

HUNSTANT TOWN and AROUND

ISSUE 99 JANUARY 2014



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FIRST WORD

Happy New Year to all our readers.

Starting as we mean to go on, this issue has a great variety of articles and information about what's on during the month and reports of what's been happening in this area in the run-up to Christmas.

The Town and Around website is updated at least weekly with the latest news, so please have a look; it's a good way of keeping up with events. I also tweet local news regularly @hunny_bird

The cover picture this month shows what remains of the Titchwell beach boardwalk the morning after the tidal surge; you can read about the consequences on page 32.

My thanks as always to all our contributors, advertisers and once again there are new ones this month, and of course the distribution team who are out in all weathers bringing the magazine to you.

The February edition will be issue number 100; quite a milestone, so if you would like to have an advertisement or article in it, please get it to me for 12th January.

Lastly, a final uplifting thought - the days are getting longer!

Best wishes

Elaine

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Follow the latest stories on the website and on Twitter @hunny_bird

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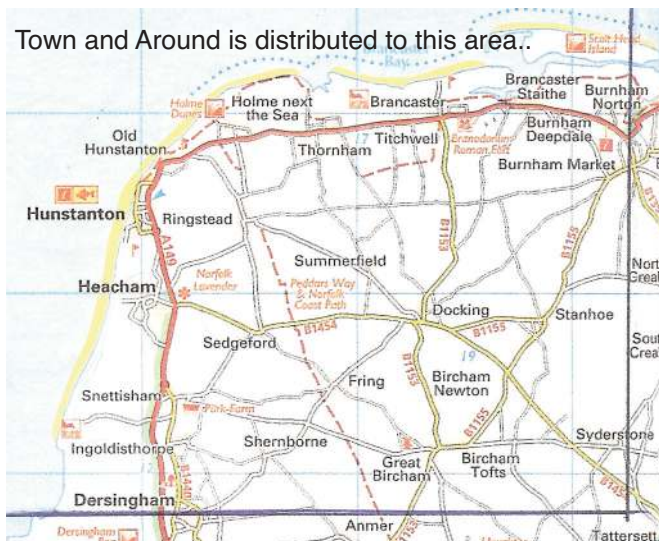
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A PAGE FROM THE SAGE

Dick Melton

I was asked the other day why it is the Smithdon School is named after Alison and Peter Smithson the architects, as it is spelt differently.

Well Alison and Peter Smithson were the architects but the school was not named after them, it was in fact named after the old area of Norfolk that it is situated in: Smithdon Hundred, Smithdon and Brothcross Petty Sessional Division of the Kings Lynn County District.

Built of glass and steel, the Smithdon School; an extraordinary and some times unpopular building (outraged locals insisted passers-by would be able to see up the skirts of female students) was the work of Alison and Peter Smithson a pair of young architects who were determined to make bombed Britain modern when the school was built in 1954.

As for the Smithdon School, it was and still is a masterpiece, a building that had the great American architect Philip Johnson swooning with pleasure, it is now considered one of the most important modern buildings in Britain.

Most of the long-time residents of Hunstanton at some time or other in their lives visited the old Kit-Kat and if they did they would have listened to Bert Bradshaw. Bert was born in March in Cambridgeshire early in the twentieth century, he learnt to play the piano by ear at an early age, he could also play the accordion, the drums and the bottles, in the 1930's he started entertaining as a Punch and Judy man on the beach at Snettisham. During the Second World War he was an air raid Warden. After the war he started entertaining in pubs and clubs all over East Anglia, then in the 1950's he was taken on to entertain at the Kit-Kat public house at the end of Seagate in Hunstanton. He entertained there on and off for well over twenty years.

In those days the boating lake was still there near the sea front, there were two small islands in the northern end of the lake one island had a fountain on it and on the other one was an organ. In the summer months on a Sunday afternoon if the weather was fine Bert would play this organ on the island with hundreds of people sitting in the shelters around the lake listening to him and singing away to the music.

