

TOWN and AROUND

ISSUE 202 AUGUST 2022

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Local News • Events • Great Outdoors • Features

First word



Hello and welcome to the August issue that is full of local news, views and information.

Our cover picture is of nineteen-year-old Jessica Baker, the winner of the 119th Women's Amateur Golf Championships that was held at Hunstanton Golf Club at the end of June. It was a fantastic event and her win gives her automatic qualification to the US Women's Open. You can read Tim Keogh's report on page 6.

The Blue Lagoon is featured in Dick Melton's article on page 12

and the photos from John Maiden will, I'm sure, bring back happy memories for many.

After a long school year, August is the time to relax and refresh - or perhaps get a summer job! End of term reports and celebrations are reported in these pages.

This month I've moved the events diary online because there are simply too many to print here. Everything from sport, theatre, nature, antiques, craft, railways and music to workshops and markets are listed at www.townandaround.net - there really is something for everyone.

Also on the website are items that I couldn't squeeze into this issue so do take a look.

Hunstanton Tennis Tournament makes a welcome return on -14th August at the Recreation Ground and you can read about it on page 8.

The Foodbank has become much busier recently and a list of goods that are needed has been compiled; you can find this on page 20.

Charles Joyce says: "Just as one woman breaks the glass ceiling the world comes crashing down on millions more with the overturning of Roe v Wade by the US Supreme Court" in his On the turf article. For those who perhaps wouldn't normally read a racing column, I recommend turning to page 58.

As promised in my July editorial, the results of our recent survey have been calculated and have yielded the following results:

95% of the respondents get the magazine every month
97% of those keep it until the next issue of the magazine is published.
80% have contacted an advertiser from the magazine with
53% in the 'more than once' categories
83% have attended an event advertised in the magazine

Lastly, thank you to everyone who has contributed to this issue with advertising, stories, photographs and information.

Until next month...

Elaine

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52 electric vehicle charging points are coming to West Norfolk



Fast 7kW chargers will be installed in seven locations this autumn.

New chargers will be installed in the Borough Council's car parks near residential areas that have little or no off-street parking and free parking will be provided between 6pm and 8am when a vehicle is charging to ensure accessibility to residents that need to charge overnight.

The chargers are designed for overnight charging or for extended use and users will pay for the electricity they use to charge their vehicle using an app.

Cllr Paul Kunes, cabinet member for the environment said: "The Borough Council is fully committed to playing its part in tackling climate change and has already taken many steps on its own net zero journey. We are also committed to helping our community to do the same.

"There are many factors in making the decision to go electric and access to charging facilities is one of them. Lack of off-street parking at home can pose a barrier but we are removing that by making nearby charging facilities available.

"This means it will be easier for people to make an environmentally-friendly choice when buying a vehicle and it will also benefit our visitors who arrive in electric vehicles."

Funding for this project came from the government's Office for Zero Emission Vehicles, BP Pulse, and the Borough Council.

The EV charging points will be installed at the following locations:

North Street Car Park, Burnham Market
Valentine Road, Hunstanton
Chapel Street Car Park, Kings Lynn
Fairstead, Centre Point Car Park, Kings Lynn
Gaywood Library Car Park, Kings Lynn
Lynnsport North Car Park, Kings Lynn,
Austin Street East Car Park, Kings Lynn

Main dealer vs. independent garage - what's best for your car?

Abigail Brown

Your car is an asset - possibly your most valuable, second to your house. Part of looking after your car properly is getting it serviced regularly; but, choosing which garage to trust can be tricky.

Despite what you might believe, you don't have to take your car to the main dealer for its regular service. While a main dealer garage might feel like the most risk-free choice, there are many independent garages that can offer the same quality of servicing - following manufacturer guidelines in the same way that a main dealer would - for a price that won't burn too big of a hole in your pocket.

How are they able to charge less? Put simply, there's a big difference in overheads. Dealerships have to run a large showroom, pay more staff, and budget for the added extras, like coffee machines in their waiting rooms. While you're unlikely to get a barista-style coffee at an independent garage (although we do offer drinks to our waiting customers!), if you've found one you can trust, you will get the same level of service, and isn't that what's most important?

Key main dealer and independent garage comparisons:

- Technicians that work at a main dealer aren't automatically more qualified. Fully trained mechanics are the same wherever they work.
- It's a common misconception that going to an independent will mean you miss out on genuine parts for your vehicle. We give you the choice between non-genuine and genuine parts.
- If you want to better understand what's wrong with your car or the work that has taken place, you're much more likely to be able to speak to a jargon-free technician at an independent.
- Main dealers tend to be less flexible when it comes to squeezing people in at the last minute as they follow stricter time slots. In all likelihood, if your car needs to be seen ASAP, an independent garage will fit it in.



- Ultimately, independent garages have to work harder. They can't rely on their brand to get customers, so it's reasonable to suggest they'll provide better customer service, smoother communication, and an all-round more personal experience.

It's clear going to an independent can be beneficial, but unfortunately, not all are trustworthy. Check reviews before booking in if you're concerned, and ensure the garage is VAT-registered if your car is under warranty.

Money is tight for everyone at the moment; if you're looking for ways to cut back on costs without compromising on quality, give an independent garage a go - you may be pleasantly surprised.

K Brown Auto Repairs is an independent family-owned and run business with garages in King's Lynn and Hunstanton. People have been trusting us with their vehicles for over 25 years, many of whom used to use main dealers and have never looked back. Visit www.kbrownautoskingslynn.co.uk for more information, or call us in King's Lynn on 01553 763763 or Hunstanton on 01485 533786 to book.

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Sensational Jessica Baker wins the Women's Amateur Golf Championships

Tim Keogh

Jessica Baker, 19, is the winner of the 119th Women's Amateur Golf Championships. Held at the wonderful links Hunstanton Golf Club on Saturday, 25th June, she managed to overcome a valiant attempt from Swedish rival, Louise Rydqvist, to win 4&3. The youngster, who hails from Gosford Park Golf Club in Tyneside, was delighted saying: "I am absolutely stunned; I'm really happy".



Superbly managed by the Royal and Ancient, Hunstanton Golf Club hosted the Women's Amateur Golf Championships from the 20th to 25th June. A strong international field of 144 players travelled from as far afield as Japan, India and Australia to attend this prestigious event. There is no doubt, going by the talent on display, that the women's game is going from strength to strength.

To these young players, this was a huge stage, a stepping stone to the professional circuit, requiring little margin for error. The winner automatically qualifying for the US Women's Open. Immense pressure on young shoulders.

The term 'amateur' does these up and coming players an injustice as the talent on display was phenomenal, incredulous in fact, with drives in excess of 300 yards not the rarity, the norm. Whilst each individual plainly possesses a talent to take them to the next level, like any sport, drive, mental strength and nous are just as important. The difference between amateur and professional can be a fine line but this crop of young players proved that the women's professional circuit will be looking over their



shoulders.

The early rounds involved players posting their best score over 36 holes - Stroke Play. The best 64 players proceeding to the next round, avoiding the dreaded cut. The second stage involved a knock out format, which meant competing directly against an opponent, Match Play. Two differing formats that suit some players and not others. And so it proved. After the first Stroke Play round, Japanese player, Ami Yamashita, led the field, having equalled the course record by a female with an eight under par. Meeting the lowest scoring stroke player qualifier in Match Play, she was surprisingly beaten in the last 64. A bad day at the office is unforgiving on the Match Play golf course.

The well supported English player, Amelia Williamson, from Sheringham flew the local flag and performed admirably, reaching the quarter finals before succumbing to Italian Emilie Paltrinieri (2&1) in one of the most exciting games of the tournament.

The boisterous Spanish contingent were well led by the excellent Carla Bernat, who was fast becoming the tournament favourite with her consistency.

As the tournament evolved so did the intensity. Popular Australian player, Kelsey Bennett, just came up short in her quarter final match against Rydqvist. Having not been behind in the whole match, she lost in a tense second hole play-off. Modest in defeat, Bennett said, "it was an amazing experience, a great course. It was tough, as the conditions were different each day but I thoroughly enjoyed it".

In the other quarter finals Hannah Darling and Baker put an end to the talented threat of Italian duo Fanali and Paltrinieri respectively. Bishop Stortford girl, Rebecca Earl, put up a brave fight against the ever improving Spaniard, Bernat, before succumbing 2&1. Earl is one to watch in the future.

This meant an all British semi-



final, but Baker managed to overcome a spirited fight back from Scottish favourite Darling to amazingly and deservedly, seal that final berth.

In the other semi-final, the in form Spanish favourite, Bernat, really took the game to the Swede, Rydqvist. Despite being seemingly in control with three holes to play, it was, yet again, the effervescent Rydqvist, who showed nerves of steel to win the last three holes and, with it, the match. Nous, steel and mental strength.

Whilst Rydqvist had certainly taken the hard route to the final, Baker, too, had her moments, having to sink a 25 yard putt on day two just to make the cut. Small margins. There was no

doubting, or coincidence, that these two young players had grown in confidence as the tournament progressed - a handy trait to possess in tournament golf.

The eagerly anticipated final was a topsy turvy affair to begin with as both players alternated the lead, Rydqvist actually led after the 13th hole before Baker stole a march, taking a three shot lead after 18 holes across the 36 hole final. Despite a late rally, there was no way back for Rydqvist this time as Baker kept her nerve going on to secure a convincing win at 4&3. Rydqvist's tension stricken route to the final may have taken its toll but there was no disputing Baker's deserved victory. A very worthy and popular winner. Watch out for this girl in the future.

Throughout the week, spectators were privileged to see, what is plainly, the next crop of world talent coming through. The standard of play was exceptional. The friendly team at Hunstanton Golf Club should feel proud, making sure the players, their teams and visitors alike enjoyed the experience and felt welcomed. In particular, the ground staff, meticulously working at 4am each day to ensure the high standards of this perfectly manicured course were maintained throughout the tournament.

Hunstanton Golf Club professional, James Dodds, said "It has been a great honour to host the Women's Amateur Championships, the standard of golf has been amazing".

What is for sure, the future of



Ladies golf is in safe hands for the foreseeable future if the performance of these youngsters is anything to go by. For the moment, though, let's let Jessica Baker enjoy her well-deserved moment.

Photos: Ian Burt



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The Hunstanton Tennis Tournament is back and raring to go

Tim Keogh

Sanctioned by the LTA, and sponsored by Brewin Dolphin, three years have passed since this fantastic event was last held in 2019.

In 2020, the tournament was deservedly awarded the coveted "National LTA Tournament of the Year" Award. This accolade, reward and recognition, for the continued quality of and hard work involved in organising this unique grass court tournament since it's incumbency as far back as 1920. Having attracted over a 1,000 competitors in the past, it is one of the biggest tournaments of its kind in the UK outside Wimbledon.

So recognised is the event, there is even a published book, "Wimbledon On Sea", that looks at the history of the tournament. Well worth a read.

With the efforts of the Borough Council of Kings Lynn and West Norfolk, the ground staff and band of willing committee members and volunteers, 28 temporary Courts will be erected on the recreational ground - complementing the 10 first class permanent grass courts already in place - to accommodate the event. Recognition should also go to organiser, Chris Holt, and his dedicated team, without whom this tournament would not take place.

The tournament caters for all tennis tastes and abilities - from junior, complete novice, casual and club players, right the way through to top veteran and County Player standard. With players travelling from all

over the UK and even abroad, an exciting spectacle is anticipated. A total of 43 events are carefully and logistically managed to create a mouth-watering grass court bonanza post Wimbledon.

With the word 'rain' a banned expletive in tennis circles, it will be no mean feat that all the events will be achieved over the course of seven days. Refreshments and catering facilities will also be available throughout the week.

The tournament starts on Sunday, 14th August and runs through to Finals Day on Saturday, 20th August. With action commencing at 9.30am each day, it really is well worth a visit, with entertainment and various daily tennis fun classes also on offer for juniors and beginners. So, why not the pop down and enjoy what is, undoubtedly, Hunstanton's most famous sporting heritage event. It's free, it's live, it's fun and it's on your doorstep.

For more information, please visit www.hunstantonlta.co.uk.

Editor's note: T&A's intrepid sports journalist has entered and he says all support would be welcome!



Event organiser Chris Holt

MP's Question Time at Brancaster School

North West Norfolk MP James Wild enjoyed his first visit to Brancaster CofE VA Primary School, where key stage 2 pupils had the opportunity to quiz him on his work as their MP.

Questions ranged from what why fuel costs are so high, what his favourite part of being a MP was, how many hours a week he worked, and if he had met the Queen.

Improving educational outcomes is one of James' priorities for North West Norfolk and he heard about Brancaster's focus on helping children develop lively, enquiring minds and an enthusiasm for learning.



Back to school for local MP

During the visit, James discussed with Gavin King, Executive Headteacher of the St Mary Federation the importance of village schools, approaches to literacy teaching, the national tutoring programme, and support children with special educational needs.

Commenting after the visit James said: "What happens in schools will shape the life chances of young people so it was impressive to see the efforts Brancaster primary school goes

to give their pupils the opportunity to succeed. One of the schools values is to be curious and they certainly lived up to that in the Q&A session."

Earlier in the week James was joined by Gavin King, Executive Headteacher of the St Mary Federation, along with Docking CofE Primary School who enjoyed a tour learning about the history of the Houses of Parliament, and a further Q&A session with James on his role as MP.

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End of an era at Hughes as Mark retires



Cake was produced for elevenses on Mark's last day.

After 47 years in electrical goods retailing, Mark Pope retired from Hughes in Hunstanton's High Street on 30th June.

The Dersingham resident attended Hunstanton Secondary School (now Smithdon School) and he joined Wheelers, an electrical retailer, in the centre of King's Lynn in 1976. The shop was in the Vancouver Centre and Mark reminisced: "Retailing was so buoyant then; we were really busy all day and the town was full of shoppers."

"I really enjoyed those early days."

A promotion in 1986 took Mark to the Fakenham branch in the position of manager and he spent eight years there before the Wheeler family retired and the business was bought by Hughes in 1994. The same year the manager of Hughes Hunstanton, that was in the premises now owned by Keelie's, retired.

Hughes bought the larger High Street premises, moved the business

there and Mark became the branch manager where he's been ever since.

"I like retailing," said Mark, "of course things have changed over the years, I remember the delivery of the first TV's that had teletext, the first videos and so many other electrical innovations."

"Although the internet has been around for quite a long time, it was Covid that forced customers to use the internet when they wanted new goods; what is important to the company though is the High Street presence; customers can still come in and talk to us."

Plans for his retirement include spending more time with his wife Mandy, their two daughters, four grandchildren and his Mum who at 89 is still living independently in Heacham. He is also a member at Heacham Manor Golf Club and hoping to improve his golf swing – remembering always that: "the 19th is the best hole!"



Taking over the reins as manager of the Hunstanton branch is Neil Woodhouse, pictured here (right) with Mark and Nigel Jeavons.

Parkrunners complete Pier to Pier Walk on behalf of EACH

Gary Walker

Event Director | King's Lynn parkrun

A team from King's Lynn parkrun got together at the end of June to take part in the iconic Pier to Pier walk, organised on by East Anglian Children's Hospice.

The walk took them from Cromer Pier to the Britannia Pier, Gt Yarmouth, a total of thirty three miles, which they completed in just over ten hours, almost an hour better than the previous year and placing them in the first twenty to finish, out of the one hundred and seventy walkers taking part.

The walk followed the Norfolk Coastal Path, which hugs the beautiful Norfolk coast but involves both local track and beach, with the soft sand in places making the walking particularly tough. The organisers did a great job and had been out ensuring the route was well signed and had also placed check points, with much needed drinks and snacks at strategic points along the way.

The team raised over £900 towards the total raised from the event for the charity, which already exceeds £30,000.



The picture shows from left: Justin Walker, Julie Williamson, Sarah Partridge, Jackie Lake, Gary Walker and Tammy Mounsey

Hardware and so much more

Nearly 18 months ago Hunstanton Hardware opened their doors under the new management of the Nelson family. Since then they have expanded their product range and have made the shop into the go-to place for the local community.



Like an Aladdin's cave the shelves are full of all the hardware essentials you might need and new ranges include all the Reisser screws, pest control products, plumbing fixtures and fittings plus a complete car and caravan cleaning range including AutoGlym and Mellarud products.

The trend for painting furniture is covered too with Johnstone's Chalky paint alongside the household decorating supplies in store.

Something new for the town is a repair service for lawnmowers and

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strimmers; just call and talk to Matt.

It's a real family affair; the mum and son team of Carol and Matt who run the business are helped out at weekends by Ryan (Matt's brother) and when things get really busy his sister is on call too!



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A page from the Sage

The Blue Lagoon

I was talking to some people who had not been to Hunstanton for many years and they asked me what happened to the Blue Lagoon swimming pool.

Well, the pool was built in 1927 and whilst it was being built Queen Mary who was staying at Sandringham came to Hunstanton to see how the building work was going on.



It opened in 1927, then there was an official opening in 1928 by Mercedes Gleitz who was the Wash swimmer. It was demolished in 1967 after only 40 years due to lack of maintenance.

Although I am not sure how large the swimming pool was, there were diving boards one end and a water slide and water fountain the other end. It was 6 feet deep one side 3 feet the other side and 8 feet deep where the diving boards were. The entrance was from the promenade with men's and ladies' changing rooms either side. There were steps on the eastern side with a cafe at the top of the steps, and a cafe next to the pool on the car park that was Brook and Saunders for many years and it stayed there until the Oasis was built. in 1984.



The Blue Lagoon in the 1950s

The Blue Lagoon was a very good swimming pool but it was not maintained properly and after 40 years of being built at the end of the 1967 season it was pulled down; if it had been maintained properly it would have still have been there till this very day, but the council wanted the pool pulled down and turned into a car park.

There was a meeting at the Kit-Kat one Friday evening in late September 1967 for the chairman of the Hunstanton Council to tell the 300 people present what was going on with pool. The chairman got up and told everyone that the pool would be saved; at the time myself and my family were living at no 1 Seagate and we could look right into the Blue Lagoon from our kitchen window. On the Saturday morning some heavy machinery was in the car park and by the Monday evening most of the pool was knocked down.



When the blue lagoon was constructed it gained a name for being the biggest and most modern outside swimming pool in West Norfolk with many school children over the age of 11 being taught to swim; buses would take them in the summer from lots of schools in the area. My father taught me to swim in the Snettisham shingle pits but you could still go with the school so as you could get your swimming certificates, though you could not use the diving boards while you were with the school.



I believe the pool was open from Whitsun until the middle of September as it was not heated. The council and the Hunstanton Seagulls swimming club organised many galas and we always had a Miss Hunstanton bathing beauty competition which would start in the pool and finish with a dance in the Kit-Kat public house which was nearby; I remember one year Pete Murray a well-known disc jockey on the wireless came along to judge the beauty contest - good old days.



Herring Gulls and parking

I had a lady get in touch with me who lives in Cliff Terrace she asked me who she should get in touch with about the herring gulls as they make so much mess, well I remember a few years back reading about two seaside resorts down south getting a licence to cull some of the herring gulls in their area though I think it took a year or two to get a licence.

