

TOWN and AROUND



NEWS FROM
NW NORFOLK
FREE

ISSUE 168 OCTOBER 2019

PRICELESS!

EVENTS & ACTIVITIES: Your calendar for the month ahead
THE GREAT OUTDOORS: Sport, gardening, farming, nature and wildlife
LOCAL NEWS: Business, jobs, schools, clubs, council, civic and churches
FEATURES: A Page from the Sage, Lifeboats, Money Matters and more...

First word



Autumn. A wonderful time of year; the days get a little shorter, the nights a little longer, and the air a little cooler. And every year as I put the October issue together I realise that this month is perhaps one of the most interesting in the North West Norfolk calendar; just turn to pages 92-93 to see what I mean.

In a month that includes Trafalgar Day (21st) it is fitting that we have an article about the

Lord Nelson exhibition at The Hoste Arms in Burnham Market. Sophie went along recently and you can read her article on page 22.

The 14th-20th October marks National Baking Week, so we all have an excuse to indulge in some cake and whilst on the subject of food we celebrate the success of two award winning eateries in Snettisham on the centre pages.

The last date I'm going to remind you about is Sunday 27th October. This is the day that we put the clocks back, don't forget!

Town and Around is printed in Lincolnshire and in early September we sent Sophie to Horncastle to learn about the print process. Have you ever wondered how it's all done? The answers are on page 76.

My thanks as always to the many contributors, advertisers and photographers who enable us to have such a varied content. Thanks also to our delivery team and retail outlets. If you know of somewhere that would like a bulk delivery of magazines (minimum 25), please let us know.

With best wishes for a good month

Elaine

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**Please note: copy date for the
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Red Ensign raised for Merchant Navy Day

Hunstanton Town Council responded to a nationwide call from the Seafarers UK Charity and the Merchant Navy Association for the UK Merchant Navy's official flag to be raised on Merchant Navy Day on 3rd September to raise awareness of the country's ongoing dependence on Merchant Navy seafarers.

Resplendent in his uniform, at 10am Retired Merchant Master David Kent raised the flag at Hunstanton's War Memorial in the Esplanade Gardens and the Mayor Cllr Amanda Bosworth said: "We are gathered here this morning to Fly the Red Ensign as a mark of respect for the personnel of our Merchant Navy. Since 2000, Merchant Navy Day has honoured the brave men and women who kept our 'Island Nation' afloat during both World Wars and celebrates our dependence on modern day merchant seafarers.

HRH The Earl of Wessex has sent the following message:

"On this Merchant Navy Day, I very much hope you will support this campaign by Seafarers UK to remember the sacrifices, salute the courage and support the future of the often unsung personnel of our Merchant Navy. Too often they are the forgotten or invisible service. By raising the Red Ensign you will ensure that at least on this day they are remembered. Your act will mean so much to their families and to the retired, but most especially to those at sea."

The Mayor continued: "Before we raise the flag, I would like to give a special mention to Captain Charles Fryatt, Master of the Great Eastern Railway Steamship 'Brussels', who was wrongly executed as a spy in Bruges on 27 July 1916. A seat dedicated to Captain Fryatt and the Mercantile Marine can be found in the memorial gardens by the ruins of the Chapel of St Edmund.

We offer our humble thanks to all those men



At the War Memorial in the Esplanade Gardens for the raising of the Red Ensign on Merchant Navy Day.

and women who serve or have served in the Merchant Navy, some of whom we are honoured to have with us here today."

The Royal Navy, the Royal British Legion and the RNLI were represented at the raising of the Red Ensign alongside residents, councillors and Town Council Officers. John Houston, who was also served in the Merchant Navy in the 1960's laid a wreath in memory of absent friends at the War Memorial.

Rev James Monro said prayers for those who have served and continue to serve in the Merchant Fleet concluding with the words: "Protect in your everlasting arms O Lord, all those who go down to the sea in ships; and as they see your great and mighty wonders in the deep, so give them grace to put their trust in you, who alone are the Anchor of their souls and the



Rock of their salvation."

Over coffee and biscuits at the Town Hall, Mr Kent explained the significance of his uniform which had a diamond and four rings on the sleeve. The diamond denotes the position of Certificated Officer and the four rings are for the Master (Captain) of the vessel.

Hunstanton and District Food Bank

I have just been preparing our annual report for the Charity Commission, and realise that it is a while since I have given readers an update on our work and our thanks for the continuing donations. We are also pleased to receive and distribute cat and dog food, as people are prepared to go without rather than let their pets suffer.

Number of three day food parcels given	2018-19	2017-18	2016-17	2015-16
Children	252	159	137	44
Adults	342	316	212	84
Stock in (kg)	7378	6670	4777	N/A
Stock out (kg)	7144	5926	6330	5104

As you can see from these statistics set out for year on year, the need for help continues to increase, and the advent of Universal Credit is increasingly cited as the cause of need. However your donations are thankfully keeping pace, for which our clients are very grateful. Thank you all so much.

You will find our donation points at Sainsburys, Nationwide and Barclays Bank in Hunstanton, as well as in various local churches.

James Monro, Hunstanton and District Foodbank



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Little Lights shine bright at swap shop

Sophie Hooker

Thursday 29th August saw baby and toddler group Little Lights host their first pop-up children's swap shop, where everyone was welcome to donate and pick up free children's clothes.

Held at the Union Church from 10am-12pm, the morning proved a huge hit which has benefitted between forty to fifty local families. Clothes left at the end were then donated to local charity shops and charities.

Not only are free swap shops hugely beneficial to families on tight budgets, they also reduce waste and help the environment.

Little Lights' Suzie Abramian said: "This started really from the families at Little Lights. So far it seems to be going very well and everyone seems to be really enthusiastic about the idea."

"Being able to share things around for free, being able to give good, reusable things that can be worn again. It is very much something that we wanted to do to help and bless the community really."

Little Lights is held at Union Church every Thursday during term-time between 9.30am to 11.30am. Welcome to children up to school age, the sessions involve free-play, messy craft activities, circle time and hot drinks for parents to enjoy.



Pictured: (L to R) Emma Hooker, Suzie Abramian, Jenna Stevens

Biggest CO2 polluters in Norfolk: Council does not declare climate emergency

Sophie Hooker

Following on from the Borough Council of King's Lynn and West Norfolk's decision to not declare a climate emergency on Tuesday, a full council meeting was held on Thursday 5th September where the pertinent issue of climate change was discussed further.

Despite West Norfolk councillors hearing earlier the same week that the borough has the highest level of CO2 pollution in the county, a recommendation was not made to follow in the footsteps of half of UK councils in declaring a climate emergency.

Many of these councils have set 2030 as a target date in reducing carbon emissions to zero, 20 years ahead of the Government's 2050 target.

North Norfolk District Council were the first in Norfolk to declare a climate emergency in April of this year, and in August hosted an Environment Assembly where members of the public were able to discuss the climate emergency with elected members and NNDC officers.

A recommendation from Hunstanton Town Council's newly formed Environmental Working Party to declare a climate emergency was also passed in August.

During the previous meeting on Tuesday, councillors heard from environmental health manager Dave Robson and senior policy and performance officer Ged Greaves, who did not give a recommendation on whether the borough should declare a climate emergency.

The council decided that they would take further time to assess the extent of the problem and decide what actions that the borough could take before undergoing urgent action.

Environmental group Extinction Rebellion King's Lynn and West Norfolk have been lobbying the Borough Council to take decisive action in the battle against climate change, with members of the group attending the meeting last night.

Extinction Rebellion said: "As residents of West Norfolk it is terrifying that the council will not even take basic steps towards ensuring our safety."

"The council knows that King's Lynn is at sea level, and the councillors know that it is extremely likely that our town, and much of the land in the borough, will be lost to the sea within most of our lifetimes as a result of sea level rise and increased storm surges, yet still they refuse to acknowledge the risk or take any action. But what could be more important for the council than to act to save our town and our borough?"

"Besides the fear of losing our homes, it is also embarrassing for us to see our borough lagging behind, when over half the local authorities in the UK have already declared a Climate Emergency - and those are mostly local authorities that are less directly threatened by climate breakdown than we are."

"It is also highly irresponsible, given that



Extinction Rebellion members at the council meeting on Thursday 5th September

emissions from the borough are much greater than any other area of Norfolk - our borough has made a bigger contribution than others, so we bear greater responsibility."

"Nevertheless we are confident that a Climate Emergency will be declared in West Norfolk soon - the council can't ignore reality forever."

Cabinet member for environment Cllr Ian Devereux was asked during Thursday's meeting what the council intend to do to combat climate change, and whether they will be taking the "bold, imaginative action" needed to reduce carbon levels and to slow temperature rise:

"The Borough adopted the Norfolk Climate Change Strategy in 2008... the strategy set two higher level goals to mitigate the impact of climate change," Cllr Devereux responded. "Those strategies continue today. Firstly, to cut carbon emissions by reducing energy consumption and promoting a shift to a lower carbon technology."

"Secondly, to improve Norfolk's resilience to the change in climate, including the reduction of the socio-economic and environmental risks associated with flooding and coastal erosion."

"At that time projects were set up to pursue these goals and over several years annual reports have demonstrated their success in reducing CO2 emissions. The implementation of those projects and others since then have continued to deliver reductions in emissions from Borough Council sources."

"Recent interactions have resulted in our decision to make this work more visible and to quantify our current achievements which will enable us to set appropriate objectives and our future course of action."

On how they are going forward, he stated: "The first stage of our programme is to collect data, to establish a baseline for the current carbon footprint at the borough and then to identify further mitigation measures."

"In parallel with that, we are exploring working with other Norfolk councils and the

new Anglia Local Enterprise partnership, to enable us to establish the overall carbon footprint of the whole of West Norfolk."

Cllr Devereux also noted that significant progress has also been made on the adaptation objectives, highlighting the multi-million, seventy-five-year Hunstanton Coastal Management Plan. This plan includes the repair and replacement of ageing infrastructure and to maintain flood risk management of the Hunstanton sea defences, including the implications of sea level rise:

"Over the past three months or so, the leadership of this council has established a comprehensive action plan, estimated resources and provisioned an initial budget and assigned key staff to undertake the work. In our view, this is a significant achievement," he added.

On following in the footsteps of North Norfolk District Council in holding workshops and seminars on discussing the issue with members of the public, Cllr Devereux said that as work progresses, they will publicise their results and "no doubt" work with other bodies in delivering these.

He also noted the publicity from Extinction Rebellion and King's Lynn Climate Concern has influenced the council and that he hopes that through continued interaction they will achieve a better community result in mitigating the effects of climate change.

As explored in Town and Around from June this year, the borough has the third greatest increase in emissions in the UK, which is 34% higher than the national average.

Robson and Greaves' report from Tuesday found that West Norfolk was responsible for the highest amount of industry CO2 pollution in Norfolk, with emissions measuring 700 kilotonnes in 2017.

Transport was found to be the second largest culprit of pollution with nearly 30% of the district boundary's emissions due to the congestion on A and B roads.

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OR GAMMON

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Community comes together for Conor

Sophie Hooker

Thousands of pounds have been raised following a fun day raising money for cancer charities in support of Snettisham teenager Conor Blake, 16.



A gloriously sunny bank holiday Sunday saw scores of people arrive at Ingoldisthorpe Social Club to watch Blake's Eleven vs. The Fez of 92 play a charity football match, with the Fez's coming out on top.

The rest of the afternoon was spent listening to live music courtesy of the Ktones, quick cricket and bowls with support from Snettisham Cricket Club and Ingoldisthorpe Bowls Club respectively. Tombola, karaoke, zorbing and rifle shooting ensured there was a fun activity to suit all.

Conor's mother, Christine Blake, said: "Conor wanted to have this day as a way of raising awareness and, if we could, a bit of money for our chosen charities (Clic Sargent, a children's cancer charity, and MPN Voice)."

Myeloproliferative neoplasm (MPN) is an umbrella term for a group of rare blood cancers. Conor was diagnosed with the rare slow-growing blood cancer Polycythemia vera two years ago, causing his bone marrow to not function properly and produce too much blood, putting him at risk of strokes and blood clots.

"He's had four small strokes and a few bleeds, and at that time friends, family and community



were all there for us," Christine continues. "So today is really bringing those people together and is a way of saying thank you to them. It made us realise how lucky we are to be a part of a fantastic community."

"It all started with Conor having a bit of banter with some of the older lads in the village over football and we were going to have a charity football match and it's just escalated from there! Today's all about bringing people together on this glorious day."

The day finished with a raffle and an auction, with a plethora of local businesses donating prizes: a weekend beach hut in Hunstanton, an 8ft trampoline, a wooden sandpit courtesy of Anglia Log Cabins and a fire and ice spa experience from Knights Hill were just a few of the amazing prizes up for grabs.

"We've been completely inundated with amazing prizes from businesses across Norfolk. There are some amazing raffle and auction prizes up for grabs," Christine said.

The Blake family has set up a JustGiving page to fundraise for vital research into the disease which is still open to donations: <https://www.justgiving.com/fundraising/christine-blake4>.

On 7th September, Christine Blake published an update on the

Snettisham Village Facebook page as follows:

"Hello folks, final monies have been coming in for Conor's Charity Fun day. Our incredible friends and family on the day and donations on line from around the world have raised a staggering £8020. We have also had a further £5000 donations between Miranda Jeavons and Team at Hunstanton Barclays and another very generous local company who wish to remain anonymous. Bringing our overall fundraising total to just over £13,800. Absolutely incredible, all thanks to the fantastic support and generosity of you kind people.

Thank you again to Ingoldisthorpe Social Club and committee for allowing us to use

their venue and facilities. Thank you to Payne Crop Nutrition for sponsorship for Conor's team football kit. Again thank you to everyone who gave up their time and services on the day. Plus the generous donations of fantastic raffle and auction prizes by friends, local companies, restaurants, shops, florists, beauticians, family days out such as Snettisham Farm Park, Bircham Windmill, Sandringham, Pensthorpe, We've had support from all over Norfolk.

We are presenting our cheques this week to MPNVOICE and CLICSARGENT who have both been amazed and so grateful at the amount of money raised. Thank you all so much, Danny, Christine, Conor and Kacey."

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Day Centre's ruby anniversary

Gill Brown

The Day Centre celebrated 40 years of opening this year and I have taken a photo of Mary Parson, one of the founder members who, lucky for us, is still with us. She was telling me that Sir Henry Bellingham MP used to be our president but because of work commitments in Parliament had to give up the post. It was then taken over by Brian Devlin and now Peter Atterbury.

In 1997 Mary Parson received a civic award for voluntary services. In 1979 she was a member of the Royal British Legion Women's Section and volunteers were called for serving refreshments at the newly formed Day Centre, Mary volunteered immediately and has been there ever since.

Over the years the club has had wonderful support; the Rev Michael H Sellors of St Edmund's Church Hunstanton was a good friend of the Day Centre often going on outings with everybody. When he went to Jerusalem, Mary kept in touch with him; he always wanted to know what was happening at the Day Centre.

I made a cake that is on the table; I couldn't let this milestone pass. We all work very hard to keep the centre going, meeting the 3rd Tuesday of every month. Our numbers range from 30-42 and we always welcome new members or ones that haven't been for a while. Our next outing will be Christmas lunch at the Le Strange Hotel, Old Hunstanton in December.



Change of command at USAF 67th SOS

John Maiden

On August 16th Lieutenant Colonel Martin W Weeks III handed over command of the USAF 67th Special Operations Squadron to Lieutenant Colonel William J Kelly V. He is pictured here with his wife, Lieutenant Colonel Brooke (Davis) Kelly, flanked by Civic Society Chairman John Maiden and (the then) Hunstanton Town Mayor Amanda Bosworth.



Due to the fact that the 67th Special Operations Squadron is Twinned with Hunstanton, a total of 15 guests, representing Hunstanton & District Civic Society and/or the Town Council, attended the Change of Command Ceremony, travelling down to RAF Mildenhall in a minibus generously loaned by Glebe House School.

Photo credit: John Bridger.

Chasing sunsets in Hunstanton

Forty-five people (and three dogs) flocked to the Bandstand on the Green where they started a 3-and-a-half-mile walk along the prom towards Heacham, where they soaked up the stunning views of the sun setting over a high tide on Friday 30th August.



West Norfolk Walking for Health and The Borough Council of King's Lynn & West Norfolk teamed up once again for the scenic seafront 'Health Walk.'

West Norfolk Walking for Health organise a comprehensive programme of walks in the area, combining both fitness and friendship. The walks are designed to suit a variety of abilities where participants are encouraged to walk at their own pace.

The walk was free of charge but donations to Walking for Health were welcomed. The initiative was part of Hunstanton's Heritage Gardens lottery-funded activities.

Photo credit: Ian Burt.





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King's Lynn + West Norfolk Pride 2019

Story and photos by Elsie Garner

This August, King's Lynn hosted their second annual Pride March, over 3,000 people of all ages and backgrounds joined the parade through the town centre of King's Lynn. We stood together in solidarity to celebrate equality and diversity within Norfolk's LGBTQ+ community.

For those who are unaware, the LGBTQ+ community celebrate Pride throughout the month of June and marches/parades occur from June to August. London and Brighton have millions of people attend the weekend long events, but smaller scale committee run marches, like King's Lynn Pride, are equally important.

Pride occurs in the month of June to honour the anniversary of the Stone Wall Riots in 1969, where the Stone Wall Inn in New York City was raided by the police, followed by three nights of unrest and police brutality. However this was met by resistance led by Trans Women of colour and Gay men and women. 2019 is the 50 year anniversary since the Stone Wall Riots where Black Power, Feminist and Gay Liberation movements came together to create the first Pride March. We also acknowledge 50 years of LGBTQIA+History, including those lost to the AIDs crisis in the 1980s; the legalisation/non criminalisation of gay marriage and partnership in 88 countries and 3rd wave Feminist movements like the 'Me Too' Campaign.

This year was only the second KLWN Pride, however it has now become a permanent fixture in the town's summer calendar, thanks to the overwhelming support of the community. The event is fun and exciting, from the packed parade chanting 'Love is Love!' to chilled music acts in the Walks and plenty of food stalls. It is truly an event for everyone to enjoy, including families with younger children and the older generations.

Being able to attend a Pride march and be a part of a community of like minded people is a privilege that we have within the U.K, however we still have a lack of LGBTQ+ education within our school systems and there are many people in the world that still face discrimination and criminalisation daily. That is why we march for Pride. I'm sure next year's event will be even bigger and better, KLWN Pride is set for Saturday the 22nd of August 2020, so save the date!



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Soaring success at Hunstanton Kite Festival

Sophie Hooker

The Rotary Club of Hunstanton & District hosted their annual Hunstanton Kite Festival and Classic Car Rally on Sunday 18th August.

The event, which has been a yearly fixture for over twenty years, endeavoured to raise money for numerous local causes, predominantly Norfolk Hospice Tapping House.

Though fundraising was at the heart of the event, spectators were treated to a day of fun and entertainment with children's rides, bouncy castles, games, a circus workshop and a dog show raising money for Guide Dogs for the Blind.

There was a stunning array of kites being flown in the main ring with the winds working in the handlers' favours.

Keeping with the theme of flight were displays from Hawkeye Falconry which showcased their birds of prey and the event culminated in a flyover of a Lancaster bomber.

Almost 200 classic cars pitched up to the event, with vehicles ranging from kit cars to trucks. Visitors were able to get up close and personal with the vintage models and talk to their owners.

Around 3,000 people attended the event and funds are expected to be in the region £10,000, which will go toward Rotary's chosen charities with the club expected to fundraise in excess of £20,000 in the upcoming months.

The festival was opened by Cllr Amanda Bosworth, (the then) Mayor of Hunstanton and John Crofts, President of Hunstanton & District Rotary Club, with John wishing to thank his fellow Rotarians, the Atterbury family, Samantha Race (classic car rally organiser), Lorraine Cannell and Simon French and his children Harry and Katie.

John said: "The day was a great day for the event, with kites flying frequently in winds that often tested the operators, but that is what they wanted.

"I would like to express my thanks to Smithdon School for allowing us to use the site, Lynx Buses for providing free transport from Tesco's, the bus station and the cliff car park, the Explorer Scouts on car parking, our main sponsor, McCarthy & Stone, and the many other advertisers."

"We continue to be delighted to offer our support for The Norfolk Hospice Tapping House who provided volunteers to help us on the gates and who will be a major beneficiary from the event."

"It is humbling to be part of an event that will have raised over £10,000 for charities, will have brought pleasure to residents of and visitors to Hunstanton and we look forward to Kite 2020."

Photo credit: Ian Burt



A Page from the Sage

Well, here we are again writing in the Hunstanton Town and Around for the month of October 2019.

In the August issue of Town and Around I wrote a bit about the bakers, butchers and green grocers' shops that had been in the town over the years. First of all, I found out that there had been a greengrocer in Old Hunstanton by the name of Mr Watson and a baker by the name of Mr Burgess. I was also told that there was also at one time a butcher shop in Old Hunstanton, but I cannot find any record of this, can anyone help me out?

Reg White who had lived in Hunstanton most of his life rang me up with a few more names, Mr Pull had a butcher shop in Westgate and then moved to the high street in Heacham. A Mr Palmer had a butcher shop in L'Estrange Terrace near to where the grade "A" cafe used to be; many people will remember this cafe as being called "Granny Gouche's café" where all the bait diggers used to meet.

Mr Wilfred Swain had a pork butchers shop in the high street, Mr Whomes had two bakers' shops in the town one in the high street and one in York Avenue, whilst a Mrs Anne Reynolds had a greengrocer's shop in the high street, thanks Reg.

I did a bit about people who had swam the Wash and I had an e-mail from a Lee Calderbank who swam the wash from Hunstanton to Boston in August 2012. I was also told that several people have swam the Wash in recent years but no names or information.

A person rang me up and asked me what I know about the Redgate Hill motel. On Redgate Hill just near the old Heacham Water Tower stood a large old farmhouse. It had been lived in by a farmer that was called Mr Lee and he farmed Manor Farm in Heacham and Lodge Farm in Hunstanton (Ringstead Parva). When this house became empty in 1962, Mr Peter Turner who had been landlord of the Hole in the Wall and the Casino Ballroom bought this farmhouse and turned it into a motel.

In 1964 he sold it to Mr Alex Feldman who for many years was landlord of The White Horse at Brancaster Staithe. In 1966 the Redgate motel became empty and it was some time around 1970 when it was knocked down and the land was built on to become part of the Redgate Hill housing estate.

A large part of this land near to the Catholic church were allotments, near the Water Tower was a piggery and also on this land from 1964 to 1966 was a carrot topping factory in one of the large farm buildings. All of these buildings were demolished between 1966 and 1970 and the only building left was the Heacham water tower that was made into flats. Also, the land that the Bennett estate is now on was farmland as was the Hopkins estate and Searles golf

by
Dick Melton



course.

Hunstanton, being such a new town, there were a lot of new buildings going on right from day one. In 1862 when the Hunstanton to Kings Lynn railway line opened (though way back in 1843 building sites were advertised for sale at the "sea-bathing station of St Edmund's in Hunstanton near Kings Lynn"). But, as I have said, the building of houses in Hunstanton never really started till after 1862, but then it was all semi-detached houses and terraces, no estates then.

Before the second World War, after the track from the town to the Lighthouse was moved back from the cliffs to where it is today, building work was started on the Lighthouse estate.

After the second World War there were a shortage of houses in the town, so in 1947 the first part of the Waveney Road estate was built. This was about fifty houses in Melton Drive, Willow Road, Chiltern Crescent and some at the northern end of Waveney Road.

For some reason, work stopped for two years then it all started again with Waveney Road going right down to the cemetery. There were some gaps left like Chatsworth Road that was built up in 1960 and eventually all the land was built on and this estate must now contain well over 200 houses, flats and bungalows.

In 1970/71, the Oasis Way road was constructed and work started in 1970 on the Water Tower estate, then in 1975 the Redgate middle school was built and work had started on the Bennett estate. This is up to now the biggest estate in town with well over 300 dwellings.

When it is finished, the Hopkins estate will have 160 dwellings so when you get all the dwellings built on the Chapel Bank land and the eastern side of Red Gate hill, this will more than likely push up the population of the town to over 6,000. Where will they build next? Maybe on those dreaded sandbanks, it has been thought of before.

Ever since 1862 when his HRH Prince Edward of Wales bought Sandringham,

members of the Royal family have been coming to Hunstanton. On February 4th 1911, Queen Alexandra and Princess Victoria spent an hour visiting Hunstanton, walking through the gardens and along the promenade.

Princess Victoria would often come to Hunstanton with a lady in waiting walking along the high street and going in the shops. One day in 1926, Queen Mary made an unannounced visit to the swimming pool (Blue Lagoon) to see how the building work was going on.

The railway brought the following numbers of passengers into the town on Whit-Monday, June 10th 1911, by special excursions, from March 666, from Norwich 555, from Peterborough 827, from Cambridge 565, and from Kings Lynn 1900, which did not include charabancs (coaches) or cars or by cycles.

A great natural interest was portrayed along the promenade on Friday 28th of July 1911 when the R.N. submarine H.M.S. Bonaventure arrived in the Wash, together with a flotilla fleet of seven other submarines and a cruiser, which were sighted of the end of the pier and attracted crowds of sightseers. The following day, however, there were no signs the Royal Navy had ever been in the Wash as the vessels had gone overnight.

North west Norfolk has always been patriotic to the Crown and the country, as may be seen by the names on the war memorial, and the names of those who in two World Wars gave their all for our tomorrow. In September 1914, 32 men from Old Hunstanton were already serving in His Majesty's armed services. In the same month, a notice appeared in the club house in old town golf club to the effect that "no caddie fit for national service between the ages of nineteen and thirty-five would be allowed on the course."

In 2016/17, it was proposed by the Borough Council of King's Lynn and West Norfolk that a regeneration plan was to be carried out for the southern promenade at Hunstanton and that money should be set aside and a company found to carry this out. A company called Hemingway Design from Wembley in Middlesex was chosen as they had done work on the Hillington Square project, so they were given the contract.

One of the first things they done was to have a meeting in the Town Hall, I went to go but I was told I could not go as I had not got an invitation as I was not a stakeholder (town businessman). Yet, I had been on four of these regeneration plans, the first one in 1979. I have also worked on or near the beach for over fifty years.

So I went online to answer their questionnaire, but that was just a load of squite. I was then told there would be a public meeting at the Town Hall, but that did not happen. So, on the 29th September 2018, I

wrote to Mr Hemingway. I also sent a copy to Hunstanton Town Council and the Borough Council, and guess what? I have never had an answer from any of them and it is now Sunday 25th of August 2019. I think the people of Hunstanton should be given an update about this so-called regeneration plan.

When I was a lad, I lived in Station Road East Winch. It was a busy road with the horses and tumbrils (carts) going backward and forward from and to the village and the station with coal, potatoes, sugar beet and other things. My granny had a bucket, shovel and brush as soon as a horse had been by my granny would be out there to clear up what he had left behind (muck) and you know what, she grew the best vegetables and flowers in the village.

Well, there we are that's it for this month; some fact, some fiction and a little bit of quite all from the Sage. Back again in a month, just keep a troshin'.

All the best,
Dick Sunny Hunny

If you have a question for Dick, you can call him on: 01485 535658
or write to him at:
26 Butterfield Rise
Hunstanton PE36 5PU

Editor's note: A copy of Dick's letter to Mr Hemingway is on page 50.

Wheely big triumph for charity cyclists

The annual Adrian Flux Lap of Anglia set off last week with fundraising expected to exceed £20,000 in total for the East Anglian Air Ambulance. 43 cyclists showed off their pedalling power as they covered 435 miles in a four-day challenge to fundraise for the charity.

The group set off from the Queen Elizabeth Hospital in King's Lynn on Wednesday 14th August. They then made their way to Norwich, to Ipswich on the Thursday and then Luton on the Friday, finishing back in King's Lynn on Saturday evening.