Bert was a big man and for most of his life he weighed well over twenty five stone, so it was quite a feat getting Bert across the lake to the island in the early days he was taken across in a row boat; for many years a man that worked on the boating lake, Mr. Jack Driver, did this job. Bert was a workaholic and many days when he worked at the Kit-Kat he would play at lunch time from 12 to 2, then he would go off and play and entertain for old people's clubs in village halls all over East Anglia, then he would have to be back at the Kit-Kat by 8 o'clock in time to entertain for the evening session.

Often on a Sunday lunchtime Bert would get down off the stage and go out on the promenade playing his accordion, he would then start playing Onward Christian Soldiers and then come back into the Kit-Kat with lots of people marching along behind him.

On the shelf at the back of the stage in the Kit-Kat Bert had a selection of all sizes of champagne bottles filled to different stages with water. Bert would get his drum sticks and play Blue Bells of Scotland on them.

Bert played at the Kit-Kat till he was well over seventy and he was sadly missed when he retired, Bert always had Sunday nights off so another entertainer the well known Lofty Meek would entertain with his band called the Hillbillys. This local band played at the Kit-Kat for well over forty years.

I came across a very interesting little book the other day; it was a 1930's booklet about Hunstanton and in it was a lot of advertisements for shops in Hunstanton and amongst them was many that I had not heard of, the first one to catch my eye was a Doris Leggett who was an art photographer and



stationer who developed films, hired out cameras and sold films, church books, stationery and fancy goods with a shop some where in Westgate.

Then there was Sunny Nook, a boarding house at 2 Cliff Terrace, facing south near pier and gardens, rooms large and lofty, well recommended, water softener installed and it even had electric light it was run by the two Misses Sheringhams.

Another one was Watt's Stores opposite the Town Hall; the advert says English toys and games, warming pans, bellows, and toasting forks, also souvenir caddy spoons of Sandringham and Hunstanton from 1 shilling each also sundials, bird baths at low prices.

H J Baker was a family grocer and he had a shop on the corner of St Edmund's and York Avenue, his specialties were the finest English and imported bacon, and the very best New Zealand butter, freshly ground coffee and our own blended teas, also the finest quality Australian fruits (caned I expect). There were also adverts for some of the more well-known shops, the advert for C W Abbs at the Corner House in High Street says they sold sweetmeats and cigarettes, Watson Bros. coke and coal merchants had their office opposite the Town Hall and they would quote you a special price for a truck load of coal. The last one is Ingram Watson and Son who in those days had one office opposite the station, one adjoining the Lifeboat Station at Old Hunstanton and another adjoining the level crossing at South Beach Road.

Last of all for this month I have been very interested in all the press about the food banks that are being set up all over the country. If these food banks are going to help people, especially children, then all well and good.

During the Second World War there was always a shortage of food and a lot of food was on ration until 1954/55. It was a lot worse in the cities but in the country you just made do with what you could get your hands on and our main diet was rabbit or chicken. My granny kept chickens and always for Christmas Day we would have roast chicken then on Boxing Day she would put the carcass in a pot with some vegetables and stew it up. My father was a prisoner of war so about four times a year I would get a parcel from the Red Cross; in it would be some American candy that was too nasty to eat, some toothpaste in a tin, tooth brush, a flannel and a toy like a spinning top but never any food.

I lived near a very busy main road which was used a lot by American trucks in convoy; we would stand by the side of the road and wave to them then they would throw you packets of gum, and sometimes oranges, but a lot of the time they would land in the road so the next truck would run over them and squash them. There are some people that still pick up road kill but this is not advisable with so much heavy traffic about these days.

Well that's all for now as the editor will no doubt remind you the next issue will be the one hundredth so lets have hundreds of letters and comments. All the best.

Thinking of a new construction project ?





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Beat the winter blues

Eliot may have penned that 'April is the cruellest month,' but we reckon January and February give it a good run for its money. Handily, we've got a couple of fantastic ideas to get you through the long, grey days of winter.

At The Lodge Old Hunstanton, we're serving a Winter Warmer lunch, Monday to Friday, this month that's perfect after a walk on the beach or just for keeping the chills at bay. Enjoy a bowl of homemade soup, half a sandwich and a pudding for a budget-busting £10, so grab your friends and make it a lunchtime date each week to keep in touch, spirits high and see out the season in style.