This lady also asked me what she could do about all the motor homes parking along Cliff Parade all night; I remember a friend of mine that lived along Cliff Parade - he would scatter bread crumbs on the roof of the motor homes and the birds pecking at the bread this would wake up all the people in the motor homes! I suggested to the lady that she writes to the Hunstanton Town Council and the Kings Lynn and West Norfolk Borough Council as to what they have to say about this problem. The parking problem will just get worse if all the car parks get built on.

Web-cams

I am afraid I do not get out and about much so I spend a lot of my time sitting with my computer watching the various web-cams in our area. We are very lucky to have five around Hunstanton, one on south beach, one on the Waterside that shows all along central prom, another at the Sailing Club, one on the Town Hall that shows a very good view of the Green and one at the Lighthouse that shows a lot of old town beach and most of the car park.

Going around the coast the first one you come to is the one on the Sailing Club at Brancaster Staithe, next is the one at Wells harbour that gives you a very good view right around the harbour, then you to Sheringham where there is one at the Two Lifeboats public house, and then on to Gorleston where you get a very wide view of that magnificent beach, then we get two at Great Yarmouth - the exact position of them I do not know but one of them shows the new Yarmouth Eye big wheel that is 150 feet high.

Public Houses

A person got in touch to say that she was amazed to read a list to say that there are over 20 public houses/hotels in Hunstanton and Old Hunstanton, well that is not quite true so I will explain.

Around about 1935 the Great Eastern Railway Company built the Refreshment Rooms on some empty land in Beach Terrace opposite the station entrance. Since then it has had many names such as: Victoria Bar, The Three in One, Top Twenty, and other names. It has been the Waterside since 2009.

The New Inn was built around 1850; the name was changed to the Royal and then the Golden Lion. It has been called that ever since. There have been many landlords and owners but it is now owned by the bus tour group called Shearings who have a few hotels and their main office is in Wigan.

The Sandringham Hotel was built on the corner of Beach Terrace and Le-Strange Terrace in 1987 for the Great Eastern Railway Company, it had a large glass observatory built along the northern side that was used as a 100 seater restaurant. In later years a dance hall was built on the back called the Casino and on the southern side was the Hole in the Wall bar. The army took it over during the Second World War then the council took it over. The library was situated in there, the whole of the building was demolished in 1967, the ground was used as a bus park, the Information Bureau and Harlequin Bar were up the north east corner but they were only wooden buildings and they were taken away in 1984 when the Harlequin House flats and shops were built.

The Railway Hotel was built in Le-Strange Terrace in 1881 the name was changed to the Wash and Tope Hotel in 1967 when the trains stopped running and it was called the Wash and Tope as the local Tope Fishing Club had their meetings there. Dick Reynolds, a member of the club, caught a tope had it stuffed put in a glass cage and it hung behind the bar for many years, then it just disappeared.

If you go on the Norfolk Public House Guide it will list 21 public houses and hotels with public bars some which are listed more than once because of name changes. I think I am right in saying that Old Hunstanton has just got 4 hotels with public bars and the public houses

they did have are closed down or demolished.

New Hunstanton has about 5 or 6 hotels and bars also 4 clubs, and not on the list were the Garden House and The Country Club which were both hotels with public bars. New Hunstanton has only ever had one public house and that was the Kit-Kat that closed down in 1986. It was a public house, the reason being that when Mr Horace Brooke wanted to open the Kit-Kat in 1933 he could not get a licence, the Buck Inn had just closed down so he bought that and transferred the licence. The Buck Inn was at Sedgeford just on your right as you are going out of Sedgeford on the Docking Road. It is still there but it is a private house.

Well that's all I can think of for now. Joy and I have had some nice sanfar, and crabs and I have had a feed or two of cockles, keep on a troshin', fare you well my beauties, the Boy Dick, The Sage Sunny Hunny.

Editor's note: My thanks to John Maiden for the photographs of the Blue Lagoon and the Bathing Beauties



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Down: 1. Trillion, 2. Aspersions, 3. Cask, 5. Eternal, 6. Reparation, 7. Gully, 8. Settle, 9. Divers, 14. Bowler hats, 17. Flattened, 18. Smashers, 20. Reheard, 21. Torque, 22. Smudge, 24. Janus, 26. Adit

Mock Wedding sealed with Hula Hoops!

In the closing weeks of the summer term, year three pupils from Dersingham Primary and Nursery school went to St Nicholas Church for a very special occasion.



The children dressed up for the occasion and made cup cakes the day before so they could enjoy the wedding party afterwards with a glass of something lovely. (Squash

not champagne!)

This was an opportunity for the children to learn more about Marriage in church including the meaning. And to add a fun



element to the learning occasion, Rev Mark opened a pack of Hula Hoops and they became the rings which the happy couple exchanged much to the smiles of all gathered for the service. Children read the bible reading from 1 Corinthians 13 talking about importance of love and other children read some prayers which was followed by the Lord's Prayer.

To help make it an extra special occasion, the organ was played for the arrival of the bride and the procession at the end as well as the bells ringing combining in offering the children an amazing fun and immersive experience to be remembered.

A pretend marriage certificate was signed which is now in the year 3 classroom as a reminder of the special occasion. The couple lit candles to help with the learning of the



importance of a wedding day.

The grandfather of the bride jokingly commented: "I always hoped to be at the wedding of my granddaughter, but it was a lot sooner than I expected!!"

Rev Mark said: "It is always a joy to lead a wedding and today it is an opportunity for the children to learn in an interactive, fun and special way about Marriage; the children enjoyed themselves and special thanks to the happy couple for being such great sports and going along with it – you never know in years to come they may be back for me to marry them officially!"

Putting on the style for Prom night

A horse, a HGV truck and a unicycle – just some of the ways Year 11 students from Smithdon High School arrived at their prom at the end of June.



Some 87 students enjoyed a fantastic evening of food and dancing at the Hunstanton high school's annual event held at Knights Hill Hotel in King's Lynn.

An array of beautiful dresses and stylish, extravagant suits were on display as parents watched the procession of vehicles at 6.30pm drop off excited students, in anticipation of their final congregation as one whole year group.

Joined by many of their teachers, the Year 11 students enjoyed a three-course meal and a disco.

Steve Chapman, Smithdon's Assistant Headteacher, said: "Colours chosen for the theme were black and gold with the tables decorated with black and gold balloons. Our



Head Boy Theo Bazeley-Smith and Head Girl Caitlin Wagg (pictured together right) designed an appropriate laminated ticket as a souvenir of the event."

He added: "It was great to celebrate our student's end of schooling at Smithdon High School."

Photos: Ian Burt





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News from Brancaster School

Unbelievably, we have reached the end of another school year. SATs are over and the results are finally out. We are thrilled with the KS2 results – a significant percentage at greater depth, and excellent progress from all. Well done to our amazing Year 6. Looking back over the year, we have watched the children change and blossom. It has been a privilege to work with them and we wish them all well as they move on to Secondary School. Hopefully great things are ahead!

Leavers Assembly is to be held on 22nd July, when we will also be saying goodbye to Mrs Tidd and Mrs Richardson who will both be retiring at the end of this term after many years of dedicated service to our school. We are all very grateful for their hard work, patience and kindness and wish them well for an enjoyable and well-deserved retirement.

Mrs Robinson, our teaching assistant in Thrift, is also an experienced teacher, and will be taking over from Mrs Tidd, when she will be supported by a new appointment, Alisha Savery.

We have already welcomed Grace Ologhoejebi as SEN teaching assistant in Samphire and she has proved an excellent addition to the team.

Alongside our new staff, our new Reception children will also be starting in September.



They have made several visits and we really look forward to them joining us.

We have had a very sporty time recently, with two different sports festivals that we have attended, plus our own sports day, which went very smoothly, with a great deal of excellent sportsmanship shown. Congratulations to the Green Team who won after a closely fought battle.

The whole school visited Sandringham this week, to celebrate the Queen's Platinum Jubilee. We explored the house and gardens

and enjoyed our workshops. Thrift Class explored some of the artefacts the Queen has received over time and then made their own crowns. They learnt to wave like royalty and were later delighted, as they walked around the grounds, to see all the visitors waving back at them! Please have a look at our blog to see the photos. Thank you to the PFA and the community for helping to fund this trip.

Term finishes on 22nd July and starts again for the children on 6th September.

Hunstanton Primary School News

Is it just us or does anyone else feel like this last term has flown by?

Throughout this last Summer half term the children have enjoyed some very special and successful sporting events. KS1 took part in a Cluster Sports Festival that took place at our school. Other local schools were invited to join us and they all had an amazing day of fun. KS2 were then invited to Smithdon where

they took part in a similar festival, with some of our pupils being selected to take part in the main Area Sports competition also at Smithdon. Many thanks to Tracy Bower for all of your help in organising these extra events. All of the children took part in their own Sports Days at the school where it was lovely to be able to invite family back onto the field to watch and also some of the parents took part!!!

Across the country the Year 6 pupils took their SAT's tests. We are very excited to tell everybody how well our pupils did this year, their results were brilliant. They achieved higher than average in every subject! The children and staff worked so hard to get these results and we cannot be more proud of our pupils. As a reward they had a party at school on Tuesday 5th July to celebrate with cake, dancing and they were also gifted with their Leavers Hoodies, as well as a trip to Ken Hill where they enjoyed some outdoor activities. Well done everybody.

As the end of the year drew to a close the YR 5 & 6's performed 'Treasure Island – The Musical'. This was a very special treat for all watching and well done to all involved for all of the hard work, practice and dedication that went into the production. The whole school also enjoyed a beach day where lots of fun was had amongst the sun, sea and sand. We are so lucky to have this on our door step. We also had our



whole school move up day and the new Reception children joined us and got accustomed to their new surroundings from Sept.

The children of course ended the year with class parties, BBQs and the return of the school disco as the grand finale. We look forward to seeing them return in September. Have a wonderful Summer holiday.

As for our Y6 Leavers, the Leavers Assembly is always an emotional day, where we celebrate their achievements and wave them a fond farewell as they take the plunge into their new adventures. We wish them all well in their future endeavours.

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School's art installation makes a splash

Featuring work from years 7 to 9 at Smithdon, Year 5 and 6 at Hunstanton Primary, Heacham Junior, Snettisham Primary, Docking Primary, and Dersingham VA Primary Schools

Budding young artists at Smithdon High showed they are back in the swim of things after the restrictions of Covid with an installation that features a shoal of sparkling fish, each bearing a positive message.

Working with artist Jessica Perry from the North West Norfolk Arts Society that funded the installation, Year 7 students designed and created the laser-cut fish, which included words relating to coming back to school and reforming their community, as well as being back out and about in the community following the relaxation of Covid rules.

The fish cascaded from the ceiling of the Hunstanton school's Main Hall to form the centrepiece of an art exhibition with a theme of Revive. The Installation's permanent home will now be in the middle of the atrium within the school's Shaw Building, where the fish will be able to catch the light as they move in the air.

In total, there were 200 pieces of art on display with work from Years 7 to 9 at Smithdon, as well as contributions from Year 5 and 6 students at Hunstanton Primary, Heacham Junior, Snettisham Primary, Docking Primary, and Dersingham VA Primary Schools.

Year 7 students contributed monoprints, while Year 8 created ink drawings, lino prints, and colour pencil drawings, and Year 9 produced biro drawings, screen prints, and fine line drawings.



Rosie Williams and Ellie Proctor (Yr 7) and Layla Roper (Yr 10).

The Deputy Mayor of Hunstanton Cllr Michael Ruston and his partner Christine Earnshaw attended the exhibition, along with other Hunstanton Town Councillors, members of the North West Norfolk Arts Society, school staff, and proud parents, who were keen to see their offspring's work on display.



Head of School Amanda Gibbons with the Deputy Mayor of Hunstanton Cllr Michael Ruston and Jessica Scott (Yr 9).

Revive was chosen as the theme to celebrate the lifting of Covid restrictions, and the bringing together of the six schools within the wider Hunstanton community – something that had not been possible since the inaugural art exhibition in March 2019.

"It was our first exhibition since lockdown," said Amanda Gibbons, Head of School, "The theme of Revive, following a new head of department joining Smithdon, along with the installation, meant it was the perfect time for us to fully come together to celebrate our resilience, society's changes, and the wider community of Hunstanton and the surrounding areas.

"It is a vital element of what we do that parents and the community are able to come into the school to witness the successes of our students and see first-hand the fantastic work that has been produced."

She added that creativity has long been championed by the West Norfolk Academies Trust, of which Smithdon is part, with students encouraged to express themselves through art, design technology, photography and textiles.

The number of students going on to study art-based subjects in further education has more than tripled over the past three years.

Sian Phelps, Head of Art, added: "I am delighted with the success of the Installation in particular and for the students to be able to work closely with an artist like Jessica."

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Close-knit team proud to serve Hunstanton

Central England Co-op Funeralcare's Westgate Funeral Home has been serving the community in Hunstanton for decades, previously as a Co-op food store, before beginning its transition into a funeral home over 25 years ago.

The team is passionate about supporting local people through what can be a difficult and distressing time, ensuring their loved ones' final goodbye meets their wishes with care and understanding.

Funeral Director Emma Harris-Coyne, who has been looking after Hunstanton since September last year, says the Westgate team are 'proud' to be part of a 'wonderful' community.

She said: "We have a fantastically dedicated team with all levels of experience, all sharing a passion for providing a personal and caring service to everyone who comes through our doors."

"The team prides itself on its role at the beating heart of the



Hunstanton community, not just through the service we provide to local families, but also through our commitment to supporting local causes such as Hunstanton Thursday Club, The Men's Shed Hunstanton, and Baby Basics (Dersingham), to name but a few.

"We've held fundraising events for the locally-based charity Scotty's Little Soldiers which is a cause very close to our own hearts, while our Community Dividend Fund has

supported a host of great charities and groups across Cambridgeshire and Norfolk."

Among those based at the Westgate Funeral Home are Funeral Service Administrators Steve Evans and Timothy Dempsey, with Steve formerly serving in the Police and Timothy spending 34 years in the RAF.



The longest-serving colleague is Senior Funeral Administrator Jane Eden who has been supporting the community formerly in Hunstanton (and more recently in King's Lynn) for 18 years; it was all she ever wanted to do.

She said: "It was my dream to work in a funeral home and I wouldn't change my job for

anything in the world. It can be emotional at times but is so very rewarding, and I will always do my absolute best for our families."

"We are so lucky to have such an amazing team here who are absolutely committed to what they do, and we work so hard to go that extra mile for our families – that's what it's all about."

The Westgate Central England Co-op Funeralcare team offers a personalised service, 24 hours a day, seven days a week and can be contacted on 01485 534171. Further details about arranging a funeral, memorialisation and wills and probate can be found at www.centralengland.coop/funeralcare/





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Hunstanton and District Foodbank

Sadly, your local foodbank is becoming busier again. We gave out more food and helped more people than ever before when the pandemic took hold, but now rising prices are taking their toll on everyone's finances.

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Tins of rice pudding, custard, baked beans, tomatoes, corned beef, instant and Fray Bentos meat pies. Also, breakfast cereal, tea, packets of soup and mashed potato, chocolate, fruit squash, jars of pasta sauce and dog food.

We have plentiful stocks of porridge, and lots of tins of prunes, mixed beans, chick peas and lentils to last us a while!

There are collection points behind the checkouts at Sainsburys in Hunstanton, and in the village shop in Burnham Deepdale.

Alternatively, we can take donations at St. Edmund's Church Hall, Church Street, Hunstanton PE36 6BE on Mondays and Thursdays 1.30-2.30 pm.

Many thanks for your help, James Monro (Chair of Trustees).

Team QEH Collect Platinum Jubilee Medals for RAF Marham 10K

A small but select team from the Queen Elizabeth Hospital gathered together to be presented with medals earned for taking part in the RAF Marham Virtual Platinum Jubilee 10K.

The actual race took place over the Jubilee weekend which many of the busy QEH staff were unable to attend, so in order to take part decided to run their own 10K, at a time of their choosing, earning them the commemorative jubilee 10K medal.



The medals were presented to them by Deputy Chief Executive, Laura Scaife-Knight who was accompanied by Race Organiser, Gary Walker, who said "it was a delight to be able to attend the QEH for the presentation of the medals and to meet those staff members who were able to make it for the presentation, from the team who took part. It was great that they decided to participate, even though they were unable to attend on race day."

u3a Hunstanton

We do not have a meeting at the Community Hall in August but will be back at 2.00 pm on Monday September 19th when Georgette Vale will be telling us all about Edith Cavell. You will be most welcome to join us.

Please go to the u3a Hunstanton site at u3asites.org.uk/hunstanton for further Information or e mail publicity.u3ah@gmail.com

Copy date for the September issue is 12th August
send to: editor@townandaround.net

Thornham Village Hall and Playing Field Chairman's Report 2021

In common with businesses up and down the country, Thornham Village Hall's activities and income were badly affected by the Covid virus. We operated throughout, fully in line with the Government's guidelines, and restarted activities on a limited basis, and with reduced numbers, only when it was considered safe to do so.

By the end of the 2021, most of our regular activities were back up and running and the Hall was again starting to generate income. As a result of the good husbandry by the Trustees, together with the Government Covid Grants, we were able to weather the storm without touching our reserves, which remained at a healthy level of £85,000. A considerable achievement.

The introduction of a Pay & Display Car Park has proved most valuable, not only in easing our Health & Safety issues, but also, in providing a regular income stream which, in turn, reduces the need for volunteers to be constantly fund raising.

During the year, the Trustees adopted a Go Greener Policy, which led to the installation of 30 new solar panels with a further two Tesla storage batteries on order. Delivery of the batteries has been delayed because of national difficulties in the supply chain. This investment was largely funded by a Grant, and early indications are that we will beat least 70% self-sufficient in our electricity consumption by the end of the year.

A new Gazebo was installed on the Playing Field and the whole play area has been fenced off, thus providing a safer environment.

In addition, fencing has been erected on the perimeter of the Playing Field to provide safe, additional car parking facilities during the busy summer months.

In summary, a difficult but successful year, with activities pretty much back in full swing by the end of the period under review.

John Warham, Chairman, July 2022.



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Hunstanton Eyecare blog

We never stop learning

There's a familiar phase, and how true it is. In our optical world the General Optical Council, the governing body that must be obeyed, has made sure that we all keep up to date by introducing a scheme. It used to be called CET, Continuing Education and Training, but as everything has to be reinvented these days, it is now called CPD, Continuing Professional Development. As I've been in optics for over forty years, I am very happy where I am and don't particularly want to develop any more, but heyhoe we must go with the flow if you want to keep your job. The idea is that we read articles, go online to partake in webinars, and maybe attend lectures and events at various trade shows, thereby collecting CPD points in various categories of study. I do agree that it is important that we take on board new discoveries whether it be in treatments, diagnostic equipment or new spectacle lenses. I have seen many changes in my time, perhaps one of the most significant is in cataract surgery. Before lens implants were the norm, folks ended up with spectacle lenses about 1cm thick, nearly half inch in old money, and as the NHS wouldn't allow plastic lenses, a bit too modern at that time! they were glass, so they weighed a ton too. Today, surgery takes a fraction of the time and results are generally instantly wonderful with prescriptions close to zero.