Despite it being not particularly ideal weather over the week, the cyclists managed to battle through high winds to overcome the challenge.

The Lap of Anglia was launched in 2013 as the brainchild of Damien Cross and has been a yearly event ever since, raising more than £100,000 in total over the years.

The challenge was sponsored by Adrian Flux, Robinson Motor Group and Jackson-Stops.

The East Anglian Air Ambulance is a charity that has attended over 25,000 lifesaving

missions since its launch in 2000. It costs in the region of £11m per year to keep their helicopters and service operational.

Pictured: John Bradley and Paul Tibbs on the Holkham Estate.

Credit: Ian Burt



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Their registered Home Managers and Deputies continually work hard to ensure they meet and exceed the legislative requirements laid down by the Care Quality Commission. They are assisted in their mission by a dedicated team of Healthcare Advisors, Nutritionists, Senior Care Assistants, Champions, Carers, Housekeepers, Cooks, Maintenance technicians and Activities co-ordinators.

Working in a care environment can, at times, be very demanding, but it is never mundane as



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no two days are ever the same. ARMS CARE offer a variety of shift patterns with contracts starting at just 14 hours per week or if you prefer, they do also employ bank staff, as on occasions, there are opportunities to pick up additional shifts to cover annual leave or sickness.

ARMS CARE promote equal opportunities and actively seek employees who will enhance their existing team. Whether you are already fully qualified, looking for a change in career or even just leaving the education system, ARMS CARE may be able to offer you the perfect opportunity to shine and showcase your talents. ARMS CARE's careers development programme offers you the opportunity to

continue your studies to gain qualifications in Health and Social Care. ARMS CARE offer a comprehensive pay packages, which is further enhanced after completion of your training. The Company recognise staff loyalty by offering a further increment after you have completed one year's service.

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Flying the flag for Hunstanton RNLI

Sophie Hooker

Hunstanton's Royal National Lifeboat Institution held their annual flag day on Hunstanton's high street on Saturday 24th August to raise funds for the charity.

Goods from the gift shop at Old Hunstanton were transported to the town centre for visitors and customers to purchase. There were also collection tins for people to donate and RNLI volunteers were on hand to talk all about what the RNLI do and to give out flags to children.

RNLI lifeboat crews protect hundreds of communities all over the UK and Ireland with their 24-hour search and rescue service.

The station at Old Hunstanton is open to visitors from Monday to Friday 10am-4pm, Saturday by appointment and Sunday 9am-12pm during the Easter to October months and Sunday 9am-12pm in winter. The gift shop is open Monday to Sunday 10am-4pm from Easter to October and Saturday and Sunday 10am-4pm in the winter months.



Mulberry Restaurant's Neil Rutland has a treat in store for Norfolk Restaurant week

Heacham Manor Hotel is a charming Grade II Listed Manor, set in tranquil surroundings. A mere stone throw from Hunstanton the hotel boasts a varied array of facilities open to the public, including the AA Rosette awarded Mulberry Restaurant.

The Mulberry Restaurant takes full advantage of the rich bounty of produce that Norfolk is famous for with seasonal offering being at the forefront of the Heacham Manor dining experience. The talented team of chefs are overseen by Neil Rutland, who started the kitchen when the hotel opened in 2009.

Neil adopts a collaborative approach to creating the Mulberry Restaurant's menus. Each season the team meet to discuss which fantastic local ingredients to showcase, sharing inspiration to create new dishes. Offering something for every palate you will find elevated



classic dishes, some remixed with unique bursts of exotic flavours from around the globe.

Norfolk is a county rich with culinary intrigue, which is why the Mulberry Restaurant are excited to once again be participating in Norfolk Restaurant Week. The team have worked together to create two unique menus for the event, offering diners a taste of the Mulberry Restaurant experience at a fantastic price point.

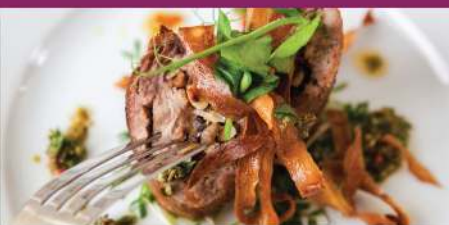
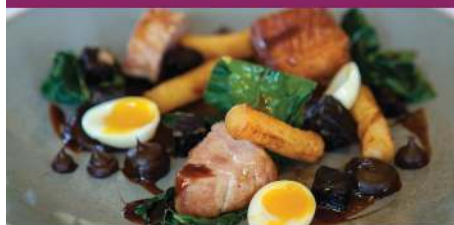
The delectable dishes include a warming Roasted Chicken Kiev with Curried Butter, Puy Lentil Dahl, Onion Bhaji and Raita. Evoking the nostalgia of a childhood classic with the refinement of an award-winning kitchen.

Norfolk Restaurant Week takes place Monday-Friday between 28th October – 8th November 2019. To book your table call Heacham Manor Hotel on 01485 536030.



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Hunstanton Lawn Tennis Tournament 2019

Sophie Hooker

Hunstanton Lawn Tennis Tournament kicked off their 99th year on Sunday 18th August for a week of glorious sunshine, rapturous crowds and of course, outstanding tennis.



There were forty-three tournaments held over the week at Recreation Ground, with competitors coming from all over the country for the biggest tennis tournament in Britain.

The winners from this year's tournament were:

Mens Singles: Thomas Davenport.

Ladies Singles: Holly Middleton.

Mens Open Doubles: Tom Craig and Thomas Davenport.

Ladies Open Doubles: Charlotte Masquelier-Page and Sarah Page.

Mixed Open Doubles: Thomas Davenport and Lauren Jones.

Best performances were also awarded to:

Best Performance Junior Boy: Oliver Broadhurst.

Best Performance Girl: Alice Gamman.

Best Performance Senior: Thomas Davenport.

Sedgeford-native Daisy Waddison also came runner up in the 14 & Under Girls Doubles match with Natalie Crawford. This year also marked the triumphant return of Bob Carrick, who had won in the 14 & Unders in the 60s and this year won in the Senior Vet Mens 65+ Doubles with Victor Cazalet.

Referee Kevin Folger said: "This year we had over 1250 competitors. We also completed over 1500 matches. The week was a huge success for everyone who was involved, being it those organising or participating. Everyone had a thoroughly enjoyable week."

Secretary Chris Holt said: "2019 has been a special year really. We've had seven days of almost continuous sunshine. The courts have been full, and it's been great people and great weather."

"On the Tuesday I've never seen this ground on a weekday as packed as it was with people staying into the evening. The traders and bars did really well."

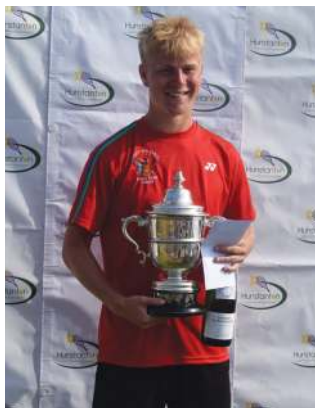
"Three Castles have done a grand job raising the profile of the tournament. I hope it's the same next year for our centenary, if not bigger and better."

Hunstanton Lawn Tennis Tournament began in 1920, though took a six-year break during the World War II. It immediately became a popular fixture and today it remains the largest tennis tournament and, arguably, the most popular grass tennis tournament in the world.

Located on 38 grass courts, it is an open tournament for both the most experienced players and beginners. The tournament covers all ages from senior veterans to 12 & Unders.

The event was sponsored by Three Castles Cover, Kett Country Cottages, Intersport Jarrold, Glebe House, Gresham's, Hughes and Simon Wade Electrical Engineering Services.

Note: A full results list can be viewed on our website in the news section: <https://townandaround.net/news/hunstanton-lawn-tennis-tournament-2019>



Thomas Davenport



Holly Middleton



**Senior Vet Ladies 50+ Singles
winner Carole Wilson**



**14 & Under Girls Doubles
winners Darcy Trotman
and Beatrice Painter.**



**12 & Under Boys Doubles Christof Schaertlin-Coffey
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**12 & Unders Girls Doubles winners Matilda Hind
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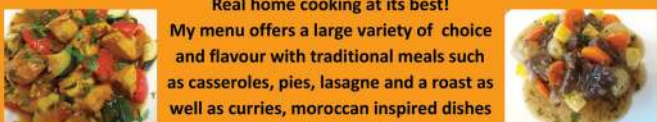
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Dum di dum di dum di dum.....

By Miranda Marshall, Director, Hayes + Storr

Trust and charity lawyers across the country are bristling at the lack of basic research by the writers and producers of the long-running radio soap (or rural docudrama) 'The Archers'. Perhaps we should get out more!

By way of background: June Spencer who plays Peggy Woolley, the matriarch of the eponymous family, and who has just celebrated her 100th birthday in real life, has been rewarded by a special plot line in which she stars. It has dramatically, set some cats among the pigeons of the various Archer family strands, whilst satisfying the current zeitgeist of environmental awareness. All very apposite!

Originally, Peggy set up a 'Family Charitable Trust' with a sum of half a million pounds to be awarded to a farming family member with the best sustainable environmental idea. No actual action seemed to be a requirement. Her son Tony who has farmed organically for decades has taken umbrage (Ambridge?) and is boycotting it in protest against the jumping-on-the-fashionable-bandwagon brigade. All very jolly!

Now Peggy, following passionate lobbying by her socially-conscious cleaner Emma Grundy, has decided to open it up to the entire population of Ambridge, not just her family.

This is a wise Inheritance Tax-planning move, as the Trust now stands a better chance of satisfying the fundamental Public Benefit Test necessary for to achieve charitable status. Perhaps the BBC did take legal advice, after all?

There is a long history of illustrious lawyers following The Archers. My tutor at university once told me she did her weekly ironing listening to the Sunday omnibus edition. A highly respected Chancery QC became passionate about this legal faux pas at a recent conference I attended and told me later that she knew the little that she did about rural life through the show.

Oddly, canny Peggy (iron fist in a velvet glove) took advice about setting up the trust from her Financial Adviser, a smooth operator in a Range Rover with blacked-out windows. Let's hope that his professional indemnity insurance is up to scratch. There is history of The Archer members being ripped off by dodgy financial advisors and there seems every chance that could happen again.

Peggy has now announced that the advisor has found Trustees for her; when those most suited to the role are right in front of Peggy's nose and already known to listeners. Escaped Ab Fab character, Peggy's daughter Lilian, is to be the Trust Administrator, which promises some true slap-stick potential, darling!

The Archers has always been kind to its

lawyers. They have been credited with decency and (not always legally-accurate) competence, as well as a rare and modern diversity. Both Usha Gupta, a solicitor married to the Ambridge vicar, and Anna Tregorran, a "high-flying barrister", who successfully defended Helen Archer against a charge of attempted murder, when sensationally, she stabbed her coercive-controlling psychopath of a husband Rob Titchener come across as good women.

This article aims to supply general information, but it is not intended to constitute advice. Every effort is made to ensure that the law referred to is correct at the date of publication and to avoid any statement which may mislead. However no duty of care is assumed to any person and no liability is accepted for any omission or inaccuracy. Always seek our specific advice.



If you would like further information on this matter please contact Miranda on 01328 710210. If you require advice on any other legal matter call 01485 524166 or email law@hayes-storr.com.

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St Edmund's wolf comes home

Sophie Hooker

A wooden wolf that pays homage to the legend of St Edmund has been repaired and reinstated back in its original home atop Hunstanton's cliffs.

Hunstanton Civic Society member and retired builder Mick Smith, 72, noticed the extensive damage to the wolf while tending to the gardens at the Chapel. The base was split and rotting and one of its legs had cracked.

After gaining permission from the council, Mick and volunteers took the wolf to Mick's garage for some much-needed TLC.

Over the next three weeks, Mick describes the restoration of the wolf as a "labour of love": spending 38 hours and £70 dowelling and gluing the legs and fixing reinforcing plates to the base.

"I glued it all together because the base was in three parts, the back legs and tail were broken, and it was quite rotten. We strapped it all together with big metal straps, cleaned it up and put a really good preservative on it."

On Wednesday 28th August Mick and retired carpenter Tony Armstrong, 75, strapped the wolf to a trailer and paraded it in all of its restored glory down their high street and outside the Heritage Centre before alighting at the Chapel to begin reinstallation.

Mick and Tony were also instrumental in refurbishing the old NatWest bank in the town centre and helped transform it into the new Heritage Centre.

Carved from oak by artist Jean Mulligan in 2011, the beloved animal has been watching over the ruins of St Edmund's Chapel ever since.

The sculpture also marks the final point of the wolf trail, an idea conceived by John Smith of the Hunstanton Civic Society, that starts at the Esplanade Gardens and ends at the Chapel.



Tony Armstrong (left) and Mick Smith unloading the sculpture

A teenage Saxon named Edmund landed ashore at Hunstanton in around 855AD and was crowned King of East Anglia in 856. In 870 he led a small army alongside King Alfred of Wessex against the pagan Vikings and Norse invaders.

Edmund was captured by the Vikings and was ordered to renounce his faith. Refusing, Edmund was then bound to a tree, shot with arrows and beheaded. His decapitated head was then thrown in a forest and is said to have been guarded by a talking wolf who alerted Edmund's followers.

Remembering Admiral Lord Nelson at The Hoste

Over 260 years since the birth of Admiral Horatio Nelson, The Hoste in Burnham Market are holding a 'Remember Nelson' exhibition in their walled garden.

Letters written by Nelson, prints, art from George Arnald and an original life mask cast of the famous officer and maritime ornaments are just a few of the treasures on display.

The exhibition is being run in partnership with the Nelson Museum in Great Yarmouth and is the largest exhibition of Nelson artefacts in Norfolk outside of the museum. The exhibit also includes pieces loaned from both the Nelson Museum and the National Maritime Museum in Greenwich.

One of Britain's most revered and heroic figures, Horatio Nelson was born on 29 September 1758 in a rectory in Burnham Thorpe to Reverend Edmund Nelson and Catherine Suckling. Nelson regularly frequented The Hoste (then the Pitt Arms) during his life, he would receive his dispatch papers there and was known to stay in Room 5 and caught the morning coach to London from Burnham Market.

Nelson was a renowned flag officer in the Royal Navy, known for his inspiring leadership, knowledge of strategy, and unusual tactics which led to a number of decisive British naval victories, particularly during the Napoleonic Wars.

He sustained various injuries during combat, losing the sight in one eye as well as



most of his right arm in the unsuccessful attempt to conquer Santa Cruz de Tenerife. He was shot and killed at the aged 47 during his final victory at the Battle of Trafalgar in 1805.

The Hoste was eventually named after Sir William Hoste, one of Nelson's Protégés and who was born in Ingoldisthorpe and the exhibit incorporates aspects of the relationship between the two.

A display at the exhibit reads: "Nelson's death in battle immortalised him forever but his legacy goes far beyond the victory at Trafalgar. During his lifetime Nelson campaigned for better treatment of sailors whether it was for improvements to living conditions and food, fair acknowledgement or

just reward."

"But Nelson will also be remembered for his inspirational leadership. He never forgot what it was like to go to sea as a young boy of 12 and Nelson devoted time to nurturing and training his midshipmen and junior officers."

"Over 200 years since his death, the legacy of Nelson continues and principles he would recognise remain within the core values of the modern Royal Navy: Commitment, Courage, Discipline, Respect for Others, Integrity and Loyalty. Vice Admiral Sir Horatio Nelson will never be forgotten."

The exhibition in the Nelson Lodge is open daily between 10am to 5pm in The Hoste's walled garden and entry is free.

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Introducing the new Headteacher of Smithdon High School

Sophie Hooker

As the school year gets underway at Smithdon High School, newly appointed headteacher John Hirst speaks to Town and Around about his background in education and his vision for the school.

"I've worked with the school quite closely for two to three years as Deputy of the West Norfolk Academies Trust, and the opportunity came up to step in and become head of Smithdon High School," John begins. "I know the school and staff well, so it's been a really good start of term."

John was born in Manchester and spent ten years teaching on the Isle of Wight before moving to Norfolk in 2002. Since then he has also been Headteacher at St Clement's High School in Terrington St Clement.

"Originally, I was a history teacher then head of department, senior leader, assistant head and deputy head at Springwood High School. When we became West Norfolk Academies Trust I became Deputy of the Trust responsible for outcomes and school improvement in all of the secondary schools," he explains.

On his vision of the school, he states: "What I want it to be is a really happy school where kids work hard and go on to do great things. I think that the school should be central to the community."

"In the past few years I feel that has dipped slightly and we've become a bit more isolated from the community. So, we're looking at building that up again. We're doing a lot more in the community and a lot more with the primary schools to try to build it up."

"We're looking to give students a lot more 'say' in the leadership and direction of events. That's my ambition – to get everyone involved. And everyone is happy and responsible for outcomes, the school is better, and everyone is happy to be here and works harder to get better outcomes."

On becoming more integrated into the community, John reiterates that strides have already been taken towards



Headteacher John Hirst (back row, red tie) with some of the Year 7 students and their teachers

achieving this: such as during the last school year, when 300 primary students came to Smithdon for a sports festival which they hope to hold again this year.

There was also a concert held to celebrate the 50th anniversary of The Beatles' 'The White Album' and, working with the local district council, primary schools were invited to the school to watch a series of plays performed.

On the implementation of the new school uniform, John states that it signifies "a new start and a new approach": when the school was originally opened in 1954 the uniform consisted of grey flannel trousers for the boys and grey skirts for the girls with a navy blazer with a red trim.

"Although we've introduced a new uniform, we're getting back to that original history and heritage of what the school once stood for," he adds.

A Grade II listed building, famous for its predominantly glass and steel exterior, Smithdon is said to be one of the most significant buildings in the area after Ely Cathedral being one of the few remaining examples of Brutalist architecture.

Noting how Smithdon is growing in numbers after a dip in intake in previous years, John states: "As the school is getting more successful, numbers are growing. For example, there

were 85 Year 11 students that just left and this year's Year 7 total 140."

"Our reputation is getting better, links to the community are getting stronger, and our ethos, values, vision and its success are becoming clearer."

On just what Smithdon can offer prospective students, John explains: "We offer an excellent education, with really great new teachers and well-established staff here. I think parents can feel confident that their children will be safe here, that standards are high, behaviour is good, and we're working on providing lots more opportunities for children such as days out, trips abroad and Duke of Edinburgh awards."

Particularly emphasising the importance of preparing students for post-16 education, John believes that the school is well equipped to shape the students into becoming confident and learned young adults, noting that students are going onto Springwood Sixth Form in high numbers.

"We're getting students involved in the running of their school so that when they leave, they're going to have good outcomes, good GCSEs and a clear direction of what they want to do in the future," he says. "And they're going to have all those extras – cultural capital and experience – which deliver on their post-16 futures."



More of the Year 7 intake in the newly refurbished Food Technology Department

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Nature notes with Joanna

What a crazy 2 months!

Dryness seems to have predominated, hedge rows, verges and many lawns badly need rain, I suspect that crops are also in the same position! Yields look as if they could well be down.

Still the sun still shines and it does my solar panels a good deal!

It has been an odd summer, I have spent the last few weeks, hospital and house bound as I come to terms with my new knee. My driving has been stopped until I get the all clear and I am missing my trips around the area, hence my bird list is short, just garden length and that is short as the birds have been in hiding as they have been moulting. The last few days have seen an increase in numbers with Goldfinch appearing and there were 6 young Pheasants in the garden this morning, also 5 Collared Doves, the usual mass of Sparrows, several Blue Tits adding to the Wren, young Robins, Dunnocks and Blackbirds I have spotted in the time I have been house bound. House Martins are still around the estate and Gulls overhead. I suspect that Fulmars will have left the Cliffs and headed to sea for their annual moult ready to return in 2 or 3 months.



I miss their stiff winged flight as they scoot up and down on cliff height. They seem to love soaring along the cliffs.

The greatest joy has been the abundance of Butterflies. Red Admirals and their travelling companions Painted Ladies appeared in goodly numbers over the last few weeks, both of these are migrant butterflies moving over from the continent in favourable conditions. They seem to have been bigger and brighter this year, there have also been numbers of Whites after a slow start. Moths around the house area have been thin on the ground, I have slept with open windows many nights

and even where I have fallen asleep with a light on there have been very few moths in the bedroom, 2 or 3 years ago I would have a good crop to collect and identify even without my moth trap. Another thing that appears to be thin on the ground are Wasps! I know people hate them but along with other insects we cannot live without them, they do a lot of hard work in pollinating! and with less bees and other insects, including Moths we are soon going to be struggling with crop yields and general food growth!

I am looking forward to going to Snettisham to view the mud flats and to see the build up of waders and the arrival of the Pinkfeet! I suspect I will be too late to pick up some of the summer movers which can often be found along the sea bank and the flowers will be looking worse for wear after the lack of rain. By next month it will be winter migrant watch with Fieldfare and Redwing to watch for, so keep your ears and eyes open as there is much to look forward to especially the long skeins of Pinkfeet threading the skies! Roll on mobility.

Mudpies and Butterflies with Louise Barby

Balanis Garden Services

On the 27th October the clocks will go back and we'll have a little less time in the garden, all is not lost however. Why not start to adapt our garden space and consider a little re-wilding?.

Looking after your lawn

- Unless you have used a lot of weed killer on your lawn, it is possible to create a 'wild flower' meadow feel by simply leaving it to grow. They are often full of difference grasses and herbs, many of which flower. You can mow paths throughout the lawn for access and leave until late October so that all the seed heads feed the birds and protect little creatures.
- This month, ensure mower blades are high for the areas you wish to remain short lawn.
- You can feed your lawn now, ensure the feed is rich in potassium and low in nitrogen.
- Now is the last chance to sow lawn seed.

In the flower garden

- Protect half hardy plants with fleece where possible.
- Plant spring bulbs now for an amazing colour injection from January onwards.
- Bareroot tree, shrubs and roses can now be purchased on line or at nurseries.
- Winter/spring bedding should be planted now while the soil it still warm.
- Move any trees and shrubs and plant hedges, October is an ideal month to do so.
- For free plants, lift and divide perennials that have died down or at least cut back.

In the vegetable garden

- Harvest as much as possible before the frosts, green tomatoes can be ripened on a windowsill or alongside and banana in the fruit bowl.
- Plant Autumn garlic bulbs or try elephant garlic for something a little

different.

- Invest in a mushroom kit if you would like to grow your own.
- Recycle used grow bags by opening them up and sowing late salad crops in them.

In the fruit garden

- Plant bareroot fruit trees
- Cut back strawberry foliage to encourage new growth.
- Move citrus trees to a very sheltered area, preferably greenhouse or indoors.
- Divide large rhubarb plants for a good crop next year

With longer evenings arriving, take time to reflect on the success and failures of your garden and what changes you would like to make. The planning starts on the sofa with paper and pen!. Gardens are an ever evolving part of our home, we all need a change now and again, start with the prettiest room in the house!.

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October's plant of the month - Heucheras

Although chosen for October, these easy, versatile plants could equally feature for any month of the year. Heucheras have tall stems of wispy bell shaped flowers throughout the summer held high above the mounds of foliage. This gives them their common name of "coral bells", although their flowers can be anything from white through pink to red. Originally they were grown primarily for their flowers, but now breeders are concentrating more on the foliage with all shapes, sizes and colours.

They are available in every possible colour of evergreen leaves, ranging from pale yellows, through oranges and lime greens to the darkest of plum purples and bronze. Most are a plain leaf, some having a contrasting colour on the underside, but speckles and variegations do occur.

They will brighten up any part of the garden. Heucheras can be used in baskets and containers all year round as well as in the fronts of beds and borders. They can be very versatile and will equally suit a traditional cottage style garden where they can be soft and complementary, or could be used in large, stunning, colour blocks in a contemporary setting.

They are fully hardy and most prefer semi-shade, and generally, the darker leaved varieties withstand full sun better than lighter coloured ones. Once established they will tolerate reasonably dry soils. They do not like water-logging so if you have heavy soil, add well-rotted compost or grit to help created better drainage. Don't overfeed or the plants may bolt, a seasonal application of blood, fish and bone is sufficient.

Flowers should be deadheaded and dead or damaged leaves removed in the Spring. Plants can be lifted, divided and replanted every three to four years. Sometimes older plants will lift slightly out of the ground. If this happens try to fill the gaps with fresh soil or dig the plant up and replant at the correct depth. Heucheras grow well in

containers with good drainage. Use a soil-based potting mixture such as John Innes No. 3 rather than a peat-based compost which can hold too much water.

Heucheras are remarkably pest and disease free with the exception of vine weevil that can cause problems with plants in containers in the same compost for a long time where the larvae may feed on the roots. If possible try to refresh soil every couple of years to avoid this.

Heucheras can be planted alongside other shade-loving broad-leaved perennials such as hostas or brunneras, or those with a finer texture like aquilegia or astrantia. They also look wonderful en masse with a variety of colours creating a patchwork tapestry or with their close relations heucherellas or tiarellas. And if you're looking for inspiration now, why not plant them alongside winter pansies, violas or hardy cyclamen to give a colourful autumn display.



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Garden machinery and more..

Bob Callaby

The time is fast approaching when lawn mowing activity slows to stop and, with fear of sounding like a stuck record, the priority is to prepare the mower for next season. During the dark winter months there is no urgency but in the spring the degree of urgency increases and the workshop lead time does likewise. Customers become more and more frustrated, the phone keeps buzzing and our overworked staff are expected to spend hours placating angry people instead of repairing mowers. It is a no win situation that is largely avoidable.

In recent years there have been a growing number of instances where machines are not repairable or repair is not economic. Many manufacturers are discontinuing parts supply after five or so years and some do not have a viable parts supply. We try to avoid these makes simply because we base our personal approach on after sales service. When we cannot do that it will be time to seek job satisfaction elsewhere. Our biggest sellers are produced in the UK, New Zealand, the USA and Japan and backup from all these sources has been more than satisfactory up until now but there is an awful lot of material on the market that is, to say the least, disposable. Hopefully we can survive in these uncertain times though it is no longer viable to stock and display such a variety of machines as we have in the past but for the time being we try to maintain our traditional standards.

Developments in garden machinery have seen a steady increase in battery powered items. The technology has come along in leaps and bounds and even in our own workshop there is a trend away from plug in power tools.

Unfortunately more and more small gardens are becoming car parks and natural drainage is becoming impeded, causing more run-off and more flash flooding. Most modern developments have tarmac drives and our expenditure on main drainage and infrastructure is insufficient to cope. The environmental warriors don't seem to have cottoned on to this yet. Apparently one of the downsides of Brexit will be an increase in fresh food prices and at times shortages. Hopefully this may breathe new life into growing your own and the allotments will again become popular. It is possible to grow a vast amount of food on a small area by employing multiple cropping and with the help of a small greenhouse a succession of plants can be raised in a short space of time to follow crops such as early potatoes and broad beans. I am not too bothered about a shortage of Spanish salads in off season and in any case these can be produced in north Africa just as cheaply and over a longer season. I think we will return to traditional seasonal eating habits and no bad thing in my opinion as we will appreciate the variety which is forced upon us.

Well a bit of a mixed bag this time but please drop in to see us at Arco and browse our many special offers including hand tools as well as machines and parts.



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"How heavy is farming's carbon footprint..?"

