly twenty people attending. We were really focussed on keeping people safe and sticking to the guidelines and well as enjoying each others company. We raised around £250 so far and there is still more to come.

Unusually one the helpers was in the form of Monty, a black lab who found the whole thing exhausting, hence his photo. At least he has the Macmillan sign still attached.

Finally it was World Peace Day on 27th September. This year we decided to enjoy our coastline and meet at North Beach Heacham where the sky was deep blue, the waves gentle lapped the shore and we could sit quietly and reflect.

Sue Trewin, Club Correspondent




Fade to Grey in conjunction with the DVCA invite you to join us at the

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Heacham and Hunstanton at night

Terry Parish

I hope you had a few good viewings of Mars last month. It will not be as bright again until 2035, about when face masks will no longer be required wearing but wellies will be as high tides are likely.

One of my best viewings was when walking back from the excellent Fox in Heacham. Mars was ahead of me and Saturn and Jupiter off to the left. I had a good view of Venus about 6.30 am one morning too – the dog wanted to go out. Venus was shining just where Mars had been the night before. The Earth rotates and Mars had set whilst Venus had risen.

This is the month when you can catch up on your astronomy. With luck – clear skies – and eyes, good binoculars and a small ‘scope you can see: Mercury, Venus, Mars, Jupiter, Saturn, Uranus, and Neptune (all the planets) with Ceres (dwarf planet) and Vesta (minor planet) thrown in for good measure. And there is a meteor shower too, though I cannot pretend that it is likely to be spectacular. All this is possible from the start of the month to around the 21st. After that Jupiter and Saturn set about 6pm.

Venus and Mercury are morning objects and you will need to be out at about 6am. You will also need a view to the SE. If you have houses in the way walk down the road and find a gap (sussing this out in daylight helps). Venus will be the bright object quite high in the sky but if it gives out heat it is the Sun, get up earlier tomorrow. Mercury will be harder to find though easy to see when you know where to look. It is considerably lower than Venus and you need a good horizon that you can sweep with binoculars. A fiery point of light different from a star is what you want.

Venus has been in the news due to the apparent discovery of the gas phosphine, PH₃, in its atmosphere. This gas reputedly smells of garlicky fish and a very small dose will kill you. It is manufactured to do various nasty things but, surprisingly, is also a product of microbial activity. Assuming that undetected, high order, Venusians are not engaged in industrial activity, the logical deduction is that there is life, not quite as we know it, in some layer of the planet’s atmosphere not oxidised by the clouds of sulphuric acid which make Venus reflect so much of the Sun’s light.

There is no known natural chemical reaction or event which can exist on Venus which can continually replace the amount of phosphine detected. The gas has a short lifetime and must be being made by something now. It was detected by a team at Cardiff University, led by Jane Greaves, in June 2017 but the supporting paper purporting it to be possibly produced by extra-terrestrial life, microbes, was not published until September 2020 following extensive work by others to support the claim.



James Clerk Maxwell Telescope Internet

It was detected by studying adsorption lines in the radio spectrum using the James Clerk Maxwell telescope in Hawaii. Similar techniques had been used to detect phosphine in Saturn’s atmosphere

which is chemically reducing and known chemical reactions can produce phosphine there. Work is now going on across the world to determine if there is some inorganic reason for phosphine production on Venus. However, it will require dedicated probes to determine the truth. NASA, other space agencies, and a private company are all initiating mission planning but it will take a few years before any proceed.

So, look at Venus shining bright and think of all the little green bacteria (perhaps) looking back. (Chemistry lesson dedicated to Charles at the refurbished and most useful of emporiums, Moulam and Horn, Heacham).

Mercury is just a little bigger than our Moon but it is very dense, essentially a planet core missing its mantle. It has a highly elliptical orbit which takes it as close as 29 million and as far as 43 million miles from the Sun which it orbits in 88 days. Temperatures range from 450C in the day to minus 170C at night. NASA’s Messenger spacecraft discovered water hidden in the shade at the poles.

Mercury is a challenge to spot but a fascinating place. Between the 12th and 14th, at 6am, find the Crescent Moon. Venus will be obvious above it at 2 o’clock. Mercury will be rather further below the Moon at 7 o’clock. At the same time, asteroid and minor planet Vesta is well above Venus. Stellarium (free download) or even Google will help you find it on any day. It was visited by the Dawn spacecraft in 2011. Dwarf planet Ceres was Dawn’s destination and can be seen from about 7pm, by telescope, some distance to the left of Saturn.