Another major invention must be in photochromic lenses made in plastic material. Some of you may recall the name "Reactolite Rapid" which was the trade name for the glass photochromic. These were revolutionary, darkening down when the sun came out, how convenient! However, it was what we call a "solid" tint, the colour-reacting molecules going all through the lens material, so if you had a high prescription and your spectacle lens varied in thickness, then so did the tint density. If you were quite short-sighted and had lenses with thicker edges, then you might look a bit like a panda on a bright day as the outer areas would darken more than the centre! Then in the 1990s this new-fangled plastic photochromic material appeared and the trade name of "Transitions" was born. The chemical agent is "imbibed" into the surface of the lens, so it will be an even colour all over no matter what the prescription. The early generations were slow to react and even slower to lighten, they were also very sensitive to temperature, working better in the cold than the heat. This was fine if you went to the arctic for your hols but not so great on the caribbean beach. However, we are now on generation 8 and colour changes are much faster, UV absorption is 100%, and there are seven lovely colours to choose from.

But I guess what you really want to know is the state of my utility meters at home! Since last month, we have had a visit from two engineers, they came together but each in his own van. They were late which didn't please Mr B, and it started to rain but they ploughed on. After much umming and arring, the result is that the Smart Meters are not smart because they don't work, kept telling them that, and we need new ones. So far I've had no communication as to when that might be. Look out for the next exciting chapter of Annette's energy conundrum in next months T&A!!

See you soon

Annette



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Is your diet making you ill?

Debbie Evans

We all know that food is essential to survival. It fuels our body daily. But did you know that the food that you eat can make you feel ill if you are intolerant to something? As individuals, we all tolerate foods very differently and have unique needs. Food intolerances can occur at any time in your life. Having a food intolerance doesn't necessarily mean that you can never eat that food again either.

Common foods that can cause intolerances are wheat, dairy, sugar and yeast, however any food can cause be the cause, yes even healthy ones!

Food intolerances can be the cause of common symptoms such as -

- Constipation
- Diarrhoea
- Bloating
- Skin rashes
- Headaches
- Fatigue
- The list goes on...

Are food intolerances the same as food allergies? No, they are not and here's why.

Allergies are a reaction by your immune system that your body has identified as an allergen. The body reacts to the substance as if it were fighting a disease-producing microorganism. Symptoms can be immediate or could take a few hours to develop. They can be very serious, very quickly and in extreme cases the reaction can result in anaphylactic shock. If you suspect you have a food

allergy, you should seek medical advice from your G.P. for testing.

Intolerances are sensitivities within your digestive system and do not involve the body's immune system. Intolerances are usually caused an inability to digest and absorb foodstuffs. Symptoms to a food intolerance can begin as quickly as 30 minutes from eating the offending food; however, many people may take up to 48 hours to develop symptoms. Trying to pinpoint an offending food just using a food diary can be tricky as you need to consider a wide range of foods. The other thing to take into account is if your suspected foodstuff is hidden within other foods. If you suspect that you have a food intolerance, get tested to find out your offending foods. Follow the advice of your therapist (as one size doesn't fit all) and step closer to a healthier you).

Food intolerances do not usually present as life-threatening but can drastically affect everyday life. This can be extremely uncomfortable, limit activities, and be very draining.

If you suspect that your diet is affecting your health and you have a food intolerance, why not book an appointment to see Debbie at Ambe Wellness Food Intolerance Testing, based in Walpole Cross Key, Kings Lynn. Telephone 07784 279459. Consultations include a food intolerance test which is pain-free with instant results.

Check ambewellness.co.uk for further details.



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Piles and Tribulations

Notes from a rural GP, Dr David Ince

I know I moan – I apologise – habit of the pessimistic Englishman and the NHS serviceman (read person for man). I think I approach this column with a certain confidentiality, in that, I don't really expect anyone to read this drivel but consider it a secret diary entry that no one will see but am able to therapeutically exorcise the demons.

I like being a doctor. I like being a GP. I always wanted to be a GP. Its permanence in my life is being tested though. There used to be a column in the Sunday Times magazine 'Life in the Day of' – it may still be running but leisurely Sundays of paper reading disappeared when the eldest child announced 'I think I'd like to play football' with the younger two quickly following suit. So last weekend was spent at the football tournament in Heacham with the U10 & U12 on Saturday and the U13 on Sunday – 2 semi finals if you are interested with one losing 11-10 on penalties. The Sunday Times column was interesting for the small details offered by the authors into their lives – Colonel Gaddafi starting his day with a glass of Camel milk, middle aged actors examining their bald patches daily and the like.

As this is the summer edition, I hope it may be read by an influential politician or NHS executive relaxing in their beach front billet in Norfolk and give a little insight and balance to some of the accounts of GPs days in other popular publications.

The day is a mid week day in July and typical of the ½ a day (or whatever the Daily Mail considers the average numbers of days worked by a GP at the moment) I work a week (that is sarcasm).

I wake at 6.30 with my phone alarm blasting out Michael Palin's account of 'I'm a lumberjack and I'm ok'. Struggling to believe it can be morning already I double check the time and reach for my laptop to log on to work to start to check blood results, letters and peer at the day ahead. A WhatsApp comes from my practice manager at 7am. Our nurse practitioner is off with Covid along with a receptionist so the call of 'Gladiators Ready' starts. Breakfast is a glass of juice and a porridge bar. The older 2 children are on the school bus at 0745 and the youngest is chauffeured to school by Mrs the other Dr Ince on the way to her surgery. I am at my desk for 0830 – there have been clinical staff there seeing patients since 0730 – and I am immediately interrupted by an urgent phonecall from an ambulance crew who are on site with an ill patient who is refusing admission – I agree to go and see them after morning surgery to assess and try and cajole him into going into hospital. From 0830, I see face to face 16 patients with 8 phonecalls alongside. It is the usual mix of mental health, chronic back pain, drug addiction, ill children, complex medical problems, social problems and delayed hospital treatment. I have to speak to the mental health team about a suicidal patient, speak to the hospital medical team about a patient having a heart attack, arrange a scan for a lady bleeding in early pregnancy and speak to the coroner about a recent unexpected death. Each patient is allocated ten minutes and by midday my bladder is filling, my stomach empty but there is no time to attend to my basic ablutions. At one o'clock I hit the road and go and visit the patient who has refused admission – we agree to try and keep him at home and I will need to visit him again the next day but have low hopes of keeping him out of hospital or possibly alive (he would rather die at home than go in to hospital – a common sentiment that we try and achieve). I then circle back to the local residential home where there are various patients that they want me to see all with the Good Lord's hand hovering above threatening to take them to a better place. I am back in the surgery by 2.30 and then hit the admin – visit notes to write up, 120 electronic prescriptions to check and sign, 30 hospital letters to read, code onto the computer and action, 30 tasks from the practice admin team to sort out alongside queries from the nursing staff and trainee GPs. Afternoon surgery starts at 3.30 and follows a similar pattern to the morning. I finish surgery at 6.30 and then spend another hour completing tasks that have arisen or been generated by the afternoon surgery. I then have a Primary Care Network meeting to discuss working between practices and various

government targets we have been given. I catch up with my emails and am informed that I have a mandatory appraisal coming up (for which I am reminded I have not completed my 'moving and handling patients' and 'how to spot a terrorist' 3 hour online training) and an imminent practice visit from CQC both of which will take many hours of work and heartache. I then pick a child up from football training on my way home at 9pm. My wife has managed to extract herself from her surgery and we have a late dinner and watch 'How to get away with Murder' on Netflix (the irony of this is not lost on me). Please don't tell Sajid Javid, or whoever the current Secretary of State for Health and Social Care is, that I have upgraded from Blockbusters to Netflix. I eat a Milky Bar and have a cup of Bedtime Tea. I take the dog out, put the chickens to bed, have a bath and then lie down and wait for Michael Palin to call me again in, what seems like, 5 minutes.

From talking to my colleagues this is a pretty typical day in primary care and the intensity of work is the same for the whole team – nurses, receptionists, managers, doctors, paramedics, admin staff. But still it doesn't seem to touch demand and expectation. I still like my job, can cope with the demands and have been doing it long enough to manage my workload. There is no let up and younger GPs are not attracted by this lifestyle and older GPs are burning out and leaving. There is no magic solution and generations before me and to come will argue that 'this is the job'. I agree and, as you can see from my photo, I am big and ugly enough to deal with this. I completely accept that working hard does not necessarily mean happy customers but what I take exception to is the popular press's account of what we are doing (or not doing) in the NHS and where the blame lies for not meeting patient and government expectation.

If there is an influential holidaying NHS or political executive who would like to spend the day with me to get an insight into what life is like on the Primary Care front line then please get in contact. I can give you the link for Apple music to download 'I'm a lumberjack' to get you going in the morning.

I wish you good health.



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Plant of the month: Sunflowers

Wendy Warner

One of the most iconic flowers of summer has to be the sunflower, not just because of its stature but due to the fact its flowers actually resemble the sun. This year, the sunflower has become even more notable because of its association with Ukraine, as their national flower and because the country was such a major producer of sunflower seeds and oil.



Sunflowers are quick and easy to grow and great fun as a first seed for children to sow. Most familiar are the large, yellow, single flowered, giant annual types but there are so many more different varieties.

Start sowing sunflower seeds indoors from March to May in pots of seed compost. Transfer them into a coldframe or cold greenhouse and protect them from slugs and snails. Once the risk of frost has passed they can be planted out and need to be kept moist. If you want a constant supply of sunflowers throughout the summer and autumn, why not sow a few every couple of weeks. As the name suggests, sunflowers need a sunny position and the taller varieties will benefit from some shelter and are likely to need some staking or other support. Keep them well-watered and feed with high-potash tomato food once flowers start to form. Some smaller types can be grown in pots.

Sunflowers can be used as cut flowers, but any faded flowers can be left on the plant for the birds to eat the seed. The flowers are also attractive to pollinators.

There are numerous varieties you could try from 'Titan' which will grow up to 3 metres (10ft) tall with huge single heads that can measure up to 60cm (2ft) across, to 'Little Dorrit' which although only growing to 60cm tall, has huge, chocolate-brown-centred yellow flowers on single stems. Other smaller varieties such as 'Little Leo' have multi-branched stems with lots of smaller blooms. Not all sunflowers are yellow either, 'Vanilla Ice' will reach 5ft tall and has pale cream flowers with a chocolate centre and 'Black Magic' is multi-branched with dark maroon flowers.

Although it's a little late to sow sunflower seeds now for flowering this year, have a look at your garden and choose the perfect size and colour of sunflowers for filling a little gap next year.



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Snettisham Gardening Club

Our next meeting will be on Wednesday 31st August when Philippa Patterson of HoneyPatch Flowers will be putting the question: Is 2022 the Year for British Flowers?

As ever meetings start at 7.30 pm in the Memorial Hall, Old Church Road. Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

Hunstanton Croquet Club

Caroline Harper

It's been a busy time of year for us at HCC; in addition to our regular club afternoons on Mondays, Wednesdays and Saturdays, we have experimented with a couple of beginner coaching sessions on Tuesday evenings. They seem to have been well received and we can certainly see the fantastic progress our new members have made.

We have also held some of our own internal tournaments and hosted both a 'B' level and 'C' level GC tournament with competitors from around the country. (Having hosted an 'A' level event earlier in the year).

The 'B' level tournament was played on a beautiful Saturday in June. We were treated to a wonderful, nail-biting final, eventually won on a golden hoop by Pauline Donner. The 'C' level tournament followed on Sunday with strong representation from HCC. After some closely contested games the eventual winner was Colin Spencer.

The annual Green Shutters tournament was also blessed with good weather. Roger Platt used his free turns wisely to defeat Terrey Sparks in the final and Janet Kendal won the subsidiary with a superb shot on the golden hoop.

If you would like to know more, take a look at our website: hunstantoncroquetclub.co.uk, follow us on fb, or better still, drop in and see us on a club afternoon!



The lady receiving the chocolates is Janet Kendal, club chairlady and winner of the subsidiary competition. The person giving her the chocolates is Terrey Sparks, the tournament manager. Janet is presenting the trophy to the winner, Roger Platt.

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Sing for Zimbabwe

We thought that your readers might like to know that £584 was raised for Christian Aid in Zimbabwe at the event at the Methodist Church on 18th June! Thank you to all who attended the event.

Rosemary Rayner

Nature notes with Carrie Carey

As a child, I was drawn to mud. I made mud pies and cakes for imaginary friends, built homes for fairy folk and hotel complexes for worms. I sloshed in muddy puddles on rainy days and giggled as the grubby, gooey stuff squelched between my toes. No doubt my mother's twin tub was not such a fan, but those muddy adventures were a mainstay of my childhood play.

You can't get more basic than mud. It's essentially two ingredients, dirt and water. And while this may not sound exciting, this mixture is a building block for all things organic. Muddy habitats, far from being barren and lifeless, are productive ecosystems that support a diverse community of wildlife.

Famous for its striped cliffs on the eastern border and languid saltmarsh to the west, the shallow embayment of The Wash comfortably straddles the counties of Norfolk and Lincolnshire and provides a haven for wildlife. This area earned its name from the Old English word Wase meaning mud or slime. From the wind-swept shores of RSPB Snettisham, visitors may perceive The Wash as a desolate stretch of sludge. But this recess of intertidal mudflats forms the UK's most important estuarine habitat.

From late summer onwards, this quiet estuary comes alive with the noise of tens of thousands of birds all vying for a place to roost and feed. Migrating waders flying in from Arctic tundra arrive here tired and hungry. It's on the glutinous mudflats that a veritable feast awaits. One square metre of the oozing mire contains vast numbers of marine invertebrates, crustaceans and molluscs and avian diners are aptly equipped to feed on their menu of choice. The sensitive tips and flexible bills of curlews and godwits are perfect for probing soft mud for lugworms and ragworms, while the more robust bills of oystercatchers and red knot tackle shellfish with ease. Thanks to the sheltered nature of The Wash, cockle and mussel beds thrive here and along with intertidal invertebrates, make this one of the richest mud caf  s on Britain's shores.

Not limited to its muddy substrate, The Wash is a montage of habitats including tidal



creeks, saltmarsh, sand dunes, shingle banks, sea cliffs and saline lagoons. It forms one of our most diverse coastal systems and has been described as one of the last wild areas in Britain. The extensive intertidal flats here and further along the Norfolk coast, provide ideal breeding sites for common seals and The Wash is home to around 8% of the UK population. Inland saltmarshes are home to sea-lavender, sea-holly, hoary mullein, yellow-horned poppies and red hemp nettle while sand dunes support small colonies of dune tiger beetles and sea-aster mining bees.

Between the 1920s and 60s, Snettisham beach was quarried for gravel (stone, shingle and sand). During the great floods of '49 and '53, the gravel pits filled with water and were closed a few years later. Seeing the potential these man-made lagoons had for wildlife, the RSPB purchased the land in 1972. Now the reserve is a haven for nature and forms one of the UK's most important coastal wetland sites. Fifty years on and RSPB Snettisham is world renowned for its two wildlife spectacles. Visit the reserve during spring or autumn migration and you are likely to see vast numbers of waders take to the air in an impressive aerial murmuration. Whilst this is an amazing spectacle, be warned, it only happens on a high spring tide so do check out our website at www.rspb.org.uk/snettisham before you plan your trip. In winter, the vision of whirling waders gives way to breath taking flights of pink footed geese. Arriving from Greenland and Iceland, these birds feed inland on sugar beet and winter stubble so are indifferent to the invertebrate banquet which lies beneath the sludge. Their interest lies in the safety and security that The Wash

provides. They roost overnight on the water knowing that only a foolish predator would risk venturing out on the mudflats in the dark of night. As morning light breaks over the horizon, hungry geese rise from the water in large family flocks. The silhouette of thousands of birds trailing across the dawn sky is another of Snettisham's wildlife spectacles.

Despite being such a nationally and internationally important site for nature, The Wash is not without its challenges. Flooding, drainage and reclamation have all taken their toll. Salt marsh is naturally accreting at the expense of mudflats, winter storms have altered the shape of the coastline, over exploitation of shell fishing and increasing numbers of beach users have had an impact



on local wildlife. Over the last 50 years the RSPB has worked alongside other conservation groups to preserve this amazing tableau of habitats. We want this to be a place for people to enjoy for many years to come.

This summer, as we celebrate our 50th birthday we hope you'll join us for a rare wader spectacle on Friday 12 August from 5pm. This is an incredible wildlife watching opportunity so save the date and make sure you bring your camera. There's no need to book but parking spaces are limited and there is no access for high sided vehicles. Keep an eye out on our social media pages at facebook.com/RSPBTitchwell and twitter.com/rspbitchwell for more details.

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Making gifts conditional in a will

By Jennifer Taylor, Solicitor, Hayes + Storr

Many gifts made in a will simply allow the recipient of the gift to receive their money, or other assets, outright once you have died. A conditional gift is one which the recipient will only receive if a certain condition is met. The condition might be contingent on the death of a beneficiary. For example, if money is left to a son, daughter, or sibling, you may want to make sure that it passes to their children if they were to die.

Alternatively, the condition could be something which is not guaranteed. You might want to leave money to a grandchild, but only if they obtain a certain qualification or attend university. You may want to leave them a car on condition that they pass their driving test.

Some people leave a sum of money to a friend on condition they care for a pet. Or a payment might be made to an executor as a 'thank you' for administering an estate. Conditional gifts are often referred to as 'contingent gifts' as they rely on the occurrence of the specified contingency.

Conditions may not be met

A gift attached to a less probable condition should be made with extra caution, and you should always give thought to the possibility that the condition may never happen and how you would like the gift to be distributed if the condition is not met.

Many people choose to leave money to young beneficiaries only once they have reached a certain age. This might be, for example, 18, 21, 25, or any other age.

Making gifts conditional on speculative assumptions, such as making a gift conditional on a grandchild attending university can be risky, as it might be less probable that your grandchild will go to university rather than them simply living until they are 25.

Trusts

A conditional gift may also be in the form of a trust. It is common for couples who have children from previous relationships to include in their wills a life interest trust for each other. Typically, the ultimate aim is for the money, or assets, to pass to their own children after their partner has died. The children, therefore, are the recipients of a gift which is conditional upon the death of the partner.

Advantages of conditional giving

Gifts which are conditional upon the beneficiary reaching a certain age may protect an inheritance, as many parents and grandparents share the view that their children would be less likely to make sensible investments with their inheritance at 18 than they might at 25.

A gift which is conditional on a beneficiary's divorce, if the relationship is

already rocky, ensures that your assets do not end up in the hands of a loved one's ex-spouse.

How can we help?

Our solicitors can advise you on preparing a will in a way that enables your assets to be left in the way that you intend. For further information, please contact Jennifer Taylor on 01328 863231 or email jennifer.taylor@hayes-storr.com.