By Robin Limb, agricultural consultant

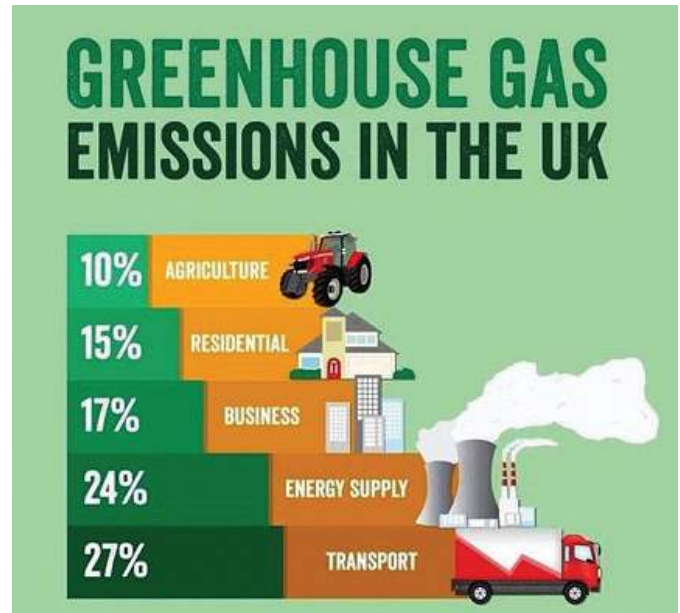
Farmers are currently feeling victimised. For much of this year the sector has been targeted by vegans, animal rights activists and environmentalists, and according to a recent poll conducted into farmers' attitudes, there is a feeling that even national media outlets, such as the BBC, are lined up against them. Couple this with the ever-increasing threat of a no-deal Brexit, and the uncertainty facing the industry given such an outcome, farmers may be fully justified in feeling besieged on all sides.

In response to the BBC's seemingly deliberate misinterpretation of the findings of the recent IPCC (Intergovernmental Panel on Climate Change) report, the NFU were quick to rebuff the falsified reporting of its conclusions. So incensed were farming unions that they took to the airwaves across the broadcast media to try to correct the biased coverage of farming's contribution to climate change and redress the balance. The IPCC felt obliged to call a press conference to issue a statement saying that many of the media claims were inaccurate, or downright wrong, and in no way could it condone the way the report's conclusions had been 'twisted' to suit political messages.

NFU President, Minette Batters, said: "It is so frustrating that farming families, who are working so hard to produce quality, sustainable, traceable, and healthy British food, feel under attack by our own broadcasters."

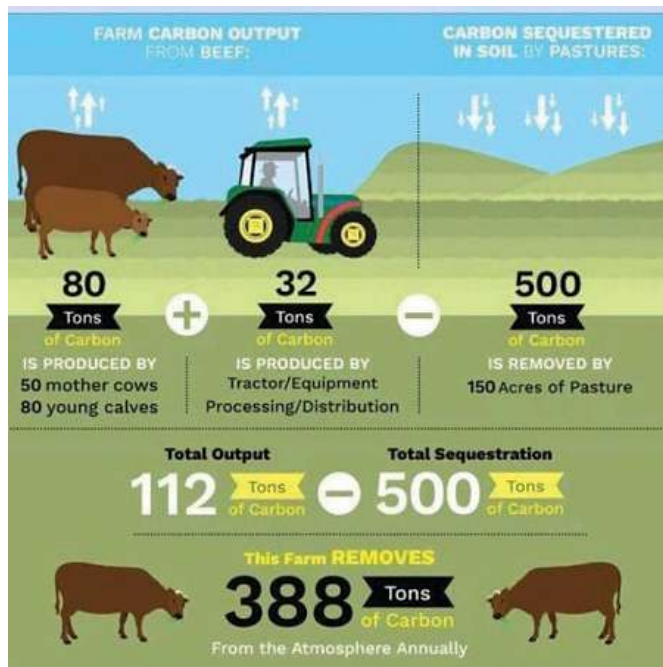
Despite livestock production being singled-out by vegan activists as a major contributor to greenhouse gas emissions, the report concluded that grazing livestock enterprises are actually carbon positive in that they remove more GHG's than they emit, when the CO2 removed from the atmosphere by grassland and crops used for

into account the amount of carbon sequestered from the atmosphere by all crops. The real figure is more like 10% (see graphic below).



UK Greenhouse Gas Emissions by Sector (Others: 7%)

Source: UN Food and Agriculture Organisation



ensiling is taken into account.

The Carbon Balance of Beef Production is Positive for Overall Emissions

Source: UN Food and Agriculture Organisation

The NFU has gone to great lengths to stress publicly that UK farmers are acutely conscious of their need to reduce their emissions, together with all the other categories that contribute to GHG's. UK agriculture has set itself the challenging target of becoming carbon-neutral by 2040. Despite claims that agriculture contributes 20% of total emissions, this number is wildly exaggerated as it does not take

Goldsmiths College, University of London, recently announced that it was banning beef products from all of its shops and canteens from next month in a bid to reduce its greenhouse gas footprint in a drive for the college to become carbon neutral by 2025.

NFU Vice President, Stuart Roberts, recorded an interview with Channel 4 News, in which he expressed frustration that the differences between British beef production and global production were not being acknowledged, and he said Goldsmiths College had missed an opportunity to promote the value of sourcing its beef locally to reduce its carbon footprint.

"I think it's an extremely naive move, and it totally ignores the difference between the carbon footprint of British beef and all the headlines we hear about global beef production. Farmers are more than upset, they are extremely disappointed, and arguably angry, that they are being criticised because of reports that look only at global production systems, and totally ignore what the reality is in the UK."

Fifty percent of all farmed land in the UK is only fit for livestock production. Without livestock, upland areas in Scotland, Wales, and the national parks would revert to scrubland and become overgrown with bracken, noxious plant species, and gorse bushes. The green and pleasant land that we all enjoy, and like to call the 'British Countryside' would not exist without land management through the incorporation of livestock such as beef cattle and sheep.

We are in danger of becoming a society where the blind are now leading the stupid. If biased, selective reporting is parroted frequently enough in the media, the urban populous will believe whatever messages they are 'fed', regardless of the truth and scientific facts. Vegans are entitled to their lifestyle choices, but "The lady doth protest too much, methinks"* when extremist propaganda is perpetrated against hard-working and honest UK livestock farmers in the name of climate change mitigation. We are all entitled to our dietary proclivities, without the need for rabid and vindictive campaigning by minority interest groups, seemingly hell-bent on turning fiction into fact. I rest my case M'lud...

(*Taken from Shakespeare's "Hamlet")



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In Bloom success

Christine Earnshaw



Some members of the Hunstanton In Bloom team at the awards

The announcement was made on September 10th at the Anglia in Bloom award ceremony held in St Ives. And it's GOLD again but it's even better than Gold so please read on. Six happy Hunstanton residents returned bearing three certificates and three chunky wooden trophies. One was a Special Award for the amazing Fountain and Waterfall bed designed and made by Kate Dunbar assisted by husband James and countless children who painted plastic flowers recycling bottles at the workshops held on the Esplanade Gardens during the summer. Each one, part of a plastic bottle was a little work of art – do take a closer look.

The second was for winning the best Coastal Town beating



Kate Dunbar at the Fountain bed

Lowestoft and Gt Yarmouth! Then to our joy and total amazement we were awarded The Anglia in Bloom Trophy for the BEST OVERALL ENTRANT!!! Chris Durham truly was overwhelmed for indeed this was achieved by a fabulous team effort that included the Boro' Council staff and the Hunstanton community. On behalf of Chris and the committee I must say a huge THANK YOU, ONE and ALL. This is the highest award we could ever get from Anglia in Bloom.

There were many other awards for West Norfolk:
King's Lynn: Gold (city category) and overall category winner
Downham Market: Gold (Town category up to 12000 residents)
Bircham: Silver (Village up to 2,500 residents):
Hardwick Cemetery: Gold (Cemeteries over 10 acres) and category winner;
Mintlyn Crematorium: Silver Gilt (Crematoriums)
Now we wait to see how Britain in Bloom rated us and for the result we have to wait until October 25th.

NEWS FROM THE HERITAGE GARDENS

Roger Partridge

Summer Programme

The summer activities have all gone well, with an odd hiccup with the weather! Activities such as Multi Sport on the Green and Pirate Jam in the Gardens fell foul of the weather but the majority went ahead. Good old Punch & Judy received some large audiences and shows how popular traditional sea-side entertainment can be. Art workshops thrived and we have another fantastic crop of ceramic tiles to be cemented into the toilet window frames in the Gardens. They will go up later in the year and the toilets will look artistically outstanding for many years to come! Storytelling and Nature Rangers had their usual good following.

Outdoor Cinema

The biggest disappointment was the cancellation of Bohemian Rhapsody as the Outdoor Cinema presentation on the Green due to bad weather. In anticipation of a very large audience we had made additional

arrangements of road closures and extra toilets, all to be wasted at the 11th hour. But Mama Mia and the Plastic Ocean three weeks later drew in about 2,500 people and was a very pleasant evening.

The Sunset Walk

Thank you to West Norfolk Walking for Health for leading a successful walk into the sunset along the prom and back at the very end of August. 45 people had a very pleasant walk and fortunately the weather gave us all a splendid sunset over a high tide as the backdrop for the return journey of the walk. Walking for Health has regular walks locally for all levels and they are very sociable occasions. Why not try and join them- further information at www.activenorfolk.org/west-norfolk-walks.

Hunstanton Music Festival

The first Hunstanton Music Festival was a big success, despite the windy conditions! High winds did at times make things tricky for

performers but everyone coped admirably and at its peak there were about 700 people watching on the Green. There was a little something for all tastes from Hilarity Jen with her amusing songs to the rousing shanty songs of the Sheringham Shanty Men. The King's Morris provided morris dancing whilst everybody had a good dance of their own to the Melodybeats! Congratulations to Ian Wells and the Hunstanton & District Festival of Arts who collaborated with the Borough Council in all the arrangements and thanks also to event day sponsors SJP Solicitors. Let's hope this is the first of many such music festivals. (Story & photos page 34).

Anglia in Bloom Success!

In early September we heard the fantastic news that Hunstanton had won Gold in the Coastal Section plus become the overall winner making the town number 1 in the whole of East Anglia! Congratulations should go to many people for all their hard work, not

least to our Adopt-a-Bedders who keep the flower beds in the Esplanade Gardens in such good condition. The Plastic Waterfall feature won the Best Young Person's Project too. So it really has been a good year for Hunstanton! Well done to all concerned.

Up and Coming...

The HHG lottery project is due to finish in November. Dates for your diary before that are:

5th October – provisional date for the first Hunstanton parkrun, 9am from the Sailing Club.

12th October- A Sun is Born- an astronomy evening with King's Lynn Astronomy Society at the Golden Lion at 7pm. A presentation on the birth of the sun and the stars followed by telescopes on the Top Green. Free of charge but prior booking essential- phone Alive Oasis on 01485 534227 to book your place. Limited spaces available.

31st October- Frankenstanton! An immersive Murder Mystery evening for Halloween from the Strange Fascination Theatre. Watch the fun and spooky story emerge and try to work out who the murderer is! £18.50; 7pm at the Golden Lion; generous buffet included. Book your place online at www.west-norfolk.gov.uk/hunstantonevents. Limited spaces available.

25th October- Halloween Kidz- join Vince the Vampire and Zoe the Zombie for some spooky fun and games in the Gardens! 11.00am – 3.00pm

18th-25th October- Widdershins Witch Hunt in aid of EACH

Roger Partridge

Activities Coordinator-Hunstanton Heritage Gardens

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Festival on the Green hits all the right notes

Stephen Hayter

The Hunstanton and District Festival of Arts held their annual music festival with performances from a variety of local acts on 7th September.

After several years of being known as the Hunstanton Folk Festival, the event has moved away from its original home at The Wash and Tope, Hunstanton, to an outside venue on Hunstanton's hallowed Green.

There was full amplification from Viking Stage Lighting, and the Kings Lynn and District Borough Council had generously sent over one of its superb stages especially for this 7-hour spectacular, which started at 12 noon and concluded a few minutes after 7pm.

The show was opened by the event's artistic director, Ian Wells, who performed a couple of songs and then introduced each of the many other acts as well as covering the stage changeovers with his unmistakable repartee.

Ian was followed by comedy songstress, Hilarity Jen, and then, local singer songwriter, Martin Day, who performed a full set of original numbers. A complete change of pace came next as emphasis switched from audio to visual, with the splendid 'King's Morris', delighting the now 600 strong audience with some traditional dancing.

As the crowds continued to build there was singing and dancing a-plenty as the 50's, 60's and 70's four piece, 'The Melodybeats', delighted everyone within earshot of the stage. The 'King's Morris' returned for a second and slightly shorter set as the stage was prepared for Eddie Seales and the 'Springwood High School Big Band', who, even having misplaced their drummer, conjured up some outstanding swing.

As things built to a crescendo, the headline act, 'Sheringham's (famous) Shantymen', did the first of their two sets, then local quartet, 'The Fried Pirates', manfully working through the dropping temperatures to do a full hour of their best-known songs before the 'Sheringham Shantymen' brought this to a close as the sun moved closer to disappearing into the sea.

Festival 3 By the Sea, Festival Director, Stephen Hayter said: "This was a massive undertaking for the HDFA and we have been overwhelmed by the response from Hunstanton locals and day-trippers alike. We are extremely grateful to Ian Wells for assembling so much incredible talent, and to the Borough Council for their financial and logistical support."

"We are also delighted that SJP Solicitors of Hunstanton have been our sponsors for this event and will continue next year. With crowd numbers estimated to have reached around 700 during the afternoon it goes without saying that we will be back next year"

The children may well have gone back to school, but this completely free musical extravaganza has attracted enormous support from the community. It is, and remains, one of the HDFA's flagship events.



Lily Barker (2), mum Nicola Barker and grandmother Rosy Prowse



The Sheringham Shantymen



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Climate Change: So What?

Lucy Ferrer, RSPB

The Norfolk Coast is a very special place. A very, very special place. We all know that because we live in the area or nearby, but did you know that parts of it have formal conservation designation?

The red and white chalk cliffs of Hunstanton are a unique feature to the town, designated as a Site of Special Scientific Interest. The area out to the East has some of the best examples of saltmarsh in Europe, there are extensive deposits of shingle at Blakeney Point, and major sand dunes at Scolt Head. Extensive reedbeds are found at Brancaster, Cley and Titchwell. Coastal pasture is present at Cley and the grazing marsh at Holkham has a network of clear water dykes that hold a rich diversity of aquatic plant species. Why is this important? Well, this landscape has been protecting us from coastal flooding, providing land to graze our cattle on and even absorb harmful carbon compounds from the atmosphere. The variety of high-quality freshwater, intertidal and marine habitats also provides us with an array of wildlife. In summer, the area plays host to large breeding populations of endangered birds and in winter it is used by very large numbers of geese, wading birds and sea-ducks who have come from the arctic. As well as birds, we are home to two species of seals, otters, water voles and several types of bats. The organisations that manage this land do so with specialist knowledge and techniques.



But the effects of climate change are coming to East Anglia. The Intergovernmental Panel on Climate Change, which includes scientists from the UEA, have forecasted more frequent extreme weather events (floods, droughts, storms and heat waves) for the region whilst sea-levels here will continue to rise. Whilst this landscape of ours has been changing due to natural occurrences for millennia, the speed at which this change is happening now makes it harder for the government to help us financially, for businesses to react to it and for wildlife to recover from.

The powerful silver lining is that these landscapes of the North Norfolk coast are part of the solution. By protecting this land, we are protecting important flood defences, a carbon sink and providing wildlife with somewhere to live.

You may recall that on the 20th September, our children and grandchildren protested to the government to prioritise actions to counteract climate change. The effects will continue to get worse for each generation, and it's great to see that they have taken ownership of these issues for themselves. As the UK's largest conservation organisation, the RSPB supported The UK Student Climate Network in these protests. Listen out for our Top 20 single, Let Nature Sing, which we'll be playing in our shop at RSPB Titchwell Marsh. You can also download the song from our app "Birdsong Radio". This is another way that we are celebrating the wildlife we love and putting nature back on the agenda.



Here we hoe again....

by Old Muck from Northfields Allotments

As we enter the season of mists and mellow fruitfulness, it's time to take stock of the season.

Some things grew crackling well, like carrots and corn on the cob. Some never really got going and the jury's still out on outdoor tomatoes, some whopping great pumpkins and while we're on the subject what happened to the blackberries..?

No two years are ever the same. But being a bloke who keeps his ear to the ground, you do notice common themes. It can be a great year for garlic, for example and a bum one for shallots. Or your courgettes can go mental, while your butternut squashes never ripen.

Our plot-holders can run on a bit with pet theories. If the geese come early, don't you go putting them spuds in 'til Easter, for example. Or put your onions in on the shortest day and

you can harvest them on the longest.

Being more inclined towards the chuck it and chance it school of horticulture than the old wife's tale brigade, I'm rarely disappointed because something usually grows and you can normally eat it, freeze it for the leaner months or make jam out of it.

It's fun most of the time, which is why we do it. Not to mention all the banter and all the leg pulling that goes on.

On a slightly more serious note, we were sorry to hear Amanda Bosworth has stood down as mayor. She wasn't just a great ambassador for our town, she was a stalwart supporter of our club attending two open days and clearly delighting in being shown around members' plots and giving out prize certificates.

Northfields plays a big part in the life of our

members, who are a diverse bunch when it comes to age, gender, nationality and how off their chump they are.

We look forward to welcoming Amanda's successor to one of the town's hidden gems next year.





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Hunstanton Eyecare Blog

Enhance your visual comfort for safer driving at night. "Road Pilot"

As the days grow shorter, many of us cannot avoid driving in low light conditions or at night. There are 34 million drivers in the UK and it is estimated that 31% refuse to drive at night. Does that include you? I know from what our clients tell us, that many of you find night driving quite uncomfortable. The visual sensitivity of our eye is different in the daytime than at night, so the night driver has to cope with multiple light sources, headlights, street lights etc, which all impact on our vision. The problems created could be glare, low peripheral vision, decreased contrast sensitivity, increased response time and difficulty in motion perception.



Research and development is on-going in the optical world, and manufacturers have recently put much effort into designing lenses particularly to cope with night driving. Our supplier, Essilor, has come up with "Road Pilot". There are two design options:- Distance only, offers a specially surfaced lens providing high resolution over the entire lens, and a premium anti-reflection coating that offers impeccable clarity of vision. The second is a varifocal design providing wide distance and intermediate zones ideal for the best distance vision and the dashboard area. Both lenses are available in a clear plastic material, or Transitions Xtractive™. The highway code advises not to use tinted lenses for night driving if they restrict your vision. Therefore, Transitions Xtractive™ with its pale tint is fine, just enough to reduce excess glare but not to reduce vision. The special anti-reflection coat adds to the light transmission qualities and reduces lens surface reflections by up to 90%.



Just because they are called "Road Pilot" doesn't mean you can only wear them in the car, they give great vision on many occasions, but especially for driving. If you should wear specs for driving then that same pair will be useful for other occasions such as cinema, theatre or TV, so why not wear them? The Transitions Xtractive™ is an ideal sunspec material, being photochromic it will darken to around 80% tint and also reacts more quickly to UV light behind the car windscreen.

So, if night driving is a bit of a bother, pop into Hunstanton Eyecare for an eye exam and discuss our "Road Pilot" lens.

Happy motoring!

Annette

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Norfolk Holiday Homes

A funny thing happened at the office.....not a holiday report but light entertainment perhaps as us girls in the office do like a laugh and break from work now and again.....

My two children (22 and 15) said that this could only happen to their mum. I bet it will not happen again in Hunstanton ever again.

We don't know where he came from and if my colleague Julie had not seen it herself she would definitely thought my time was up as her business partner. Did it crawl up and then down someone's trousers - the DPD delivery man was the last person who came through the door?

Did it drop out of my parcel? Wherever it came from, it was skating helplessly across our vinyl floor. When I saw something wriggling, I screamed, as a woman would of course. Not like a spider though, it kept trying to run. Did not blame it really with me bending over to inspect.

About eight inches long and had lightning speed. I caught it. Lost it. I was sure he did not drop but we looked anyway. Later, my peripheral vision caught sight of movement on my left shoulder. Hello, there you are Dino, I said out loud and quickly ambushed it. Never did I think it might bite, give off poisonous stuff from it's skin or it's tail or a limb might drop off. Yes, or no perhaps, you have guessed what I had - a lizard.



It was not a pet, did not come from tropical lands, nor was smuggled in from a jungle but was just a common lizard. I checked. His temporary home was the glass tea caddy jar and then transferred to Snettisham Common. Walkers when I dropped him off were amazed, kids were wide eyed and someone asked if had a big spider. After all this trouble I hope Dino or Dina was not swiped up by any other local wildlife on the common after all the excitement.....and.....we now check the floor when delivery men call in!

Sandra Hohol

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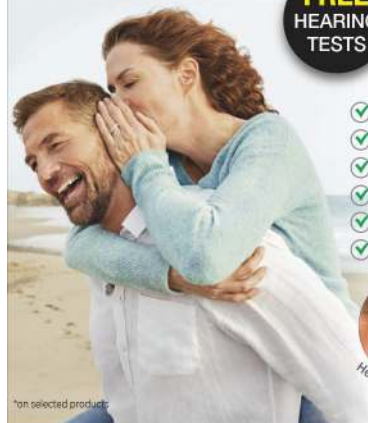
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FAMILIES FROM ABROAD VISIT TO HUNSTANTON

SATURDAY SEPTEMBER 7th 2019

It was our true privilege to welcome 10 families, accompanied by a volunteer from Norwich, to sunny Hunny – and in spite of early morning rain, sunny Hunny did live up to its reputation.

These families have all experienced war, suffering and loss in their home country – and just to see them enjoying a simple day out here was truly uplifting.

The whole day would not have been possible without the commitment, support and time of our befriending group. Each and every one in the befriending group has a humanitarian heart of gold.

I have to make a special mention once again of Hunstanton Sealife Sanctuary, whose General Manager, Nigel Croasdale, kindly donated complimentary entrance tickets for everyone. Thank you so, so much.

If I said 'thank you' a million times to Joe Rodrigues and Morgan of South Beach Vegas Fish Bar, it would never be enough! They helped us out at very short notice and more than generously provided food and drink for the families and the befrienders. My eternal thanks, and those of the families, to you both.

Equally open-hearted and generous was Bessie-Lynne Pooley of Hunstanton Fairground. Without a second thought, she offered free rides on the merry-go-round to all of the families.

In addition to the visit to Hunstanton Sealife Sanctuary, to Vegas Fish Bar and to the Hunstanton Fairground, the families experienced dancing to music on The Green, time spent in The Heritage Gardens, a visit to the Tourist Information Centre and the Heritage Centre, the High Street and a Craft Fair in Hunstanton Town Hall.

It is humbling and at the same time a superb testimony to the human spirit to witness the kindness towards people from abroad as the families experienced today.



The families will never forget today – and are looking forward to a return visit.

All that it needed is a bus service between Norwich and Hunstanton.....

If you would like to participate as a befriender in any possible further visits or would like to donate in any way, please go to the following link : www.gov.uk/help-refugees or call me on 01485 533896.

Thank you.

Yvonne Bridger (on behalf of the befriending team)

HUNNY BEES RUN FOR THEO

Sue Murket

After hearing the sad news that Theo, the nephew of one of their members had been stillborn, Hunstanton based ladies running club, The Hunny Bees, took part in their first charity run between 12th to 14th September.

A good number of bees turned up on the Thursday night and those who couldn't make it, ran the following Saturday morning.

So far they have raised £200 in donations for a cold cot at Queen Elizabeth Hospital. This gives grieving parents a special cold unit with a basket where they can place their stillborn child, giving them as much time as they need to say goodbye.

Anyone wishing to make a donation please contact Hannah at hjrush77@gmail.com



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Can I Avoid Paying Care Home Fees?

By Jenny Nolan, Solicitor

The UK population is aging, and more people than ever will spend their later years in a care home. It is now more important than ever to seriously think about later life care and how much this could cost you. Care home fees vary depending on your needs but will still be a significant expense, in East Anglia, average care home fees are £35,000 per year and can exceed £42,000 for more specialised care.

Your local council will fund your care if your total assets are below £14,250 and you will be expected to fund your own care if your assets exceed £23,250. If your assets fall between the upper and lower limits, your local authority will pay part of your care fees. When your assets are calculated, your income, savings and home will be included.

According to these rules, everyone who owns their own home will exceed the upper limit and be expected to fund their own care. The council won't sell your home, but homeowners who don't have enough savings to pay their care home fees may need to sell their house to fund their care. This is a bitter pill for those who were hoping to pass their home on to their children or chosen beneficiaries, perhaps to help them to get on to the property ladder.

In certain circumstances, your home won't be included in the assessment of your assets. Your home could be disregarded if you are in the first 12 weeks of permanent residential care or if you have a partner, carer or vulnerable relative who still lives in the property. However unless these or a few other circumstances apply to you, expect your home to be included.

You may therefore think that it is a good idea to dispose of your property before you need residential care, but you should be careful. If the local authority thinks that you have deliberately reduced your assets to avoid paying care home fees (called 'Deliberate Deprivation'), they could calculate your fees as if you still owned the assets. If you have given the asset to another person, the local authority could try to recover their costs from them.

It is possible and perfectly legitimate to dispose of your assets without breaching guidelines set by the local authority including by setting up a Trust, giving gifts or buying an Investment Bond. However the local authority can scrutinise any arrangement they believe is an attempt to avoid care home fees and they can revisit and review your case if they feel that circumstances have changed.



When it comes to care home fees, there is no such thing as 'off the shelf advice' and there are no guaranteed ways of avoiding fees. Everyone's situation is different and by seeking advice from a qualified legal professional you can best protect your assets for your loved ones and minimise your chances of making a decision that could be considered Deliberate Deprivation of assets.



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Hunstanton & District Civic Society News

Membership

Invitations to renew membership together with the Chairman's letter and the full programme of talks have now been sent out. The membership fee of £15 for an individual or £25 for two adults at the same address is the same as last year.

Talks Programme

In partnership with Refill Hunstanton, the showing of the film 'A Plastic Ocean' was the first event of our new season. The film exploring the fragile state of our oceans demonstrates the alarming consequences of our disposable lifestyle. The Town Council supported this event by waiving the normal hire charge for the hall.

On Wednesday 16 October, Dr Andrew Tullett is going to reveal some secrets of our coastline from Heacham around to the Burnhams. Admission is £1.00 for members and £4.00 for visitors including refreshments. The full programme of talks and much more information can be viewed on our web site at www.hunstantoncivicsociety.org.uk

Heritage Open Days

This was the third year the Civic Society participated in Heritage open Days. These provide an opportunity for the public to visit buildings that are not normally open or to see behind the scenes. We are grateful to Nick Torry and Carla Hume for acting as guides for the tours of the grounds of Old Hunstanton Hall and to the residents for permitting us to go into the courtyard. Thanks are also due to Derrick Lloyd for

allowing us to visit the dungeon and climb the tower of the lighthouse. This year the weather was perfect, the tours were popular and much appreciated.

For the first time this year, thanks to Cllr Andrew Jamieson, Norfolk County Council and AdHoc Property Management who are currently the guardians of the property, we were able to arrange tours of parts of the former infant school in James Street.

In Bloom

Thanks to many helpers and the Borough gardeners, the town looked splendid during the summer and won gold award in the Anglia in Bloom competition. Plans are already in hand for new floral displays for 2020 particularly around the Heritage Centre. Mick Smith and Tony Armstrong have done a marvellous job of repairing the carving of the wolf and repositioning it near to St Edmund's Chapel.

If you are able to be involved with the then please contact Margi on 01485 532223.

Heritage Centre

The Centre is open from 13.00 to 17.00 on Wednesdays, Saturdays, and Sundays but can be opened by prior arrangement for schools and other groups at other times.

If you might wish to join our happy band of volunteers who man the Centre, please contact Terry Ashworth on 01485 535292

A message for anyone who worked at SHANKS, Builder & Contractor or worked at the Nat-West Bank in Hunstanton at anytime

As many residents and visitors know, the Hunstanton Heritage Centre has moved from 15, The Green to its new premises to the ground floor of the former Nat-West Bank building, at the cross roads of Northgate and Greevegate.