During the first three weeks of the month, after 6pm, look along the ecliptic which is the arc in the sky between the SE and the SW. Mars will be bright, red and high in the SE, Saturn and Jupiter low in the SW. Between Mars and Jupiter, closer to Mars will be greeny blue Neptune though you will need a decent telescope to see it. Some way to the left of Mars bluey green Uranus should be visible in very steady good binoculars.

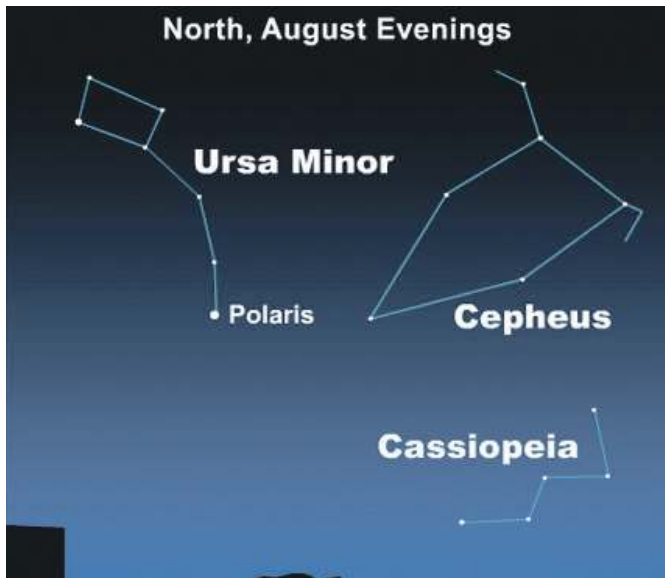


Neptune. It has faint rings. NASA

On the 18/19th at 5pm -before tea! – look SSW towards the crescent Moon. Saturn and Jupiter are just above it a tad to the right. Jupiter is the brightest and a small telescope will reveal the four Galilean Moons, Io, Europa, Ganymede and Calisto. Yellowish Saturn has its rings which a small ‘scope should show. You may have to be content with seeing two ‘horns’ as early observers did.

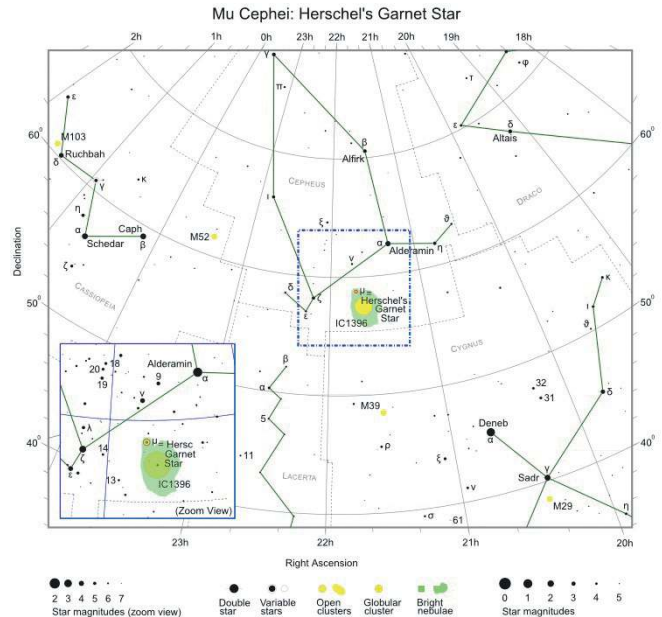
Mars should be obvious to you all month but on the 25th at 9pm it is high in the sky to the south above a gibbous moon.

At the end of the month, at about 6pm, the Moon is to the right and close to an orange red giant star named Aldebaran. Don’t confuse it with Mars which will be visible later. A clenched fist or two above the Moon see the Pleiades, a magnificent star cluster of 1000 stars. Also called The Seven Sisters. See how many you can see with your naked eye and then us steady binoculars. The cluster lies 444 light years away and the brightest stars are hot and blue and just 100 million years old.