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



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From the Ground up: Moles, Goals and Butterflies

Hanneke Robson PE36 5LA t : 01485 525715



Well, we have scrutinized the ground of our potential meadow and it looks as if the usual suspects are popping up again, plus a mile of moles. It doesn't look in the least impressive; nothing like a meadow. The other half of Peddars Meadow, created 10 years ago by James Young, has produced a merry swathe of grasses and wild flowers, including marjoram, wild carrot and field scabious.

We peered anxiously at the ground for evidence of germination from the expensive seed we planted in May. We had received the much-needed rain, so conditions had been good and they should be popping up. Not the perennials, of course, they need a cold winter to germinate and many meadow plants are perennials. As we paced the ground, I recalled the words of wild flower expert Simon Harrap to me a year ago: 'It's going to look a lot worse before it gets better.' No need to panic then!

What we did find was loads of Fat Hen. This polygonum is a 'common weed' but often the precursor to something more exciting. It is also an excellent food for linnet, yellowhammer and greenfinch. It wasn't in our mix, so the discing must have awoken them from hibernation. Long ago, these plants were a staple food for us and found in the tummy of the Pete, the European peat bog man who walked this earth 400BC. Apparently, this plant belongs to the spinach family, so I may have a munch myself. It is sad that we don't have more knowledge of our edible 'weeds' as there are plenty of them.

The mile of moles churning our precious seed to oblivion is a tad worrying. And then we have the return of the ubiquitous bugloss which had given way so completely last year to black medick; it's a very strange bit of land we have here.

Yet, even common grasses need the right conditions. Hard to believe, as we know they sprout through concrete and march through people's driveways with merry abandon. But when we took over this land after four years

of disuse, there was not a sprig to be seen and felt as bouncy as a trampoline, so much so, that I feared the tractor would sink out of sight when it first rolled on.

Following the rules of meadow making, we are supposed to mow in August, remove cuttings – as they enrich the soil – and put sheep on for the rest of it. But with our noses to the ground, we did not find enough grass to feed a hamster. Grasshoppers, yes, grass, not a blade. Butterflies skipped cheerfully along the edges, though I would struggle to name them: little blue jobs, some orange jobs and whites, a flash of black whizzed past my nose, then a painted lady and some bees. The day was hot, the birds in the hawthorns were quiet and the skies empty; but I would love to see what occurs at night.

Our owl post was mysteriously moved a week ago, and that was annoying, as it marked the place where we had hand sown our precious night flowering catchfly. Barn owls have had a tough time, but as I mentioned, we have plenty of moles popping up on our half, so they could help us out.

Anyway, one perennial thistle we have to continue to control is creeping thistle. Their runners charge about underground and will suffocate our grasses and plants. As green as we wish to be, this has to be done. Their prominence is the result of applying herbicide just once to our ground instead of twice, due to the unfounded concerns from neighbouring residents. We just pray that the bindweed stays away. It is a chalkland meadow we are trying to recreate, once so common, but now hens' teeth come to mind. Flower meadows for looking at, are something different, and if the latter is approached without research, the flower extravaganza may appear all at once and then...nothing.

We are now on Instagram, where I post info about our gallery and occasional photos of our PM project. (All my articles for Town and Around are on our website under Peddars Meadow.)

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Thanks for reading, ta ta for now.
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Image: Wild meadow near Peddars Way, created by James Young



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Northfields Allotments

By John Richardson, Treasurer

An oasis of tranquillity between town and country. This perfectly describes the Northfield allotments in Hunstanton, hidden away behind Glebe House School on the Cromer Road, on land leased from the Le Strange estate.

The Toast of the Coast!

Thanks to Covid 19 it may well have taken 3 years to get here but ... on the weekend of July 1st, 2nd and 3rd, the 2022 Hunstanton One-Act Drama Festival returned to the town and exceeded everyone's expectations ... even the organisers!

Cancelled at the last minute in 2019 and then abandoned early in 2021, The Hunstanton One-Act Drama Festival began to look like it might never happen again. Festival Director Stephen Hayter explained "When we started the planning process in 2022 it looked very unlikely that we would find enough performing competitors or sufficient audience. I am delighted to report that we were wrong on both of these assumptions"

The event is funded each year by a grant from the HDFA and, for this year, it was also assisted greatly by Brian Hallard and the Princess Theatre who waived all hire charges for the 3 day event. This allowed for free entry for competitors and also subsidised tickets for those who came to watch.

"We allocated 10 slots this year over the Friday, Saturday and Sunday and were astonished that we finished with 7 competing plays, two u3a play reading presentations and a stand-up comedian. The latter being Martin Westgate, who kindly agreed to entertain the Saturday afternoon audience when we had to withdraw The Lady in the Van after problems with the licence"

Stephen confirmed to us that against all the odds, audiences were the largest since at least 2015. The Festival also boasted an unprecedented 4 original scripts in the adult competition. This high number of new titles mesmerised the viewing public with drama they had never seen before. There were also two youth productions featuring established works, putting more than 20 junior performers on stage between them.

"We were quite simply overwhelmed and humbly thank all the performing groups who took so much time, trouble and expense to get their shows here, and everyone who bought a ticket for one or all of the 5 sessions. The cross section of audiences combined local drama enthusiasts and visiting tourists in substantial numbers and the number of Festival Season tickets purchased meant so many of those who came, came to every production"

Stephen paid tribute to everyone on the organising committee together with his fellow adjudicators, Ian Gooda and Verity Jowett. He also announced that Brian Hallard had already invited the Festival to return to the Princess in 2023. Watch this space!!

A full list of nominations and winners can be found on the HDFA (Hunstanton Festival of the Arts) website festival3.com

Since 1935 residents of the town, from all walks of life, of all ages and with all levels of gardening knowledge, have been able to rent a plot of land for growing fruit, vegetables and flowers whilst enjoying the benefits of the great outdoors. Apart from the obvious benefit of enjoying freshly picked crops, allotment holders will attest to the long known health benefits (both physical and mental) that gardening brings. This has never been more true than in current times with the challenges and worry brought on by the Coronavirus pandemic and now the spiralling cost of living.

As well as providing land to grow crops, the allotment site provides so much more for its members. The allotments are a fantastic social hub for the plot holders (seventy eight of them!) and their families and friends who regularly help out. From an impromptu brew on a camping stove outside a shed to an organised event such as the annual Open Day, there are many opportunities for social interaction. Every year, on a Sunday in August, the site is thrown open to the general public to come and share the calm and enjoy the stalls - from freshly picked produce and home-made preserves to a barbeque or tea and home-made cakes and much more to help raise funds to maintain and develop the site. Don't miss this year's open day on 7th August! Entry is free and there's disabled parking available on site.

The current focus of the allotments club is to improve accessibility for people with reduced mobility and to encourage biodiversity on this precious parcel of land. Hopefully the residents of Hunstanton can continue to enjoy this wonderful amenity well into the future.

STRICTLY ARTS: HDFA update

Christine Earnshaw

The weather has been good to us this year with all our outdoor events in June and July enjoying warm sunny days if a bit blowy at times. Now we hope it will last for Much Ado About Murder, another outdoor event from the Heartbreak Theatre Company at Thornham Village Hall. (Indoors if wet) Wednesday August 31st starting at 7.30pm but the actors traditionally entertain the crowd from 6.30 onwards scrounging our picnic delicacies and joking around. Tickets are available from Witley's Newsagent in Hunstanton High Street or on the gate. £12 adult, £7.50 children, or family ticket for £30. This will be a memorable evening but do bring chairs and something to keep warm for when the sun goes down.

At the time of writing this is probably the hottest day of the year, but we want more of this for the Buskers Corner coming up on July 24th and September 10th when local musicians can entertain the crowds near the Crazy Golf Pavilion or from the Bandstand - a free event!

We also want the sunshine for our second Picnic on the Green on Sunday August 21st - this is our 50s Jubilee Picnic; the Queen will be there of course - reminder to me to take her out of the wrapper! Children can play with toys on a roped off area and we can all enjoy the music from the bandstand. Come on latter day Teddy Boys, bring out those wrinkle pickers, drainpipes and drapes - dare you! Full skirts with even fuller petticoats for the ladies or pencil-slim ones, take your pick. Or just come as you are and enjoy another day by the coast.

Much Ado About Murder is another outdoor event with Heartbreak Theatre Company at Thornham Village Hall. (Indoors if wet) Wednesday August 31st starting at 7.30pm but the actors traditionally entertain the crowd from 6.30 onwards scrounging our picnic delicacies and joking around. Tickets are available from Witley's Newsagent in Hunstanton High Street or on the gate. £12 adult, £7.50 children, or family ticket for £30. This will be a memorable evening but do bring chairs and something to keep warm for when the sun goes down.

Two more Craft Fairs are scheduled for August Bank Holiday weekend 27th and 28th in the Town Hall. More information at www.festival3.com or on our Facebook page, Festival3 by the Sea.

HDFA 
Hunstanton & District Festival of Arts



Allen Tomas &^{co}

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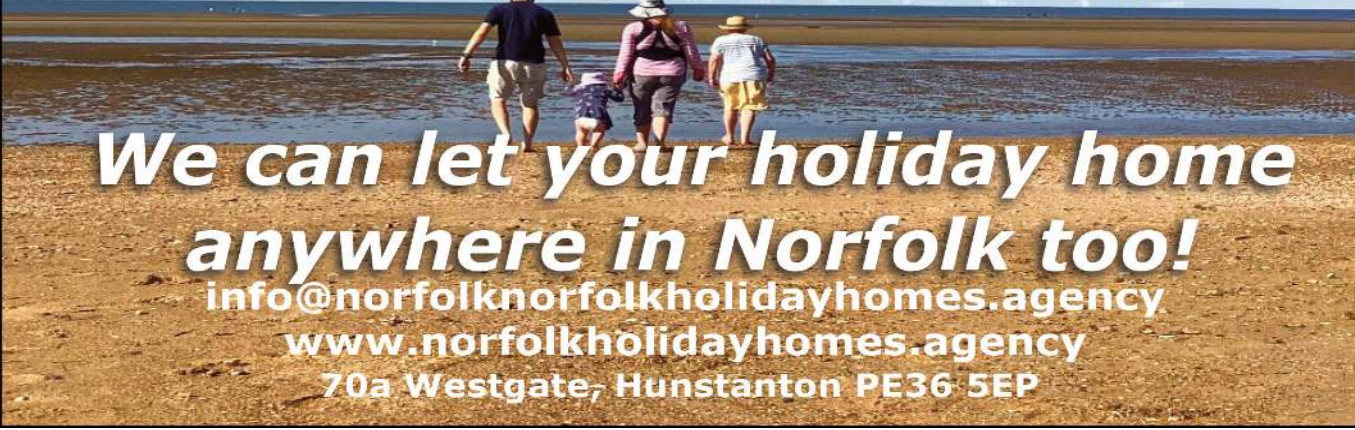
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THE BARKING BUGLE



It has been a super pawsome summer weather-wise so far and we have really enjoyed getting out and about for walks and swims on Norfolk's lovely beaches. We have even travelled in our parents' motorhome to discover more of our county's hidden gems. However, keep safe out there guys, if it's too hot for your humans to walk on pavements and sand in their bare feet, then it is definitely too hot for us! If you think it's too hot then stay in and watch 'One Hundred and One Dalmations' or a Lassie film instead- no dog ever died from not being walked!

When it is cool enough we absolutely love walking in the countryside and sniffing all the different things that nature has to offer. I have to admit we do eat grass from time to time, but you have to be very careful you don't eat slugs and snails when you do this, as this is the time you are most likely to catch that horrible disease, lungworm. Sadly there has been an increase in the number of lungworm cases across Norfolk with a high proportion around the Fakenham area. The symptoms are sometimes vague but can include coughing, breathing difficulties, weight loss, vomiting, unexplained bruising, bleeding and seizures. Don't leave your toys or water bowls outside and certainly don't go near other dogs' poo. If you think you may have lungworm then consult your local vet immediately and think about getting preventative lungworm anti-parasite treatment.

It is always great to receive treats when we go out and I have to say that doggy ice cream is one of my favourite things to scoff. The Refreshment Bar at the Esplanade Gardens in Hunstanton stocks very yummy palm oil free ice cream just for us furry friends. Why not go there and take a look, but I would hurry before we eat the lot!

I wish everyone a really woofastic summer wherever you may be going. Have lots of fun and let us know what you've been getting up to.

Woofs Miss Zsa Zsa, Editor of the Barking Bugle
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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

Queen's Jubilee

A final note from the Queen's Jubilee celebrations reported by John Wareham, Chairman of Trustees: the event raised £300 for the East Anglian Air Ambulance, thanks to the efforts of all involved.

Brancaster Picnic

23rd July

The Brancaster Picnic will be held on 23rd July at BVH. A report on the event will be made

in September's Town and Around.

Regular groups at BVH

The following groups and facilities continue to meet at BVH, with full details obtainable on the website listed below:

Baby and Toddler Group
Line Dancing
Pilates for Beginners
Yoga
Coffee morning
Quiz nights

Food vans
Mobile library van

Forthcoming events at BVH

Vintage Fairs:
30th to 31st July and 20th to 21st August
Art Exhibitions:
5th to 14th August and 27th to 29th August
Lecture by Emma, Duchess of Rutland, on Capability Brown's last known landscape and her

own landscaping activities:
30th September at 7.00pm

Bar 71 and Brancaster Shop and Post Office

A warm welcome to all is guaranteed.

For further information on all the activities at BVH, please visit our website: www.brancastervillagehall.co.uk and for enquires: brancastervillagehall.communitybookings.co.uk

A WALK IN THE PAST – CHANGE IN A COASTAL VILLAGE

From the Brancaster Village Hall Archive (BVH)

Visitors to Brancaster will find it very different from how it would have appeared fifty to a hundred years ago. It may surprise many readers to know that in the past Brancaster was a coastal village with many viable small businesses and small farms, with houses occupied overwhelmingly by full-time residents.

Today Brancaster has a significant proportion of holiday lets and second homes, which of course bring advantages to the village, and few businesses. The historical constants over the past hundred years or so are the church, school, Hermitage, The Ship Inn, BVH (Simms Reeve Institute), including shop and Post Office and the Royal West Norfolk Golf Club. Other buildings remain from this period, but have been converted to different uses, mainly homes, or sold outside the original family, such as Brancaster Hall and its environs.

Let us take a walk down the central road of Brancaster and see how things have changed over the last fifty to a hundred years. We start at St. Mary's Church and look towards Titchwell. On the right is the old Manor Farm, now houses and flats, but once the home of Brancaster Orchard Coxes Orange Pippins. The wide verge running beside the road was where Florrie Johnson, who kept the village dairy, used to graze her cattle.

Further along at the entrance to Brancaster garage was the old apple store to the orchard. Looking to the left were the nurses' and police homes, both replaced by new buildings. Next to this were farm workers'

cottages and the registered office of Powell's foundry. Further along, almost opposite the church, was a small village pond and green, behind which sat Powell's foundry and engineering works and cottages for workers. The cottages still exist, but the site of the works is now a new housing development.

Across the way from the foundry site was the old saw mill (now a housing development), with the bakery and sometimes Post Office adjacent.

Walking down the main road from the church past the magnificent old vicarage, you come to London Street, down which are a number of former shops, the Hermitage apartments and Methodist church, behind which was the old slaughter house. On the other side of the road, along from The Ship is Duffields, which was a hardware shop that was next to the Southland Arcade. Further along is the road leading to Brancaster School, which is coming up to its 160 year anniversary.

On the opposite side is the Old Post Office and next door is the Dry Lion, once the White Lion beer house. Next is Links House, site of the former garage, and Springfield House, where Miss Reading used to cut hair. South End House was the premises of Miss Grieg, the chemist, and opposite, Snellings bicycle shop, which became Wright's greengrocery; behind Wright's was Johnson's dairy and the old laundry.

Carrying on towards Brancaster Staithe, opposite the Simms Reeve Institute (now BVH), there is the site of the Old Lifeboat public house, now a

caravan park. Little Ash opposite was a shop, later Edward's coal yard.

Finally, we come to the Branodunum housing development, which is on the site of the old Roman settlement, adjacent to the Roman fort. Opposite are the two lodges leading to Brancaster Hall, one of which was the home of Bill Adams, who farmed on the estate.

We are now at the end of our tour, and you will see some of the major changes that have taken place in the village over the last century. Such changes have brought great advantages as well as having a downside – particularly across the winter period – and many of these are echoed throughout the coastal villages in Norfolk.

The three photos show, firstly, the site of the village green and pond, with the cottages for Powell's Foundry workers behind; secondly, the Hermitage Alms Houses, dating back to the late 16th century and renovated in 1996; thirdly, the Old Post Office.



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Snettisham Scouts

To introduce myself: my name is Mark Middernacht, in Scouting terms known affectionately as Porky due to my slightly chubby appearance.

The scout section is very proud of its heritage and we were thrilled to be asked to take part in the Platinum Jubilee celebration with the Deputy Lord Lieutenant of Norfolk presiding over the events.

The flag party that we assembled was made up from the Snettisham scouts, the Snettisham guides and some members of the junior section, the Brownies, were also in attendance.



I was very pleased that the scout group's support team ASU turned out to help the young people celebrate the marvellous event.

Many locals said to me that the young people were a credit to the uniform and the village alike. I have thanked the young people personally but would like to say once again a huge thank you for attending the lighting of the beacon event and being on the stall for the fun day on the village green for the village event. The local Co-op and Tesco supermarkets donated sweets and goodies for the stall; many thanks to them.

If any young people over the age of 10 1/4 and under 14 years are interested in joining the troop or would like further information about what happens at scouts please contact me

Mark.middernacht@gmail.com or message my through the Snettisham Village page

Yours in scouting,

Porky

Snettisham Art Group Summer Exhibition 2022



We will be holding an exhibition of Art and Crafts in the British Legion Hall, Church Road – from Friday 26th August to Monday 29th opening at 10.00 am until 5.30pm each day.

We look forward to welcoming you – entry is free. Donations can be made for the British Legion during the exhibition.

Should you be interested in joining our group please telephone Les. on 01485 572370 for further details, or come along and meet group members during our exhibition. We look forward to welcoming you.



Hello from the Hunstanton Branch of The Royal British Legion. We are here to help members of The Royal Navy, British Army, Royal Air Force veterans and their Families. Our Support starts after one day of service and continues through life, long after service is over.

Providing expert advice and guidance, to recovery and rehabilitation, its not just members of the armed forces bur their families too.

If there is ever a reason we cannot help, our vast network will mean that we know someone who can.

The Hunstanton Branch meets the first Monday of every month at 19.30. at the United Services Club on Hemifields Road in Hunstanton.

If you wish to join us for a chat, please join us one evening.

We are looking for people to join our branch and to help with the events we put on and attend, and of course the poppy appeal. It is not a vast commitment of time a couple of hours a month and it would make such a difference to the branch we have limited members at this time and need new member to bolster the branch to keep it functioning.