And at our sister hotel, Briarfields, we're serving Posh Afternoon Tea from 2-5.30pm daily – enjoy a three-tier platter of freshly prepared sandwiches, cakes, scones with clotted cream and mini desserts, plus a perfectly brewed pot of tea of your choice for £10.95. Don't wait for high days and holidays, treat yourself and come sit by the fire to chat or read the papers as we wait on you in style.

"We know the inclination is to hunker down when it's cold," says Briarfields and The Lodge's marketing manager, Jac Sandy, "but it's much better for mind, body and soul to venture out, stay sociable and – most importantly – treat yourself little and often. We look forward to offering a warm welcome to local visitors with our special offers." Visit:

Briarfields, Main Road, Titchwell, Norfolk PE31 8BB
Tel: 01485 210742 Fax: 01485 210701 briarfieldshotelnorfolk.co.uk

The Lodge Old Hunstanton, Norfolk PE36 6HX
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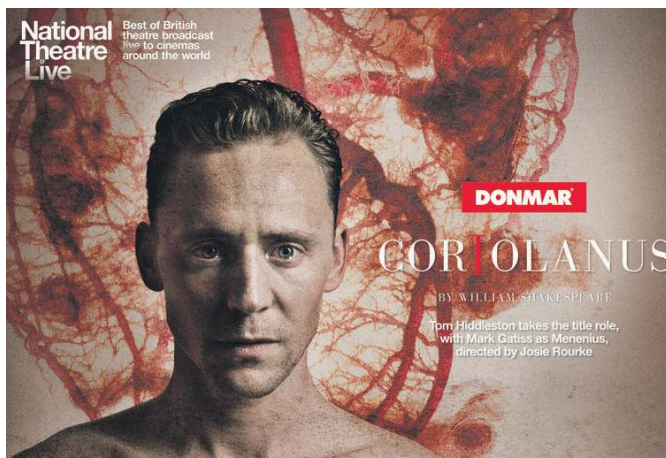
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THORNHAM VILLAGE CINEMA'S 1st LIVE SATELLITE BROADCAST 'CORIOLANUS'

FROM LONDON'S DONMAR WAREHOUSE THEATRE
THURSDAY 30th JANUARY AT 7PM



Thornham Village Cinema in partnership with Creative Arts East is to show three live satellite shows from the National Theatre starting with William Shakespeare's 'Coriolanus' on Thursday 30th January followed by Michael Morpugo's 'Warhorse' on Thursday February 27th.

The Donmar Warehouse's production of Coriolanus is Shakespeare's searing tragedy of political manipulation and revenge, with Tom Hiddleston (The Avengers, War Horse (film), BBC's The Hollow Crown) in the title role and Mark Gatiss (Season's Greetings at the National Theatre, BBC's Sherlock) as Menenius, directed by the Donmar's Artistic Director Josie Rourke.

Synopsis: When an old adversary threatens Rome, the city calls once more on her hero and defender: Coriolanus. But he has enemies at home too. Famine threatens the city, the citizens' hunger swells to an appetite for change, and on returning from the field Coriolanus must confront the march of realpolitik and the voice of an angry people.

THORNHAM VILLAGE CINEMA WEDNESDAY, 15th JANUARY

'BLUE JASMINE'

After everything in her life falls to pieces, including her marriage to wealthy businessman Hal (Alec Baldwin), elegant New York socialite, Jasmine (Cate Blanchett) moves into her sister Ginies's (Sally Hawkins) modest apartment in San Francisco to try to pull herself back together again.

Call 0781 802 8687 for tickets, £5 each to include complimentary drink, pay for and collect at the door. Bar opens 7 pm, film starts 7.30 pm.

Coming soon: Wednesday, 19th February, 'Le Week-End'.

View trailers on our village website: www.thornhamvillagehall.co.uk



Cinema in The Creakes

On Tuesday 28th January at North Creake Village Hall at 7.30pm, Cinema in The Creakes will be screening the film "About Time" Cert (12A).