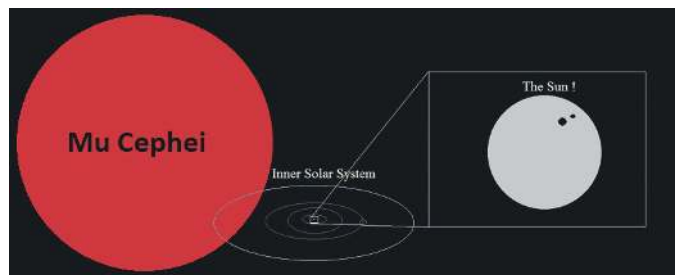


Internet

Mars, Aldebaran, and now a third red object to find, the Garnet Star in Cepheus. This is a variable star as its brightness changes over a period of two years. Also, in Cepheus is Delta Cephei a variable with a 5-day period. It gave its name to a class of stars - Cepheid variables. These proved very important as it was found that their period was related to their absolute brightness (how bright they would be if you were close). Knowing that and measuring how bright they appear on Earth (apparent brightness) enables their distance to be worked out. Consequently, they were and are used to determine distances of star clusters and nearby galaxies.



The Garnet Star is in the location of the yellow blob below the middle of the 'house' base. Delta Cephei is the star on the toe of the right 'leg' protruding from the right, bottom, corner. Internet



By the way, Herschel's Garnet Star, Mu Cephei, is big. Internet

Nearly forgot, the meteor shower is the Leonids peaking on the night of 17th /18th after midnight. The Leonids produce meteor storms from time to time. The one in 1833 produced 100,000 meteors per hour. You will be lucky if you see 10 this month.

The next article will be the annual combined December and January one. Essential reading at Christmas because you won't be able to do much else.

Take the challenge, see all the planets this month. Test question, which one won't you see by looking at the sky?

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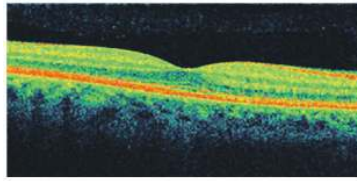
Hunstanton Eyecare blog

Why do you visit Hunstanton Eyecare? You fancy a new pair of spectacles? and you are due for an eye test too? Or maybe to have a giggle at me dressed up in scrubs and a mask!

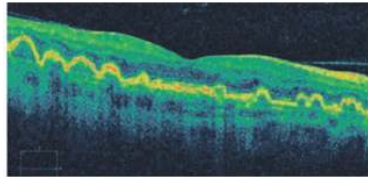
The main function of the eye test is to ensure that our eyes are healthy. I'm sure you remember the Optometrist gazing into your eyes with the uncomfortably bright light, in order to assess the health of the inside of your eye. The retina is the light sensitive nerve layer at the back of our eye, responsible for our gift of sight and if things go wrong with it then vision will be compromised.

We now offer everyone our high-tech OCT Retina Scan. This scan gives us a view of the underlying layers of the retina, which are not visible to the naked eye, and then keeps a record to which we can refer in future eye exams. It should be part of every eye test.

A common misconception is that loss of vision or blindness afflict only the elderly, but some of these diseases progress very slowly over years and start at a relatively young age,

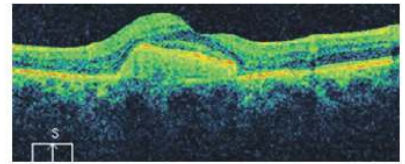


Healthy macula



'Dry' macular degeneration

so eye screening is important for everyone. It is only in recent years that these machines have been available to high street opticians, and although there is a charge of £35, or included if you are a member of our Eyeplan scheme, it is well worth it. What price do you put on your eyesight? So at your next eye test,



'Wet' macular degeneration

remember to include the OCT retinal scan.

We look forward to seeing you soon.

Annette

Can you spot the difference between the three scans above?



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The Norfolk Hospice celebrates Hospice Care Week

The Norfolk Hospice Tapping House celebrated Hospice Care Week (5 – 11th October) and to mark the campaign they produced videos to highlight the outstanding care provided by The Norfolk Hospice and other hospices all over the UK.

The Norfolk Hospice, that is based in Hillington, had daily videos posted to their social media pages and website exploring the subject of hospice care and busting the myths surrounding it. The colour theme for this year is yellow, so their charity shops decorated their windows in yellow and staff at the Hospice marked the start of the week by dressing in a variety of yellow items.

Lyndsay Carter, Chief Executive at The Norfolk Hospice, said:

"Hospice Care Week is a great way for us to spread awareness in our local community and answer some common questions and misconceptions that people often have about end of life and palliative care.