So if you wish to meet likeminded people or require any advice or assistance please don't hesitate to come and join us or contact us at the below e-mail.

S Mathews, Branch Chairman

E Mail chairman.hunstanton@outlook.com

R Hamlet, Branch Vice Chairman

ART EXHIBITION

Works of the late

Wendy Long

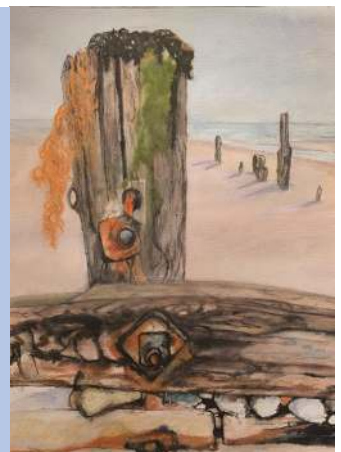
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Round the bend with Dean Baker

What What What

Mrs B finds finding places difficult. And, to be perfectly honest – I find giving directions quite hard. I've been plumbing for over 40 years (I started very young!) and most of the time I've got the knack of finding customers houses. Tech' is helpful although I like to believe that my man brain is still bigger and better!

So, if you live off the beaten track how do you explain to a tradesman where you are? Mrs B has introduced me to the wonder of 'what 3 words'. It's very simple, I wish I'd thought of it! Every 3metre square of the world has been given a unique combination of 3 words. If you don't have an address or delivery drivers can't even find your front



door to put a card through this might help.

Once you've found the 'what 3 words' if you press navigation on your smart phone it will take you straight there. But you don't need a smart phone because your local UPS driver and this plumber have the kit to find exactly where you

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Wild in Westminster and West Norfolk

Is there anything more British than talking about the weather? For once, we are focusing on the heatwave we've enjoyed in the last few weeks rather than complaining about the rain. Things certainly seem better when the sun is shining (although it is also important to recognise the impact high temperatures can have on vulnerable people).

Once again this year many people are coming to North West Norfolk to enjoy the coast, attractions, pubs, and everything on offer. Given the issues that airlines and airports are having, this is a wise decision and will help our tourism and hospitality businesses as they continue to bounce back from the effects of the pandemic.

Tourism is a vital part of our local economy. Many jobs depend on the visitor economy with around a fifth of local jobs being in the tourism sector. Exciting initiatives such as the new observatory planned in Hunstanton are part of seeking to extend the season and tap into new offerings where we have a natural advantage, such as dark skies.

Short term holiday lets along with other accommodation are an important part in enabling people to come, stay, and spend money locally. However, there are concerns about the impact of holiday lets, as well as the impact of second homes, on communities and residents looking to rent. There needs to be a proper balance between the benefits that more staycations offers and ensuring we have



sustainable communities in villages locally. This is an issue I have discussed with many constituents and raised with ministers along with other Norfolk colleagues.

That's why I welcome a new review into short term tourism accommodation which will look at the increase in such holiday lets and the opportunities and challenges this brings. It will provide a better understanding of the impact on housing supply. Measures under consideration include a registration kitemark that would include spot checks to ensure rules on health and safety, noise, and anti-social behaviour are followed.

Other countries including Scotland and Northern Ireland have introduced changes in recent years, such as registration and licensing

schemes. Other options that have been suggested include requiring planning permission to change a property from a home to a holiday let.

The government has already taken action which I called for to give communities greater ability to manage the impact that second homes can have in some locations. That includes enabling councils to charge higher rates of council tax on second homes and empty properties. In addition, the closure of a tax loophole will mean a property can no longer avoid paying council tax if it is not actually rented out for a minimum number of days each year. These measures are about ensuring fairness for other taxpayers.

In considering these issues it is important to make sure that there continues to be a thriving tourism sector that support jobs and investment in North West Norfolk while maintaining the balance with impacts on local communities. So I encourage individuals, holiday let businesses, attractions and other others to have their say https://dcms.eu.qualtrics.com/jfe/form/SV_6PttlKXkMQK513M

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Borough Council News for Heacham, Sedgeford and Fring

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

August already. I hope it has rained since the time of writing - mid July, the lack of rain and the heat badly affects food crops as well as gardens and water extraction at Fring, by Anglian Water, reduces flow in the Heacham. The Great Ouse also gets depleted and this conspires to reduce any flushing out of The Wash. The sea off Heacham Beaches remains contaminated and the Environment Agency recommendation not to swim remains.

I mention Anglian Water as they are always consulted about major developments and they have never said that sewage systems can't cope with the additional input from either more houses or more visitors. I, and others, have our doubts and would like to see this assertion independently examined.

Heacham Waste Water Treatment Works takes sewage from a wide area, including all of Heacham and Hunstanton.

For those of you new to the area, the Heacham Works is just beyond South Beach and between the sea and Fenway. The cleaned up and treated outfall joins the Heacham River just behind the new toilet block at South Beach. The waters then flow through a tunnel, under the beach, into the sea where the little flashing light is.

At the time of writing, the promised investigation into why sea water quality at the beaches is poor has still not started.

A better beach story. The big litter pick on the 10th July was a success though more public would have been welcome. Rubbish was collected at Hunstanton, Heacham and Snettisham by four teams. I was working from South Beach towards Snettisham and had opportunity to meet the project officer and volunteers for the 'Plovers in Peril' project. Wonderful people who collectively spend hours standing on the beaches advising people how to avoid disturbing nests. And the ringed plovers are great too.

We couldn't clear litter from the nesting sites but will be

liaising with the RSPB in the autumn. Look out for details.

Heacham's Neighbourhood Plan hit the headlines, locally and nationally (almost). I received calls from newspapers, ITV and the BBC. I was on holiday so missed my moment and Boris spoilt the BBC interview as it was scheduled on the day he finally said he would go, consequently they didn't turn up to film me.

The interest was specifically about the principal residence policy for new homes - no second homes. Heacham and Sedgeford are currently the only two local neighbourhood plans with this condition. I did tell the media that Sedgeford was first. Many areas are picking up on this issue with North Norfolk having a referendum to judge public opinion. It is not just about second homes using land and resources which could be used for first homes, but is also whether homes are for locals who need them at a price they can afford.

That is why I asked for the flats being built on the car park in Hunstanton to be conditioned for local people (the opportunity to refuse them had past) and why I think the same condition must apply to new development proposals coming through the system.

Heacham residents: There may be several battles to fight regarding the Cheney Hill development as outline permission was given a while ago. Delays at the moment are due to design changes needed to meet Neighbourhood Plan requirements.

An expansion of the planning officer numbers at the Borough Council is underway to reduce the time it takes to consider applications and to ensure better enforcement when developers, small or large, take it into their heads to ignore conditions in the hope they will get away with whatever dire changes they make.

There is a particular sneaky case in Sedgeford which has gone on for months and a ludicrous one in Heacham where a conditioned full 2m hedge has ended up being a fence with a short bit of green plastic foliage in front of it. I won't forget either.

Then there is the more extreme example of the campsite at South Beach. No permission for it and arguments and legal debate going back and forth. It has been suggested that the owner makes something of a habit of challenging the rules. Apparently, this is one of at least three sites he has or has had in our area. Two have, I believe, now faded away.

Businesses need permission, sometimes licences, to operate from domestic premises. There are several in Heacham with no such permissions. These include at least one car sales business and probably two dog breeding establishments.

Anyone considering purchasing a dog from a local breeder, please ask to see their operating licence which would be issued by the local authority. It is most unlikely that such a licence would be given in a residential area due to noise and animal welfare issues.

Coming back to tourism. A number of MPs at a Planning Bill debate, prior to all the Boris fuss, made this statement, 'Councils should be allowed to frame localised plans to reverse and lower the percentage of long-term holiday and commercial holiday rentals in specific communities.' The methods suggested included reducing second homes and requiring full planning permission for Airbnb's.

My group will put a motion at Council to join councils elsewhere which are requesting the government to introduce primary legislation to enable a small tourism levy to be introduced. This is common in other countries and the monies



collected contribute to the cost of services in the locality. The Welsh Government is already taking such action and many cities and tourist destinations are making a case for them.

Another motion will seek to trial overnight campervan parking at a selected car park in Hunstanton and one in Lynn. This is primarily to reduce the off road and nuisance parking which has grown in the last couple of years. It will, additionally, raise revenue for this cash strapped Council.

Various bids to the government, Towns Fund, Levelling Up fund, are still in progress. The latter includes £25million for the Oasis Leisure Centre Hunstanton. As the site is owned and run by the Borough, maintenance and development of it is its responsibility. There are too many of these competitive bids for work that is needed to be done. The hospital is the principal example of this government time wasting. It needs replacing with a new build, so do it.

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Pride in our Neighbourhoods 64

Cllr Andrew Murray

On Thursday 16 June 2022, Referenda were held for the electors of both Heacham and Hunstanton to express their approval or otherwise of their Neighbourhood Plans.

Hunstanton had a turnout of 19.8% of the electorate of 3668 with 580 voting in favour and 147 voting against the plan being brought into force.

Heacham had a turnout of 23.02% of the electorate of 3844 with 734 voting in favour and 147 voting against the plan being brought into force.

Because in both parishes more than 50% voted in favour, the Borough Council will 'make' the neighbourhood plans and bring them into force.

This has to be regarded as just the end of the beginning because neighbourhood plans need to be implemented, monitored and kept under review to ensure that they are fit for purpose and continue to serve the interests of the communities as well as remain in conformity with national policy and the Borough's Local Plan review.

The independent examiner, Mr Nigel McGurk did not consider that several of the policies in the draft Hunstanton

Neighbourhood Plan were supported by sufficient evidence. It is likely that Hunstanton Town Council will seek professional advice on how to collect and present the evidence that is needed to justify policies concerning the footprint of buildings as a proportion of the plot size; a design code and the restriction of new housing to those who will occupy them as their principal residence.

It seems as though the 147 electors who voted against the neighbourhood plans in both Heacham and Hunstanton is a pure numerical co-incidence but it would be fascinating to know whether they did so because of something that was in the plans or perhaps that the plans left out something they thought should have been included. Any proposed revisions to the plans will be open to public consultation, independent examination and perhaps further referenda.

Since the 2011 Localism Act, 2900 communities (mainly parishes) in more than 75% of local authority areas and home to over 10 million people have begun to prepare Neighbourhood Plans. Some 1300 referenda have taken place with an average 'yes' vote of 88% and a turnout of 33%. The fact that the figures for both Heacham and Hunstanton are



somewhat less may indicate that the residents in this area have less Pride in their Neighbourhoods than in other parts of the country which is both sad and surprising.

The parish of Holme-next-the-Sea needs to be congratulated on the fact that their independent examiner, Ann Skippers, described their plan as an exemplar and this view has been confirmed by the East of England section of the Royal Town Planning Institute who acclaimed it as the best plan in the region. It is a wonderful example of how planning and planners can have a positive impact on the quality of life in creating exceptional places and protecting our environment. The strong sense community spirit achieved an astonishing 61% turnout of the electorate.

HOLME-NEXT-THE-SEA NEIGHBOURHOOD PLAN SCOOPS PRESTIGIOUS AWARD FROM EAST OF ENGLAND ROYAL TOWN PLANNING INSTITUTE

Holme-next-the-Sea Neighbourhood Plan (NDP) has been crowned Best Plan in this year's East of England RTPI Awards for Planning Excellence. The awards highlight exceptional examples of how planning and planners have a positive impact on our quality of life in creating exceptional places and protecting our environment.

The awards were announced at a ceremony held at the historic Hylands House Estate in Chelmsford on the 30 June. In presenting the award on behalf of the RTPI panel of judges, Robert Purton said: "The level of research and engagement undertaken by the steering group during the Plan's production is impressive. The interrelated drivers of the AONB, Flood Zones and Biodiversity loss have shaped a forward-looking plan that includes innovative policies on natural capital and ecosystem services. The Plan benefited from the positive participation and endorsement from statutory consultees, including the Environment Agency."

Lynn Devereux, Chair of the Parish Council said she was absolutely delighted to be accepting the Award on behalf of the community of

Holme-next-the-Sea. She thanked the NDP Team and the many parishioners who had contributed to the Plan and acknowledged the support and encouragement of the professional planning community especially planning adviser Richard High and the team at Kings Lynn & West Norfolk Borough Council.

Lynn said that developing a Neighbourhood Plan had highlighted the enormous impact that the planning system can have on our Quality of Life and encouraged parishioners to really engage with the planning system. She thanked the RTPI for recognising Holme's efforts and said she hoped that this award would show other small communities that they can develop successful plans that could make a difference to people's lives.

In winning this award, Holme's plan beat formidable competition from across the six counties in the Region (Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk, and Suffolk) to be shortlisted alongside consortia of local authorities from Cambridgeshire and Essex. It is described as a community-led plan providing an innovative approach to meeting the significant and complex challenges threatening the sustainability of a small Norfolk Coast AONB parish <https://holmentspc.com/>.

In the referendum held on the 22nd July Holme's parishioners voted emphatically in support of the Neighbourhood Plan with 90% in favour of the NDP being used by the Borough Council to assist in determining planning applications. A whopping 61% of the electorate voted which is twice the average in an NDP referendum and exceeded all expectations.



The Mayor of Hunstanton writes

My short time as Mayor, got into full flow very quickly and within 5 days it was the Jubilee weekend. I opened the music festival on the green on the Friday and was pleased to see the crowds that flocked to it, especially after last year when people were flooded out, and this continued into the evening when I had the honour of lighting our beacon, one of 3500 beacons being lit that evening throughout the UK. The following day HTC held their full day of activities in the TH, co hosted in the morning by the council's Friday Friendship Group. One commodity we

were not short of was cakes as we had so many donated from well-wishers, and it was good to see the town people pulling together to make a successful day. The hall was decorated for the occasions and drew many compliments, and it was very nice to see a few residents from a local care home, along with their carers enjoying themselves, waving flags and joining in festivities.

The following evening was John Harris' gala, another successful event which was well received and played to a full house. Following these events, along with Cllr. Winnington, Cllr



Cllr Maureen Howard

Smith, and members from the Civic Society I attended the change of command at RAF Mildenhall as Lieutenant Colonel Jared Williams who has been very keen to maintain the relationship between the 67th SOS and Hunstanton, left his post to return home to America to be replaced by Lieutenant Colonel Michael Bien, and we hope that he will be just as eager to maintain the relationship on a firm footing.

On Sunday June 26th the first Hunstanton Carnival since 2019 took place. The Carnival was organised by The Hunstanton Events Group which is made up of members of various local organisations: Hunstanton Town Council, Hunstanton and District Festival of Arts, The Round Table, The Lions, and Hunstanton Rotary. A lot of hard work went into the planning and organisation but it was good to see it all come together on the day. Thankfully, the weather stayed fine although the wind caused a few headaches to the set up of the gazebos early morning. A few small hiccups were to be expected, but most of them were overcome without causing any major issues on the day

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Prudent Pensioner recipe

Courgette & Carrot Soup

Makes approx... 900 ml

I was given 2 courgette plants this year one green one yellow, although they were not as successful as I hoped (I have learnt from this and will hopefully do better next year) I have enjoyed some sliced and fried in oil and butter with onions and mushrooms, and I made this soup, which is not thick and was very well received.

I made this in my Morphy Richards Compact soup maker which has a max capacity of 1000ml. To make in a saucepan, prepare ingredients in same way and place in a saucepan, heat to boiling point, reduce heat. Cover and simmer gently for 15 minutes or so until carrots are soft. Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Reheat stirring gently. Turn off heat, serve and enjoy.

Ingredients used:

Courgette 300g I used a mix of green and yellow

Approx 250g Carrots

A medium size onion

A rounded dessertspoon of Rolled Oats

1 vegetable or chicken stock cube dissolved in 450 ml warm water.

Trim and peel carrots and cut into small pieces.

Peel onion and slice thinly. Wash courgette, trim off ends and cut into small pieces.

Put all ingredients into soup maker; check this reaches at least minimum level. Ease on lid, select mode and leave it to do its stuff.

19 minutes later you should have an enjoyable, nourishing soup.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham, Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire. A copy is available to borrow from Heacham Library

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Night Owls

John Maiden

On page 20 of last month's Town & Around, I reported on 'another change of command' for the USAF 67th Special Operations Squadron. This month I would like to give readers a better idea of just how highly the 'Night Owls' are regarded by the USAF in general and by the 352nd Special Operations Wing in particular. Bridging the gap between Wing and Squadron there is the 752nd Special Operations Group, commanded until recently by Col Edmund X Loughran. He is back in the US now, from whence he was kind enough to send me a draft copy of his words at the change of command. A slightly shorter version of this speech appears below, emphasising the importance of Hunstanton's 'special relationship' with the 67th, which dates back to the squadron's response to the 1953 Floods:-

"Good Afternoon and welcome to the change of command ceremony for the 67th Special Operations Squadron. What a tremendous day this is and a true capstone event on a fantastic week. We began with the squadron's 70th Anniversary celebration last week and moved on to honouring the 78th Anniversary of D-Day in Normandy. Now we are witnesses to the changing of the squadron's leadership from one fantastic commander to another! The 352nd SOW is honoured to welcome our close friends from the town of Hunstanton and the RAF Sculthorpe Heritage Centre, together with all Night Owls - past and present.

Now let us turn our attention to the beating heart of the 67th, the 'Night Owls' in uniform gathered before us now. You are also very welcome, as you are the reason we are here today. Though this ceremony centres on these two individuals, it is really for the people who inhabit this squadron. It is because of you, that the Air

Force sends these two leaders in the 67th in the first place.

Who, other than you, can pivot an expeditionary force sitting in the Baltics to deter Russian aggression and, within hours, move it into East Africa, in readiness to exfiltrate an endangered US citizen to safety from civil war-torn Ethiopia? Who, other than you can move this Wing to Poland, standing in defiance of Russia's misguided strategy to expand its territory, while killing the innocent and oppressing a free and democratic people?

Who other than the men and women of the 67th can be so mission focused yet still take care of its people, so much so that the squadron is celebrated in our nation's capital for simultaneously receiving some of the Air Force's highest level of awards for both individual accomplishments and for the squadron as whole? It is because of you that the Night Owls answer the call, no matter when it comes. It is because of you that the Night Owls always get the job done. It is because of you that the Night Owls endure.

So, you deserve the very best leaders we have.

Leaders such as Lt Col Jared Williams, who answer the relentless demands of command with a staunch and unflinching focus on the mission; matched only by his deep and personal love for the unit and its people. Though often praised for his impeccably perfect hair, his true value to the SOW is keen decision making, his perpetual bent toward collaboration and the high speed by which he gives both trust and praise.

Jared, it has been both a professional and personal privilege to serve with you in the 752nd Group. Your leadership has taken this squadron to new heights and preserved it through the most gruelling of ops tempos. You accomplished the near



impossible by taking a squadron that was already high functioning and operating at its best and you found a way to leave it better than you found it. You honour its proud legacy with your self-less service. Thank you and well done commander.