We are very pleased with our growing visitor numbers, also our glowing visitor feedbacks. We also are in need of some information, particularly on the Bank itself. As a bank it started in 1922 when the 3 storey building known as Clifton House was on the site, this building actually joined the existing Cruso & Wilkins building and was there in the late 1850's. Once bought by The National Provincial & Union Bank of England Ltd, it was demolished and the single storey bank was erected in 1922.

When it was Clifton House, it was used as a private school, a boarding house (which regularly changed keepers) and also a family home for a retired farmer and his family. As a boarding house it had many influential boarders over the years. Then from 1922 until the early 1980's it became a single storey bank. It was built by a local contractor called Shanks, Builder and Contractor.

Since we opened in early June, we have had numerous donated items brought into us, among which was a photograph from Mr David Drewery from Snettisham (a member of the Snettisham History Group). It is priceless to us as it shows the building being built in 1922; David had it because it showed his grandfather, Alfred, who was a bricklayer, at the then 'roof level' of the first bank building. If you view the picture you will see

it was way before health and safety had been thought of when you look at the scaffolding.

OUR FIRST QUEST IS: to gather information about Shanks! If anybody worked for them, or had a relative that did please get in touch. Shanks is known to have had a Magazine published frequently, to advertise itself and to boost the morale of all its employees, does anybody have a copy that we could scan?

OUR SECOND QUEST IS: to discover the bank's history from its employees, were there any scandals, any hold ups, any interesting clients (obviously no details)? As a lot of people now know, we found a cellar whilst refurbishing, which were not on the drawings we inherited. What was its purpose and how was it accessed? Were there any precautions during the WW2? Anything that would be of interest to our visitors and make for a great display. At the same time you can see what we have done to your bank.

PLEASE HELP IF YOU CAN, we would be most grateful for any information on either subject.

You can talk to any of our volunteers when we are open which is :

Wednesday Afternoons – 1pm to 5pm.

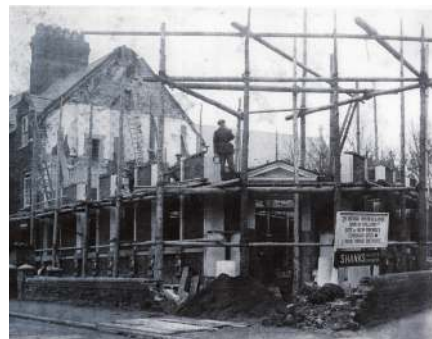
Saturday Afternoons – 1pm to 5pm.

Sunday Afternoons – 1pm to 5pm.

Until the clocks change, then it's 12pm to 3pm until mid-November (when we close for winter)

OR if you contact us through our website hunstantoncivicsociety.org.uk and we can arrange any other time to suit you.

Tony Armstrong



*Building of Nat Prov Bank 1922
Alfred Drewery, Bricklayer*



*The new Heritage Centre in the
former bank building*

98 year-old Leonard Potter appointed to rank of Chevalier in the Ordre nationale de la Légion d'Honneur



Leonard, a resident of Hunstanton, served in the RAF during World War II and he is pictured here with the letter advising him of his award and his insignia.

The Légion d'Honneur, is the highest French order of merit for military and civil merits, established in 1802 by Napoleon Bonaparte and retained by all later French governments and régimes.

The order's motto is Honneur et Patrie (Honour and Fatherland), and its seat is the Palais de la Légion d'Honneur next to the Musée d'Orsay, on the left bank of the Seine in Paris.

The message includes the following: "I offer you my warmest congratulations for this high honour, which recognises your military engagement and steadfast involvement in the Liberation of France during the Second World War.

"As we contemplate this Europe of peace, we must never forget the heroes like you who came from Britain and the Commonwealth to begin the liberation of Europe by liberating France. We owe our freedom and security to your dedication, because you were ready to risk your life."



On 29th July by decree The President of the Republic of France appointed 98 year old Leonard Potter to the rank of Chevalier (Knight) in the Ordre national de la Légion d'Honneur.

A very special relationship

John Maiden

When he took over command of the USAF 67th Special Operations Squadron on August 16th Lt Col William J Kelly V welcomed fifteen guests from Hunstanton and informed them that he wanted to build on the very special relationship the 67th has with the town. It was, therefore, no surprise when he accepted an invitation to attend the Mayor's Civic Service at St. Edmund's Parish Church in Hunstanton on Sunday September 8th.

In fact, Lt Col Kelly made it a family day out, being accompanied by his wife, Brooke Kelly - also a serving Lieutenant Colonel in the USAF - and their two daughters, Clara Mae (4) and Willa Josephine (2).

The girls were sitting near me in church and

behaved impeccably throughout the service, which was led by Father James Monro. The sermon was delivered by the Reverend Sam Abramian, Minister of the Union Church, while Father Henry McCarthy from the Roman Catholic Church led the congregation in prayers. Town Mayor Amanda Bosworth read the psalm.

Following the service there was a procession down to The Green for the annual blessing of the town conducted by Father James Monro at the 'cross'. This ancient monument, probably the shaft of a Pilgrims' cross, was moved from Snettisham to the area of grass in front of Old Hunstanton Hall by Henry le Strange, who subsequently had it erected on The Green in 1846 to celebrate the

birth of his new 'Sea Bathing Village of St Edmund's in Hunstanton'.

After enjoying an impressive buffet reception in the Town Hall, the Kelly family visited the Heritage Centre, where the two girls were fascinated by the stairs leading down to a mysterious cellar. Then it was off to the playground in the Esplanade Gardens where Clara and Willa had fun on the apparatus, before sitting down to fish and chips with their parents, while watching a magnificent sunset over The Wash from the terrace in front of Henry's restaurant.



HUNSTANTON MAYOR RESIGNS

Hunstanton Town Clerk Jan Roomes issued the following statement on 13th September:

"It is with the greatest of regret that we announce the resignation of our Mayor, Amanda Bosworth effective as of Thursday 12th September, 2019.

"Amanda has served Hunstanton both as councillor and more recently as Mayor (2018-2019) representing the town, contributing hugely to the continued success of this thriving community.

"We are sorry to lose such a hard working, enthusiastic and dedicated member of the council but respect her decision which cannot have been an easy one. Councillors and staff thank Amanda for her contribution to the well-being of Hunstanton and send her all good wishes for the future."

As we go to print there will be a Full Council meeting on Friday (20th September) when a new Mayor will be elected. In the interim the Deputy Mayor, Cllr Tony Bishopp.

OLD HUNSTANTON NEIGHBOURHOOD PLAN

Many thanks to all residents who completed the Old Hunstanton Neighbourhood Plan Questionnaire. All your responses will be analysed anonymously to give the Neighbourhood Plan Working Party evidence of how you would like the village to evolve over the next few years.

If you still have a questionnaire that needs to be collected please ring one of the numbers on the questionnaire to arrange for it to be picked up. If you have any other queries please email Lynne Butters or if you would like more information or would like to contribute to the development of the Plan, please contact Lynne Butters at neighbourhoodplan.oh@gmail.com

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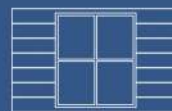
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Borough Council News

Heacham, Sedgeford and Fring

October has national politics taking up news slots yet again. However, I find the Lynn News manages to keep focussed on local issues and it reports the goings on at the Borough accurately and fairly though there are some things which have not been fully disclosed yet. I will dodge around those too as their outcomes could be influenced adversely. Suffice it to say that you need to keep a close watch on the numbers when it comes to fresh housing developments; a keen eye on what might be happening in your closest town; more than a passing interest in a possible significant proposal for King's Lynn. Perhaps November will reveal all.

Planning items: locally, Cheney Hill at Heacham seems little further forward. Meetings continue with the developer and officers, some proposals relating to the location of the 'affordable homes' have gone back to the drawing board. The developers behind the large Knight's Hill development, which got thrown out, has started the appeal process. Such was the profile of this case, I have no doubt the Borough will require a public hearing and pay for counsel to represent them.

They (the Borough) may have to be persuaded to make the same effort about the 19 houses in Downham Market. This development proposal got thrown out for a second time at planning committee. I proposed the reasons for rejection and have been told it will cost the Borough money. Most likely true if the second appeal does not go to a full public enquiry. If it does, then we shall see.

The small informal working party about single use plastics I chair is now on a footing which should lead to some progress. The Regeneration and Development Panel (R&D) listened to a presentation about the Community Infrastructure Levy (CIL) and a small Task Group is being set up, which I am on, to determine how to manage the funds. 'Sail the Wash', a project to promote the Wash to people who like sailing – and includes provision for better facilities in Lynn, was also presented well and things should start to happen over the next year. It is fully funded from outside sources so will not be a burden on local taxes.

The South Lynn Brick Kiln should have been demolished by the time you read this. I, as Vice Chair of R&D, met with the commissioned surveyors and the officer i/c on site after the structure had been cleared of foliage. I took some pictures, two of which are included here. The laser



survey being conducted then collected sufficient data for 3D modelling. I asked that this be used to provide an interesting display in one of the Lynn museums. I don't know if that will be done.

The R&D Panel visited Hunstanton in September, it will go to Downham Market later this year and I have asked for it to go to Heacham in the New Year. I am still awaiting ideas from local businesses and people about what kind of regeneration projects they would like R&D to consider. Remember they have to be on land owned or acquired by the Borough. In Heacham this means at the back of the beaches, the commercial site off Hunstanton Road, and the old bowling green off the High St.

Terry Parish, Independent Borough Councillor for Heacham Ward

Accountability

Richard Bird

Town and Around has received a number of requests from members of the public about Hunstanton's Southern Seafront development. You may recall that Wayne Hemmingway's company was conducting the surveys, but they appear to have stalled. Our very own Sage, Dick Melton, has written to senior offices at the Borough Council and received no responses. (See his letter of 29.9.18 on page 50)

Town and Around magazine has put in a Freedom of Information Request (FOI) by e-mail on 12 August 2019 to the Chief Executive, with a chase up e-mail reminder on 3 September. At the time of writing neither of these e-mails has been acknowledged or responded to in any fashion.

Now there used to be a code at the Borough Council that outlined the policy for a response time and I am sure there is a national policy for responding to FOI requests, however it would appear that the Borough for whatever reason has decided to revise or ignore these.

This magazine has asked on several occasions for information about various issues directly from the members of the cabinet. It would appear that they are so busy that they have not had the time to respond to any of these requests.

Clearly, Kings Lynn Borough Council, its senior officers and members must be under considerable pressure, as they seem unable to find the time to respond to individual members of the public or the press. What are the priorities of this council if not supporting their public?

Another Great Flower Festival!

Chris Guest

It was yet again a brilliant Flower Festival in Old Hunstanton this year, thanks to our team of hard working volunteers and of course loyal Festival goers!

While the weather was not ideal over the weekend, it could have been a lot worse; and undeterred, visitors came out in numbers to support us as they always do. The 'Department Store' theme inspired some simply stunning flower displays in the Church, prompting several visitors to compliment us on it being the best ever. The fete in the gardens of Park House was again full of activity and bargains, and the quality of the fare on offer in the catering tent was as delicious as ever.

This year the money raised was in the region of £8,000, this being the total after some much needed expenditure on equipment. A further donation will be made to the Village Hall fund to help with preliminary work, and some of the funds will be used to press ahead with plans to improve the main South entrance to St Mary's church.

We are fortunate in Old Hunstanton to have such a wonderful event, which brings the whole village together. Thanks again to all our volunteers and visitors for making this year's Festival such a success.

Next year's provisional dates are 24-26th July!

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Norfolk's Fi

Sophie

It is a momentous year for Snettisham in the world of fine dining; not only have the Rose & Crown scooped the award for Norfolk Dining Pub of the Year in The Good Pub Guide 2020, the The Old Bank Bistro were also finalists at the Eat Norfolk Food and Drink Awards 2019 for Restaurant of the Year. Both establishments were also recently featured in the The Good Food Guide 2020. Here, Town and Around explores just how these two beloved establishments satiate the need for good local food.

The Rose & Crown, Snettisham



The Rose and Crown, a 500-year-old inn nestled in the heart of the village of Snettisham, has been named Norfolk Dining Pub of the Year 2020.

The quintessentially English village pub, located on Old Church Road, has also made it into Britain's top ten pubs for the sixth year in a row.

The Good Pub Guide praised The Rose & Crown's "impressive, imaginative food using the best local produce."

"Not surprisingly, this lovely old inn is a favourite with so many customers. All aspects remain first class, from the well trained, friendly staff to the fine range of drinks and excellent food and on to the stylish bedrooms," they continued.

The inn is owned by Anthony and Jeannette Goodrich, who also own the Georgian brasserie the Bank House in King's Lynn. The Rose and Crown is helped run by manager Kim Tinkler and head chef Marcela Morales.

On striking the perfect balance between fine dining and still maintaining a cosy and casual local pub feel, Town and Around speaks to Rose & Crown owner Jeanette Goodrich on just what sets them apart.

"I think the friendly staff are critical. You want to walk in and feel welcomed and relaxed. One of things that distinguishes us from a lot of places is that we still are a proper pub. A lot of pubs have lost that 'local pub feeling', whereas the Rose and Crown has kept it."

"We have a lot of regular drinkers; we sponsor the village cricket club and we're very involved in the local community and it's a self-perpetuating thing: locals come in because they know they'll see friends and it's very much a social meeting up place."

"There's always a murmur of voices going on and that immediately relaxes people. We work very hard in keeping our staff happy and



working in a team, and I think that transmits to customers."

Jeanette also believes that the age of the inn has been vital to establishing their reputation as a beloved landmark in the village. "The Rose & Crown has been here for so long, it's supposed to have been built in the 14th century to house the workmen working on Snettisham church, feeding them and giving them something to drink," she says.

Jeanette reiterates that welcoming a large variety of visitors is key to maintain the appeal of a friendly and laid-back pub. "We aim to deliver something more special by catering to a wide variety of people, with people coming from the beach as much as people coming for an anniversary dinner," she states. "The idea that it's relaxed enough for the sandy feet while being special enough for an anniversary dinner."

"We've got a lovely garden which is great for families, a really good playground where the children are safe and parents can sit in the garden room to keep an eye on their children, but at the same time have a nice meal themselves."

On their famous dishes that have landed them so many coveted awards, Jeanette reveals that staying true to the classics is crucial. "The thing with the food is to keep the pub classics going, as we really pride ourselves on our fish and chips and on our burgers and steak. But at the same time, we try to offer more exotic dishes. Everything is made on the premises with fresh quality and local ingredients."

All dishes are prepared using fresh quality ingredients and with



nest Dining

Hooker

produce locally sourced wherever possible; with samphire and mussels from Brancaster, oysters from Thornham, crabs from Cromer and local asparagus, salads, herbs and fruit, with most suppliers coming from a fifteen-mile radius and delivered daily.

On catering to a range of dietary requirements without overloading the menu, Jeanette says: "You can prepare lovely vegetable dishes which are fine for vegans and are even great as a lighter option. Quite often, we have a vegetable-based dish where you have the option of adding a bit of fish or chicken."

"A lot of the dishes we offer, the chefs know they can omit a grain or something so that the dish is suitable for a variety of diets. We do try and offer a variety of options on the menu so that vegetarians and vegans have always got a choice.

On their award from The Good Pub Guide, Anthony Goodrich adds: "We greatly value our staff, both in the kitchen and front of house, who take such a pride in the business, and create the friendly relaxed and welcoming atmosphere for which The Rose & Crown has become so well known. I am thrilled for all of them – they are a key element in winning this award, and it is a great endorsement of their dedication and hard work."

The Rose and Crown bar is open 11am to 11pm Monday to Saturday and 11am to 10.30pm on Sundays. The all-day menu runs from 12noon to 8.30pm Sunday to Thursday and 12noon to 9pm Friday and Saturday.

The Old Bank Bistro, Snettisham

Further strengthening Snettisham's pin on the map of fine dining is the Old Bank Bistro. Located in the centre of the village, Dersingham native Lewis King and Polish-born wife Aga King opened the restaurant in 2016 with a budget of just £15,000. Going from strength to strength in just three years, the Old Bank Bistro was named the UK's Best Local Restaurant in The Good Food Guide 2019 and was listed in the 2019 Michelin Guide.

Editor of The Good Food Guide Elizabeth Carter said: "There are no pretences to the food (a compact menu of local and seasonal ingredients) or the service (a very welcoming husband and wife, plus two respective siblings), and there's no slick marketing machine. It deserves all the recognition it can get."

A Michelin starred restaurant, inspectors said: "A friendly young couple run this laid-back restaurant that has a café-like feel. Cooking is contrastingly modern and sophisticated, with well-crafted dishes keeping local produce to the fore, from Norfolk asparagus to Cromer crab. Lunch is good value and dinner sees the use of more luxurious ingredients."

They operate only a small team, including a full time and a part time chef and use locally sourced ingredients such as venison from the Sandringham estate, Norfolk asparagus, Blakeney landed wild bass and Norfolk beef.

The Old Bank Bistro is open Wednesday 6.30pm to 9pm, Thursday to Saturday 12noon to 2pm and 6.30pm to 9pm and Sundays from 12noon to 3pm.



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Copy of letter sent to Mr Hemingway on 29.9.18

Dear Sir,

I would just like to comment on your regeneration plan for the southern promenade at Hunstanton.

I was not allowed to attend your meeting because I am not a stakeholder, there was no public meeting which I think was wrong, and your questions on line are just questions that you want answered and not questions that I would like to ask you.

Therefore, I am writing this letter to you. I have lived in Hunstanton for over sixty years and I worked on or near the beach and the promenade all of that time. There is nothing wrong with the beach, the two tides we get each day change the beach each day more or less, the sand will come back, at the present time we have shingle, sand and small rocks on the beach.

The south beach has plenty of sand on it and the promenade is very narrow so nothing can be erected on it. Between 1990 and 2006, £20 million was spent on hard sea defences on the southern end of the promenade, including a new back wave wall and in some places a new front wave wall. The beach from the power boat slipway to the hump (Heacham boundary) is recycled with sand from Snettisham scalp every springtime, and this operation has been carried out since the spring of 1990.

The people that use the south beach each summer are people and families with children who want to keep away from the amusements and slot machines and who are out for a nice day on the beach to enjoy the sea and the sand.

I do agree with you that the main promenade from the fairground to the north of the old pier is very much cluttered up with too many kiosks and rubbish bins on it, but the last thing we want on the promenade is a cycleway. The definition of a promenade is to walk on and that is the way it should stay.

As for building on the car parks, this would only drive people away. The Kit-Kat site needs to be made into a seating area with a grass or pea shingle surface. As for what you call street food, the people that come to Hunstanton like their fish and chips and that's why there is at least ten fish and chip shops in the town, all of them making a living.

In the 1990s, Mott MacDonald civil engineers asked me if I would help them with a history of the promenade and when the different lengths were constructed. Whilst they were doing this survey, they found that the length from the Kit-Kat to the Johnsons slipway was subsiding, the reason being for this that when this length of promenade was reconstructed after the 1953 flood, a lot of household rubbish was tipped in with the hogging. So, large holes were drilled into the seaside wall of the promenade and liquid cement was pumped in under pressure to keep the promenade together.

The northern end of the promenade has been there for well over 100 years; the length from the Kit-Kat to Johnsons slipway was, as I said, reconstructed after the 1953 floods. The length from the Kit-Kat to the fairground got a good bashing in 1953 and again in 1978 at the same time as we lost the pier.

The length of promenade (south beach) from the power boat slipway right through to Heacham was constructed in 1947 and the length from the power boat slipway to the fair was constructed after the floods in 1955. Most of the northern promenade was built in 1880 or before.

So, you see really before you start messing about with any part of the promenade we need a new one, which as we know will never happen. The next best thing would be to resurface all of the promenade from the cliffs to the Heacham boundary. We also need new groyne and a yearly maintenance of these groyne.

I wish you well with what you decide, but most of the older residents of dear old Sunny Hunny want it left as it is with the beach under the control of mother nature.

Yours sincerely,
Richard (Dick) Melton



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Fashionably late

Sometimes it's good to look again and discover a gem, writes Allez Chic's Cheryl Daubney



It feels almost unbelievable that we have arrived at October already, and the tail end of the summer sale seems only moments ago, but autumn brings a change of pace, temperature and wardrobe. Even if we are blessed with a late burst of warm, sunny weather, early mornings and evenings find us looking for cosy layers, smart jackets and stylish coats to top and tail the days and we have plenty of these in-store.

We're always careful not to rush into switching too soon, as I personally find it frustrating when high street stores stock autumn/winter clothing just as you start summer, but our latest collections are now on display and looking fabulous.

As an independent shop, we are blessed with the ability to tailor our selection of fashions from high quality brands not found on the high street, but also to make small additions throughout the season. It's one of the reasons I encourage customers to pop in to our Castle Rising store as they're passing, as there's usually something new to try.

It's a pleasure to share fresh arrivals as the season progresses, and over the years we have got to know many of our customers' preferences which does shape the selection we make when buying all those months ahead. Take these stunning dresses from Adini and Pont Neuf, which landed yesterday – in my mind's eye, I can already envisage several ladies they would suit perfectly and I like to think that it's our insight, along with knowing what trends are making headlines this season, that makes us different from the rest. Pont Neuf is a wonderful label, available in larger sizes, with comfortable, easy-to-wear tops, tunics and dresses in gorgeous fabrics.

Enjoy the month – party season is just ahead and I look forward to sharing a preview of some of the stunning dresses we have next month – stay warm and do pay us a visit.

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Tech Tips from DNS

Limiting spam emails

Unwanted or unsolicited emails are a common irritation for everyone, whether it be sales emails from a previous purchase or an unknown sender bombarding your inbox with offers of wonderful deals.

Here are three tips to help reduce and control the amount of spam you receive in your inbox.

TIP 1: UNSUBSCRIBE

Every company sending to a database of recipients is now legally bound under GDPR legislation to provide each recipient with the opportunity to unsubscribe themselves from such emails in the future. Most of the time this opportunity comes in the form of an 'unsubscribe' button, usually at the very bottom of the page and usually in extremely small writing so you sometimes have to look hard for it, but it will be there. If you click on this link you will usually be unsubscribed from future emails from that particular sender.

If you are finding that you receive a large amount of spam email, it is well worth investing half an hour or so to go through your emails, unsubscribing from the ones which you don't want, then wait a few days and see if things have improved. Do this a few times and you should find much less irritating mail waiting for you each time.

TIP 2: BLOCK

Some spam email senders may not be so easy to unsubscribe from, in these cases you can usually block emails from certain senders or domains from reaching you, most modern email clients and services provide a built-in blocking facility and there are also some good third-party software packages available to provide further layers of spam filtering and blocking.

TIP 3: BE VIGILANT

Spam usually originates from either a transaction, or an entry of your email address into a web form, or even to a person. We now get asked for our email addresses when we buy from shops, you may have been asked 'would you like your receipt emailed to you?' this may seem like a good thing, but it also gives that company your email address for marketing purposes.

Try and be cautious about who you give your email address to, competitions are another good example of how spam can start, and if you have to give your email address out, think about possibly opening up a second email account with Gmail, this is free of charge and if you give that address out to anything or anyone that might generate spam, you will find that your day to day emails will remain much clearer.

If you would like more information or advice on combating spam email, please contact DNS Computer Services on 07554 018307 or email dan@dnscomputerservices.co.uk

Dersingham Works

Dersingham Village Centre Association will be hosting the next Dersingham Works Business Breakfast on Tuesday, October 8th.

Representatives from local businesses and statutory agencies, training and support organisations are invited to attend the informal, free, event at Dersingham Village Centre in Manor Road.

A light breakfast served at 7:30am, catered by Norfolk Concierge, will be followed by presentations, then there is time for informal networking before finishing at 9:30am

Dersingham Works is supported by The Skills Service, under the auspices of the Greater Anglia Greater Peterborough Local Enterprise Partnership, and its aims are to promote employability, develop mutual support and understanding among businesses and training and education providers, and work towards raising aspirations and employability among local residents.

To book your place contact Jacqui Farrell at the Skills Service: Jacqui Farrell, Business and Education Development Manager

T: 07931 206628 E: jacqui.farrell@theskillsservice.co.uk



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SAVE THE CHILDREN Hunstanton Branch

Our Summer on the Terrace, outside the Princess Theatre, was suddenly rained off by a very heavy downpour but we still managed to raise £182 mainly by selling cakes and coffee inside. Homemade cakes are always popular! An after-show collection also raised £135.

Aware of the many disasters that affect children in war zones and hurricane areas we still strive to raise money to help their future across the globe. Coming up we have a Fashion Show at Briarfields on October 9th with Artichoke Collection and afternoon tea with Prosecco. Tickets are available from Briarfields or Chris Tel 533367 or email, 2chrisearnshaw@gmail.com

On October 19th we will be present at a Tabletop Sale in the Town Hall where you can buy our Christmas cards among other things. Some committee members will be going to London for an event celebrating 100 years of Save the Children to meet senior staff and hear about their work. Our Treasurer, Mike, is taking to the skies on October 16th for a tandem sky dive and is raising sponsorship money for this. Next year we hope to organise a Golf Club Lunch in January, be collecting at Tesco's in February and holding a musical soiree at Marie Jarvis's house in April - so plenty to keep us busy. If anyone would like to join our group please contact us on the contact details above. Thank you for your continued generosity.

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Time to nip slow broadband in the bud

A year after the government pledged that all of the UK should have access to full-fibre by 2033, Heacham-based company Rural Broadband is part of the driving force to connect struggling businesses and homes throughout rural and coastal Norfolk to the world wide web

We are now in a time where banking, shopping, communication, work and entertainment are now, for a large majority, primarily internet-based. So, what are homes and businesses that are unable to access acceptable internet speed to do?

"It's a pervasive issue for some folks in areas of Norfolk. When you're relying on an average download speed of 1.2Mbps it can take up to 12 hours to download one film. Some customers can hardly even manage to send off an email," says Richard Dix of Rural Broadband.

Completing over 150 installations throughout Norfolk



in the last six months alone, Rural Broadband are currently working with the government-subsidised Better Broadband Scheme who are aiming to deliver efficient and affordable connectivity for homes and

businesses who cannot access more than 2Mbps.

Richard adds: "We're required to provide those eligible with at least 10Mbps, but we surpass that with an average of 22Mbps - which is funded by the

government."

The company has recently provided off-site broadband and WIFI services for outdoor events such as the Sandringham Flower Show and the Royal Norfolk Show, enabling stallholders to take card payments, a crucial element as we evolve toward a cashless society. On top of this, they have installed tracking systems on coastal reed-cutters, keep safe boats on the Norfolk Broads and have linked remote offices.

Tailored to specific needs and any location, Rural Broadband is on a mission to keep Norfolk connected to the rest of the world with lightning speeds and super-efficient service.

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INHERITANCE TAX – ARE WE IN A WINDOW OF OPPORTUNITY?

By Kathryn Gigg Chartered Accountants, Hunstanton

From a tax collector's viewpoint, Inheritance Tax (IHT) is, in many respects, the perfect opportunity to raise money:

- The event which triggers the tax charge can never be avoided
- The person who triggers the tax never has to pay it, and it doesn't fall due until six months after death
- The person responsible for paying it uses someone else's money to settle the bill
- Those receiving the assets can only take ownership after the tax has been paid.

Historically, taxes on death have always been favoured by governments, it being far easier to take a slice of capital as it is handed onto the next generation, compared to income based taxes which are more akin to hitting a moving target.

The Inheritance Tax regime, as we know it, stems from Estate Duty which was introduced in 1889 with the specific intention of raising money whilst breaking up the "great estates" which were so politically powerful at the time. A combination of the new tax and two World Wars saw that objective achieved, and in 1975 it was replaced by a similar "Capital Transfer Tax" (CTT). This closed the obvious loophole, by catching transfers in lifetime as well as those on death, and this, in turn, was replaced by the current IHT regime which relaxed the CTT rules slightly, introducing the concept of "potentially exempt transfers (PETS) in the seven years before death.