"During a year like this and being on the frontline during a global pandemic, it is really nice for us to have a dedicated week which is all about celebrating the hard work that we do. At the same time, we hope that our videos will educate and raise awareness about what it takes to deliver hospice care."

Nationally in the hospice care sector, there are over 40,000 staff, 125,000 volunteers and the services cost £1.4billion each year. The Norfolk Hospice has 127 staff members, 339 volunteers and it costs



over £2.5million each year to run their essential services, which are all provided free of charge.

The Norfolk Hospice is a registered charity that provides free care, comfort and compassion to residents in North and West Norfolk nearing the end of their lives. They also provide support and bereavement services for their families and friends.

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To Follow

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Palma Ham with parmesan and balsamic GF

Smoked Salmon with gin pickled cucumber GF

Prawn Cocktail GF

Bruschetta VE GF

Mushroom Spinach & Garlic VE GF

Hummus topped with caramelised onions VE GF

Main Tapas Dishes

Your choice of 3 accompanied by potato bravas and a mixed salad

Turkey Meatballs in a spicy tomato sauce GF

Chorizo Pigs in blanket GF

Duck Gyoza with sesame chilli dipping sauce

Satay Chicken GF

Cod Bites with pea puree and dry tartar

Prawns in chilli and garlic oil GF

Calamari with aioli

Baby Camembert with cranberry sauce

Vegetable Gyoza with a sesame and chilli dipping sauce VE

Sweet Potato Falafel with cucumber mayonnaise VE GF

Figs in Blanket VE

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As we haven't been able to attend our usual Christmas Fairs this year we are going to open in our workshop for a month instead.

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Brancaster School news

by Oscar Tidd, Connor Broomfield and Freya Kidd

This year, we celebrated Harvest Festival in school which was a bit different to usual, as our class bubbles cannot mix. So instead we joined together by video link and got to see the other children in their classroom. Reverend Dines came into school and led prayers. We sent all the food we had collected to the foodbank.

Samphire are feeling very creative at the moment. We have been learning about Joan Miro, a Spanish artist who created paintings using simple shapes, bright colours and swirling lines. Looking at his pictures inspired us to create our own artwork in the same style. We have also been learning to sew and are making bags to keep our headphones in and producing some fantastic creative writing in English lessons.

This month is Black History month. There have been some really inspiring people, and one that we have been reading about is an American lady called Mae Jemison. She found it really frustrating when she was growing up that there were no women astronauts, and when she said she wanted to be a scientist her teachers thought that meant she wanted to be a nurse. She trained to be a doctor, and also qualified as an engineer, but she never gave up on her dream of becoming an astronaut. All these things were difficult for her, as some people treated her differently because of the colour of her skin. She joined NASA in 1987 and in 1992 became the first black woman to travel into space.

In Thrift class we have been continuing our topic on "Ourselves".

We have nearly finished our first Jane Considine writing unit (our new writing "scheme") and hope that when we write our "big write" next week, we will show how much we have learnt. Lots of us have volunteered to read to the class then show our reader's brain by talking about the book. We have also enjoyed planting hyacinths, learning to play the xylophones, exploring our new Chromebooks, using our senses to identify things by their smell/feel/taste and writing lots of prayers. You can look on our blog to see more details.



Safety first

Trust and confidence are important factors in choosing a home improvement company, and never more so than during the current crisis, says West Norfolk Glass' managing director Geoff Parker

As I write, the Government has just announced the introduction of a three-tier system in an attempt to stop the spread of COVID-19. While the issue of how we tackle the ongoing pandemic might be divisive, the need to conduct ourselves in a safe and considered manner is something which is at the heart of our double glazing business.

Prior to COVID-19, we have been assessed and approved as a Which? Trusted Trader as part of the Independent Network of installers. This means that our company adheres to a strict code of conduct with robust procedures and processes to deliver the best customer service.

What does that really mean?, I hear you ask. Well, as you might expect, our staff acts professionally and respectfully at all times, working carefully and considerately to treat a property as if it were their own home. We keep our customers informed about timings and, if any issue arises, to respond to customers' queries promptly. And we are committed to providing a fair and competitive price, something which has long been a bone of contention within our industry.

Now, I raise this as COVID-19 has raised the bar in terms of care and attention to health and safety. I have been shocked to hear from customers that we are among the few double glazing companies they invite into their homes to provide a quote for services, which observes social distancing measures and wears face coverings, in accordance with Government guidelines. Protecting both our staff and our customers, we have had a COVID-19 policy in place since lockdown eased, which all of our team observes.