Night Owls, as we look to the future, it is clear that it will be anything but predictable. Americans, Britons and our host of allies and partners across Europe remain at risk from both nation states and non-state extremists. But I am certain you will be called upon again to hold back tyranny and keep us safe. When that hour comes, you will again deserve the very best leader possible, so we are sending you Lt Col Mike Bien. Patient, intelligent, and with a seemingly endless capacity to take on impossible workloads and generate success, Mike is the perfect leader for a unit that thrives on mission and prides itself on never letting anyone down. A stoic persona that underscores his deep personal devotion to people and a calculating analytical mind that he puts to every mission, he is absolutely the right commander to take this squadron forward.

Mike, what a privilege it is to watch you work. You have unwritten success for this squadron, the Group and Wing on multiple occasions, and I have watched the move from the detailed oriented demands of being a Director of Operations, to the strategic calculus needed to craft wing level military guidance and advice in a flash. It is without a second of hesitation that we pass the guidon (a small flag) of the 67th to you today.



Col Edmund X Loughran

Night Owls, a parting word of advice: don't change a thing. You are all the stakeholders of one of the best squadron cultures I have ever seen. And what makes you appreciably different from other good squadron cultures is that you export what you have to others, instead of making being a part of the 67th something only for the chosen few, you welcome others into your sphere and make them a part of the family. Others gravitate toward this unit because they know you will make them better and throw some pretty awesome parties and sell some pretty great swag along the way. The world grows increasingly ambiguous, but you are the reason we can tolerate the uncertainty of ever more dangerous theatre. You hold the watch and so we move toward the danger together and with confidence.

May God Save the Queen and Bless the United States of America.

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Hunstanton & District Civic Society

HERITAGE CENTRE

Now that Summer has really arrived, we are slowly building up attendance numbers for those visiting the Centre. Strangely enough, on the odd occasion when we are working out of hours down at the Centre, we have tended to leave the doors open as an open invitation to any passers-by who wished to have a look around. When we were dismantling the Platinum Jubilee Exhibition, we did this and over the course of a couple of hours welcomed about 17 visitors who between them dropped a healthy amount in donations into the jar.

TALKS

Tony Armstrong is working on the new season of Talks which should start 21st September.

TRADITIONAL CRAFTS

Following on the success of visits by Lavender Lace-Makers, we invite any other traditional craft groups who would like to showcase their work at the Heritage Centre to please contact Amanda (tel. 01485 534007; email: amandabosworth@me.com)

FLYING FREE

Interview with David Jones – Part 2 (Part 1 appeared in the June issue page 45)

Life in the RAF was never static for David. Having just met Canny he was then posted to Leconfield in Yorkshire where the Lightning F2 plane was situated. He took part in the initial trials of in-flight refuelling of the Lightning and successfully flew all the way to Cyprus using this technique.

He also experienced a major problem on one flight when the nose wheel refused to lower for landing, so he had to land with just 2 wheels instead of the normal 3.



Photos: courtesy MOD

But he now wanted to settle down with Canny so in 1964 they married and moved into married quarters. Yet another move saw them return to Coltishall where there was now a Lightning Training Unit and David joined the staff that trained others to fly the Lightning plane. The task of learning how to fly this plane was a complex one as it required such a lot of coordination.

Whilst David was busy with training, Canny was equally busy having babies and caring for them. Their first child was born in 1965 and a year later their second son was born. There was no time to put down roots however for in 1968 they were off to Little

Rissington in the Cotswolds where David was formally taught how to become a flying instructor. This seemed slightly strange as he had recently been teaching pilots to fly the Lightning! However, he enjoyed being back in a student role but with his usual aptitude he did very well and he won the Cooper Trophy in an aerobatic competition.

Now qualified as a teacher he was moved to Leuchars in Scotland in late 1968 and not very much later he was promoted to Squadron Leader and posted to Wales. Here he was in charge of the University of Wales Air Squadron. At this time the RAF gave free flying lessons to students who then joined up as graduates. This was a successful scheme - the current Chief of the Air Staff started his training on a University Air Squadron.

The way of life that David and Canny were now leading was a hectic one. With two young children and another born in 1971 and with moving every 2/3 years a lot of responsibility fell on Canny to uphold the domestic side of things.

But the RAF culture with married quarters provided, eased things somewhat as Canny found it was like living in a village; everyone knew each other and they were all in the same boat. This suited her but a big change came about when David was posted to MOD in Whitehall, London.

He was now working in a secret department in intelligence. The pattern of his working life was never to be the same and he did not particularly relish this new change.

Suddenly he could not talk about his work to anyone and he was travelling daily up to London from Kent where he and Canny were in married quarters again.

However, the work also required that he fly to the US and in case of hijack he had to use an RAF VC10 and not a civilian airline.

These were changing times – Harold Wilson the Prime Minister organised cutbacks in the Services and 20,000 people left their jobs in two and a half years. David recalled:

There were 100,000 people working for the RAF when I joined up and there are now less than 35,000.

The days of flying were sadly over for David as he paid the price for promotion and then in 1976 he was made redundant along with his boss. This could have been a very difficult time for the family but for the chance

meeting with one man. David went on a resettlement course and he encountered a very good lecturer who helped him to look at the situation positively. Having been inspired by his teacher he chose to move back to East Anglia from Kent and during his final period at the MOD he was given time off to work for a certified diploma in accounting. The wheel had come full circle!

This proved to be an astute choice as hardly had he left the MOD than he saw a job for a deputy regional donor organiser for the National Blood Transfusion Service based at Addenbrooks in Cambridge. He got the job and was delighted to find that his new boss was a retired army major.

The family was now settled in Whittlesford near Cambridge. A mile up the road was the Imperial War Museum at Duxford and in 1976 David joined the Duxford Aviation Society. He became a valuable member of the society and in 1979 he was approached to organise a flying display. From then on every other year he took this on; the benefit of running it was that the profit made went to the society and from these foundations David helped to build a successful organisation. Such was his expertise in handling such events that in 1986 he was asked to arrange for Concorde to fly in the display. He planned a tremendous display involving the Red Arrows who finished their act with a downward bomburst and as the red smoke dissipated Concorde came into sight. He gave a sigh of huge satisfaction with the exclamation: 'Perfect!' as he recounted the occasion.

At work with the coming of the computer age David took on the challenge of running the computer system for the Blood Transfusion Service in Cambridge.

By the 1990s the children began to leave home. It was time for David and Canny to embark on their idea of moving to the countryside where Canny could keep a pony and trap. They bought a small bungalow with 3 acres of land where the ponies could be kept.

In 1999 David retired. All did not go smoothly however as after 2 years David was diagnosed with prostate cancer and had to have a major operation. This slowed him down for the best part of 6 months.

During this recovery time they used to come up to the north Norfolk Coast a lot. The

idea of living there began to take shape and so they moved to Hunstanton in 2004.



Canny driving with David hanging on for dear life.

This was most fortunate for the community of Hunstanton as well as David and Canny. They joined the Hunstanton Civic Society and also attended an RNLI coffee morning – the

rest followed quite swiftly! David ever a man to help and contribute to the general effort he became treasurer of the RNLI shop and the Fundraising Guild. That led to the Lifeboat treasurer's job which in effect meant 3 jobs! These responsibilities he shouldered for over 10 years. At the same time he became Vice Chair of the Civic Society.

He even found time to join the Council for a while.

The expertise he had gathered all through his working life he put towards helping to put the foundation of the Civic Society in order. He researched and set up a revised and updated constitution, and he organised the sound and vision for the talks which the society offered.

Along with Brian Holmes and John Maiden he became part of a trio that went about promoting the Civic Society. David's technical skills combined perfectly with Brian's artistic skills and John's local

knowledge.

If ever there was a life lived to prove that its beginnings were not indicative of the richness that followed, then David's is it. His natural abilities have contributed hugely to the development of the prowess of the RAF in this country.

As each part of his life unfolded he revealed more and more of his talents to develop successfully whatever he applied himself to.

Nor did he stop when it came to his retirement. His generosity of spirit and his tireless energy have found a true home in Hunstanton where the community has benefited so enormously from his skills and expertise. Here is a man who has never let adversity stop him and here is a man who now walks 3 miles a day to prove that life for him is always about the next adventure!

Margi Blunden June 2022.

Hunstanton Lifeboat Station

Geoff Needham LPO

The fine weather has meant crowded beaches, and fortunately not many incidents, but the crews are always training and ready to respond when the pagers go off.

On July 4th at 11.30pm, the UK Coastguard requested launch of Hunstanton Lifeboat to locate a missing yachtsman at Brancaster. Concern had been raised by his relatives as he hadn't made contact with them. On arrival at Brancaster Harbour, due to the ebbing tide the crew were unable to get to where the yacht was believed to be moored. Wells D class lifeboat was also launched, but couldn't reach the yacht. The local Coastguard response teams managed to reach the vessel by foot and established the man was alright and asleep on his yacht; his mobile phone was

flat and couldn't make or receive messages. All teams were stood down. Returning to station at 3.30am.

On Sunday 10th the UK Coastguard requested launch to help other agencies search for a missing man. He was found by the local coastguard response team at Heacham safe and well. All teams were stood down.

In June the crew had an early morning shout to rescue a dog at Brancaster. On June the 17th A gentleman came to the station and thanked the crew for saving Digby the Spaniel, and made a donation. It's always nice when people respond and show their appreciation. The owner did the right thing and alerted the Coastguard. We do not recommend you go in the water to attempt a rescue.



The Ireland end to end team completed their challenge between 3rd and 9th July (see p 13 of the July issue). They raised a thousand pounds for the Station and visited on 13th July.

Hunstanton Fire Station

With the predominately dry weather so far this year the crew have attended several bin fires in Hunstanton caused by discarded BBQs near the beach, even though they may appear to be out some hot embers can remain and set fire to other refuse. The weather outlook at the moment appears to show the dry hot weather continuing. This means that the risk of wildfires is extremely high, please enjoy being outside safely by following some simple steps to reduce the risk of fires.

- Try not to have BBQs on open grass
- Don't stub cigarettes out on the floor
- Don't leave glass on dry ground as it can start a fire.

The team took part in the Hunstanton Carnival in June, it was nice to see the carnival taking place this year and meeting so many people.

The station will be holding an open day on the 30th July 10am-3pm with lots to see and do for the whole family including an RTC demonstration, several fire appliances as well as the



Coastguard and RNLI. All money raised on the day will be donated to The Firefighters Charity who support current and former firefighters in times of need. This is promising to be a great day and we look forward to seeing as many people there as possible.

We still have vacancies within the crew, for anyone interested in joining you can contact Watch Manager Rigil Kent on 07452940635 or drop by the station on a Monday evening between 1830 and 2130.

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, channels, strong tidal currents.
3. Carry means of calling for help.
4. If you see someone in danger dial 999 or 112 and ask for the Coastguard who will page us.

JANET AND JOHN HELP OUT THEIR SON

By Kathryn Gigg Chartered Accountants, Hunstanton

Janet and John, as some readers may recall, have been married for many years and are reasonably well off with a valuable house, a let cottage and a share portfolio. They have two adult children but one of them has always been (in their words) “a bit financially irresponsible”. A capital sum is now needed to pay off some debts. Whilst they wish to help him out, they would like to do so with strings attached, perhaps by transferring a capital sum from their joint account but with a provision that they can recall the gift in the future. Having learnt in the past that even the apparently simple ways of doing things can have a tax consequence, they ask their accountant for advice.

Firstly, of course, a gift with a provision for

repayment is not a gift at all: it is a loan. As such it will have no impact whatsoever for the purpose of reducing the donor's Inheritance Tax position, and so, on their deaths, will remain an asset of the estate, and subject to Inheritance Tax. There have been a number of decided tax cases on this point, normally where something has “gone wrong” (typically involving property and the divorce of the donee).

Secondly, if the money is paid from a joint account and is made without conditions, it will be a gift, and will be deemed to flow equally from the two donors. As such it will remain on the Inheritance Tax (IHT) “clock” of each donor for seven years, and if the donor

dies within that period, the gift is treated as still being part of the estate. This may not matter particularly, but the complication might come where it interacts with the provisions of an existing Will, so care needs to be taken in that respect.

However, despite the complications, there may be a way through this problem. If the transaction is properly documented (ideally by a legally binding loan agreement) there may be a possibility of writing off the loan in future if it comes to pass that there is a bit more “financial responsibility” by the donee. Each write-off would become a transfer for Inheritance Tax purposes, but such a write-off might at that stage be covered by the donor's annual allowance of £3000 (or £6000 if there were no gifts in the tax year). For example, if Janet and John jointly lent £20,000, and nothing were repaid, that amount would remain within their IHT estate forever. If they wrote it off in equal instalments over four years, the annual write offs of £2500 each would be covered by their annual allowance. The downside is that these arrangements do need to be properly set up from the outset and also need to be properly recorded. If the amounts involved are material there should be a formal “deed of gift” on each occasion. It will not be sufficient to leave everything unwritten, on the basis that the donors/lenders have excellent memories – when the time comes, they will no longer be there to “give evidence”

So the moral of the story is that in these circumstances (which are not at all unusual) there is normally something which can be done, but good advice and proper paperwork is essential (not just at the start, but throughout the duration of the arrangement) - and a gift with strings attached is a loan.

Please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in June 2022

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

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Norfolk and Norwich University Hospitals
NHS Foundation Trust

Organ Donation

Andy's lifesaving gift

Only 1% of people currently die in circumstances where organ donation is possible. This means that every potential donor is precious.

Cyclist Andy Hornby, 50, was training for a triathlon when he was involved in a serious collision. Sadly, he wasn't able to survive his injuries.

He donated his kidneys, liver, heart valves, eyes, bone and tendons, which has been a great source of comfort to his family.

Andy's wife, Charlotte, said: “We did not expect Andy's life to come to a sudden end, but I am so grateful that we had that conversation because it made it easier, and I could not think of a reason to say no. To give the gift of life is one of the most precious things anyone can do.”

Even though the laws around organ donation have now changed to an opt out system in England, Scotland and Wales, families will always be consulted before organ donation goes ahead.

Organ Donation Week runs from 19 to 25 September 2022 and provides a great opportunity to show your support by



Andy's donated organs gave others the chance of life after his death

registering as an organ donor and starting conversations about organ donation with your loved ones, just like Andy did.

Natalie Ashley, Specialist Nurse Organ Donation concludes: “Having these important conversations will make it much easier for families to make a decision if they are ever asked to support a loved one to donate”.



6394 people are currently waiting for a transplant in the UK, with **37** of those living in Norfolk.

60 transplants taking place.

Last year **27** people in the area became donors after their death, which led to **60** transplants taking place.

More than 415,000 ...people in Norfolk are on the NHS Organ Donor Register.



To join the NHS Organ Donor Register, visit organ donation.nhs.uk, call **0300 123 23 23** or register your decision via the **NHS app**.

 **Yes I donate**
ORGAN DONATION

Kathryn Gigg

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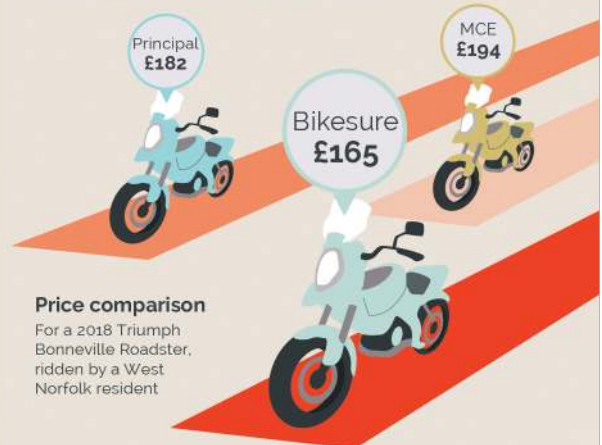
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Incinerator Update – The Blow Falls and the Unthinkable Looms

County Councillor Alexandra Kemp, Clenchwaton and King's Lynn South, 01553 630329 or 07920 286636

I discovered that Wednesday 6 July's Norfolk Access Forum at County Hall, had "Medworth Incinerator" in a list at the end of the Agenda, as a National Infrastructure Project. Naturally, I was suspicious, and contacted the Head of Paid Service as to why it was there. The answer was it "for information only". But the Access Forum is in the County Council's Democratic Calendar, clerked by County Officers and has County Councillors in its Membership. So I asked why the Agenda did not say NCC opposes the incinerator, following the cross-party Motion that I and Cllr Dark brought to the County Council on June 10th. The Director agreed to tell the meeting about our Motion, and have it minuted.

Then the very next day, Thursday 7 July, MVV sent their Application for the 625,000 tonne incinerator in to HM Planning Inspectorate. Perhaps they were taking advantage of the power vacuum in Westminster. The Inspectorate has 28 days to decide if it will accept the application. It won't accept it if there isn't a Statement of Adequacy of Consultation from the 4 host authorities who have 14 days to object.

- MVV didn't consult properly with local residents, as they set too narrow a circle for the area of consultation, no wider than 5 km.
- This was illogical and inconsistent, as MVV's pre-consultation report last Summer defined the area potentially affected by the incinerator at 15 km.
- But that area is still too narrow, as 15 km extends only to the Pullover Roundabout in West Lynn, conveniently missing out the whole of Lynn and surrounding villages.
- It take no proper account of the velocity of the winds around the Wash and beyond.
- Tellingly, MVV's report also said they didn't need to model what would happen if there was an abnormal incident, i.e. a major accident. This was unbelievable, when we later found out the ash from their Plymouth incinerator, blew up a ship on Plymouth Sound and injured the Chief Engineer. Legally, MVV were not responsible because the ash had left their site. But that was little comfort to the ship's crew when it put their lives at risk. Incinerator ash is highly flammable and would be a risk in transit, not just onsite.

The Borough Council asked Parish Councils in West Norfolk if they

were consulted. The Borough Planning Committee is discussing the matter in July. I am contacting NCC to put in a Statement of Inadequacy of Consultation too and I am writing to the Planning Inspectorate again. Keep writing to the Secretary of State, Kwasi Kwarteng, MP@Parliament.uk to say no to the incinerator and remind him there is an oversupply of them.

NO MORE INCINERATOR MOTIONS EVER AGAIN?

There is an extremely sad and disappointing development in local politics. After the goodwill of the cross-party Motion in May, NCC's Administration rushed out a raft of substantial radical changes to the Constitution, which could stop us ever bringing an incinerator Motion, or any other Motion, to the County Council again.

These new proposals, which were not originally included in the Corporate Committee's Agenda report for 23 May, and all were left off the Agenda's copy of the Constitution due to a technical error, would have ended spontaneous questions to the leader and have let Cabinet Members off the hook from answering questions on their portfolios. Fortunately, after strong representations from yours truly and other opposition members, the Administration dropped those ideas.

But the County Conservatives still want to end all full County Council Meetings on the dot after 3 hours (we only meet every two months as it is) and bring in a new Conservative-first (largest group first) Hierarchy of Motions. This could mean there would never be time for any opposition motions and certainly not for mine, as mine would come last of six. This is a bit like Big Bear eating Little Bear's porridge. Or the bigger children pushing the smaller children out of the dinner queue.