A hit comedy directed by Richard Curtis with a strong cast of Bill Nighy, Rachael McAdams and Domhnall Gleeson. At the age of 21, Tim discovers he can travel in time and change what happens and has happened in his own life. His decision to make his world a better place by getting a girlfriend turns out not to be as easy as you might think.

Tickets are available by phoning 01328 738959 and at the door and cost £ 5.00 each. The price includes a complimentary drink from the licensed bar which opens at 7.00pm. You can now watch trailers of this and our other forthcoming films on our Website www.northcreake.org.uk by clicking onto our Forthcoming Screening page.

We look forward to welcoming you at our Cinema in The Creakes.

Great Massingham Film Club

Great Massingham Film Club Village Hall Thursday January 16th 7.30 'Blue Jasmine' Woody Allen's acclaimed and very successful drama for which Cate Blanchett is tipped to take Best Actress Oscar in February. Tickets £3.50 on the door

For details of our future programme see our new website: www.filmatmassingham.co.uk

Cinema in Syderstone

On Saturday 18th January, Cinema in Syderstone presents: The Haunting of Harry Payne (15)

Ex-London gangster Harry Payne retires to Norfolk to be close to his wife, driven mad when he was forced to murder his best friend and gang boss Eugene McCann. But he becomes the prime suspect in a local murder mystery. Unknown to anyone, Harry has psychic abilities he has always suppressed with alcohol. Now he must confront the supernatural and his own personal demons to save his wife and free the tormented souls of the ghosts that haunt him. Shot on location in Norfolk and Suffolk.

Venue: Amy Robsart Village Hall, Syderstone PE31 8RX.

Start time: 7.30 Advance tickets £3.50

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Advertising here may cost less than you think.

Sizes and prices are on page 3

Contact the Editor at
editor@townandaround.net
01485 533422

Charity Events at Caley Hall Hotel

Quiz Night

On Thursday 16th January Caley Hall will be holding a charity quiz night in aid of 'Sports Connections Foundation'. Sam Bromfield of Barclays Bank Hunstanton, (former employee of Caley Hall) will be hosting the quiz. She is currently raising money for the charity and will be going out to Africa in February to deliver much needed school supplies and sporting equipment to those less fortunate.

Please support us in raising some money for this great cause. The quiz starts at 8pm, entry is £3 per person including a finger buffet with all proceeds going to charity.

We will also be holding an 'Award Winning Chef Auction! That's right, our Head Chef Amos Burrows will be up for auction on the night - the winner will be able to take him home (on a mutually agreed date) and have him slave over a hot stove for them! (Maximum of 6 guests for a 3 course meal).

Caley Hall will then be running monthly quiz nights on the last Thursday of every month, including a pie and pint offer.

Macmillan Coffee Morning and Open Day

Join us from 10am on Thursday 6th February for coffee, cakes and a great prize winning raffle. All proceeds from this event will go to Macmillan, don't forget to vote in the staff bake off!

The restaurant, bar and selected rooms will be open for public viewing, so why not come and have a look around.

Forthcoming events at Hunstanton Library

Elena Parkin Community Librarian

Scrabble Club Wednesdays 10:00 - 12:00 8 January 2014 15 January 2014 22 January 2014 29 January 2014 05 February 2014 Come along and enjoy a game of scrabble. Refreshments provided.

Under 5s rhymetime at Hunstanton Library Wednesdays (term time only) 2 - 2.30pm 08 January 2014 15 January 2014 22 January 2014 29 January 2014 05 February 2014 Suitable for pre school children and their parents/carers.

Family history for beginners Thursday 16 January 2014 1 - 3pm A session to help get beginners started on their family history using the Ancestry website. Booking essential. 10:00 - 12:00

A Local History publication Thursday 13 February 2014 2 - 3pm Historic revelations from transcribing local 13th century documents An illustrated talk by Bryan Howling. Booking essential. Refreshments provided.

For further information or to book your place please contact the library on (01485) 532280.