I wrote last month about the increased lead times for home improvement products including double glazing, and since then, anecdotally, we have heard that this is also impacting the quality of some materials being used on site. I am proud to say that at West Norfolk Glass our attention to detail and focus on premium quality products is unwavering and this means that we can guarantee our installations with confidence for a minimum of ten years.

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Christian Science Society

As we enter the winter months, talk of "catching" the flu or a cold rises and various remedies appear on TV and in the media, but this year there is more anxiety in the community than usual. How can this anxiety be turned into a calm reassurance of protection? There has been much in the media reporting on people staying in their "bubble", and this tight-knit support group gives a sense of security. We can each share our own bubble of divine love with God, an all-encompassing secure bubble where we can learn to trust the love and care that God has for each one of us. Gaining a sense of this bubble of love that envelops us, can help us meet the demands of everyday life and lessen our anxiety.

Further information on the worldwide Christian Science church can be found at www.christianscience.com. Due to the current situation, Hunstanton Church has temporarily suspended church services. Please check our Facebook page for information on the resumption of services. Christian Science services are currently available online. Please go to www.spirituality4.me to find live-streamed services around the UK, along with other online events, talks and webinars. An online shop is also available where you will find books, CDs and many other resources. Follow us on Facebook to find out about our church.

From the Saxon Shore

Dear Friends,

November seems to be a month of 'looking back' before we come to Advent when we traditionally 'look forward'. Perhaps this year is a particularly poignant one for this backward glancing. How many times have you found yourself thinking or saying "in the past we used to...". I have heard that quite a bit with reference to Remembrance Sunday and events on the 11th November. There have been traditions that have grown up special days and times in the year that we are having to rethink in 2020.

During the last eight months or so we have not been able to celebrate birthdays, national events, weddings and funerals in the normal fashion. For some of these times it has not been a massive problem but for important or emotional events this has been tremendously difficult. We should not underestimate the toll this takes on us or our family and friends.

We are all human and during this time when we remember it is right to be mindful of the constraints and additional layer of grief this may put on us. We are about to remember all those whose lives have been lost in various conflicts over the last 100+ years. It is helpful for us to be reminded of the human cost of war and the gift of life that we have all been given. During this time of remembering lives lost during wars, we could also reflect on the fight that we have with the present pandemic and the massive number of lives lost this year.

All lives are precious and those who are most vulnerable, open to abuse or discrimination are the ones we ought to seek to protect even more purposefully. This is not always an easy option when there are so many who want to throw their weight around either in person or as a faceless name on social media but we are called to be brave in the face of violence and oppression, as many before us have already been and lost their lives in the process.

In Deuteronomy 31 we hear Moses talking to the people about what and who they are about to face... which was terrifying, so he said this to the people.

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

As we remember, with thanks, lives lost in the service of others let us not forget the words of Moses that speak of the faithfulness of God and His presence with us when we face frightening times.

WE WILL REMEMBER THEM.

With my prayers for you all,

Rachael, Rev Rachael Dines

A Harvest Thank You from the Foodbank

A very special thank you to everyone who so kindly donates to the Hunstanton Foodbank- especially in these challenging times.

The pandemic has made life in the last few months difficult for everyone, but even more so for some. At the foodbank our outgoings have more than doubled on last year's figures, but your donations coming in have kept pace. We are therefore especially grateful for your sacrificial giving in hard times.

Harvest Festival time is also our harvest time, so thank you so much to all the churches and schools who have included food collections in your celebrations.

And a special thank you also to the staff at the Hunstanton branch of Sainsburys for facilitating our collection point behind the checkouts.

At present we are looking for donations of the following in tins: meat, potatoes, rice pudding and spaghetti hoops, as well as breakfast cereals, peanut butter, biscuits, sweets and chocolate.