Motions and Questions at full Council are there for the opposition to hold the Administration to account and to debate issue of local importance. But now the Conservatives want to put their Motion first, every time, even if there is no time for opposition motions.

The Conservative changes would also mean if there is no time for your Motion, it would be voted on WITH NO DEBATE AT ALL or you would have to withdraw it or you could not bring it back to Council for 6 months. Double jeopardy. Yes, it would be as bad as that! Catch 22. You do wonder about the minds of politicians who dream up such undemocratic ideas.

By the time you read this, we will know if democracy is down the pan again at County Hall. Don't hold your breath.

News from The Woottons

Richard Coates

Last month I wrote about the many new houses planned for The Woottons but, this month, I want to tell you about the opposite end of the scale. My wife and I moved to The Woottons in 1987 and we still live in the same house we bought then - 35 years ago. We were quite proud of the house we could afford at the time but our needs have changed over time and we've extended it twice in the past. We're currently in the process of our third set of extensions (and now renovations) so I know a bit about builders, plans and planning.

Apart from this monthly article, I also write a weekly email of What's on in The Woottons that includes a list of the planning applications for The Woottons each week. Yes, that's right, a list! There's nearly always several each week. And because I'm interested in what people are planning, I don't just list the addresses, I go on to the Borough Council website and look at the plans. It's all public information, right down to the neighbour objections! ("If this extension were allowed, they could see right into my bedroom"!).

There's one general theme that you can see from many of these planning applications: the houses built 30, 40 and 50 years ago are too small for the way we live now. Many of the people who live in them now want to alter and extend them. I'll come back to that in a minute. The other thing that's glaringly obvious is that the garages that were built then are useless for cars now. The standard size garage (8' x 16') might have been O.K. for cars then but they'd now be classic cars now. Modern cars are just too big to go in them so garages are now used either to store things in or, if they adjoin the house, as an extra room or bedroom.

When I look at some of the planning applications for extensions, I never cease to be impressed by some of the ingenuity shown by the people who have drawn up the plans. These will have been from original instruction by the owner/occupier but then interpreted by a professional

architect or plan drawer who knows the planning rules. I'm being careful with my description here because to become a fully qualified architect takes many years - 7 as I recall - longer than to become a doctor so very few can describe themselves as an "architect". Nevertheless, there are many part qualified and skillful people who have years of experience and who know the rules and can draw up plans.

Some years ago, the government decided that certain types of extensions would be permitted to be built without the need for planning permission. This has gone ahead without the sky falling in and no-one has sued anyone else or complained too bitterly that their rights have been breached (so far as I know). But we still insist on a full planning inspection for some comparatively minor works. So if you want to build a small porch on the front of your house like the owner of 9 Pingles Road, North Wootton, did to include a small downstairs W.C. in his semi-detached, you'll have to wait 3 months while the full might of the planners comes to bear on your drawings. It's basically the same system that you'd go through whatever you wanted to build and you have to wait a long time because there's a shortage of planners. So, you have perfectly good plans, nobody complains, there's nothing wrong but you have to wait for the council planners. You have no choice.

Once you have your planning permission and start building, you have to have your building work inspected to make sure it conforms to building regulations but here you do have a choice. You can use the Council's own building inspectors or use a private firm of building inspectors. You pay a fee whichever you choose. I think the planning system could be the same: a private firm of planners or the council's own planners. That would solve the Council's shortage of planners and give people a choice, just as with building regulations. And why not exempt small building works from planning if the neighbours don't object? That would reduce the number of planning applications that the council has to deal with. So, less administrative work, less cost, help reduce the cost of living a little and I'm sure the sky won't fall in.

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Hunstanton & District Rotary Club

Rotarian Adrian Evans

Hunstanton & District Rotary Club held its Changeover Night at the Heacham Pavilion on Wednesday 29th June to recognise the Rotary new year starting 1st July.

The outgoing President Mick Harpley, after a very successful year in office, passed over the chain of office to our new President John Greyson, who will hold office for the 12 months to the end of June 2023. John is a long-time member of Rotary with lots of valuable experience to bring to the role. Including being a past Rotary Club President and Paul Harris Fellow.

Mick was presented with the clubs 'Roger



Hoverd Award' by Maureen Hoverd. This is traditionally given to the outgoing President in recognition of their service to Rotary and was very much deserved.



Later on in the evening Peter Atterbury was presented with Rotary's most prestigious award, the 'Paul Harris Award' for outstanding service to Rotary. Peter joined the club 10 years ago and from the start became a very active and important member. He has been Club President twice and when not President he chaired various committees and been a member of the Council for the whole of his membership. He has also been a Trustee of the club for the last 5 years.

There has not been a time when Peter has not



held a responsible position. But much more than the positions held Peter has been a key member in most of the Fundraising activities that have been held over the last 10 years. As one of the main organisers of our two most significant fund-raising events, the Kite Fair and Norton Railway he was also very much hands-on at the events themselves. Also, Peter is active in the club's other fund-raising events such as bucket collections, car boots, raffles etc. He plays a major role in the clubs non-fundraising activities such as Smithdon School Mock Interviews, Young Citizens Awards, Dictionaries4Life, Crucial Crew, the list goes on.

But on top of this, his contribution to the Fellowship aspects of the club have been second to none. His strong character, sense of humour and kind nature makes it a pleasure to be in his company.

Sporting corner with Tim Keogh

Live Love Laugh...Paddle board!

There is a strong water sports community along the wonderful and beautiful North Norfolk coast. From sailing, kite & wind surfing, jet skiing, kayaking & canoeing all the way through to powerboat racing, it's all here on your doorstep. On 6th & 7th August, the high octane Hanseatic Festival of Water Sports takes place on the river Great Ouse in Kings Lynn, with views from the quayside highly recommended. Anyone who has visited Hunstanton will be familiar with the Wash Monster and it's daily outings across the Wash and along the Norfolk coast, with their excursions to visit the seals a must add to any holiday agenda. For the more experienced, even those just wishing to try out a new experience, Snettisham, and Hunstanton Sailing Clubs have an array of water sports on offer to meet all tastes.

So, where does paddle boarding come into it? The genteel nature of this soothing activity is, in fact, probably the best launch pad to the world of water sports. Some enjoy it so much it becomes their leisure pastime choice, to others, it is simply a flavour to more serious water sports. Treat as you find and see where it takes you.

Originating in Hawaii, it was predominantly used as an indigenous means of transport, before it arrived in the UK as a leisure activity as early as the 1950's. Learning paddle boarding is a wonderful introduction to water management and gives you the confidence to float across water, visualising your environment from a whole new perspective.

Over at Brancaster Staithe, Brancaster Boards offer daily paddle boarding sessions to beginners and advanced boarders alike. Run by Annalisa Dovey, the company has been running since 2018. In Annalisa, you are most certainly in safe and capable hands. With over two decades of water sports experience as an instructor, international competitor and watersports ambassador, she ensures everyone enjoys

their "vitamin sea" experience, be it as a beginner or an advanced boarder. The excursions take you through the picturesque and serene waters that weave through the Brancaster Staithe wildlife. Breathtaking. The dawn and dusk tours, the latter often including a mooring at the White Horse for refreshments, prove particularly popular. Whilst trips are tide and weather dependent, Annalisa tries to meet all needs offering two - and sometimes three - excursions a day. Group and individual bookings are all catered for. The equipment is provided whilst each session begins with the relevant training. It is not a difficult sport to master and the waters are all reassuringly shallow to even the most nervous of sea farers. Annalisa descends from generations with local knowledge and her passion is palpable, ensuring everyone has the best experience possible.

There are a number of options available, from basic lessons and rentals right up to the scenic tours through the harbour and staithe. Tailor made training classes, aimed at family parties and children, are also available. For more information, please visit www.brancasterboards.com or contact Annalisa direct on 07810 775533.

See more on page 54..



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The roving reporter's first experience of paddle boarding

Tim Keogh

One very warm afternoon in June, I ventured across to Brancaster Staithe to experience paddle boarding. However, being more of a ball sport kind of person, I did feel some trepidation, which escalated as the D Day launch approached. No pulling out now matey, you'll be fine I kept telling myself. My four fellow debut boarders seemed so calm. Not being the best at listening to instructions (blame it on a strict schooling), I just wanted to get on with it, a suck it and see kind of guy. However, our tutor was really rather good and, as safety is very important, I did listen intently to the paddle board training and safety measures, obviously all in place for the reasons I was yet to find out.

Once that was over, I was off, my light paddle board in hand, dying to get started. However, I was slowed down by the fact I'd not brought suitable footwear and walking across a pebbled, stony harbour in bare feet was rather painful. My fellow boarders all overtook me. I was already last and we hadn't even reached the water's edge yet (not that I'm competitive!).

Once there, I followed the instructions and launched pretty safely. Maybe a tad too quickly though as calls to slow down and come back were not heeded, not out of a lack of respect for authority, but purely down to the fact I didn't know how to turn back. Cue capsiz number one.

As we regrouped, we all serenely floated across the water as a team, initially on our stomachs, learning to master the importance of the paddle, - without which this activity would just be called boarding I presume. Quite quickly we had all moved



Getting into the knee position



Capsiz number four - or me realising I'd dropped my wallet in the water !

to the knee position. We reached check point one, only 50 yards away, pretty much unscathed.

As the waters deepened slightly, we were advised to try out the most difficult procedure, moving from knee position to standing position. Success all round. Hoorah. At this point you began to appreciate your surroundings, the environment and wildlife whilst calmly floating across the water. Everyone politely chatted away. This was easy. I was now an expert ! Cue capsiz number two. Annalisa had spotted a stinger jellyfish. Having quickly jumped to the conclusion it stung, I

panicked and, in my attempt to escape this dastardly fiend, I was in the water again. Apparently, I had managed to re-board in a world record time as I feared this tentacled beast heading straight towards me.

As we continued our way around the Staithe, the tour became more and more enjoyable as we mastered the nuances of paddle boarding. Stopping, turning, mooring and, particularly in my case, reboarding. My "ahoy there sailor" to people tending to their boats was often met with the shaking of heads. As one boat passed, I waved, before Annalisa told us to brace ourselves from

the ripples created by the boat, now quickly heading our way. Not a huge danger but one to be aware of as you balance yourself in preparation. Cue capsiz number three. I shook my fist at the helmsman, he waved back. I'm sure I saw him wink at me too.

And so, the afternoon pleasantly progressed, Annalisa teaching us all sorts of skills and manoeuvres, the group fast becoming friends as we learnt the ropes together. We met other paddle boarders during the trip, some with their well-behaved dogs on board. I turned and enquired to one boarder as he passed, what breed of dog he had, cue capsiz number four. All I heard was "patterdale crossed with..." before I plunged into the depths again. I will never know what breed that dog was. Always look where you are going was a great tip for paddle boarding from our instructor (I should have listened more at school too). We all enjoyed a wonderful couple of hours on the water, enjoying the wild life, harbour and views. Whilst it was plain we had all started with differing levels of ability (me being the worst), we all ended up as capable paddle boarders, testament to the excellent tutoring skills of Annalisa. On a hot day there really is nothing more refreshing than paddle boarding and, on mooring back at the harbour, we all felt truly rejuvenated. I highly recommend this to anyone to at least try out once. It really is jolly good fun and would appeal to adults, children and families alike. I, for one, will be back - much, I am sure, to the disdain of all the boat owners in Brancaster Staithe harbour.



This month a shortage of space means that our In the Spotlight feature moves online and you can read it here: www.townandaround.net But first a taster.... when asked about the funniest incident Annalisa said: "Not particularly funny at the time but, looking back, it was probably whilst kitesurfing in the Dominican Republic. I had damaged my kite and became stranded in between some coral. I wasn't too worried about the threat of sharks as I knew it was the scent of blood that attracted them. Until I realised I had ripped my big toe nail off, with blood seeping out! Fortunately, a fellow kitesurfer came to my rescue and towed me and my equipment back to shore. He was amazed that I hadn't asked to pause a couple of times during this arduous and tiring trip back to shore. I didn't have the heart to explain that I was convinced a shark had cottoned onto the blood scent." There's so much more to read about Annalisa - do log on.



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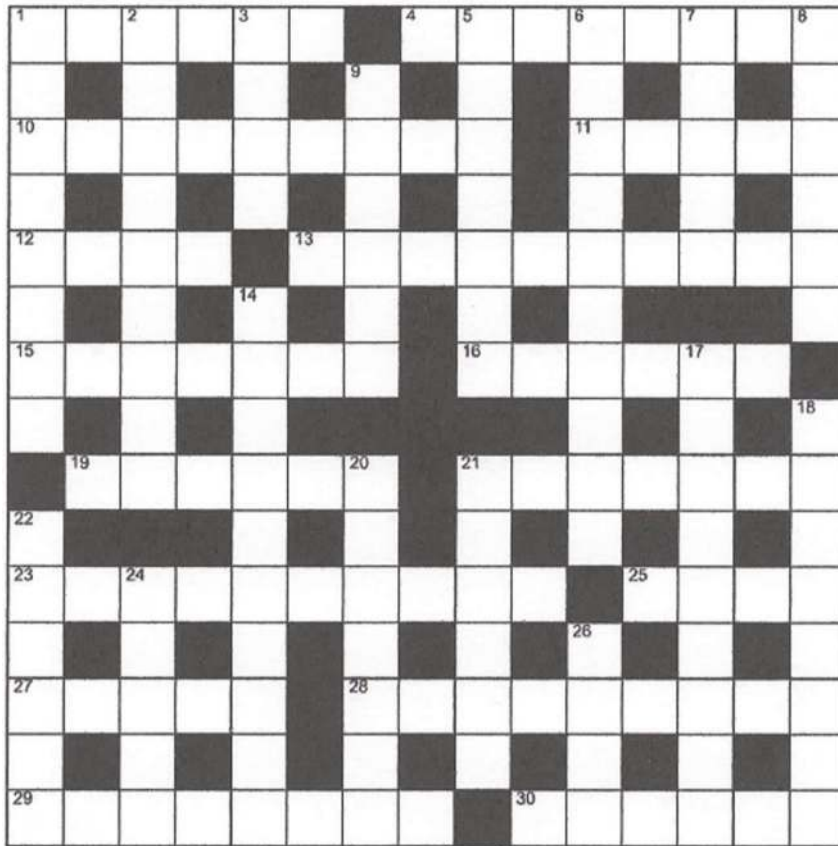
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David Elsey's Cryptic Crossword



Crossword solution on page 13

Crossword Clues Across

1. Tight hat chosen to cover thick hair (6)
4. Titles in literature ever present in folios (8)
10. Couldn't care less if setter is obedient (9)
11. Kind of hole you might use a driver on? (5)
12. Learning about job, front to back (4)
13. Lancaster and Stewart, for example, are making a mint (10)
15. I'm soon off – storing uranium is fraught with danger (7)
16. Don't stop free pardon (3,3)
19. One looking for a way in might spin a line (6)
21. Travelled on motorway, focused (4,3)
23. Great place for a musical interval (5,5)
25. Letters from abroad satisfy when read back (4)
27. Spanish guy doesn't apply to meet Italian woman (5)
28. A cake, whirl, milk and honey (9)
29. Excellent area to put on street party in New York (4,4)
30. A-D headings for degree subjects are out of line (2,4)

Crossword Clues Down

1. A large number sing while standing on one leg (8)
2. Insult is in line with misdeed (there's nothing in it) (9)
3. Question Charlie – he's over a barrel (4)
5. Up late nursing Eric's partner non-stop (7)
6. Start off getting ready to make amends (10)
7. Almost slip in field (5)
8. Square up to bench (6)
9. Pickpockets of varying types (6)
14. Might they provide cover for those making deliveries? (6,4)
17. Fed up having to hold essential talks when pressed (9)
18. People of dazzling charm can hit you for six (8)
20. Tried again to get her a red dress (7)
21. Force discussion to be aired (6)
22. Smithy is a blur (6)
24. Two-faced bouncer? (5)
26. Drift into mad itinerary (4)

Ray Butchers Su Doku

Easy first...

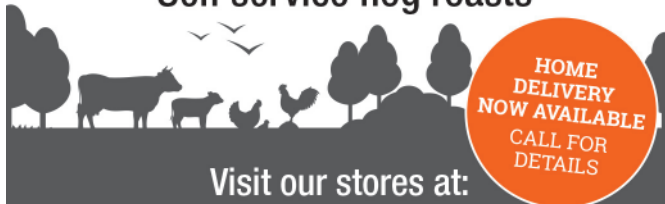
...then the more challenging

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

			7					
	8							7
				9	4			
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	9	4			6		8	
				5		1		4
				4			3	
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On the turf with Charles Joyce

I'm beginning to feel as if I'm the messenger boy for the grim reaper. In June, the world lost Alex Head at the age of ninety seven. Along with Etienne Pollet and Francois Mathet he was among the best trainers of a racehorse in France in the last century. A son of Willie Head and grandson of William Head his wins were too numerous to mention for fear of missing one of the greats. As a jockey he cycled to the race track at Auteil from his then home in Maison Laffitte during WWII due to fuel shortages. In 1958, he purchased the now famous Haras Du Quesnay which housed such as Sir Gaylord sire of Sir Ivor whom Lester Piggott said was the best horse he had ridden and Dancer's Image winner of the Kentucky Derby. Alec Head is also the father of champion French jockey and trainer Freddy Head and Criquelette Head who was the first woman to win the Arc D'Triomphe when in 1979 Three Troikas won. He is also the grandfather of Cristophe Head.

Champion National Hunt jockey, John Francome, once referred to racing stewards as cabbage patch dolls, it's not really certain what he would have said about the five days suspension Robert Havlin received for careless riding when Free Wind trained by John Gosden was pushed into the rail at Haydock. The stewards found Havlin to be at fault as the gap on the rails was 'only briefly viable'. No one has said how long a gap on the rails must be viable before a jockey can go through it or at least attempt to go through it. Maybe the talking horses on the bookmakers advert will discuss this one day. The British Horseracing Authority a few days later overturned the ban without the need for the jockey having to attend an appeal.

Another strange decision by the stewards was Christophe Soumillon after winning the Eclipse on Vadeni was suspended for twelve days for careless riding, not during the race but after the race. Whereas when The Ridler won at Royal Ascot he ran across the track at an almost forty five degrees angle interfering with several horses travelling at maximum speed. Jockey Paul Hanagan received ten days for careless riding. After interfering with four horses The Ridler kept the race.

We just about kept our head above water at Royal Ascot. One thing that reoccurs quite often is when Aidan O'Brien has a runner that is heavily backed in major races. It happened at Royal Ascot a few times with Little Big Bear, Changingoftheguard and Mediate, all of whom won. The claim is the 'lads' like to have a bet and this causes the price to plunge. Whether or not it is the 'lads' getting stuck in is not always certain. But seldom is the money left behind in the major races when it comes late or is consistently strong.