Thursday 23rd January 2014 - 7.30pm

The West Norfolk members' group invites you to an illustrated talk by Nick Acheson,

Good old Gondwana: How People & Wildlife came to Madagascar

Venue: Hunstanton Methodist Church Hall, Austin Street

Cost: £2.00 members / £2.50 visitors



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The Quest for Colonel Oakes' Portrait

Jim Welham

After retiring from the Norfolk Police in 2003 I attended several courses at the Hunstanton Adult Learning Centre. The Local History course was disappointing so I decided to expand local knowledge by writing a history of Hunstanton Police Station. An immediate problem was caused by the sign above the front door which reads 'Norfolk County Constabulary,' a Force about which I knew nothing, having joined the 'Norfolk Joint Police' and having retired from the 'Norfolk Constabulary.'

So I started to research the origins of the present day police force. The Metropolitan Police was formed in 1829, and in 1835 the 178 cities and boroughs in England were required to establish professional police forces. A similar requirement was then made for rural areas and the Justices of the Peace in Norfolk placed a notice in the Chronicle on 14 December 1839 inviting 'Gentlemen' to apply for the position of Chief Constable of the County of Norfolk. 'Gentleman' then meant someone from the top tier of society similar to that of the Justices. Lieutenant Colonel Richard Montague Oakes, 1st Lifeguards, was the successful candidate and gave his address only as 'Hunstanton.' For over the next hundred years the Norfolk Police was to be led by retired army officers.

Establishment of 'new' police was required in the first decades of the 19th century as Norfolk was in a state of constant discontent with frequent riots by starving farm labourers. Large scale unemployment meant wages could be kept to a minimum and often work could only be found on a daily basis. Landowners dominated Parliament and passed Corn Laws which kept the price of grain artificially high, but peasants depended on bread as their staple diet. New technology deprived them of the hand-flailing of corn, their main employment during winter months. This led to more

disturbances in the fictitious name of Captain Swing. Farmers would be warned by letter, *Sir, Understanding that you have a threshing machine worked by horses we hereby command you to take it to pieces so that you may no longer use it. In using it you prevent the honest labourer getting an honest living by using the flail machine. Signed Swing*

Large landowners enclosed the common land, depriving the villagers of their traditional rights such as grazing animals or cutting wood, leading to a poem:

The law locks up the man or woman

Who steals the goose from the Common,

But lets the greater felon loose

Who steals the Common from the goose.

Following a reduction in wages the Norwich Weavers destroyed their looms, inmates in Poor Houses rebelled against the conditions and there were frequent cases of arson, particularly of straw stacks. Other disturbances were caused by Chartists whose demands included that all men over 21 should be allowed to vote. Even death brought no security as graves were often disinterred by Resurrection Men due to a constant demand for fresh bodies, for dissection or for anatomical lectures in medical schools.

In an attempt to find out more of Colonel Oakes and his connection with Hunstanton I visited Wymondham Police HQ. Not only was there no information about his early life but in the gallery of Chief Constables he was shown only by the silhouette of an army officer. I left Wymondham having been given the apparently impossible task of obtaining his portrait.

A search of the internet showed he was born on 27 February 1791 in Madras, after which there were few traces of him until the first census of 1841, when as Chief Constable he moved to Dereham to be at the centre of the County.