With best wishes from all the clients and volunteers at the Hunstanton and District Food Bank: <https://hunstantondistrict.foodbank.org.uk>

**James Monro, Chair of Trustees,
Hunstanton and District Foodbank**

UNION CHURCH VIRTUAL REALITY

We seem to be living in a virtual reality most of the time at the moment because reality poses many risks from Covid-19. But virtual means 'almost but not exactly or in every way'. That just about sums up life for many of us and particularly in our churches where we are using zoom, Whatsapp etc. Yes we can see and talk to each other but it feels a bit like a telephone conversation – real but not able to be present face to face. And as humans, we are realising how much physically seeing and touching each other is an essential part of who we are. So it is no wonder that we feel like this because our Creator, God feels exactly the same. He created Adam and Eve to have a relationship with each other and with Him, Moses spoke with him and Abraham was called 'God's' friend, to name but a few. And we can have that same physical relationship with God when we come to believe that He sent His Son, Jesus Christ, to deal with our sin by dying on the cross.

We can experience Him for real, without any zoom restrictions, failing signal or bad connections, through prayer which you can do anytime anywhere and He will always be there in person, in reality.

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The collage features a variety of power tools and hardware. At the top right is a yellow and black DeWalt cordless drill. Below it is a Barco set of drill bits in an orange and black case. To the left of the drill is a yellow and black Stanley level. In the center, there's a pair of yellow work boots. Below the boots is a blue and white Barco bit set. To the left of the boots is a pair of yellow and black Barco pliers. At the bottom left is a yellow and black DeWalt drill. To its right is a pair of yellow and black Barco shovels. At the bottom right is a yellow and black Barco bit set. The background is a mix of orange, white, and grey.

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Light in the Darkness

By Gill Tanner, a member of The Way CF Leadership team

In an increasingly dark world the life of Jesus Christ stands out like a beacon of light and hope. The co-creator of this universe came to this tiny planet to ransom us from the hijacker who had taken this earth captive. He paid the price in full. Giving his own body to the torturers, and as his life blood flowed tearing the barrier down between us and His Father, God.

Now the way is open for every human being to be forgiven and made right before God. If we claim His death for ours, His punishment for ours, we receive the benefit of His words spoken on the cross 'Father forgive them they don't know what they're doing'. We are free of the death sentence. He offers us eternal life. Not only in this body subject to the relentless passing of time, but when this body gives up, a home with Him in a place without pain or death or sadness, but only love and light and joy in a spiritual body.

His resurrection is the proof of His victory over death and is the hope of the world.

The message of Jesus life and death has inspired millions of people over the last 2000 years to receive His offer of life and to become part of a kingdom that has no end.

When He was crucified the charge over His head was 'The King of The Jews'. He is a king of a kingdom which invites every human to come in and love and serve Him, to become part of His eternal kingdom, and to know what it is like to be loved by a God who considers us worth dying for.

If you have not yet made this transaction, we would love to help you find the peace that only He can offer.

Friends raise £127 for Macmillan



From left Susan Turner, Hilary Letch, Julie Barnes & Dawn Davies. Photo: Ian Burt

Driving rain and high winds did not deter the Hunstanton Friends from holding their coffee morning for Macmillan on Friday 25th September.

Home-made cakes and good company awaited members and visitors to the Hunstanton Friends coffee morning at the Community Centre in aid of Macmillan.

Secretary of the group Hilary Letch said: "Although the weather was appalling, with high winds and rain, we still managed to make £127, and I must say a special thank you to Steph from the Co op Funeral Office for the many cakes that she baked for us with her daughter the night before after a whole day's work!

"The Hunstanton Friends is an extension of all of the groups that used to meet at the Hunstanton Library for colouring, knitting, crochet and 'just a cuppa'; we are Covid regulations compliant, doing regular risk assessments and keeping to social distancing measures.

"We are a friendly bunch, so if you are lonely, isolated or just want some good company for an hour or so, come along and join us - all are welcome. For more information, call me, Hilary Letch on 01485 533631 or 07985217348."

Stuart Dark receives MBE

Cllr Stuart Dark, Borough Councillor for Heacham Ward, has received the Member of the Order of the British Empire (MBE) in Her Majesty the Queen's Birthday Honours list.

The award recognises his 'service to the community of Snettisham' which included devising and leading the village's ambitious and highly successful WW1 100th Anniversary commemoration that received national coverage.

Cllr Dark said: "I am absolutely delighted and very humbled by this award.

"We have a very strong sense of community locally and it was our intention to try and do something relevant, inspiring and worthy of our fallen villagers and their families great sacrifice 100 years on.

"This recognition, which I see as owned by the whole of Snettisham, as everyone played their own considerable part, acknowledges together we achieved just that.

"I hope that our story touches and inspires others to do their own 'big thing', as one thing we learnt as we went was how much even a small community can achieve with a united focus and will."