IHT is no longer a tax which only affects the seriously wealthy. In 2015/16 it was paid by 4.2% of all estates, and in 2019/20 it is expected to raise over £5Bn, twice as much as it did ten years ago, driven largely by increasing house prices, but also reflecting higher living standards generally. The tax can fall on anyone with assets over £325,000 although this might be extended to £500,000 where a main residence passes to descendants. A recent report from the Office for National Statistics shows that some 14% of households have total wealth in excess of £1M, so one would expect both the number of estates affected and the amounts raised from the tax to continue rising in future.

As one might expect, given the background to the tax and the way it has evolved, it has become increasingly complex over the years. As a result, Philip Hammond asked the Office for Tax Simplification (OTS) to look at the issue and assess whether changes were needed. The OTS recently concluded that the tax was "poorly understood, counter-intuitive and requires substantial record keeping".

Whilst the OTS stopped short of recommending abolition or wholesale redefinition of the tax, it identified areas for reform, aimed at modernising and simplifying the gift exemptions and reducing the "seven-year clock" to five years. These are likely to be both welcome and relatively non-contentious. However, the OTS went further and suggested some major changes including changes to the relief where an asset which has been inherited is deemed to be acquired for Capital Gains Tax (CGT) purposes at probate value (the CGT "uplift"), thus normally reducing CGT on a subsequent sale. Other suggestions include tweaks to some of the business reliefs and the removal of other anomalies. By way of contrast, recent suggestions by the Labour party have included the introduction of a lifetime IHT tax allowance of £125,000 only. Referring to the findings of the ONS, this brings some 51% of households within the scope of the tax.

Whilst there is no guarantee that the OTS suggestions will be implemented, now or in the near future, (the Government having other more pressing issues on its mind for the next few months), nor will a General Election necessarily put a Labour Government into power, those looking to pass assets onto the next generation might like to consider that the current regime is probably the most benign that we have seen in a generation, and the current political turmoil presents something of a window of opportunity to make use of the current reliefs "while stocks last".

If you would like to discuss matters further and seek advice in this regard please contact either myself or my assistant Nicola Tarry FCA



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Madonna and Prince take to the Wash

Sophie Hooker

A windy morning on Tuesday 17th September saw two seal pups released onto Hunstanton beach after spending three months in rehabilitation at SEA LIFE Hunstanton.

Unfortunately, Shakira the seal pup was slightly under the 25kg weight required to be released, but her friends Madonna and Prince were weighed in at exactly 25kg and were eligible for release.

The pups were weighed and then stretchered from the Centre and onto the beach outside where they were given their first taste of the sea since their rescue.



Slightly apprehensive, the pups got a feel of their foreign surroundings before attempting to tackle the tide.

Aquarist Hollie Stephenson said: "This release we've just seen is perfectly typical of the abandoned and separated pups that we see because they've been in our hospital for so long."

"The little period they have with the outdoor seals teaches them how to catch fish while they're moving and in deep water and how to interact with other seals."

"They haven't seen the sea however so they're a little bit nervous and they're not too sure what's going on. They hung around the beach as people were there but now that we're leaving, they'll go off together. We always release on a high tide so when the tide goes out it takes them with them."

"If there are any problems, they've got their flipper tags so people can call us up and we'll come and have a look, though we very rarely do we get one come back. I'm sure these guys will go off and live their

long and happy lives out here in the Wash."

"Though Shakira couldn't go today, we've got Lady Gaga and Elvis ready to come outside and join her in the outdoor pool so she can go with them when they're all up to weight, so she will have some friends to go with."

This is the first release of the year on Hunstanton beach for the Sanctuary rescue team after a record number of pups were born on Norfolk beaches over the summer period.

This release hopefully marks the first of many as there are still ten



more seal pups in hospital awaiting release.

Prince was rescued on 27th May from Titchwell beach after being abandoned by his mum. Found at 3 days old, he only weighed in at 6Kg so was extremely underweight as common seals are usually born at 10Kg.

Madonna was rescued on 19th June from Kings Lynn after being separated from her mum. As she was only five days old at the time, she would not have survived on her own. Seals should feed for 3-4 weeks on their mother's milk before being weaned and taught to catch her own fish.

All the seal pups were well cared for by the specialist animal care team at SEA LIFE and were all fed a special fish soup to fatten them up.

You can watch a short video of the pups release on Town and Around's YouTube channel at:

https://www.youtube.com/watch?v=xUnm_JQpxGQ

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Nowzad

Diane Westwood

The Nowzad event on Sept 12th at the Town Hall was a tremendous success. Pen Farthing Founder of Nowzad and former Royal Marine explained to an enthralled audience how, when stationed in Afghanistan he rescued a fighting dog and his life was changed forever.

We raised over a thousand pounds with ticket sales, raffle and a generous donation. Pen Farthing said "I really enjoyed my first visit to Hunstanton to speak about the work of the Nowzad charity. It was a really great event"

Attendees have said it was a brilliant event, how inspiring the speaker was and what a "humbling and wonderful evening it was".

As organiser I would just like to thank Hunstanton Town Council for allowing us to use the Town Hall, volunteers who helped out pre and during the event and thank you to everyone who attended.

HUNSTANTON REALLY IS A TOWN OF ANIMAL LOVERS!

**The Barking Bugle Collection For PACT Animal
Sanctuary**

What a totally pawesome time The Barking Bugle & friends had at the PACT Animal collection held at Tesco in Hunstanton on Friday, 6th September. We all stood patiently waiting with our biscuit tins, not to be filled with treats, but with money to help the animals in need at the sanctuary.

I had to organise the rota this year and was the first doggy on duty at 8.30 am. Luckily my brother Frodo, who is experienced in these matters, gave me some useful advice. 'Sit on dad's knee and look cute and appealing,' he woofed, and it worked!

We would like to thank all those wonderful humans out there who stroked our tummies, shared their stories and donated money for the cause. People were so generous; it was very heartwarming. One human, who wishes to remain anonymous, but we know him as Molly's dad, gave us a cheque for £200! Wow! How fantastic – everyone at PACT really appreciated that donation. By the end of the day we had collected the grand sum of £570.80. Hunstanton really is a town of animal lovers!

Our thanks also go to Gareth and his team at Tesco who always make us so welcome and to the humans who accompanied us on the day – Alex, Rosemary, Norma, Malc, Olive, Maureen, Diane, Fran and my dad.

We all look forward to our next event which will hopefully take place just before Christmas.

Woofs Pupstar, Peddar, Marmite, Haze, Leia, Hero and Willow x



Letters to the Editor

RAF Bircham Newton

I'm David Jacklin and I run the RAF Bircham Newton Heritage Centre. You recently ran a great story about us, written by Sophie Hooker. We have now created a Facebook group: RAF Bircham Newton Heritage Centre.

It is a forum for discussing Bircham Newton's history and activities at the Heritage Centre. I wonder if you would be so kind as to announce this to your readers. Thank you.

A brilliant place to visit

My family and I came to Hunstanton for a day's outing while on holiday in Norfolk.

I use a walker to get around. We parked quite a way up in town and walked down to the promenade. Booked tickets for the half hour trip on the boat. Staff helped me on and off, it was a lovely trip. The children loved the hats they could put on for a photo! The idea then was for my daughter and myself to get a taxi to main part of town while rest strolled up. She asked around but found out there are no taxis to be had just by a phone call. An amazing lady who worked in one of the permanent ice cream, drinks etc places offered to take us up into the town and didn't want anything for doing so. Needless to say we insisted but what kindness! We couldn't believe it. Then after going in and out of several very nice shops we ended up having a fish and chip lunch in Henry's, great service, lovely food and beautifully clean.

What a brilliant place to visit.

Thank you Hunstanton so much, I shall remember the day for ages.

Kindest Regards

Mrs Janet Ostle

Greengrocers

In my Page from the Sage a month or two back I wrote a bit about the greengrocers that used to trade in the town.

I had a lady from Thornham get in touch to say that I had missed one out, and that was a Mr John Kew who had a greengrocers shop opposite the Town Hall in the 60s and 70s.

Dick Melton



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Across: 1. Bottleneck, 6. Half, 10. Gremilin, 11. Anemone, 12. Prevalent, 13. Upend, 14. Copyist, 15. Berths, 19. Teemed, 21. Croaked, 25. Egret, 27. Emaciated, 28. Emulate, 29. Get well, 30. Lady, 31. Celebrated
Down: 1. Big ape, 2. Therefore, 3. Lullaby, 4. Nonsense, 5. Chaste, 7. Adobe, 8. Fiendish, 9. Bemuse, 16. Treatment, 17. Ethereal, 18. Triangle, 20. Extras, 22. Aviator, 23. Delete, 24. Added, 26. Round

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Round Norfolk Relay

James Nice

The weekend of 14th and 15th September saw more than 1000 dedicated club runners compete in the annual Round Norfolk Relay, now in its 34th year.

With a new race director and a first appearance by a wheelchair athlete, as well as a new headline sponsor in the form of Watlington-based design company Officescape, this hugely popular Norfolk athletics event is certainly ringing the changes.

There was a surprise defeat for City of Norwich AC, who lost their crown as fastest Club class team after dominating the field for the past three years.

Founded back in 1987, the Round Norfolk Relay is a unique 24-hour running event held annually in September. The 198-mile course is divided into 17 multi-terrain stages and follows the county boundary of Norfolk.

Starting from the Lynnsport complex in King's Lynn, the race heads out along the picturesque North Norfolk Coastal Path via Hunstanton, Wells, Cromer and Great Yarmouth, before turning inland for several long night stages through Bungay, Thetford and Downham Market, finally finishing back on the athletics track at Lynnsport on Sunday morning.

Stages range between 5 and 20 miles in length, and approximately equal numbers of men and women take part. Once again, the race sold out, with no less than 60 teams competing, most of them fielded by athletics clubs from around East Anglia.

Fastest round the course were Riverside Runners from St Neots, whose Club class team stormed around all 17 stages in just 20.40.10, making for a very convincing win. Second fastest were reigning champions City of Norwich AC, just 18 minutes behind in 20.58.07, with Cambridge and Coleridge placing third in 21.45.26.

"The Riverside team were ecstatic about winning," said incoming RNR race director Martin Ive. "They don't enter a squad every year and so perhaps came to the race a bit fresher than the other favourites, which included City of Norwich, Norwich Road Runners, Wymondham AC, Ely and Cambridge."

"Their achievement is all the more impressive because they're not a local club, which makes it harder to organise reconnaissance runs on some of the more complicated off-road stages. Still, City of Norwich hung on as the fastest Norfolk team."

As well as the faster Club and Open class teams, Ladies, Mixed and Masters teams ensure that this unique not-for-profit race remains an inclusive, friendly event suitable for endurance runners of all abilities.

Fastest Mixed team (containing at least 8 female runners) were City of Norwich in 23.59.01, very closely followed by Wymondham (24.00.05) and March AC (24.22.24). The first of three Ladies-only teams home were Norwich Road Runners in 26.21.08.

The winning Masters team (male runners



The first changeover point at Hunstanton Lighthouse

aged over 40, and women over 35) were Coltishall Jaguars in 25.02.04, while first prize in the Open category went to Ely in a very fast 20.58.40, who beat Norwich Road Runners into second place (21.06.03) and Wymondham into third (21.14.34).

The youngest competitors were five junior athletes aged just 15, among them Billy Life of Coltishall Jaguars and Holly Bunn of City of Norwich. The oldest runner was 73-year-old Glyn Smith of Cambridge and Coleridge, who ticked off the penultimate 5.49-mile stage between Downham Market and Stowbridge in a sprightly 50.31.

The first wheelchair athlete in the history of the RNR was Claire Connon, also of Cambridge and Coleridge, who negotiated the 9-mile road leg between Mundesley and Lessingham in 1.06.18.

The trophy for best overall performance by a small club went to Bure Valley Harriers, and the Ron Hill Trophy for best family showing (3 members in a single team) went to the indefatigable Webbs of St Edmund Pacers. A full set of results include individual stage awards can be viewed online at www.roundnorfolkrelay.com

Altogether 1020 runners took part this year, together with a similar number of volunteers including marshals, timekeepers, cyclists and support crews. "When you're running a stage the buzz is incredible," says Ian Longland of Officescape, who will be sponsoring the Relay for the next three years.

"Running one of the closing stages as the sun rises and the birds start to wake is something very special. It's become a must for every club in the region - and even further afield," Ian added.

"Runners of all capabilities can take part, making it very much a team event. Once the build-up begins in May it injects a real sense of

excitement, as well as providing a bonding exercise. For me, aside from the London Marathon the Round Norfolk Relay is the most exciting race of the year."

Incoming race director Martin Ive of Ryston Runners is a seasoned organiser, having acted as RD for the Wissy Half Marathon at Oxborough for fully 20 years. He takes over from Neville Knight of Dereham Runners, who has helmed the RNR since 2014.

"Neville has done a truly remarkable job in keeping all sorts of balls in the air for the last five years," said Martin. "Having cycled, run and driven the RNR many times over the years, I know it is a team effort. The same holds true of the work behind the scenes, and Neville has left the Relay in fantastic shape going forward."



Heacham Manor Club championships



Carol Allen, Warren Bates, Ella Mason

Heacham Manor Golf Club held its annual Club Championships over the August bank holiday weekend.

The competition 36 holes, played over the two days, the main prize being a gross competition for men, along with a 2 day net prize as well as prizes for the best net each day.

The weather was superb all weekend with no wind and warm sunshine. The first round results showed some steady scoring with the top 18 people all breaking gross 90, however the lower handicap were clear leaders with Ali Pykett on 77, Mike Lewarne on 76 and Warren Bates 3 ahead on 73

Darran Rich was the nett winner of day one beating Chris Watson on countback both with Net 68.



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The final round was played on Sunday with leaders going out last. As players came off the course the leader in the clubhouse changed a number of times, however it was in the final few groups where the results were decided. The competitors in the Avocet Bar watched in anticipation to see if Warren could maintain his lead.

With the final group of Warren, Ali and Mike to finish, the leader in the clubhouse was Tim Hoare on 163. However, Warren was constant and scored two under par 70 giving a 2 day total of 143 securing victory for the 5th year in a row, Mike Lewarne took 2nd place with 154 and Ali Pykett on 156.

Steve Jones won the 2nd round net score with Net 65 and also took net 36 hole victory and a new trophy with 136.

Heacham Manor lady members also competed in their Club Championship on the Sunday. Played over 18 holes with the champion being the best gross score. Four-time previous year's winner, Ella Mason was keen to retain the trophy. Like Warren in the men's, 3 handicapper Ella rose to the occasion and equalled her course record of one under par gross 72 to take victory, narrowly beating Chloe Tarbard into 2nd place with an incredible gross 73 level par at only the age of 12.

Carol Allen was successful in winning the ladies net competition and new trophy with a fantastic score of net 65.

Ray Stocker (Professional, Heacham Manor) "This is the first time in 45 years of coaching, 3 of my students have achieved this level of golf in one tournament! For 2 to achieve 1st place and all 3 to shoot level par or better is amazing."

Heacham Manor Mixed Open

Heacham Manor Golf Club held their annual mixed open competition on 18th August.

28 pairs from Heacham Manor and other clubs from across the country as far afield as Manchester competed for the crystal bowl plus superb prizes consisting of Nike Sunglasses and other clothing. With 1st and 2nd prizes for the home and away teams there was plenty for all to play for.

As the teams returned to the Avocet Bar the results were on display, keeping the golfers informed of current leaders and positions.

In the visiting team category Roger Rice and Gill Gibbs from Caldecott Hall Golf Club were runners up on 40 points, with Jim Starbuck and Chrissey Bennett taking victory on countback also on 40 points.

Warren Bates and Ella Mason came 2nd in the home club competition on 44 points however home and overall winners were Martin Heath and Rachel Hodgkinson with an impressive 45 points.

Nearest the line was won by Steve Eadie, nearest the pin for men Chris Wallace and ladies Nearest the pin by Pat Hoban.

Picture: All Winners - Left to Right: Warren Bates, Ella Mason, Rachel Hodgkinson, Martin Heath, Jim Starbuck, Chrissey Bennett, Gill Gibbs, Roger Rice, Steve Eadie.



Heacham Manor Junior Open

Heacham Manor was very proud to stage their annual Junior Open on Friday August 16th.

The event was sponsored by Ben Burgess, who provided superb prizes including Footjoy shoes, clothing as well as accessories.

Now in its 9th year the junior open was held in tricky conditions with a strong wind and rain that came in through the day. The competition ran in two formats, for the older and more experienced juniors an 18 hole stableford took place with an additional prize for the best Gross score, and a 12 hole event also took place for golfers with handicaps over 28.

Charles Ess from Middleton Hall Golf Club showed form in the 12 hole competition winning with a superb 30 points, Archie Edgson took 2nd place with 25 points

The main Stableford event was a tight contest with some great scores achieved especially in the weather conditions. Heacham Manor junior Chloe Tarbard took the best Gross with 80. Joe Sarsby took victory in the main stableford event with a superb 44 points, Dereham junior, George Sommerville came in 2nd on 39 points, with Alfie Edgson also on 39 points 3rd on countback.

Alfie Edgson however won the longest drive and nearest the pin for boys, Polly Norman won the girls longest drive and Chloe Tarbard won the girls nearest the pin challenge.

The Junior Club Championship was also held in conjunction with Joe Sarsby winning. Chloe Tarbard won Gross prize.

Heacham Manor Golf Club welcomes players from all ages and offers free membership to the son or daughter (under 18 years old) of any adult members.



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Snettisham Beach Sailing Club celebrates the 80th Anniversary

July 1939 possibly wasn't the most auspicious time to found a sailing club! But we suppose that 2 months before the start of World War Two, they were hoping for the best, and preparing for the worst, whilst Keeping Calm And Carrying On. Does that sound familiar?

So on the 80th Anniversary here is Snettisham Beach Sailing Club in numbers:

- 550 members
- 100 kids attended Cadet Sail Training week in 2019
- 4 sailors attended the RS700 European Championships at Lake Garda in Italy, 1 of whom won it
- 1 sailor attended the 420 World Championships at Villamora in Portugal
- 1 sailor attended the RS Aero Nationals at north Berwick near Edinburgh in Scotland
- 3 sailors attended the Topper Nationals at Largs in Scotland
- 4 sailors attended the 2000 Class Nationals in Tenby 2 of whom won it!
- 120 people came to the 80th Anniversary party. Do you recognise any of these sailors?



Nick Herbert - William Dickson - PJ Savory- Robbie Wildbur

If you want to get afloat check out the opportunities on the website at www.snetbeach.co.uk and speak to Jane Ellison: Chief Dinghy & Power Instructor
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Mollie Patterson - Table Tennis Update

I finally finished my GCSE exams and was glad to only miss a few table tennis training sessions. On my last day of High School I felt excited about the next school year, when I start my sports course at Grantham College and will have more time to train. I had a taste of the extra training after my GCSE's when I had a full week in preparation for the National Cup in Plymouth. The National Cup saw the top 10 juniors in the country play in a round robin tournament. I was seeded 3rd, only lost 1 match over the whole weekend and beat the number 1 seed. This meant that I tied with 2 other girls for 1st place but was awarded 3rd on count back.

From Plymouth I had to fly straight to Portugal for an England Squad training camp. It was an excellent camp where we trained with the Portuguese National Squad and it really helped me to prepare for the European Youth Championships in mid-July.

I was barely home a day before I was at another training camp in Nottingham, this time with England junior and senior players. I then made it home for one more day before setting off really early to fly to Ostrava in the Czech Republic for the European Youth Championships.

In the team competition we beat Moldova, Greece, Luxembourg, Bulgaria and lost to Sweden, Lithuania and Croatia meaning we ended up 22nd out of 37. We had hoped to do a little better but 3 of us have another year in the junior age group so we will try again next year.

In the individual event I got through my group reasonably well, then beat a Portuguese girl in a very tough match 4-3. In the last 64, I came up against the number 1 seed and world ranked number 4 from Romania, I played well but lost 4-2.

We flew home on the 15th July and that was the end of a long hard season. I didn't plan on picking up a table tennis bat until I returned from my family holiday in Bulgaria, but thrashing the hotel staff was too much fun to resist. Back home from my holiday, I spent a little time on the table but mostly concentrated on improving my fitness for the rest of August. Of course August saw me collect my GCSE results, I was thrilled to get all A's and B's (in old money).

At the end of August we had a fundraising quiz night in Sedgford Village Hall (where I first picked up a table tennis bat at the age of 8). The funds raised are vital for me to be able to afford to compete next year and we were delighted to raise over £500 on the night. The Just Giving page (which is still running) has reached over £1000. I am hugely grateful to everyone who came to support me and donated money or prizes. Massive thanks to David Woolley and Alex Callaby (and their families) for making all the arrangements and running the evening. My next fundraising event is a Bingo night at Brancaster Staithe Village Hall on 22nd November.

I am looking forward to the start of the next season and will ease myself back into the 20 hours per week training when I return to College on 4th September. My first tournament of the season will be in Preston towards the end of September.

Many thanks to everyone for your continued support.

Mollie and Team Patterson

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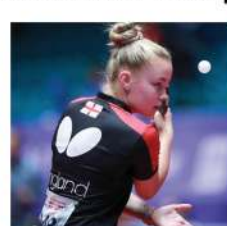
Prize Bingo



Raising funds to help 16 year old Mollie Patterson
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Refreshments



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The juniors had a great summer massive thanks to all of the coaches who have helped out this summer, without your help we could not have even started our junior cricket journey that will enable any and every child to play cricket in our community. To see us competing in softball cricket tournaments was a real joy and I am sure that they will bring friends along this next year as well.

We are always on the lookout for new players both in the juniors and the seniors so if you would like to get involved in our club we can be followed on

Twitter @Thornham_CC

Facebook <https://www.facebook.com/groups/27840960267/>

Or by contacting Jim Clarke on

thornhamccinthecomunity@gmail.com or 07885995414 or Ron Williamson on ronfend930@sky.com or 07789276365

I have felt honoured to be part of our amazing club In 2019 and look forward to continuing my Thornham career in 2020 with a great bunch of people.

Match results

1st XI On the 17th we took on Snettisham in a local derby losing the toss we batted first and reached 109 all out 3 balls shy of out full ration, with Andy Arnold holding the innings together with a fine 52 with Bradley Williams the only person to offer support with 16.

In reply the total was never really enough despite some an early wicket and some tight bowling from the team we finished on the losing side by 7 wickets.

We were successful against East Harling on 24th, we won the toss and batted and after 6 overs we had lost both Symington and Sayers both without scoring and were 0-2. Solid contributions from Arnold with 39 assisted by 31 from Liam Woodcock and 27 from Ben Harris we reached 171-7 off our overs.

In reply we were always in front taking 2 early wickets and good tight bowling meant that the run rate was always climbing despite a good 4th wicket partnership. After that was broken, we cleaned up the wickets in double quick time with Adrian Siddle being the pick of the bowlers with 3-25.

In our final game against Gooderstone we got off to a rapid start thanks to some wayward bowling and also some Fine hitting from skipper Kev Williamson we reached 100 in just the 19th over , sadly wickets were always an issue and we fell to 157 all out with Williamson top scoring with 37 and backed by the inform Andy Arnold (29)

In reply we were never really in the game with the opposition having solid contributions down the card to reach their target 3 down with 5 overs left.

All in all a good first season in Division 2 West finishing 8th a good 35 points above relegation.

2nd XI On the 17th we faced Narborough away from home, losing the toss we were placed into bat, a solid opening partnership by Stephen Lucas with 29 and Simon Parsons with 17 set the innings up before a flurry of wickets saw us all out in the 39th over for 109.

In reply we secured some early wickets, with their opener Jack George underpinning their innings with 49 before they passed our total with 4 wickets remaining and lots of over left. Pick of the bowlers was Aaron Woodcock with 2-4

On the 24th we travelled to Dersingham hoping for a win, skipper Skeen lost the toss and we were put into the field.

Some good tight bowling from Skeen and Simon Parsons (3-13) saw them struggling at 45-5 before a defiant innings from Young Josh Southgate with 17 off 112 fought hard to get a challenging total. Before a fine spell by Danny Greeves saw them 92 all out in the 43rd over. Danny being the pick of the bowlers with 4-17.

In reply we lost Stephen Lucas in the first over before a solid partnership by Simon Parsons with 55 and Finlay Hewson with 21 took us to the brink of victory, finally passing the total with 3 wickets down.

In our final game of the season we travelled to Fakenham , winning the toss we batted first, Simon Parsons once again underpinned the innings with a very nice 68 and with the top 6 all passing double figures we reached 163/7 off our overs.

In reply we were always ahead of the game restricting Fakenham to 138 all out with Parsons capping a fine allround game with 5-29 to see us home by 25 runs.

In our second season in the league as a second XI we finished in a very respectable 4th place was great to see so many juniors making great strides in the senior game this season

The Sunday /Friendly team brief summary

On the 18th we took on Snettisham winning by 140 runs thanks to 56 from Joe Reed enabling us to reach 202/7 and a capped by a fine allround game by Will Symington with 41 and 3 for 11 saw us bowl out the opposition for 60.

On the 25th we faced Norwich Hockey CC batting first we made 140/4 thanks to 50 from Finlay Hewson and Stephen Lucas with 32. In reply the opposition made 119 with Jim Clarke taking 5-17 to win the match by just 21 runs

In the Last Sunday game of the season we took on Stow bowling first after losing the toss we restricted them to 154 all out in the 32nd over with Willis Symington taking 5-27.

In reply we chased down the total 6 wickets down thanks to 31 from Benji Richardson aided by 50 extras.

In the friendly last Saturday we took on Ashby St Mary batting first we made 138 Stephen Lucas top scoring with 36* aided by some solid contributions throughout.

In reply the 13 men of Ashby got to the total 11 down with Jim Clarke taking 3-21 and hands being shook with the scores being tied.

Congratulations to all who have took to the field this season look forward to 2020 already. Up the Boaters.