The victory of Trueshan in the Pitman's Derby on the sand at Newcastle was an almost Arklesque performance. No horse other than Trueshan in recent years has on the flat carried ten stone eight pounds and given away nineteen pounds or more to every other horse in the race. It was a terrific herculean performance as the six year old gelding carried Hollie Doyle across the line. The previous Sunday Hollie had won the French Oaks (Prix Diane) on the John Gosden trained Nashwa to become the first woman to win a European classic. Just as one woman breaks the glass ceiling the world comes crashing down on millions more with the overturning of Roe v Wade by the US Supreme Court.

The reason given for the support of the American Constitution is that it is not the people's because it is good. But that it is good because it is the people's. Jack Lively pointed out that in America in the 1960s Blacks marched in support of the Constitution whereas in Northern Ireland Catholics marched in opposition to the British Constitution which is not written. (The 1998 Human Rights Act has been considered a form of written constitution as it gives everyone living in the UK the right to defend their rights in domestic UK Courts compelling public organisations to treat everyone equally, fairly with dignity and respect.) Reuters reported that polls carried out by Ipsos found seventy one per cent of Americans including majorities of both Republicans and Democrats believe that decisions around abortion should be between a woman and her doctor while only ten per cent supported a ban on abortions.

The Guttmacher Institute found that 2,548 abortions took place every day in the United States in 2020 which is the last figures available. The Institute also found that almost one in four women will have an abortion by the time they are forty five years old. Back in 1973 Jane Roe, whose real name was Norma McCorvey, didn't have an abortion as her daughter was born before the Supreme Court Judgement. It maybe perhaps a bit ironic that the 1973 decision meant the Jane women were not prosecuted.

It's not only feminists who claim denying women and girls access to abortion does nothing to stop them needing it. Instead it drives the same women and girls, the majority of whom are under thirty and working class, into unsafe practices which according to the World Health Organisation is the third most common cause of maternal death across the globe. There are an estimated five million women with preventable disabilities caused by unsafe abortions. Time magazine's Charlotte Alter wrote after the decision that while American women were progressing by achieving more degrees than men, running ever more Fortune 500 companies, and in some cities earning more than men, still Roe fell. She explained that while sixty percent of American women identify as feminists. (It seems a bit strange then that in 2016 more white women voted for Donald Trump rather than Hillary Clinton as it was Donald Trump who appointed 3 of the consenting judges who overturned Roe v Wade.) Time magazine goes on to say that while individual women were pressing ahead they had failed to engage in federal courts and state legislature races. In simple terms they ignored the politics taking cultural representation as the way forward. This is emphasised by the responses of Sleepy Joe Biden in which pathetic is too mild a word and Democrat House speaker Nancy Pelosi who read a poem. Rather than take federal action Sleepy Joe has made it clear he wants to weaponise the issue in claiming abortion will be on the ballot paper in the mid-term elections when all 435 seats in the House of Representatives are contested along with 36 state governorships.

It does not always come easy to understand the different views across the Atlantic where it seems acceptable someone can buy an assault rifle with very few checks and then use it to murder children in school. Yet a woman in need of healthcare is denied it. This may seem all a long way from local issues but Clarence Thomas (his wife is said to be under investigation in relation to the Capitol Hill riot of 6th January last year) the longest serving US Supreme Court judge has already said gay marriage and contraception should be next to fall, and in late June a group claiming to be religious were walking around Lynn suggesting that gay people are the work of Satan. I was under the impression we are all God's children. But what would I know, I learnt my religious education from Father Baker the so called rebel Catholic priest who was the reason actor Mel Gibson bought a West Norfolk home. Locally pro-choice campaigners have pointed to the Catholic religion of a majority of the Supreme Court judges who overturned Roe. That overlooks Anthony Kennedy an Irish Catholic judge appointed by Ronald Reagan who himself opposed the Roe decision. Yet it was Kennedy who wrote the plurality opinion in Casey v Planned Parenthood which reaffirmed the Roe decision in 1992. (The Casey Judgement was also struck down with Roe.) At the time Harry Blackman who wrote the majority decision in Roe v Wade did express concern that time and judges could change views.

Worth a look on YouTube is the three minutes speech on 22 May on the floor of the House of Commons where Mhari Black MP spoke of the "F" word and that it does not come in waving flags.

Meanwhile nanny Nadine Dorries's henchman Chris Philip MP who drew the short straw when running into RMT supremo, Mick Lynch, coming off second best in an exchange on Newsnight. Until he became one of the rats deserting the sinking ship or if you wish stabbing in the back Boris Johnson the Croydon South Parliamentarian was responsible for gambling policy in Government. Reducing stakes for online casinos to parity with betting shops seems reasonable. But the Government was on course to back down to the might of the billionaires of the Premier League clubs and the bookmakers by dropping proposals for a ban on club sponsorship by bookmakers and not going forward with a mandatory levy to help fund dealing with gambling addiction while targeting punters with prohibition of free bets and bonuses and the formal introduction of non-intrusive affordability checks. The Racing Post reported that the punter's protective chocolate fireguard known as the Gambling Commission, "has in fact mandated the introduction of the most intrusive form of financial checks, expecting bookmakers to ask customers for bank statements and pay slips. To compound the issue, the regulator has refused to give bookmakers clear guidance on the level of spend at which it thinks affordability checks should be applied." Nothing is certain with the shenanigans going on at Westminster and the close of play so close a bill may not be brought forward until September, even if then as the new Minister may not have the same objectives.

With August upon us and the Galway races behind us it's time to look

at Killarney races where John Jo Murphy loves to have a winner in handicaps. I generally go for runners older than three years old. That's as simple as it comes. Some years he does not have a runner, but he's always one to look out for. At Tipperary Willie McCreery and Billy Lee often team up with fillies to great success especially in August, especially in races of less than a mile. Keep in mind a filly becomes a mare when she reaches five years old.

Another August trainer to keep on the right side of across the Irish Sea only this time in any race is Eddie Lynam. He's famous for his sprinters. Multiple Group 1 winner Sole Power and Slade Power who won the Group 1 Jubilee Stakes at Royal Ascot to name just a couple. In August with his runners at seven furlongs or less he is the trainer to be with. He's not a trainer for excessive fields and I restrict bets to races with fourteen or fewer runners in. He's not so good if they have come off the all-weather surface at Dundalk in their last run, and for some reason he's not so good at Bellewstown. Betting on the exchange starting price has been good for the past few years. Well back to 2013 anyhow. 2018 and 2019 were poor years, but he had very few runners in those years, and the other years more than made up for them, especially on the exchanges.

At York we need to keep an eye on the Great Voltigeur as a guide to the St Leger where Westover tries to follow in the footsteps of Hurricane Lane who last year finished third in the Epsom Derby won the Irish Derby and the St Leger at Doncaster. It's too early to come down on any side, but Aidan O'Brien is likely to have a runner with a solid chance, maybe ChangingoftheGuard, although Luxembourg could be back by September.

The race that could generate most interest is the International where Baeed, Corebus and Inspiral could all emerge to take a step up in distance and challenge the established best mile and quarter horses in Europe. It's not clear if they will be taking on French Derby winner, Vadeni, who was supplemented for the Eclipse costing over fifty thousand pounds and won for the Aga Khan. He just held on from Mishriff

who was unlucky in running and who may well turn up at York. On the subject of York from June to August trainer Michael Dods loves to have a crack at the handicaps which are open to three year olds. I have severe reservations about any of his runners older than six years old. It's as simple as it comes and should hopefully keep us on the right side.

At a much lower scale two year olds are running in handicaps against their own age groups from early July. At Yorkshire's garden track, Ripon, the favourites in these nurseries have a very good record in the month of August. Going back to 2010, none of the favourites have been exceptionally short odds. Of special interest are the nurseries over a mile. We'll not retire on the winnings. But it's another very simple system and should be able for us to keep the online accounts or not upset the local bookmaker should we win.

The women's open is this year played at Muirfield in Scotland. Before the start I'll almost certainly invest in Lexi Thompson or Jin Young Ko. It's Thursday night when it seems to be the right time to bet. Anna Nordqvist came from the pack last year to foil the trend of the eventual winner being in the leading three at the end of the first round. It was only in 2019 that the golf course invited women to join as members.

Finally I'm not sure what came over me to suggest Ons Jabeur is Danish. The Wimbledon runner up is in fact from Tunisia. 33/1 was a great price for her and although she started Wimbledon fortnight at 10/1 hopefully she gave everyone a good run for their money and each/way backers still got a return as she only lost to Elena Rybakina in the final. The winner is Russian and has a home in Moscow. She avoided the Russian ban because in 2018 she declared for Kazakhstan. The big question at Flushing Meadows will be can Cameron Norrie follow Andy Murray into the record of winners of the US Open. 50/1 as I write he made the semis at Wimbledon where he ran into Novak Djokovic the eventual winner. Much will depend on the draw.

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

Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

One of the advantages of being Club Correspondent is that you are in charge of what you write about. The general rule is that my article should reflect what Hunstanton and District IW have been doing. Makes sense. However sometimes something crops up which warrants breaking the rule. This is that moment!

It may not interest everyone but it highlights the wonders of nature and the persistence to get a job done however tricky. It concerns the leaf cutting bee. I have one in my garden and watch it every day cutting pieces of leaves off plants, carrying them over to its chosen place for nest building and back and forth it goes. The photo gives you an idea of her at work. Next time a challenge presents itself to you, think of the bee and don't give up.



The district committee meeting at Thetford took place on the 21st June. This is an important event at which the District chair hands over her chain of office to the new chair. Photograph of this important moment is below.



As a club Hunstanton and District are very proud that both chair and vice chair were both Hunstanton members, a rather unusual situation. We look forward to what lies in-store for us as a club. Coral Campbell launched a British Heart Foundation fundraising project. The challenge was to record how many individual items were donated by each club to the BHF charity shops. Certificates for the winner and runner up were presented at the district committee meeting, and you will see one of these in the photo (top right).



The member holding it prefers not to be identified but was put to good use in this case. Thank you very much!

A Holkham Hall District outing was organised by Coral Campbell in June. I gather it was thoroughly enjoyable but unfortunately I couldn't go due to a foot injury.

We are very sad to report the passing of Maureen Moffat, one of our long standing members. She will be greatly missed. Maureen supported Inner Wheel with due diligence and we were very lucky to have had her as one of our members.

I am just emerging from a front row seat as 800 cycles went past my garden gate. Along with it went every cyclist thanking the Marshalls as they went by. There may have been an Inner Wheel member taking part, hence my mentioning it but also, here I go again stretching the rules,!

Sporting corner with Tim Keogh

Hunstanton Open Bowls Tournament makes popular return

Cliff Parade Bowls Club hosted their week long Open event from Monday, 8th July until Friday, 12th July. This popular tournament, returning after a two year absence, was a resounding success.

With players travelling from across the country to attend this prestigious event - one even travelling from as far afield as Holland - the club made sure all players and spectators alike enjoyed the experience. The lawns were superbly manicured and retained a good playing surface throughout the week. The clubhouse provided ample refreshments to the spectators, whilst the Salad Bowl kindly hosted the presentation evening buffet.

All tournament formats were catered for with the singles open, pairs and triples formats all played out through the week. With over 200 players participating it proved a busy week of bowls, in particular, for the organisers who had to accommodate over 150 matches across five days. The youngest participant, George Almey, 13, playing alongside the oldest, John Wallace, 84, proving bowls really is a game for all ages.

Sue Clare, who managed the event, was delighted, saying "whilst we experienced the good, bad and ugly of the British weather this week, it has been fantastic to see so many bowlers and spectators returning to enjoy this annual event".

The flagship event, the Singles Open, certainly lived up to expectation and proved to be a great finale. Local player, Graham Keeley from Snettisham, met previous winner Scotsman Andy Hailes, from Wisbech, in a tight affair. Hailes actually stormed into an 11-4 lead, before Keeley managed to steady the ship and turn the game on its head with some pinpoint accurate bowling, eventually going on to win the match 21-15, much to the delight of the onlooking spectators. A very modest Keeley said afterwards, "That was a very tough match but it is rather special winning on your home ground".

With its panoramic sea views, you will do well to find a better located bowls club in the country. The tranquil perception of the game misleading as there is an intense competitive edge bubbling under the surface. However, this tournament is named the 'friendly



Above: All the trophy winners with James Johnson (far right), Maureen Howard (second from right) and Elizabeth Nockolds (fourth from right)

Below left: Action from the Singles Open final

Below right: Singles open winner Graham Keeley with partner Rebecca Burton



tournament' for a reason with the camaraderie amongst the players and spectators plain to see. Next year's event is already being eagerly anticipated.

James Johnson of James Johnson & Co (Accountancy) Ltd, who sponsored the event, was on hand to proudly present the trophies on behalf of the club his father, Basil, was once president. He was ably assisted by new

Hunstanton Mayor, Maureen Howard, and local councillor, Elizabeth Nockolds. Other sponsors included Alive Oasis, Boston Bowls Supplies, Searles, Hunstanton Town Council and the Salad Bowl.

Applications are already being accepted for the 2023 event. For more information, please email Sue Clare at susanneclare@btinternet.com

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Question: Lawn Bowls has been in the Commonwealth Games since 1930 (then The British Empire Games), all except on one occasion. What was the reason it wasn't played and which year was it?

Closing date: 15th August 2022

Answers to: editor@townandaround.net

or post to: 18, Tapping Close, Snettisham, Norfolk PE31 7FF

Cheryl Setchell from Hunstanton was the winner of July's competition. Charlotte Dod - aged 15 in 1887 was the correct answer.

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Behind the Scenes ...

Welcome back! I am delighted to share with you the excitement we've experienced over this last month, and with just over half the year under our belts, I too, look forward to sharing what we have to come throughout August.

Firstly, at the end of June, Hunstanton was filled with fun and laughter as the carnival arrived for summer. The Princess took part in this day of celebration, as our wonderful Cinderella walked alongside some of the talented dancers at Rollason Stage School within the parade. We followed behind the very enthusiastic Costa cup mascot, which some of you may have spotted, and spread the word of our Christmas pantomime throughout the Town. The day ended with ice creams in the sun, a must for a hot day by the seaside.



The next time you see Cinderella out on her Hunstanton travels, the weather may be a little chillier! This year's pantomime brings tears of laughter and joy all-round, so make a note in your diary, this is your official invitation to the ball this December!

The enjoyment continued for us; in early July when we hosted the much anticipated, 'One-Act Drama festival'. It was great to see so many different types of performances on stage, that explored apparent and important topics, and ones which also brought laughter. Watching some of the high school performances cast me back to my drama exams, and the nerves that I felt, so seeing the courage it took for all the performers to get up on stage was inspirational, and if they had nerves, they didn't show them!

The festival came to a close on the 3rd of July, another great night! It began with the random selection of audience members who read a never heard before radio script. Cleverly set in a stuck elevator, all speakers sharply snapped into character, putting on an entertaining performance.

Now it was time for the awards... Stephen Hayter the director of the festival had the shining cups lined up ready. Well deserved appreciation was given to the Princess crew, highlighting the hard work of our technical team, who were rewarded with a specially selected bottle of wine. John Taylor was awarded the Shakespeare cup for the Adjudicator's Choice Award. Stephen gave his recognition of John's amazing service throughout the festival. Below you can see his gratitude, and the celebrations were a nice touch enjoyed by all the theatre staff.



Congratulations to all who took part, and all those who received an award, we look forward to next time.

Bringing in both the start and end of August are 'The Jersey Beats', performing on the 5th and 26th. 'The Jersey Beats' are known as one



of the greatest tributes to 'Frankie Valli and the Four Seasons'. The quartet outstandingly perform hits such as 'Sherry', 'Big Girls Don't Cry', 'Beggin' and many more! So don't miss this show, full of top tier entertainment, all hosted by Leye D Johns.

Be the dancing queen at 'Platinum – The Live Abba Tribute Show', performing on Sunday the 21st of August. Sing all night long. More than just a tribute, their electrifying performance will appeal to all ages. So have the time of your life and experience this unforgettable evening of great music, singing, and dancing!

We have a variety of amazing acts waiting for you this August. Grasp the opportunity to meet performers such as Merrill Osmond, offering a pre-show Meet and Greet, alongside his spectacular concert on the 7th. For a full list of August shows, please see the back 'What's On' page.

That's all from me, thank you again for reading through this edition of Behind the Scenes. A big thank you to all the acts, and everyone who helped to organise the shows this July. We look forward to August and anticipate welcoming you through our doors once again. Thank you for supporting our theatre, and until next time, break a leg!



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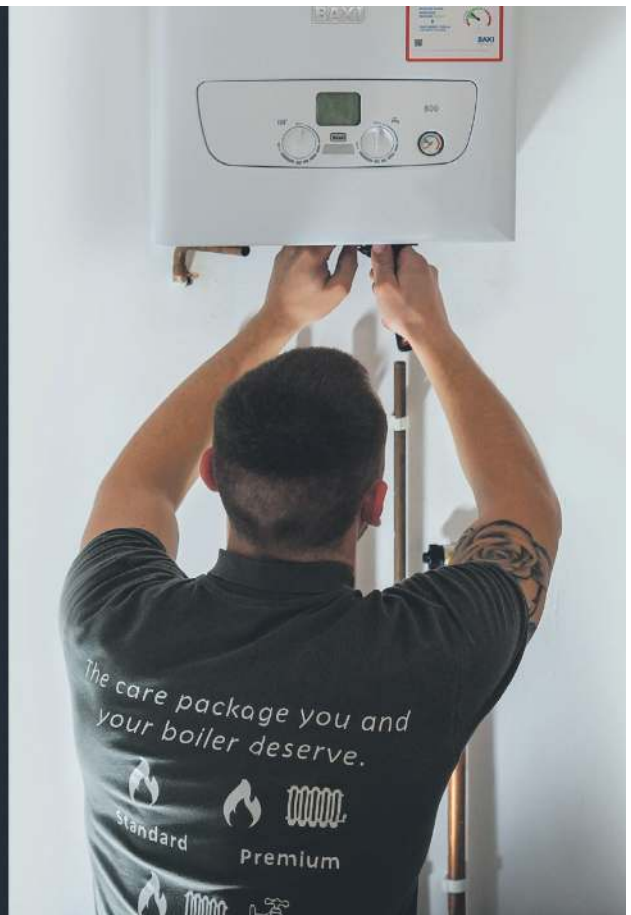
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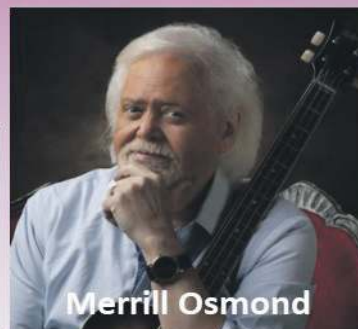


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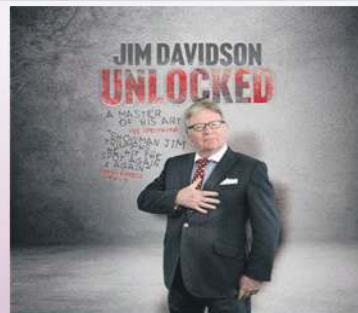
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