Leader of the borough council, Cllr Brian Long, commented: "I'm pleased to see this honour bestowed on Cllr Dark. He personally undertook over 500 hours researching the schooling, lives, jobs and families of the 45 'fallen' on the village's war memorial to make them 'real' people once more."

This task included planning visits to each of the 45's resting places with a coach of villagers, the majority of these were spread across Europe, although also included a trip to Canada where Cllr Dark was joined by the mounties and the Royal Canadian Air Force to honour an RAF pilot.

The community got involved and raised £18.5k for the Royal British Legion and Scotty's Little Soldiers in honour of their 'fallen' 45.

James Wild, MP for North West Norfolk, has this to say on Cllr Dark's award of an MBE:

"This award is incredibly well-deserved recognition for Stuart's efforts in bringing the community of Snettisham together to go the extra mile to remember the Fallen 45 from the village. With this project Stuart demonstrated the enthusiasm and drive which characterises his efforts in his council and other roles."

When Coronavirus restrictions are relaxed Cllr Dark is looking forward to attending an Investiture at either Buckingham Palace or Windsor Castle. This is likely to take place next year.

More news about Stuart

Climate Change and Public Protection are being moved up the Borough Council's agenda with a cabinet reshuffle that sees Cllr Paul Kunes take on responsibility for carbon reduction and climate change in respect of the council's activities, and Cllr Stuart Dark MBE being brought in as new cabinet member for environmental services including waste collection, waste reduction and street cleaning, along with public protection including Covid response, business continuity and emergency planning.

Cllr Brian Long explained: "When Cllr Devereux stood down as Cabinet Member from the Environment, I took on the environmental portfolio myself to ensure it had the appropriate gravitas as well as the benefit of my years of experience in the role previously. I knew this could only be a temporary thing as it is a large portfolio with lots of diverse issues that are all of great importance.

"By rearranging portfolios I am confident that we have the right people in the right place to take us through the next few years tackling the climate and environmental challenges we face."

Cllr Stuart Dark, MBE, who was Cabinet Member for Emergency Planning and Covid 19 Response earlier this year will make a welcome return as Cabinet Member for Environmental Services and Public Protection. Some of the key responsibilities in his portfolio include waste collection (refuse and recycling), street cleaning, licensing, infectious diseases, food safety and waste reduction.

SNETTISHAM VILLAGE SIGN RESTORED

By Parish Clerk Simon Bower



One of the most distinctive features as you drive around are the village signs in which our residents take so much pride.

The Snettisham sign at the South of the Village had been in place since 2006, and was looking a little careworn. It was removed in October last year, to allow it to dry out over the winter, prior to restoration work by The Village Sign People.

Once completed, it had been hoped to unveil it alongside a Village event during the spring, but, as time passed, VE Day, the fete and VJ Day all fell victim to the COVID outbreak. Finally, it was agreed to perform a small ceremony on Sunday 20th September, as there were so many comments from people who were missing the sign.

The work was commissioned by the Parish Council, with support from the WI. Cllr Alf Todd, PC Chairman, said "It is good to see the sign back in place finally, but a shame that we could not have more of a ceremony for the Villagers. The restoration work has made such a difference, and we hope it brings a smile to the faces of those passing by."

Parish Clerk, Simon Bower, said he regretted "not seeing the Chairman dressing up like the pirate character on the sign, as had been the plan for the original ceremony...", and thanked the WI for their support.

WI Secretary, Janet Lane, said she loved the reflections of local history on the sign, including the golden Torc, which was discovered in the Village, and is a major exhibit in the British Museum. "The shells represent the local fishing industry and the importance of cockles, and I think the character of the two smugglers, reflecting the prominence of this around the coast in the eighteenth century, really shines through."



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Springwood stars' final thank you to school staff

Leavers manage record high achievements

The academic stars of Springwood's class of 2020 may have moved on to the next stage of post-school life, but they have given the King's Lynn school one more reason to smile, after it was confirmed that they had attained its highest-ever number of county scholars.

The award given out by Norfolk County Council recognises outstanding performances by students in A level or equivalent vocational courses.

This year, the revised A level grades meant Springwood produced a record 73 high achievers, going on to destinations such as Oxford, Cambridge, Durham, Imperial College, and the Liverpool Institute for the Performing Arts, to study subjects including medicine, mechanical engineering, theoretical physics and song-writing and performance. Other students have gone on to take up apprenticeships and join the Royal Air Force.