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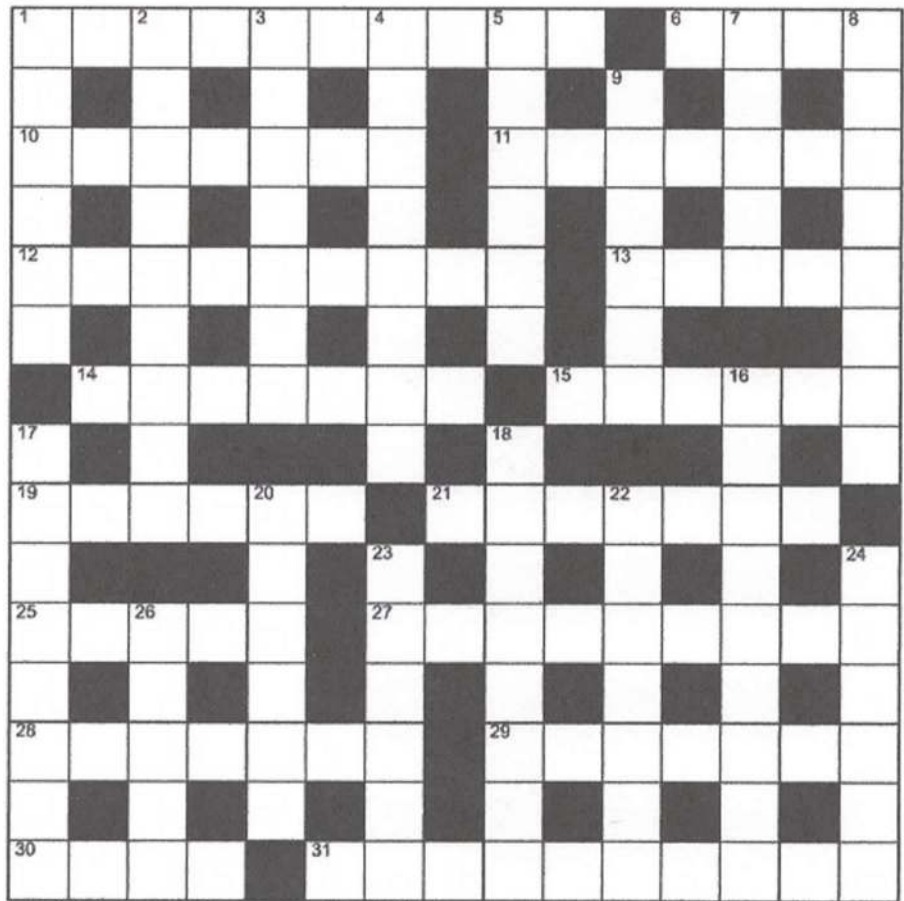
Crossword Clues Across

1. Conserve a small measure of jam (10)
6. Fine, Henry will accept part (4)
10. Great magician messed up – it could cause problems! (7)
11. Alpha males cut a single that's a grower (7)
12. Head off in a line, rampant (9)
13. Overturn winning goal (5)
14. Catch last monkey before first ape (7)
15. Cots are for new babies, we hear (6)
19. Put together vocal, bringing beat down (6)
21. Having bought it, was horse as stated? (7)
25. Bemoan losing top winger (5)
27. Came over with a diet, cock-a-hoop and thin as a rake (9)
28. Follow fast moving bird, running behind (7)
29. Pick up catch with spring (3,4)
30. Mum shook off sickness – noble woman (4)
31. Much admired, but marked (10)

Crossword Clues Down

1. Clumsy chap is serious over one type of activity (3,3)
2. The official score, by and large, is accepted as a result (9)
3. Soothe baby (firstborn) without using this (7)
4. Miss last lesson to pick up rubbish? (8)
5. Caught at speed and restrained (6)
7. Bother to exist in such a place? (5)
8. Companion, but no Romeo – kind of cute, though (8)
9. Perplex, but act as inspiration (6)
16. Nurse needs these people to start medication (9)
17. Excellent article on deranged king is delicate (8)
18. Instrument needed for pool layout? (8)
20. They might be little, but they are essential for Hollywood crowd (6)
22. As pilot, I follow a dodgy sign, but schedule backup (7)
23. Don't stop in river – strike out! (6)
24. Dopey reckoned Bashful would finally join in (6)
26. Stage one informal staff outing (5)

David Elsey's Cryptic Crossword



Crossword solution on page 59

Ray Butchers Su Doku

Easy first...

...then the more challenging

		7	6		9		4	
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Saturday 12 October - 9:15am

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Memory Lane

The Walk Down Memory Lane saw older visitors share stories from their past with friends, family and staff at Extra Hands Home Care.

A special reminiscent table had a range of conversation-starting artifacts from years gone by, including old 'box'-style cameras, medals and books of local history. The items were brought in by staff and families, but the company, which was the first in Norfolk to offer a well-being check service, said donations are always welcome for future events.

"We had a wonderful afternoon chatting to our service users and their families. It was lovely to hear so many special stories and shared experiences over a cup of tea," said Jo Tier, Director of Care Services.

The Walk Down Memory Lane afternoon is the latest in a string of community events organised by the company, which also has offices in Heacham rated Outstanding by the Care Quality Commission earlier this year.

The group of around 22 people shared refreshments during the afternoon which gave everyone the chance to know a little more about the service users and some of their history.

"Everyone has memories to share and they can be incredibly important to the individual, often shaping their own life and that of their wider family. They often want to revisit those events and we wanted to offer them the time to do so, with others and in comfort," added Jo.

"Stories were mostly about wartime experiences, clearly this is very close to people's hearts. One lady spoke at length about her family's struggles during the war and spoke fondly of her grandad being unable to fit in the cupboard under the stairs when the bombs fell. Thankfully he was OK."

If you have any items from pre-1970 which could be used as conversation topics at the Memory Lane events, please contact Extra Hands at either its Heacham or Horsham St Faith offices. The company offers a range of packages supporting independence, from brief well-being checks to multiple daily home calls to clients who need more help.



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Round the bend with Dean Baker

White vinegar to baking soda 9 or kind cleaning is here

This month at the request of the esteemed editor of Town and Around I will look at cleaning the home without the use of chemicals. This isn't strictly a plumbing matter but keeping white goods in tip top order is

And the star turn this month is ta da ... 'White Vinegar'

This has long been a favourite of the current Mrs B who doesn't use drain cleaner or bleach in our home and who often reminds me that 'you never see a grubby dolphin!'

Firstly, and something not often discussed in 'Round the Bend', the dishwasher. The Good Housekeeping Institute recommends placing a large glass measuring cup filled with two cups of vinegar on the top rack, then running the machine as usual - no detergent, no heat dry. This method will deep-clean your appliance.

The combination of vinegar and baking soda is a great way to clear out gunk in a drain. First pour half a cup of baking soda in the drain then follow with a mixture of one cup of white vinegar and one cup of hot water. This will make the drain bubble. Leave for 10 minutes and then pour hot water down the drain to clear it.

You can also tackle the Microwave with vinegar. Pour equal parts of vinegar and water into a bowl. Turn the microwave on full for around 2 minutes, depending on the power of the microwave. Carefully remove the bowl, leave for 5 minutes and wipe round the microwave. It's important to keep your microwave clean as dirty microwaves don't work efficiently and in extreme cases can be more prone to catch fire.

A 50/50 vinegar/water solution will clean all the surfaces in the bathroom including soap scum in the shower. A baking soda and water paste will clean will clean stuck on gunk in shower and bath.

If you have limescale in the toilet bowl drop a denture cleaning tablet to dissolve overnight, leaving you with a sparkling clean pan!

If you feel that making your own cleaning solution is above and beyond the call duty then you can purchase 'kind' cleaners such as the Ecover range

Requests for next month's article by the 12th October if you please.

All the best

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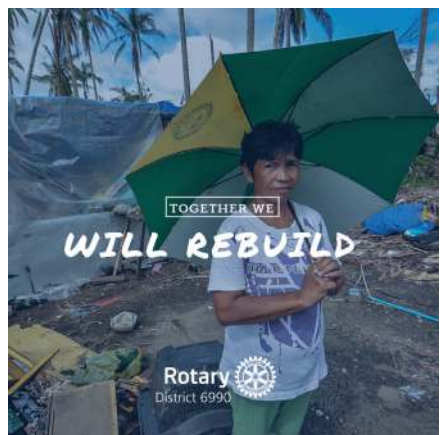
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Hunstanton & District Rotary Club

John Crofts

As we reflect on the summer in Hunstanton, our excellent charity events at Norton Hill and our Kite Festival and Classic Car Rally, sometimes complaining about drizzle or wind or small events that frustrate us and worry about the return to school or work; it is important to step back and remember how lucky we are. At the annual Civic Service in St Edmund's Church Pastor Sam Abramian from the Union Church last Sunday reminded us of all that makes Hunstanton a great place to live and grow.

This is even more obvious when we are confronted by events around the world such as the devastation brought by Hurricane Dorian in the Bahamas. There is a limit to what we can do individually other than donate money, but that is where groups such as Rotary can make a difference together. With more than 1.2 million members worldwide, Rotarians are on the ground and ready to take action to help communities recover when disasters strike.



Rotary members and The Rotary Foundation play a unique role in disaster recovery and rebuilding efforts. Working closely with our partner ShelterBox (I have written about this work before, but do google ShelterBox to see what they do) and other organizations that specialize in disaster relief, Rotary members lead projects to support every phase of a community's recovery.

Rotary supports three phases of relief:

1. Immediate response: Our local clubs and partners immediately offer helping hands and supplies.
2. Short-term assistance: Our clubs and districts help affected communities wherever we can through funds and materials to re-establish day-to-day operations.
3. Long-term rebuilding: Our clubs plan and implement projects that rebuild affected communities.

We are not the only organisation that seeks to help in crises, but if you wanted to support the donations that your local club will be making through ShelterBox or to receive more information please do contact me at johnpcrofts@gmail.com

We take our homes and communities almost for granted and we expect our children to be able to go to school and thrive, but I wrote last month about a school in Kolkata, India which we are supporting this year and I am pleased to add an update from them about a recent development:

For the past 25 years, the Mathieson Music School of Kolkata, India has offered impoverished girls and boys a chance to get a good education that will open the door to a brighter future. But new government regulations demand that we build a new girls' dorm immediately--or stop offering those vital educational opportunities to girls.

The Mathieson Music School is located in an area where nearly one-quarter of the population lives below the poverty line. Its students are among the neediest in India. MMS has literally taken children out of the slums and off the streets. We offer them a comprehensive academic education in both English and Bengali. Our students also receive training in Eastern and Western music, dance, and theatre, as well as opportunities to participate in a healthy physical education program.

MMS provides all its needy students with safe housing, clean clothes, nutritious food, fresh water, caring teachers and mentors, and a secure, supportive environment. The 60-70 students at MMS love their school. For many, it is their only home, their family.

For the past decade, MMS has been building a new, larger school compound so it can expand its services to more impoverished boys and girls. Just as our new dormitory building was completed in the summer of 2019, the regional government enacted new laws changing how girls and boys must be housed at residential schools in Kolkata.

Those new regulations demand that boys and girls must be housed in separate dormitory buildings. All schools without separate dormitory buildings for girls must send the girls away.

Our newly completed dormitory building



has separate wings for boys and girls, but not separate buildings. As a result, government officials required MMS to remove its currently enrolled female students and to stop accepting new girls until a separate female-only dorm building can be constructed.

Our girls were devastated when they were told the news. For some of them, this ruling would have forced them back into the street. Teachers and staff at MMS volunteered to take homeless girls into their own homes and provide temporary shelter. But the girls cannot return to their beloved school until another new, separate girls' dormitory is built.

We want to bring our girls back to MMS as fast as we can. Won't you help?

We, as a club, will help such appeals as well as projects in Hunstanton and the surrounding villages.

If you want to know more about Rotary in general and our club in particular we would warmly invite you to a meeting to 'try us out' at no cost. Just contact me at johnpcrofts@gmail.com, you would be most welcome!



Hunstanton and District Inner Wheel

August is usually what newspapers call 'the silly season', because news is difficult to find although the parliamentary turmoil has flooded our minds and newspapers this year. However we did appear at the Kite festival behind our very popular refreshment stand. Homemade cakes, fresh filled rolls, scones and cream and tea and coffee at £1 a cup. One year we will keep a check on how many cups we sell but I can tell you it was running into hundreds.

We resumed our monthly meeting in September when working hard to raise funds for our chosen charities here and overseas is our priority along with enjoying the friendship that is generated from belonging to Inner Wheel.

We were privileged to be visited by our District Chairman Deirdre Griffin as part of her tour of District 8 clubs. The picture below shows our President Annie Bagworth presenting Deirdre with a gift from our Club.



We shall be starting our new programme of events shortly and look forward to sharing the news with you relating to those meetings.

Sue Trewin

Club Correspondent



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Wednesday	Bridge Club 6.45pm Whist Drive 7.30pm
Thursday	Poker 8pm
Friday	Lunch time Raffle 1pm Beginners Bridge 1.45pm Cash Bingo 7.30pm
Saturday	Open the box Jackpot 1pm



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Local auctioneers specialise in sporting guns

It happens more often than you think. With episodes of *Cash in the Attic* and the *Antiques roadshow*, one of the BBC's longest running programmes, people are more aware than ever of the potential value of their items. But how do you go about finding out what that old sporting item left to you might be worth?

One way is to book an appointment to get an expert opinion. Experts from organisations like *Holts Auctioneers* are able to give you an accurate guide to what your items may be worth in today's marketplace.

Nick Bongers de Rath, a specialist in sporting guns and accessories remembers one episode vividly.

"A widow phoned me to discuss an old gun that her husband had left her. She had no use for it and had no idea whether or not it was worth any money. After giving her some advice on where she stood legally, I suggested that from her description and without seeing it, it might be worth £100. She posted me some pictures as she had no experience with email. When the pictures arrived, they were a little out of focus and showed what looked to be a rather beaten up old hammergun which looked like it was once quite handsome. My early thoughts without seeing it in the flesh were that it would be about £400 in our auction.

We arranged to have it collected from her via a courier which for us as registered firearms dealers is an option. When it arrived, I opened the box and inside was an extremely rare hammer ejector by one of the best gunmakers of all time – *Boss & Co. of London*. It was obvious that £400 had been a little pessimistic so it went into auction with an estimate of £4000 – 6000.

Because they are so few of them, they generate great interest. The development of ejectors for shotguns only happened after hammerguns were replaced by hammerless guns so any hammergun with an ejector must have been a special order from the late 19th century.

It eventually sold to the premiere collector of *Boss* shotguns in the U.K. for a hammer price of £12,000. She was understandably delighted."

It's always worth getting a second opinion.

Holts are based on the *Sandringham* estate and can offer free valuations with no obligation by appointment. For more information please call 01485 542 822 or email enquiries@holtsauctioneers.com

HAUNTED HUNSTANTON!

Halloween Fun
Widdershins Witch Hunt



Friday 18 October to Friday 25 October

Follow the trail through town to the *Heritage Gardens* and find the witches as you go! Pick up your entry form from *Keelie's Salon* in *Church Street*, *Library*, *Tourist Office* and the *Salad Bowl Cafe*
Saturday Spooktacular

Saturday 26 October

Hunstanton Library from 2pm – 4pm
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Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects, there will be something to interest everyone.

The 3rd Oct. meeting will be 'Through the Seasons' with *Brian Woodford*

The 7th Nov. meeting will be 'sugar & sugar beet' with *Robin Limb*
Refreshments are available and we hold a raffle at each meeting.

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THORNHAM VILLAGE NEWS

Thornham Village Cinema and Live by Satellite

Wednesday 16th October

White Crow

Director Ralph Fiennes captures the raw physicality and brilliance of Rudolf Nureyev, whose escape to the West stunned the world at the height of the Cold War. With his magnetic presence, Nureyev emerged as ballets most famous star, a wild and beautiful dancer limited by the world of 1950s Leningrad.

Book your tickets now – Call 0781 802 8687

Tickets £5.00 Bar opens 7PM Film starts 7.30pm

Broadcast Live by Satellite from The Royal Opera House Covent Garden

Thursday 24th October

Don Pasquale

Bryn Terfel heads a star cast for this new production of Donizetti's comedy of domestic drama across two generations. Conducted by Evelino Pido, with Terfel, Peretyatko, Hotea, Kwiccen and The Royal Opera House Chorus.

Doors Open 6.45pm – Curtain 7.30pm

Tickets £15.00 Children £10.00

Book online at www.thornhamvillagehall.co.uk or call 07787 255 597

Winter Warmers Supper Talk

Friday 18th October

Desmond McCarthy, of Wiveton Hall and Café (and 'Normal for Norfolk' fame) and Andrew Jamieson, of Drove House and Orchards, look at various ways of 'keeping the roof on' their family estates in a changing world.

Compered by Kit Hesketh Hardy, writer and entertainer.

Tickets £20 including a two course supper and welcome drink

Booking is essential – online at www.thornhamvillagehall.co.uk/winterwarmers or by email at winterwarmers@thornhamvillagehall.co.uk

Doors open at 6.30pm , talk starts promptly at 7pm followed by supper. Full bar facilities are available.

Visit our website www.thornhamvillagehall.co.uk for details of the regular classes at the hall, and information on forthcoming events.



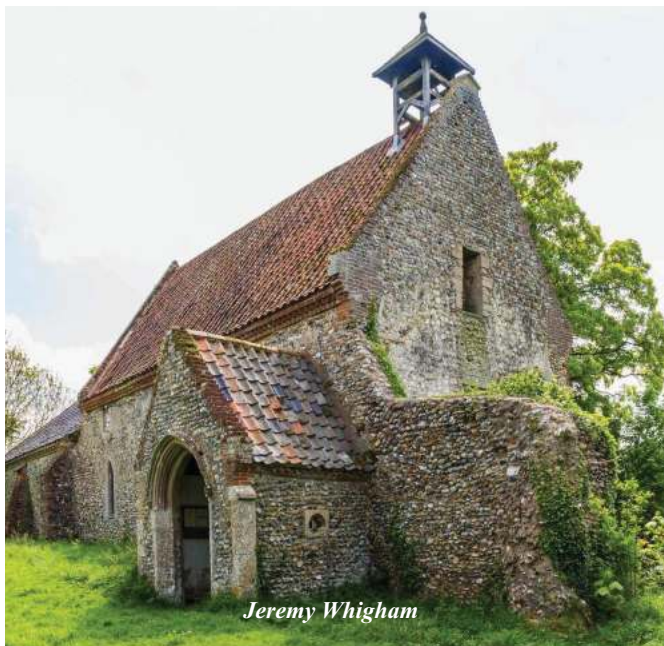
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Historic finds at the medieval church of All Saints' Waterden



Jeremy Whigham

Three surprise findings have been uncovered during a £270,000 restoration of a tiny ancient rural church in North Norfolk in the middle of fields near the site of the lost medieval village it served.

The most interesting is a metre-square previously unknown wall painting which has been found at All Saints' Church Waterden, between Fakenham and Wells, and which is thought to be 17th century. The mural contains faint traces of colour and the parish is seeking advice from conservation experts.

Part of the stonework of a large arch has also been found on the south side of the nave, again inside the church. This appears to match existing traces of an arch towards the west end. Both are thought to be part of a lost south aisle.

In addition, exterior work has uncovered a short stretch of wall reaching out into the churchyard from near the south door. The wall is evidence that there was a south aisle, which is thought to have dated from the 14th century and to have collapsed by the 17th century.

Waterden has a venerable history. The lost village was mentioned in the Domesday Book of 1086 and the village disappeared in the late Middle Ages but it is unclear why. The church is a jumble of architectural styles from Norman to early English and Tudor. A storm in the early 17th century caused part of the nave to collapse but the church kept going and holds eight services a year including a popular candlelit Carol Service on Christmas Eve.

The restoration of the church, which is a grade II* listed building, is

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thanks to a grant of £210,000 from the Heritage Lottery Fund supplemented with additional funding from the Norfolk Churches Trust, the Garfield Weston Foundation, the Holkham Estate and the Geoffrey Watling Charity.

Father Clive Wylie SCP, Rector of Waterden and vicar of The Creakes Benefice of which Waterden is part, said: "The restoration has transformed the church and secured it for generations to come. It is incredibly exciting that three new finds have been unearthed during the painstaking work. They will add to the already rich and fascinating history of the church. All Saints' Church Waterden has been celebrated by writers, artists, worshippers and clergy as unique because of its spirituality, remoteness and tranquillity. We welcome everyone to this special place.

"We are enormously grateful to the National Lottery Heritage Fund and lottery players, as well as other donors, for their support in ensuring that All Saints' can continue to delight and inspire."

The restoration has made the roof and porch watertight and given it some much-needed guttering as well as improved drainage. Rotten timber has been cut out and new wood inserted to strengthen beams, roof trusses and braces in the nave. Buttresses and parts of walls have also been repaired.

Remedial repairs were made to stonework and brickwork around the whole building, ivy was stripped off and lime mortar replaced.

A key part of the project is to make All Saints' Church Waterden better known and easier to visit. A five-place car park has been built on land leased to the parish by the Holkham Estate at a peppercorn rent, enabling more visitors to come and see the church. There is a new orientation board in the car park and new road signs. New literature has been written to inform the public.

The Friends of All Saints' Waterden, has been set up to help to care for the church and to maintain the churchyard. The Friends have been holding events to stimulate interest in the church and to share its beauty.

The restoration has secured the church's fabric but its simple charm will remain unchanged. It has no electricity or water and that is how it will remain.

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My visit to our printers, Mortons of Horncastle

Sophie Hooker

I feel at times we can take for granted just what the process of printing newspapers and magazines entails. Though not a particularly long or extremely arduous process by any means (in fact, it can take under an hour to produce a couple thousand copies from computer to print), there are several stages which each publication has to go through. So, very kindly, Mortons invited me for a visit for a look behind the scenes.

Mortons of Horncastle, based in Horncastle in East Lindsey, was founded in 1885 by William Kirkham Morton when he introduced mechanical typesetting to the area. Today, the company has four divisions – publishing, events, print and mailing which all fall under the banner of Mortons Media Group.

Each publication of Town and Around arrives at Mortons by Monday morning each month at the very latest. Because Mortons prints such a large number of publications, strict deadlines are imperative to keeping the operations running smoothly. A timetable is then produced for the magazine to be printed and the printing details are relayed to the guys down at prepress.

The magazine file is then pulled up on the computer where details (page number, page sizes, etc.) and colour balances are checked carefully before being put through a computer program ready for print. There are 4 basic colours used in print: cyan, magenta, yellow and black (the CMYK colour model). These 4 colours used on each page (in Town and Around's case, 8 pages per printing plate) are then placed on 4 different plates ready for printing.

It is extremely important that the balance and levels of these colours remain consistent throughout the entire process, so copies are constantly checked during prepress to ensure that the colours do not run or smudge.

These plates are then run through the printing machines (the tower) which the large rolls of paper are also put inside. The printed pages are then picked up by grips that run along the ceiling of the building where quality checks can be made. These pages are then run through various machines where they are folded, and inserts put inside if needed. The finished magazines are then packed onto pallets ready to be delivered to us.

Before my visit, I did not realise just what a complicated and precise process printing was and have left with a far better understanding and appreciation of the technical aspect of producing Town and Around.

I would like to thank Production Manager Jim Blythe and Print Director Steve Wickwar and everyone at Mortons for their time in educating me on the process and giving me a tour of the premises.



Sing Your Heart Out at Free Workshops for Older People in Hunstanton!

Calling all older people living in and around Hunstanton! Arts charity Creative Arts East have just started running free creative workshops twice a month at the 1st Hunstanton Scout Hut on York Avenue, and all older people, including carers, those with dementia, other health conditions and mobility issues are invited to join in the fun!

The 'Our Day Out' project has been running in other locations across Norfolk for the last few years, and is all about engaging older people in fun, accessible, participatory music & dance workshops, giving participants the chance to meet new people, get out and about, and try a new type of creative activity! Past activities have included song-writing, drumming, contemporary dance, and even belly-dancing! At the moment the sessions will involve singing and music-making with Norfolk musicians Mary Lovett and Kim Moore.

95% of participants had made new social connections and felt their loneliness had decreased as a result of taking part in the sessions. One participant who attends our group at Wells-next-the-Sea said "My life seemed to be closing in until I found Our Day Out. I now have much more to look forward to, it has made my life brighter." Another participant said about the sessions: "This is better than medicine!"

Join us at the 1st Hunstanton Scouts HQ at 6 York Avenue on Monday 7th October, 21st October, 4th November, 18th November, 2nd



December and 16th December. Each session is 2.30 – 4.30pm. For more info and to sign-up, contact Creative Arts East on 01953 713390 or email lea@creativeartseast.co.uk.

GP Surgeries open their doors to offer the flu vaccination

Surgeries across Norfolk and Waveney are gearing up to provide special clinics to offer patients their annual flu jab.

Children aged between 2 and 10 years old will be offered the nasal spray vaccination. The adult flu vaccine is offered free to those in groups at particular risk of infection and complications from flu. The groups being offered the adult flu vaccine are:

- Pregnant women
- Those aged 65 or over
- Those aged under 65 with long-term conditions
- Carers

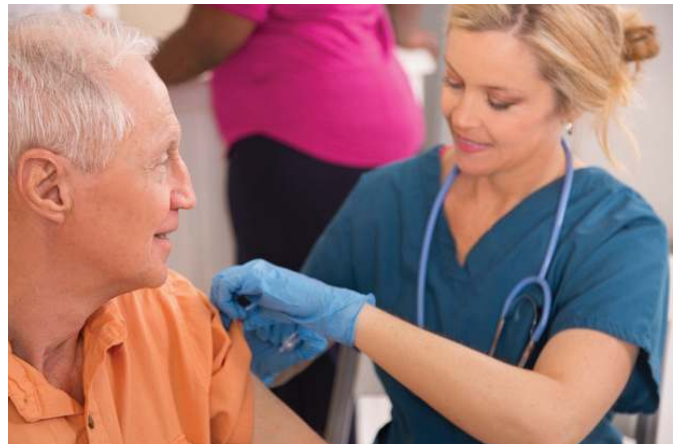
GPs are asking their patients to book a place in forthcoming flu clinics as soon as they are advertised. Alternatively, you can visit your nearest participating pharmacy.

GP surgeries are also testing atrial fibrillation in patients over the age of 65. Although flu vaccinations are available from other outlets it is only GP surgeries who are offering the additional check for abnormal heart rates at the same time.

In addition to the atrial fibrillation and flu vaccination applicable patients are able to receive Pneumococcal vaccines protecting patients against the bacteria *Streptococcus pneumoniae*. The vaccine can prevent some cases of pneumonia, meningitis, and sepsis. A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS.

Dr Anoop Dhesi, Chair of North Norfolk CCG and Partner at Stalham Staithe GP Surgery said: "Flu can be incredibly unpleasant for many people but for a select few it can be fatal. The best way for people to protect themselves and loved ones around them is to get the vaccination on offer especially those offered it for free on the NHS."

A previous pilot programme showed vaccinating children had dual benefit; as well as protecting them from flu, it also protects others, such as parents, grandparents and siblings, as children are 'super spreaders' and are much more likely to infect others.



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Save the date ... Christmas comes early to Hunstanton in 2019!

Hunstanton's Festival of Christmas will kick off with a Festive Funday on December 1st 2019 and this year we are introducing a new attraction - your chance to step into our very own Winter Wonderland, a giant inflatable Snow Globe!

Have your photograph taken with the family against a backdrop of a snowy Christmas scene and don't worry - you won't need an overcoat against the snow - just your favourite Christmas jumper.

The fun starts at midday with a packed programme of events for mums, dads, children, families, friends and visitors to enjoy. Food and drink stalls, Santa's grotto, live music, a reindeer treasure hunt, rescue donkeys - as well as a Christmas Craft fair and the Christmas Lights Switch On at the end of the day - are just some of what's on offer.

Come and join in the festive fun on Sunday, December 1st 2019, 12-5pm.



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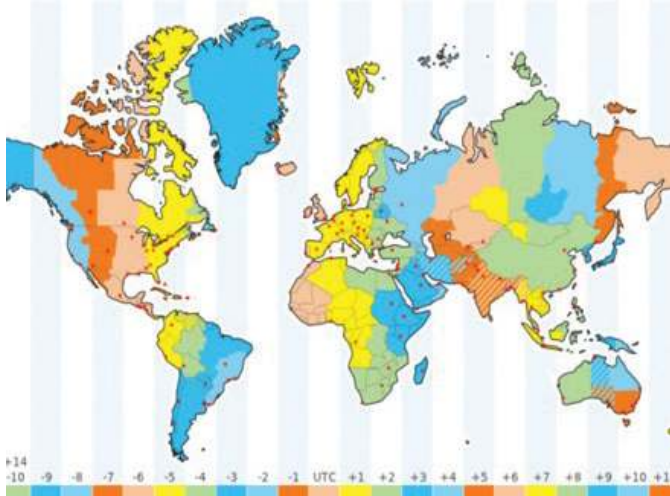
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Heacham and Hunstanton at Night

Terry Parish

Dark skies are coming. 27th October at 2am is when BST ends and UTC begins. UTC is Co-ordinated Universal Time and is the same as GMT, Greenwich Mean Time. The rest of the world doesn't like reminding that time, and longitude, is defined by Greenwich, England. (For perfectionists, UTC is a time standard, GMT is a time zone but they are the same numerically).