Springwood's executive head Andy Johnson said the high level of achievement was a great compliment to the standard of teaching at the school, and the quality of the pupils it produced.

Former pupils were quick to praise teaching staff for the help they had given them in such challenging times.

"Sometimes I think the teachers believed in me more than I believed in myself," said Megan Tarry, who secured two A*s and an A to win a place at Durham to study Maths. "I don't know if I'd have made it without them. They saw my potential and made me work hard."

Rosie Huang, who is studying computing at Imperial College, also praised the difference made by the teachers' calmness in such unpredictable times. "Just before shut down, they were so helpful," she said. "We talked about what was on our minds, and they listened and helped, and they were always contactable."

Abbie Copping is another high flyer, now studying law at Durham. She said the staff created an atmosphere of excellence and ambition in the school. "They encourage you to as much as you can, and seeing everyone else doing that



Abbie Copping and Abigail Rice



Megan Tarry and Rosie Huang

makes you want to do well as well," she said.

Abi Rice, who is studying midwifery at Nottingham, said the school encouraged students to stretch themselves and be the best they could.

"They expect the best of you, give you all the information you possibly need and really

encourage you to do extra-curricular activities," she said.

"It was a desperately confusing time for everyone, including the teachers, but they did a great job being as reassuring as they could, and providing whatever support we needed."

Theo is still fundraising!

The sponsored walk, I spoke of in my article in the March issue had to be postponed. I was due to walk along the Peddars Way in late March. The great news is that I am about to embark on this fundraising adventure again on the 25th and 26th October!

To make it a real challenge I am attempting to complete the distance in 2 days. I have been training with long distance walks locally but nowhere near the full distance of around 80km.

I have not been sitting around during lockdown and since March I have been extremely busy with my fundraising. In fact, after a slow start and the problems with COVID-19 lockdown I have managed to raise half: £2000. There is still a long way to go but I am already more confident that I will be able to raise the total amount needed (£4000).

I live in Hunstanton and during lockdown I was shocked at the rubbish on our beach. I started to think that maybe I could do something about this and so I spoke with the resort manager and he kindly provided me with bags, gloves and a litter picker to be able to

volunteer. This has not brought in a huge amount of money but I feel that if I am going to ask you, the community of Hunstanton to support me I should also help us in Hunstanton in return. Doing my bit for our great town!

During lockdown, I saw that Kemps fruit and veg shop were needing volunteers to help get fruit and veg to the vulnerable in the local area. With the help of my parents (kindly driving!) we volunteered to complete weekly deliveries and they kindly donated small amounts of money to my expedition fund each time. I plan to continue to do beach clean ups (even though the nights are closing in) and plan to sell friendship bracelets and tin cans in the Kenyan colours. Plus some other ideas to be announced soon.

It might be that by the time you read this I will have completed my Peddars way walk however as I want to protect people from COVID-19 I am collecting money via a GoFundMe page online. This is so that cash does not have to change hands. Please check out my GoFundMe page and support me. This is my link...

[gf.me/u/xi4ad8](https://www.gofundme.com/u/xi4ad8)

Also if you see me on the beach then give me a wave!

Sandy's masks raise £500 for local Lifeboat Station

Hunstanton Guesthouse owner Sandy Duff-Dick has been busy at her sewing machine making and selling hundreds of face masks in aid of Hunstanton Lifeboat Station since lockdown.

She and husband Bob are pictured below presenting a cheque for £500 to crew member Joshua Haycock - who happens to be her grandson.

The crew has been on call throughout lockdown and have launched forty times - many of the rescues have been to pick up people stranded at Scolt Head and with no social distancing possible on the lifeboat or hovercraft Mrs Duff-Dick wanted to highlight the selflessness of the crew.



Picture credit: Chris Bishop

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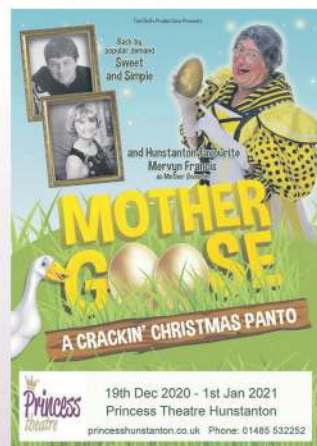


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