Time Zones where UTC is GMT on this diagram. Internet

Dark skies are one thing, clear skies are another. The opening event of the nearby Dark Skies Festival, at Cley visitor centre on the 6th September, was blessed with both darkness and clarity. The second event at Kelling Heath on the 7th was dark but drizzly. There is an annual star party at Kelling commencing on 27th Sept so I hope I can report better weather then.

Before we get onto something hard the planets and other things this month: It is, theoretically, possible to observe all planets this month, several at one go. Most with just your eyes.

Jupiter still dominates in the SW but it sets by 8.30pm, 7.30pm right at the end of the month. A bright, unwinking light, with the 4 Galilean Moons visible in a small 'scope. On the 3rd, it is just to the right and below the evening Crescent Moon. At the end of the month, the 31st (ghosts and Bday), look for another Crescent Moon in the afternoon at 2.10pm. Through binoculars, Jupiter will magically appear just below it. Also see notes below.

Saturn follows Jupiter, a much fainter, yellowish, unwinking light. It sets by 10.30pm, 9.30pm at the end of the month. On the 5th find the Quarter Moon at around 10.30pm, Saturn will be very close to it. Look for those rings, and Titan, through a telescope.

Jumping closer to the Sun, at the end of the month, low down in the SW, Venus appears. Go to the beaches or the cliffs from around the 29th as the Sun sets. On that evening you will see a thin crescent Moon and, just below it, Venus. You may just see a spark below Venus but very close to the horizon. This will be Mercury.

On the 30th, back at the beaches or cliffs, at sunset, find the Crescent Moon again. Venus will be to its right, Jupiter to its left.

I wrote about Neptune last month. It is still there, setting about 4am. You will need good, steady, binoculars or, more likely, a telescope. Find its location using Stellarium, a phone app, or Google.

This month, Uranus reaches opposition on the 28th. It will be at the end of the line between the Sun, Earth and itself. Consequently, it will be well lit and at its closest to us, a mere 2,817 million kilometres away (1 and three quarter billion miles). This planet, discovered by Herschel, is visible to good eyes in a dark sky and it is surprising it was not named as one of the 'wanderers' in ancient times. Its blue / green hue should have been notable. It is easily visible in steady binoculars. It doesn't appear close to anything convenient like the Moon so use your

computer or 'phone to locate it. It is visible all night.



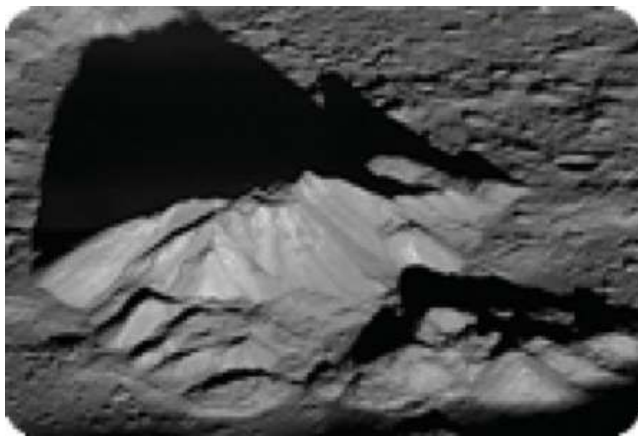
Not a photo but this shows it all. Uranus orbits on its side, has rings, and significant moons. Internet.

The dawn sky, at the end of the month, brings us Mars. Look to the east before the Sun rises from 6am. On the 26/27th at 7.15am, find the Crescent Moon, between it and the horizon will be red Mars. Between Mars and the Moon is the star Porrima.

Meteors! Not a good show but it will be the remnants of Halley's Comet which has been heard about by anyone who had a reasonable science education at school – generally older folk. On the night of the 21st into the 22nd look away from the Moon and see if you can spot any Orionids.

The Moon: By using it as a marker to help find the planets, I have mentioned it a lot above. It is worth looking at it in its own right, especially in this 50th anniversary year of the Moon landings. Choose any time between crescent and three-quarter phases where there is a distinctive line between the illuminated portion (reflected sunlight) and the dark portion (still night on that part of the Moon). This terminator line provides an opportunity to see the shadows within craters and cast by mountains and valley sides. You can see detail that is washed out when the Moon is full.

If you look hard at the dark portion close to the terminator you may see points of light. These are the tips of mountains catching the first rays of the Sun.

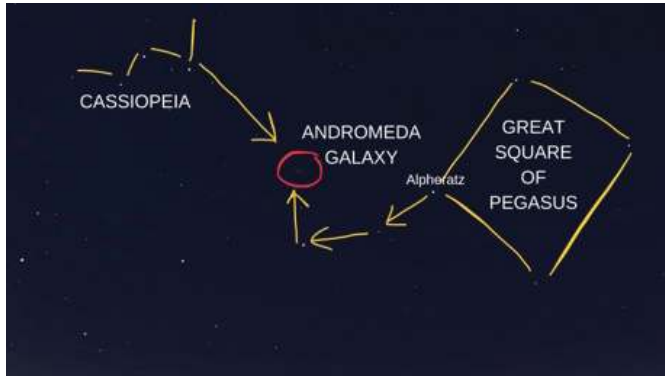


A shadow of a mountain on the Moon. Internet.

Now for the hard stuff.

Dark skies will help you to spot the Andromeda Galaxy this month. I have written about this many times over the years but astronomy is cyclical, what goes around, comes around. Messier 31 appears as a faint, misty, smear high in the sky. It is NW of the Great Square of

Pegasus. Good eyes will discern it if you use averted vision, sort of looking sideways. Otherwise use steady binoculars.



You should be able to find the W and then the Square. Use binoculars for Andromeda. Internet.

The Andromeda Galaxy is often described as the furthest object the unaided eye can see. Light from it has been travelling towards us for 2.5 million years. It is a spiral galaxy, like ours, but seen almost edge on. It covers an area of sky about 4 times bigger than the Moon. Unlike almost everything else in the sky, Andromeda is moving towards us and will arrive in about 4 billion years.

There is another contender for the furthest seen object, the Triangulum Galaxy. In very dark, clear, skies, in the middle of a dry

desert, some individuals have claimed they can make it out. It is 3 million light years away.

Talking of distant objects moving away from us, this expansion of the known universe has been known for many years. The rate of expansion was also defined by observations and theory but some work from as far back as 1933 (Zwicky) questioned this rate and more recent observations have confirmed that the rate of expansion is accelerating.

Other observations of stars at the edges of spiral galaxies have shown they are moving faster than they should. The velocity of a small object orbiting a larger is defined by the force of gravitational attraction between them and the distance they are apart. Increase the gravity, the faster they have to move, increase the distance, the slower.

The distances between stars and their galactic centres can be measured relatively easily. The total gravitational effect of the observed stars within the galaxy affecting them can also be calculated. If the stars are moving faster than they should then something has increased the determined gravitational force between them. This cannot be observed so it is called 'Dark Matter'. Thousands of scientists are earning their bread and butter (non-dairy alternatives available) looking for it.

Never mind Dark Matter, more important are Hedgehog Matters. There has been at least one regularly visiting the garden during the last month gobbling up food left for it. Darker nights mean colder nights as winter approaches. Feed them up and take particularly small ones to West Winch. And can car drivers on the A149 use their eyes – I counted 9 dead hedgehogs between Snettisham and Castle Rising one day.

See how many planets you can spot. Let me know if you trip over dark matter but avoid hedgehogs.

If anyone uses stamps for personal or business mailings, I can reduce your postage costs. Please contact Ray Butcher on 01485 533406

The copy date for the November issue is 12th October. Please send items for inclusion to: editor@townandaround.net

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More Zumba Love!

Following up from the article in March's edition *Town and Around* was asked if we would join Julie-Ann Rayner and the "Snettisham Six" from her Zumba Gold class for an afternoon of songs, dance and most importantly cake filled fun at Snettisham Residential home - The Close.

Having qualified for Zumba Fitness last November, Julie-Ann then set her sights on the Zumba Gold qualification so that she could help bring the more mature members of the community together to help improve fitness and wellbeing, bringing as much importance to the social side of the class as well as exercise. This was the start of something special with the first class being quickly followed by tea and cake to get the class going with as good a foot forward as possible. The results were fantastic and Julie-Ann is regularly joined by 30 or more of her fantastic class but really this again was building on her passion to want to take things to the community more.

Unfortunately, Julie-Ann's father had to be taken into a care home local to him having been diagnosed with Alzheimer's and this stirred something from the fairly recent past where she had previously been part of the Rock Choir in Little Chalfont before moving to Snettisham. She recalled the time when the local leader of the choir took the group to sing at a care home to perform for them and as she recalled, this stirred some major emotions, seeing all of the residents literally come to life as soon as the music came on.

With this in her mind, she wanted to bring that sort of experience to the local community Care Home and she approached the manager; Dil at The Close. Dil immediately jumped at the opportunity for the residents to have such a wonderful experience so Julie-Ann set about curating an afternoon singalong with tea & dance. Having not sung for some time, Julie-Ann approached her old Rock Choir Leader to get some coaching so that everything was as pitch perfect as possible and asked whether or not anyone in her Zumba Gold class would like to come along and help. She was amazed by the response and even more amazed with the results of the rehearsals. From there, she went back to another of her talents and set about baking a classic Victoria sponge, Blueberry cake, Lemon drizzle and a Ginger cake for the residents to enjoy and help complete the experience.

Armed with enough cake to put a smile on anyone's face, a bag full of tambourines and maracas the Snettisham Six went off to have what they describe as possibly the best experience of their lives. Not knowing what to expect and how everything would go down any doubts were soon wiped away. As soon as the first track; Do-Re-Mi from the Sound of Music came on, there were beaming smiles, loud voices singing along with lots of hand movement as well as clapping along to the song. All of the residents were getting involved, joining in at the top of their voices and having a great time. Do-Re-Mi was quickly followed by Que-Sara-Sara, Top Of The World, Stuck in the Middle, I Only Want To Be With You and lastly Saw Her Standing There.

With everyone enjoying themselves so much, Julie-Ann then moved on to bringing Zumba to The Close by way of Chair Zumba. She started with the Gold warm-up favourite of Night Fever before moving on to some latin based Zumba Gold tracks as well as a cheeky Little Rock and Roll track before finishing the afternoon up with tea and cake whilst bringing the tempo back down with some Frank Sinatra and the likes nice and mellow in the background.

Julie-Ann said "We all had such a wonderful time engaging with the residents, we all had a fantastic time meeting the residents and getting to know each and every one, it really was just such a wonderful experience for all, I had to stop myself from crying when all the residents went from quiet anxious faces to faces of songs, colour and joy, they were all singing along to every song - it was just the most amazing thing ever, and then the ones that could, all got up and danced with all the staff, just incredible. and then they all tucked into the cake.... blueberry juice drooling from our chins, myself and my Zumba Gold ladies just felt so lucky that we got the chance to experience the whole thing.



Julie-Ann (pale skirt) with her team of Zumba Gold volunteers

I would just like to thank the staff and in particular Dil for the opportunity to come and meet everyone and have such a humbling and uplifting experience"

Dil was also extremely grateful to the group, saying "What a great opportunity for someone in the community to come into the home. To entertain them with music that they know and love, cake and dance. What a difference it has made, we welcome anyone from the community to come in and spend some time with the residents" Following on from such a wonderful experience, Julie-Ann is already looking at the next opportunity to run another music, tea and dance afternoon. If you would like more information or indeed to join in please contact Julie-Ann on northnorfolkzumba@gmail.com

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We currently run two classes per week; the first is a Zumba Gold class on a Monday at 10am, this is a lower intensity class to help with movement and fitness to suit people less mobile or getting back into fitness. Whether you've never done exercise or are thinking of starting again after years away from this will really help you in the right direction.

The second is a standard Zumba class at Thornham Village Hall on a Thursday evening at 18:30. Please contact me if you would like further information. Thanks

JOIN THE party

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Hunstanton Lifeboat Station news

Geoff Needham, LPO

Thursday 15th August at 2.56 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of 4 persons cut off by tide at Scolt Head Island, Brancaster. Hunstanton Lifeboat proceeded to Brancaster, on arrival at scene it was confirmed that the 4 people had managed to cross the channel and were now safe on the beach, the local coastguard response team spoke to them on sea safety. The lifeboat was then released to return to station. On returning to station a report came in that 3 persons were attempting to swim from the island to the shore, the lifeboat was requested to re-launch and proceed to Brancaster, as the launch was about to take place a report came in that the three persons were now safely ashore, and the boat could stand down. H.W. 7.47. p.m. Wind. W 5-6. Weather Sunshine Vis. Good. Sea state moderate.

Saturday. 17th August at 12.46. p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to report of two Kite surfer's in difficulty off Old Hunstanton beach. Hunstanton volunteer RNLI crew launched on service, one surfer had made it back to the beach, the other surfer, was picked up, along with his board by the lifeboat, and landed him and his gear at the station, no medical assistance was required. H.W. 8.51. p.m. Wind. S.W.5 Sea state slight. Vis. good.

Tuesday 20th August. Hunstanton RNLI Lifeboat out on exercise was tasked by U.K. coastguard to an inflatable dinghy drifting about 500 yards out to sea, off Old Hunstanton. RNLI volunteer crew located dinghy one person in it, and took him on board lifeboat, and landed him back at Hunstanton lifeboat station, sea safety advice was given, and advice why it is not safe to use an inflatable at sea. H.W. 6.00. p.m. Wind. S.E. 2 / 3 Weather Sunshine Vis. Good Sea state slight.

Wednesday 28th August at 1.49 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of 2 persons cut off by tide at Scolt Head Island. Brancaster. Hunstanton Lifeboat proceeded to Brancaster and located the casualties. Four people and a dog had crossed over to the Island, and were cut off by the incoming tide. Two younger members of the group swam across the channel to the beach. The older couple and the dog were picked up by Hunstanton RNLI volunteer lifeboat crew. They were taken on board the lifeboat and landed on to the beach into the care of the local coastguard response team. They were on holiday from the Nottingham area. The lifeboat was then released to return to station. H.W. 5.50 p.m. Wind S.W. 3 Weather Sunshine Vis. Good Sea state slight.

Thursday 29th August at 1.40 p.m. UK Coastguard requested launch of Hunstanton RNLI Lifeboat to reports of people thought to be in danger on the Wreck Sands at Brancaster. Several people had crossed the channel and were on the wreck sands, Hunstanton lifeboat launched on service and proceeded to area, they were informed that all persons were now off the sands, and could return to station, a search was made of the area, confirming no persons were in danger, and returned to station. At 5.40 p.m. UK coastguard requested launch of Hunstanton lifeboat to report of people cut off on Scolt Head Island, on arrival at the island they established that the persons on the island had made their way to the island by boats and were not in any danger, after checking that no persons were in any danger, the crews were stood down to return to station. These were False alarms with good intentions. High Water. 6.44 p.m. Wind SW 2 Sea state slight. Vis. good.

Saturday 24th Aug. We held our annual Flag Day in town, £1858.00 was raised well done all that took part, and thanks to the generosity of you, our supporters, especially Tesco customers, of which £1130.00 came from you.

Sunday 25th Aug. Rigil Kent, operational manager, presented Kate Craven with an award for her hard work in educating youngsters all about staying safe by the seaside, Kate organises Stormforce, the RNLI's junior membership, aimed at educating all about sea safety, throughout the summer school holidays, Kate runs her sessions at the boathouse, and it is well attended, her enthusiasm and energy put into it, is a credit to her, Well done Kate.



Respect the water campaign and advice to Holiday makers, Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips. 1. Check the Weather and tide times. 2. Read signs. Be aware of local hazards, ie; sandbanks. Channel Strong tidal currents. 3. Carry means of calling for help. 4. If you see someone in danger dial 999 or 112 ask for the Coastguard who will page us.

Editor's note: Since Geoff sent his report there have been more incidents, the most serious of which involved sixteen people on Scolthead Island who were rescued by RNLI Hovercraft Volunteer Crew. There were eleven adults and five children, two of which, were babes in arms. All were on holiday, from different areas of the country. They told the crew they had not realised the state of the tide, which was filling the channel between them and the safety of the beach. They were taken aboard the hovercraft and transferred to the beach, into the care of the local coastguard response team. It took three journeys to evacuate them from the island.

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Hunstanton Primary School Open Days

are being held on:

Thursday 17th October 2019 at 10am, 2pm, 4pm and 7pm

and also on:

Thursday 12th December 2019 at 10am, 2pm, 4pm and 7pm

Please come along and have a tour around our lovely school to meet and greet our Governors, Headteacher, teachers, pupils, PTA and Support Staff.

This invitation is warmly sent to everyone in the local community and especially welcoming prospective new parents and children.

There will be tea, coffee and biscuits available and a chance to see what our school has to offer your family.

Brancaster C of E Primary School

It has been a fascinating week, starting as the new permanent Executive Headteacher at the St Mary Federation. It has been so good to meet such welcoming children and to see their enthusiasm to be back in school.

When you've been in one school for a few years, you forget just how much there is to learn again when starting in a new school and of course that is all the more so with three schools. It has helped me appreciate how well staff have worked to keep the schools running as smoothly as possible, while there hasn't been a permanent leader.

In that time staff have also tried their best to keep the schools looking as pristine as possible, but we are acutely aware that there are lots of jobs around the schools to do such as painting and gardening and basic DIY repairs, which we don't have money to pay for or time to do.

It would be wonderful if there were some people in the local community who could come and help us. I am trying to be

available in the mornings to meet and greet parents and children as often as possible in each of the schools. Please do come and see me if you can offer help. We would have to do safeguarding checks if you are helping while the children are in school.

I will be in the schools as follows this month

12th	Office based
13th	Docking
16th	Brancaster
17th	Docking
18th	Sedgeford
19th	Docking
20th	Office based
23rd	Brancaster
24th	Docking
25th	Office based
26th	Docking
27th	Sedgeford
30th	Docking

Or you can phone the schools (mornings are best)

Thank you very much and I really hope we can make some new connections with the community.

Kind regards,
Gavin King

SEDGEFORD PRIMARY SCHOOL

Back to School – a new term, a new year!

Visit to Norwich Castle Museum

On Friday 6th September, the whole school (apart from Reception) went on a visit to the Norwich Castle Museum to see an exhibition based around 'The Paston Treasure'. The main feature of the exhibition is a 17th century painting entitled 'The Paston Treasure' which depicts some of the fantastic and amazing treasures accumulated by the Paston Family of Oxnead Hall, near Norwich, up to the mid 17th century. The museum's curator and art historians from the Yale Centre of British Art in New York have created a fascinating exhibition focusing on the art works and objects featuring in the painting. The children were each given a camera and set various challenges to take photos of different objects. (Thanks to NADFAS for paying for transport costs).

Topic

The 'Paston Treasure' will be used as the basis for our topics for both KS1 and KS2 for the first few weeks of the term. After that the children will be looking at explorers and the Romans, including Boudicca.

Science

Ourselves – KS1 will be looking at parts of the body, while KS2 will be studying the skeleton, digestive system and muscles.

Residential Trip

Years 3 to 6 are looking forward to the Federation residential trip from 2nd to 4th October to Kingswood with its many adventure and recreational activities.

Harvest Festival

Our Harvest Festival service will be held at St. Mary's Church, Sedgeford at 2.30pm on 14 October. All contributions, whether goods or financial, to the Hunstanton food bank.

All Age Worship
10.30a.m. every
Sunday morning

sunday 6 October
with
Elizabeth Batstone

sunday 13 October



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sunday 20 october
with
Elizabeth McLeod

sunday 27 October
Holy Communion
with
Rev Steve Oliver



Glebe is for everyone

The use of technology in schools is ever increasing, as our younger people get more and more used to working online.

At Glebe, with support from our Parents' Committee and the Brigadier D V and H R Phelps Charitable Trust, we have invested in a set of brand new Chromebooks for the school.

These wonderful devices can be used as a touch screen tablet, or as a traditional laptop, and enable each child their own secure and safe login for their work.

Mr Taylor, Headmaster at Glebe, has been working with the new computers and pupils from the ages of 4-13 that attend the school have access to use them.

"I'm delighted that we have been able to introduce another layer to our Computing provision. We are a traditional school, however, we also move with the times and with these Chromebooks we are opening up a world of learning to our pupils." He said.

These are exciting times at Glebe, with an increase in pupil numbers and a thriving nursery to boot, things have never looked better. An inspection last year rated the school as Outstanding and Excellent in all areas. Class sizes remain below 20 and the school continues to focus on a combination of academic studies, the arts, sports and of course, embraces technology along the way.

Glebe House School has an Open Day coming up on the 12th October, from 10am – 1pm and parents, grandparents and family members considering the best education for their children are all welcome to attend. You can get in touch with the admissions team at the school by emailing tjf@glebehouseschool.co.uk to find out more



and book your place for Open Day.

Financial support is available; Mr Taylor and his dedicated staff at Glebe work hard every day to ensure that, as the phrase on the sign at the front of the school says, 'Glebe is for everyone'.

Glebe House School

2 Cromer Rd, Hunstanton PE36 6HW

Phone: 01485 532809 <https://glebehouseschool.co.uk/>

THE NEED FOR UNITY

I think everyone wants to see more unity, peace and friendship in our dealings with others. At the moment the press and media report division, lack of trust and aggression in our parliament, country and the world.

Let's take a more positive view! When we see a glass half filled with water, we can view it as half empty or half full. The emptiness is nothing, but the half full is substance, is what is already there, in both quantity and quality. Let us concentrate on the good we already have!

Everyone thinking about Brexit is united in their love for this country and wanting what they consider is best. Surely the need for all humanity is to recognise that we are fellow citizens of a world we share and the need to maintain it.

Josephine Baker, the famous US cabaret singer adopted 11 children of different races. When asked why she had chosen children with such

a mix of nationalities she replied "There is only one race – the human race", and she became an ambassador for promoting unity and friendship for the world.

"Have we not all one Father? Hath not one God created us?" Mal 2:10.

Let us at least hold onto the "half full", the good we already have. Man has been given the ability and intelligence to love, to create, and work for a united world. It's time to put all reaction to others' opinions behind us and to calmly support those looking for solutions for the good of our world, "so Love fulfils the requirements of God's law." Rom 13:10 New Living Translation.

Our church services at 10 Queens Drive, Hunstanton, are held every Sunday at 11am and on the first Wednesday of the month at 7pm (Apr-Sept) and 12 o'clock (Oct-Mar). Everyone is welcome. Free magazines are available from the box outside the church and for more information on Christian Science visit www.spirituality4.me or follow us on Facebook.

Just a thought....

I realise I put this thought in the magazine last year, but as politicians keep arguing and fighting among themselves whose promises are the true ones, we perhaps need reminding ourselves of the promises Jesus made and more importantly keeps.

Politicians! I have much respect for politicians and what they try and do for the Country and for us individually, but I do have problems with those who offer great promises knowing they cannot carry them out. We can get so easily sucked in because of their verbal skills and an ability to tell us things that we want to hear.

Two thousand years ago there was a man who was the greatest orator/politician of them all; the only difference between Him and those mentioned above is that not only would He keep all his promises, but paradoxically told people things they did not want to hear. He spoke of feeding the hungry, caring for the poor, accepting the outcast

and of course being the Son of God.

And then he spoke of promises; promises to forgive sins, to send the Holy Spirit, promises to return to His Father in heaven where there would be places for us. These are promises that were kept, are kept and will continue to be kept; no false hopes or dreams just truth.

Please don't get me wrong, great politicians can move people and inspire them to do good things, but there is nothing anyone can say more wonderful and inspiring than the Sermon on the Mount (The Gospel of Matthew Chapter 5 – truly worth reading if you have not yet done so).

There is no promise greater than one that assures me of life everlasting; and no challenge greater than taking up my cross and following Him.

There is no promise made by humankind that will make the journey we travel in life an easy one; but the promises made by our Lord and Saviour ensures it will be a worthwhile one as long as we believe and trust in Him.

Steve, Rev Steve Oliver, Methodist Church



On Saturday 1st September after Morning Mass at Hunstanton, we had a celebration to thank Sr Bernada for her 40 years of service to the parish and local community as one of the Daughters of Divine Charity, who are based at Saint Theresa's Convent in Sandringham Road, Hunstanton. She will be shortly retiring back to her native homeland, Croatia. We wish her health and happiness for her future in retirement.



The parish BBQ at the parish church in Hunstanton on Saturday 17th August was a great success. Despite the inclement weather, good food and great company was enjoyed by all. Thanks to all who helped in any way and to those who bought tickets.

The coffee morning/bring and buy on Saturday 3rd August held in the Garnet room raised a good sum towards the refurbishment of the Chalices etc. for the church.

The Harvest Lunch at St Cecilia's is on Wednesday 2 October 2019 at NOON after Mass. Roast beef and apple pies by Priors again. Tickets will be £6.00 each, limited to 40. There will be singing and recitals! Please bring your own drinks. There will be tea and coffee. A raffle will be held with the proceeds for church funds.

The Hunstanton Parish Ladies Shared Lunch will be at NOON on Saturday 9 November 2019 at St Cecilia's. The U3A Handbells Group will be entertaining us. Some audience participation may be expected! The person to contact is Pat Watts - 01485-609052. pat.watts@tiscali.co.uk for more information.

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by buying fairly traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

All social events will be well publicised in the weekly bulletins and on the website. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Everyone will be most welcome.

Daily Masses are 10am in the parish church at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

Sunday Masses are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at the Parish Church of Our Lady of Perpetual Succour & St Edmunds, Sandringham Road, Hunstanton. The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220 or email; parishpriest763@gmail.com Email: parish@hunstantoncatholicparish.org

From the Saxon Shore

A time of Transition

October brings a magnificent display of nature as green gives way to wonderful rich shades of Autumn. To reach this glorious spectacle our trees and hedgerows have passed through many transitions. From being dormant in winter, to new life in spring, to the setting of flowers, fruit and seeds in summer. Autumn begins the transition back to shedding leaves and the winter rest.

Take a fallen leaf and wonder about the journey it has taken and the help required. From its formation as a tiny bud it has needed nourishment from its 'parent' tree or bush, the assistance of bees for pollination, the sun and rain for growth, the depth and fertility from the soil for firm foundations and the wind and birds to carry seeds for the journey to continue. Animals and birds also face transition. Migrating birds have flown to warmer climates, whilst others arrive here. Some animals will have prepared for hibernation, others build up food stores. Many rely on berries and seeds, some rely on us putting out food. Despite careful preparation many will not survive. The cold, hunger, resting places being destroyed, perhaps by flooding, others may be killed for food. Plants may die in the cold or be uprooted. Transition then continues as plants and animals decay and return to the ground for new life.

This whole transition period is very fragile. Whether we believe in a creator God or evolution we need to care for God's world, for this world. I'm not sure where the saying "we do not inherit this world from our ancestors, we borrow it from our children," comes from but it seems to me that is one we all need to take note of. If our children are to continue to enjoy the wonderful spectacle of nature with all its transitions we need to transform our lifestyles. We need bees, wasps and other pollinating insects, trees and hedges to combat the increase in carbon and global warming, to give us the oxygen that we need. We know that plastic kills animals, fish and birds and is found in our food. The air that we breathe is causing illness and death. We know the crisis that extreme weather is causing. Transition is not easy, we know what needs to be done, we have the tools to do it, do we have the will power or concern for our children to put this into action?

As we enjoy Autumn in all its splendour, let us not forget future generations.

Rev. Sandra Ellison

Paul Bennison is Coming - 18-19th October

By Gordon Tanner a member of The Way C F Leadership team

Paul who? I hear you cry. Paul is friend of friends and he visited The Way earlier this year. We're excited he is coming back to share more of his experience and his faith.

He has been a missionary for the last 35 years visiting over 100 countries and seeing amazing things happen. He doesn't have any visible means of support but relies on God's provision. He goes where he feels he is being sent, he helps wherever he can, and when the opportunity arises he shares the love of God and the gospel (good news) of Jesus. So he has been in some of the more unpleasant places of the world such as Cali in Colombia, one of the major centres of the drugs trade in South America; he was ministering to the prisoners released after president Ceausescu was overthrown in Romania; he's been to the slums in India, in most countries in central Africa, in Haiti and Cuba and to many countries where access is not easy for foreigners, and he's been to most major countries too.

Paul believes totally what the Bible says and as a result, sees the things the Bible promises occur; he's seen people healed of all sorts of things. Working where there are no medical provisions the people are more dependent on such ministry as Paul can bring.

Paul will be speaking at 7pm on 18th and 19th October at the Way Centre - the former courthouse in Downs Close, Hunstanton. Additionally there will be a men's breakfast at the Rendezvous Cafe in the High Street, Hunstanton at 8.30am on 19th October. The breakfast costs £6 per person and your place can be booked by ringing 01485-534226 or via our email info@thewaycf.org.uk.



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From St Edmund's Hunstanton and St Andrew's Ringstead

Wearing a dog collar can lead to all sorts of conversations, and a frequent comment that I get is along the lines of, "I am sorry but I don't go to church". My reply is to reassure that this is not the important thing, but that it is one's inner relationship and prayer life with God that matters.

Christians believe that Jesus Christ came to bring his very different kingdom to this world. And in Luke's gospel we read that he said this to the Pharisees, "The coming of the kingdom of God is not something that can be observed, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is in within you."

A famous footballer once said that he was a spiritual rather than a religious person, and I think Jesus was trying to lead his hearers along these same lines. Once the words spiritual and religious might have meant the same thing, but today the term spirituality seems to refer to your interior relationship with the non-physical world, whereas religion can refer to various outward practices and rituals that people have built up over the centuries.

Jesus was always trying to remind those around him that it was the inner state of the heart that mattered, rather than any outward religious ritual or observance. His advice in the Sermon on the Mount was to shut the door to pray to our Heavenly Father in secret, a theme taken up by St. Teresa of Avila in sixteenth century Spain. In her book *The Interior Castle*, she saw the soul as a castle containing seven rooms through which a person travels in prayer becoming progressively closer to God.

St. Teresa wrote this: "It is foolish to think that we will enter heaven without entering into ourselves."

We can do this wherever we find ourselves, not necessarily in a church building or service, but anywhere.

Rev. James Monro, Assistant Priest

'Even the sparrow has found a home...'



Looking for a choral home?



Musical fun, conviviality and patient instruction are all on offer at our weekly choir rehearsal, **Fridays, at 6.30pm, in St. Edmund's choir vestry.**

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7pm Saturday 19th October 2019

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Centre Stage Swing Band

on Saturday, 19th October 2019 at 7.00pm

St. Edmund's Church, Hunstanton

Entry: £5.00 at the door – including Refreshments

Proceeds in aid of the Restoration of the Building and the installation of a new kitchen in the Flower Room at the back of St. Edmund's Church. Join us for a delightful evening of popular Swing and Big Band Sound and Jazz Music and let yourself be carried away to the sounds of Glenn Miller, Jim Croce, Sammy Nestico, Lennie Niehaus and Frank Sinatra.

More from St. Edmund's Church

We are delighted to announce that we have a new Rector coming next month. Rev. Rachael Dines is currently curate at St. Nicholas, North Walsham, and she will be Licensed by the Bishop of Lynn and Installed by the Archdeacon of Lynn on Monday 25th November at 7.30pm at St Edmund's, Hunstanton. All will be very welcome to attend the service.

Read All About It!

We like to keep up with the latest news don't we? We like to know what is going on in our locality I expect that is why you are reading this newsletter. Well, let me share my news with you. Let me tell you what has happened during September and what will be happening during October at The Salvation Army in Snettisham.

In September John Harris played the piano for six hours to raise money for our Helping Hand Appeal. The whole concept and ethos of the Helping-Hand Appeal is to look beyond our own boundaries and home needs to our brothers and sisters around the world. The project for 2019 is Community Shares - a project where members regularly contribute small amounts of money to build up a communal fund. They can then each take loans from this shared pot to start or expand their business, or pay for unexpected costs.

The Salvation Army is already working and walking alongside these communities. Money raised through Helping-Hand 2019 will help to provide training, facilities and support to equip and enable these self-help groups to thrive. Training individuals in business management, accounting, marketing, healthcare and anti-human trafficking helps to improve opportunities, grow confidence, generate income and strengthen resilience within the whole community. It is the epitome of empowerment, equality and accountability.

Thanks to John and the team at The Salvation Army who provided refreshments throughout the day £222.50 was raised for this worthy cause.

In October we look forward to celebrating Harvest with our Harvest Festival on Sunday 6th October at 11am to which everyone is welcome. Come along and sing your favourite Harvest songs and thank God for his provision. On Monday 7th October we share together in our Harvest Supper tickets are £5 available from The Salvation Army and the menu is Giant Yorkshire Pudding filled with sausage and mash, vegetables and gravy followed by dessert.

If you can't make it to our Harvest Supper then On Saturday 19th October we have our Community Big Breakfast. No tickets are needed just turn up at The Salvation Army, Alma Road Snettisham anytime between 9am and 11am and enjoy a full English breakfast with as much tea and toast as you like for £5.

November 1st sees the return of our ever popular Charity Auction. Viewing is from 6pm and the auction starts at 7pm.

In The Salvation Army we have a weekly publication that I'm sure you've heard of it's called the War Cry and has been published every week since 1879. The War Cry was first published by the founder of The Salvation Army, General William Booth, on a small printing press at The Salvation Army's headquarters in Whitechapel, London.

William Booth wanted to spread the good news of God, and inform readers of the newly established Salvation Army and its work helping the poor and vulnerable across Britain. Every week, 45,000 copies of the newspaper are now printed in the UK. The Salvation Army continues the work begun by its founder, and now helps vulnerable and marginalised people in 131 countries around the world. Kid's Alive is the UK's only Christian weekly comic and is also published by The Salvation Army.

Before Jesus ascended into Heaven after his crucifixion and resurrection he commanded his disciples to take the good news to all peoples everywhere and to make them disciples. In those days, of course, the only way to spread the good news was by word of mouth.

Today The Salvation Army uses all kinds of ways to get our message out there. One of those ways is the War Cry and the children's equivalent Kid's Alive, weekly Christian publications that tell the story of Jesus and the salvation that is available to everyone in modern everyday language.

They are available to buy every week from Michael, one of the soldiers from Snettisham Corps. He can be found every Friday morning on Hunsatnton High Street selling the War Cry and Kid's Alive. Why don't you have a read? If you don't know about Jesus and God's love for you it'll be the best news you've ever heard!

For more information about Snettisham Salvation Army visit our website www.salvationarmy.org.uk/snettisham.

You can contact us on 01485 579079 or email alison.kirby@salvationarmy.org.uk

Follow us on Facebook 'Snettisham Salvation Army'

I look forward to seeing you at The Salvation Army soon!

Alison Kirby, Corps Leader, Snettisham Salvation Army.

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October Diary

- | | | | |
|----|--|-------|---|
| 1 | Friendship Lunch at Dersingham Village Centre 1pm £5 for two courses & tea/coffee to book call Shirley on 01485 540644 | 16 | 540644 Friends of St Mary's present Wild Rose (15) starring Jessie Buckley and Julie Walters. 7pm Bar and Doors |
| 3 | Stanhoe & Barwick WI Sniff out an interesting talk 2pm: Visitors are most welcome to our talk by Norma Howell, "Medical Detection Dogs". Norma will guide us through the world of bio-detection and the increasingly popular use of medical alert assistance dogs. Contact Pamela (01485 518033) or Valerie (01485 576261) | 16 | .pm. Admission £5 Snettisham Memorial Hall PE31 7LX Thornham Village Cinema presents White Crow. Book your tickets now – Call 0781 802 8687 Tickets £5.00 Bar opens 7PM Film starts 7.30pm |
| 4 | United Services Club Hunstanton entertainment: 54321 starts 8.30pm | 16 | Hunstanton & District Civic Society talk: Dr Andrew Tullett is going to reveal some secrets of our coastline from Heacham around to the Burnhams. Admission is £1.00 for members and £4.00 for visitors including refreshments 7.30pm Hunstanton Town Hall |
| 4 | Docking Walking Group 11am Fakenham - Wensum riverside walk. Meet at War Memorial * | 17 | Hunstanton Primary School Open Day. Tours at 10am, 2pm, 4pm and 7pm. |
| 5 | Christmas Shoebox Appeal Coffee Morning 10am-12noon at St Edmund's Church Hall, Hunstanton Stephen Andrews 01485 532167 | 17 | Hunstanton Gardeners' Association: Dr. Twigs Way from Cambridge University will give a lecture on Ernest Henry Wilson, Edwardian plant hunter extraordinaire. 7.30pm Hunstanton Community Centre. Guests welcome. |
| 5 | United Services Club Hunstanton entertainment: Kenny & the Motives (live band) 8.30pm | 18 | Craft Fair and Coffee Morning at Dersingham Village Centre 10am-noon in aid of the Norfolk Hospice, Tapping House. Home-made cakes and exciting stalls with Cards, Jewellery, Candles, Home Gifts, Preserves, Plants, Tombola, Raffle etc. |
| 5 | Hunstanton Conservative Club entertainment: Music with Mikki Jons from 8.30pm | 18 | Docking Walking Group 11am Burnham Norton and Coast Path meet at The Hero PH Burnham Overy Staithe |
| 6 | Norfolk Family Walk at Holkham Hall Car Park £3, Adults £5 Children Free. In aid of International Brain Tumour Alliance for Brain Tumour research and support 10am-4pm 01485 525279 or treasurer@astrofund.org.uk | 18 | Winter Warmers supper talk at Thornham Village Hall. Doors open 6.30 pm, with the talk beginning at 7 pm followed by supper. Tickets are £20, to include a welcome drink and a 2-course meal. Book now at www.thornhamvillagehall.co.uk/winterwarmers |
| 8 | Dersingham Works Business Breakfast, Dersingham Village Centre in Manor Road. 7.30am To book your place contact Jacqui Farrell on 07931 206628 or e mail jacqui.farrell@theskillsservice.co.uk | 18 | Sedgeford Village Hall Committee with Creative Arts East present 'It is Now' by Anonymous is a Woman (Theatre company) 7.00pm for 7.30pm at Sedgeford Village Hall, Jarvie Close PE36 5NG. Tickets £14 inc glass of wine. Call 01485 570097 or 07968 596949 for tickets. July 30th 1966, a date that would go down in history, when two sides collide - a day filled with 'A Groovy Kind of Love', at the wedding of Laura and Joe. But as you join them for their big day, can Laura keep your attention away from the most iconic game of football England has ever played and save her big day? Whether you're on the side of the bride or groom, of England or (dare I say it?) Germany, you can expect to join us for an evening of romance, drama and the sounds of the swinging sixties. |
| 8 | Docking Walking Group 5pm Coxford Abbey meet by Manor Farm camp site, Coxford off A148 Tattersett * | 18 | Anmer Village Social Club Film Night presents Rocketman (15) Anmer Village Social Club Admission by ticket £3 at the door. Doors and bar opens at 7.30 p.m. Film at 8pm Email: films@anmerclub.co.uk or telephone 01485 579465 |
| 8 | Village Voice Live monthly talk at 7.30pm, subject -The British Library, £5 includes refreshments and raffle at Dersingham Village Centre in Manor Road | 18-25 | United Services Club Hunstanton entertainment: Quiz Night and Food 8.30pm |
| 8 | Brancaster Camera Club Brancaster Staithe Village Hall (PE31 8BY) at 7.30 pm with the doors open from 7. Visitors welcome. For further information please ring Jim Till on 01485 210013 or Wendy Calow on 01553 674725. Gavin Hoey 'Camera Alchemy'. £5 to include refreshments | | Haunted Hunstanton! Halloween Fun - Widdershins Witch Hunt Follow the trail through town to the Heritage Gardens and find the witches as you go! Pick up your entry form from Keelie's Salon in Church Street, Library, Tourist Office and the Salad Bowl Café. Raising funds for East Anglia's Children's Hospices (EACH) |
| 8 | Cinema in the Creakes, North Creake Village Hall 7.30pm £5 incl complimentary drink from bar open at 7pm | 19 | Sedgeford Village Hall, Jarvie Close, PE36 5NG Table Top Sale 10am-1pm Tables £5 Book a table on 01485 570504 |
| 11 | Fishermans Friends (12) Ten fishermen from Cornwall achieve a Top 10 hit after they are signed by Universal Records for their canny talent of being able to sing a sea shanty or two. Tickets can be booked by calling 07905 805388 or by E-Mail to pa.lines@tiscali.co.uk | 19 | Hunstanton and District Festival of Arts Table top Sale at Hunstanton Town Hall 10-4pm (Stallholders from 8am) Stalls will cost just £5.00 per 6ft table and would be stallholders should contact ann_mckimm@hotmail.com for further details. Light Refreshments will be available throughout the day. There is no parking at the Town Hall, but it is available behind the Theatre or at the seafront car parks after booking in. All site fees from the day will go to the HDFA's fund for local arts and artists. |
| 11 | United Services Club Hunstanton entertainment: Brian Mann (Country Night 8.30pm | 19 | Autumn Concert Swing and Big Band Sound from the |
| 12 | Sugarcraft Taster session 10am to 12noon, FREE, limited places, call 07790 349896 to book. Dersingham Village Centre in Manor Road | | |
| 12 | Glebe House School Open Day 10am-1pm | | |
| 12 | Piano recital by Ben Horden at St Mary's Church, Snettisham at 3pm. Tickets available on the door, £8, to include afternoon tea. | | |
| 12 | A Sun is Born- an astrology evening with KL Astronomy Society at the Golden Lion, Hunstanton 7.00-9.00pm. Combines a presentation on the birth of the Sun and the stars followed by telescopes on the Green. Free but booking will be required via the Oasis Hunstanton 01485 534227. | | |
| 12 | Hunstanton Conservative Club entertainment: Dancing to Mark Josef from 8.30pm | | |
| 12 | United Services Club Hunstanton entertainment: Low rider (live show band) | | |
| 13 | Docking Walking Group 11am Snettisham Ken Hill meet at the Rose and Crown PH Snettisham * | | |
| 15 | Friendship Lunch at Dersingham Village Centre 1pm £5 for two courses & tea/coffee to book call Shirley on 01485 | | |

- Centre Stage Big Band at St Edmund's Church Hunstanton 7pm Entry £5 at the door includes refreshments. All profits to fund on-going repairs and construction of a kitchen area at the back of the church.
- 19 Race Night at Ringstead Village Hall 7pm Proceeds towards a new roof. £2 entry
- 19 Quiz Night at The Old Friends Hall, Sunnyside, off Caley Street, Heacham 7pm for 7.30. Tickets £2.50 per person at the door. Bring your own drinks & glasses. Raffle 01485 579465 heacham.twincub@hotmail.com
- 19 Syderstone Village Cinema, with the support of Creative Arts East, presents Red Joan (12A) Amy Robsart Village Hall, Syderstone PE31 8SD 7.30pm Advance tickets £3.50 Tel. 01485 578171 or 01485 578244
- 19 United Services Club Hunstanton entertainment: Trevanian 8.30pm
- 19 Comedy Night at The Queen Victoria Snettisham 8.30pm tickets £5 each from The Queen Victoria
- 21 Hunstanton U3A - AGM 2.00 pm at Community Centre with talk by King's Lynn Samaritans.
- 22 Docking Walking Group 2pm RSPB Snettisham meet at RSPB Car Park £ *
- 22 Heacham Flower Club Demonstration by Gary Bocking 'Autumn Theme Arrangements' at St Mary's Church Heacham 2pm £4
- 22 Brancaster Camera Club Brancaster Staithe Village Hall (PE31 8BY) at 7.30 pm with the doors open from 7. Our Annual Colour Print Competition Judge Chris Holt. Visitors are always welcome. For further information please ring Jim Till on 01485 210013 or Wendy Calow on 01553 674725.
- 23 South Creake War Memorial Institute 10.30-12 noon "Coffee Morning" See old friends or meet new ones for a chat. Memorial Pavilion, The Green, South Creake, NR21 9PD Peter Haywood 01328 823920
- 23 South Creake War Memorial Institute 7-10pm "Bingo Night" Eyes down at 7.30pm £6pp for 11 games. Memorial Pavilion, The Green, South Creake, NR21 9PD Tea, Coffee and snacks will be available. There will also be a raffle. All proceeds go towards the pavilion funds. Peter Haywood 01328 823920
- 24 Thornham Village Hall. Broadcast live by satellite from The Royal Opera House Covent Garden Don Pasquale. Doors Open 6.45pm - Curtain 7.30pm Tickets £15.00 Children £10.00 Book online at www.thornhamvillagehall.co.uk or call 07787 255 59
- 24 Norfolk Wildlife Trust illustrated talk by Tim Holt-Wilson, Geodiversity and Biodiversity - Making the links in Norfolk. 7.30pm Methodist Church Hall, Austin St, Hunstanton £2.50 members and £3 visitors
- 25 United Services Club Hunstanton entertainment: Toni G (50's, 60's, & Elvis) 8.30pm
- 26 Haunted Hunstanton! Halloween Fun - Saturday Spooktacular at Hunstanton Library 2-4pm Story time, lantern making and crafts, Spooky photo booth, Frightful fancy dress parade. Raising funds for East Anglia's Children's Hospices (EACH)
- 26 Ceilidh & Supper 7pm Dersingham Village Centre with Whirligig - the Norfolk Ceilidh Band. Tickets £12 in advance from Dersingham Post Office or call 01485 540271 or £15 on the door (subject to availability)
- 26 United Services Club Hunstanton entertainment: Reckless Jivin' (live band)
- 27 Docking Walking Group 11am Little Massingham and Peddars Way meet at Little Massingham Church
- 29 Dersingham Village Cinema, Rush 7.30pm, Entry £5 includes tea/coffee/squash
- 31 Dersingham Village Centre in Manor Road Immersive Murder Mystery Evening. The Strange Fascination Theatre brings you- Frankenstanton! At the Golden Lion, Hunstanton starting at 7.00pm. £18.50. Bookings www.west-norfolk.gov.uk/hunstantonevents Generous buffet and refreshments included.
- * Phone numbers for the Docking Walking Group are: Helena Aldis 07769 850965 and Mike Rogers 07765 571313
- United Services Club Hunstanton: Cash bingo every Monday and Thursday. Karaoke in the Lounge on Sunday evenings.

HUNSTANTON LIBRARY EVENTS

Silver Sunday Saturday 5th October from 11-1pm
Silver Sunday is a day where everyone can come together at a fun and free event. However, we're holding it on a Saturday! It's a day where older people can meet new people and try new activities. Tea and coffee provided.

Libraries Week! Monday 7th to Saturday 12th October
Libraries Week is a national annual campaign which celebrates our libraries. As well as books we have digital offers - E-books, e-audio, e-magazines and now online newspapers! Drop in, speak to staff, find out more and ask about our regular IT Help sessions and other events.

D...D...D...Dinosaurs! Saturday 12th October 1 - 3pm
It's Dinosaur month and we love dinosaurs! From the terrifying T-Rex to the gentle giant, Diplodocus! Come and find out some dino facts, craft your own mini prehistoric pet and help us find the missing dinosaur egg! Booking essential, £3 per child.

African Folktales Friday 19th October 5-6pm
Join us to hear some traditional African folktales in celebration of Black History Month. Create your own African inspired art too! Free event, booking essential.

Haunted Hunstanton's Widdy Witch Saturday 26th October 2-4pm
Join us for some witchy stories at 2pm, lantern and mask making at 2:30pm and spooky photo booth and fancy-dress parade at 3:30pm. Winners receive a small prize. Booking essential. Free event.

There are many wonderful events on at the library but not enough space here to include them all. We have included them all in our online diary at www.townandaround.net



UNITED SERVICES SOCIAL CLUB HOMEFIELDS ROAD, HUNSTANTON PE36 5HL

The friendly club with Bar, Lounge & Function Room with Sea Views
Beer Garden, Snooker Hall, Pool, Darts, Big Screen TV, Real Ales
Cash Bingo Monday & Thursday evenings - 8pm
Quiz & Supper Night - 3rd Friday every month - 8pm
Country & Western Nights
Live Entertainment every Saturday night - 8.30pm
Karaoke every Sunday night 8pm
Catering offering: Daily breakfasts/lunches/snacks.
Evening meals Wednesday, Thursday, Friday.
Basket meals Saturday evenings. Vegetarian meals. Group bookings taken.
Weddings, parties and funerals.
Local Branch of Royal British Legion CIU Affiliated

01485 533360 www.unitedservicesclubhunstanton.co.uk

Rollason Stage School

Michelle Rollason

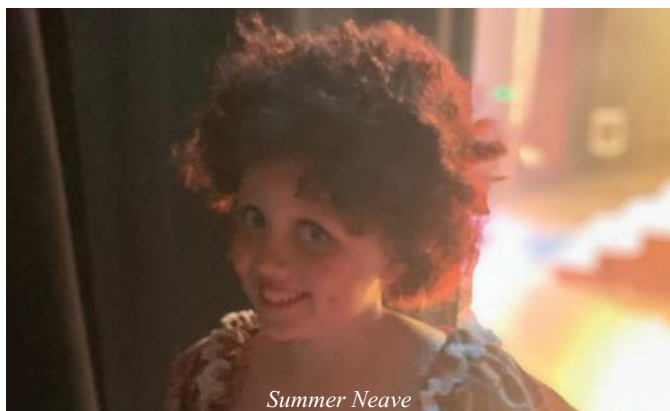
Another summer has come to an end and what a busy summer it has been. The dancers were once again invited to appear in "The Great British Seaside Special" at the Princess Theatre, which was choreographed by Lucy-Rose Rollason.

The show, produced this year by Tony Peers Productions, featured a section paying tribute to the musical "Annie".

The dancers, who played "orphans" sang and danced to the well-known songs of the hit show.



Rollason Stage School also provided "Annie" and this role was brilliantly played alternately by Summer Neave and Eden Hewitt.



Summer Neave

The students all enjoyed the experience of working alongside professional artistes and all did an exemplary performance.

One of the Rollason Stage School senior students, Lucy Elsegood was part of the professional ensemble for the season.



Lucy Elsegood (centre)

Some of the students also appeared at the "Open Air Theatre" in Scarborough in the Summer, this venue is the largest open air theatre in Europe and regularly plays host to a cascade of stars including Kylie Minogue, Tom Jones and James Arthur.

The stage school will once again be providing dancers for the

Christmas pantomime at the Princess Theatre, Hunstanton. This year's panto' is going to be "Dick Whittington" directed by Tom Rolfe, and will also feature Rollason Stage School student Macy Hodgson as "Tommy the Cat".

We are all looking forward to starting rehearsals for panto' and are all looking ahead to a very busy year in 2020.



Macy Hodgson

Now that Lucy-Rose Rollason has returned from her season as dancer and synchronised swimmer at the Hippodrome Summer Spectacular we will be focusing on not only shows but also examinations. If you want to know more about lessons in Ballet, Tap, Modern, Drama or Acro' dance contact Michelle rollasonstageschool@gmail.com



*The first of our mirrors have arrived.
Here is Lily Corby - and her reflection!*



THE YURT

Vegan Tasting Menu

4th October • From 6:30pm 1st Course 7:00pm • Booking Essential

Almond Milk & Parsnip Pannacotta Parsley Root & Liquorice Drove Pumpkin Pie Black Beans, Maple, Red Pepper	Sticky Miso Aubergines Date Syrup, Black Sesame, Dukka Confit Turnip Burnt Onion, Wild Mushrooms, White Truffle, Preserved Lemon	Deep Fried Pistachio & Lime Twister Vegan Pistachio Ice Cream, Lime Curd, Orchard Fruits
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Paso Del Sol Merlot, Sauvignon Blanc, Rose £8 1/2 Carafe

The Yurt Thornham, Drove Orchards, Thornham, Norfolk PE36 6LS • Telephone: 01485 525889



THE YURT

PARTY TIME AT THE YURT

2 COURSES £23.50 / 3 COURSES £29.50

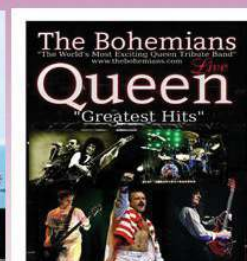
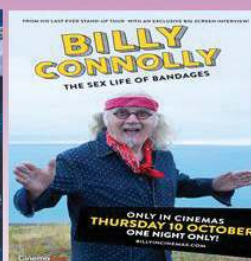
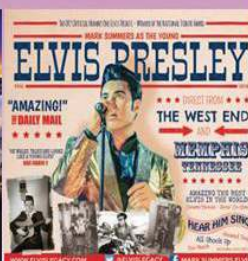
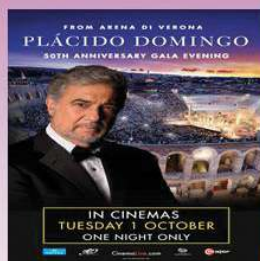
*Christmas menu available from 1st December - 7th January 2020**
The Yurt Thornham, Drove Orchards, Thornham, Norfolk, PE36 6LS

STARTERS DROVE GREEN VEGETABLE BROTH Parmesan gnocchi, gremolata, truffle oil NORFOLK PHEASANT, PORK BELLY & SOUR CHERRY TERRINE Malt Whiskey elastic, crispy pheasant egg THE YURT PRAWN & CRAYFISH COCKTAIL Compressed cucumber, lemon crystals, bloody mary rose sauce and toasted sourdough bread	MAINS BLACK SEA BREAM STUFFED WITH CRAB MOUSSE 'Veronique' seaweed, parmentier potatoes, burnt leeks and black sea sponge ROASTED PUMPKIN WELLINGTON Smoked applewood, wild mushrooms, buckwheat, roasted potatoes, veggie gravy & sautéed sprout tops ROAST NORFOLK BLACK TURKEY Chestnut & tangerine stuffing, pigs in blankets, brown bread sauce & red wine gravy	DESSERTS PHIL'S BOOZY XMAS PUD Tonka bean anglaise, Bailey's ice cream BAKED MANGO ALASKA Passion fruit & lime THE YURT CHOCOLATE BAR Nougatine, pistachio, salted caramel & parma violet
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TO BOOK PLEASE CONTACT US:
01485 525889 hello@theyurtthornham.com
Open Wednesday - Sunday

*Closed on Christmas Day and Boxing Day

www.theyurtthornham.com



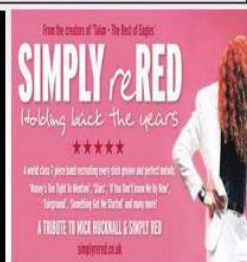
Tuesday 1st

Friday 4th

Sunday 6th

Thursday 10th

Friday 11th



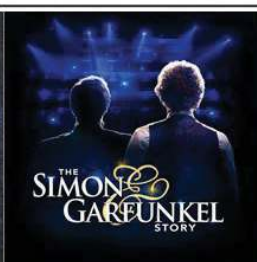
Saturday 12th

Sunday 13th

Tuesday 15th

Thursday 17th

Friday 18th



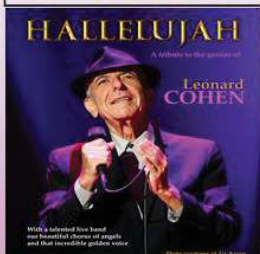
Saturday 19th

Sunday 20th

Tuesday 22nd

Wednesday 23rd

Thursday 24th



Friday 25th

Saturday 26th

Sunday 27th

Wednesday 30th

Thursday 31st

Ticket Booking Hotline: 01485 53 22 52

Box Office Open 7 Days a week: 10am to 5pm

Website & Online Bookings: www.princesshunstanton.co.uk

BOOK NOW TO AVOID DISAPPOINTMENT