He was present during

a riot in Hyde Park on 14 August 1821, the origins of which can be traced to the extravagant tastes in food, drink, women and the arts of the future George IV. When Prince of Wales he had secretly married Marie Fitzherbert, which was doubly invalid as he had not received the King's permission and she was a Catholic. He commissioned the Royal Pavilion at Brighton for her to live in, inadvertently starting the fashion for seaside holidays. He accumulated huge debts and eventually Parliament refused to increase his allowance unless he married his first cousin, the Protestant Princess Caroline of Brunswick, whom he had never met. The marriage was a disaster from the start and they soon separated. He acceded to the throne in 1820 and put her on trial for adultery in an unsuccessful attempt to obtain grounds for a divorce. She joked that she '*had indeed committed adultery once, with the husband of Mrs Fitzherbert.*' He refused Caroline permission to attend his coronation in 1821 and she died shortly afterwards. The nation, most of whom detested their new King, became engulfed in mourning. Princess Caroline was to be buried in Brunswick, but the Government fearing widespread public unrest if the funeral procession passed through London, tried to divert it. This caused outrage and vast crowds barricaded roads and forced the procession into the centre of the city. Captain Oakes and 50 of his men were called out of their barracks in Hyde Park by the Chief Magistrate to restore order, but were stoned by a mob at Cumberland Gate, near the present Speakers' Corner. In retaliation they shot dead two members of the crowd which was deemed to be murder as a Magistrate had not read the Riot Act, nor given the order to fire. Separate coroner's inquests were held. Oakes gave evidence that as he was in command, any orders issued would have been on his authority, but refused to say anything further that might incriminate himself. The 24

witnesses were given the opportunity to identify the cavalrymen who fired the shots, but without success as Oakes paraded the entire regiment, mounted and cloaked. The verdict of both juries was murder by an unknown member of the Lifeguards. Only with difficulty was Oakes persuaded not to challenge the Chief Magistrate to a duel.

The Household Cavalry museum, Windsor only had records of the date of Oakes' promotions within the 1st Lifeguards.

Parish records showed that on 1 March 1928 at the age of 37 years, he married Sophia Fletcher, the 17 year-old daughter of Edward, a wealthy merchant, at St George's Chapel, Westminster.

In 1835 there were only 12 men prosperous enough to be allowed to vote in Hunstanton. Two years later the number had been increased by the inclusion of Oakes and Henry Styleman, later to add Le Strange to his surname.

For several years no more useful information about him came to light, until Oakes' duelling pistols, made by the acclaimed gun maker Joseph Egg, were sold by auction. They had been a wedding present from his father-in-law, who was either thrilled at his young daughter marrying an army officer more than twice her age, or hoped it was a way to speed him to an early grave. This commenced a line of enquiry which resulted in me meeting Oakes' 85 year-old great-great-granddaughter living in the Cotswolds. Remarkably she is the custodian of all her family records, which included many details of Oakes' early life. He was the 3rd son of Thomas Oakes of the Madras Civil Service and Elizabeth Ann Cosby, daughter of General Sir Henry Cosby. Oakes was gazetted as Ensign in the 22nd (Cheshire) Regiment of Foot on 14 December 1809 and took part in the capture of Mauritius in December 1810. He transferred as a Lieutenant in the 56 (West Essex) Regiment of Foot and was

engaged in the capture of Java in September 1811. He transferred to the 22 Light Dragoons on 20 February 1812 and served throughout the Mahratta Wars until 20 June 1816 when he transferred as Captain to the 1st Ceylon Regiment. On 20 July 1817 he transferred as Captain to the 1st Lifeguards. He was described as 'a remarkable fine man, 6' 2" tall and powerfully built.' He excelled at most sports and was well known as an accomplished boxer. When sparring with a professional boxer he would offer him half a crown if he was able to knock him down.

Oakes' path had already crossed that of Princess Caroline as he was on duty during her trial for adultery. A bystander made a disrespectful remark about her and Oakes immediately knocked him down. On being reminded that his duty was to maintain order and not to disturb it, he replied 'My Lord, I allow no man to insult a lady in my presence with impunity.'

After his retirement from the army he and his wife spent 6 years living in Florence and Rome then returned to England in 1834 following his father's death.



He hired the Dower House in Hunstanton, (now the Lodge Hotel) from 1834 to 1840. He was an unsuccessful farmer and was the subject of a lengthy, derogatory poem by his half-brother, which includes the lines: *'The swedes are as mouldy as Stilton itself
The mangolds are rotting in shed and on shelf,
The pigs are all measled, the sheep have the rot
The chickens die daily, the vermin do not!'*

He was saved further financial embarrassment by being appointed the first Chief Constable of the 'new' police.

His great-great granddaughter also had a miniature painting of him as a young man (below left), a medal awarded as a result of his service in Java, a painting of The Lodge by his wife (below right) and his Truncheon of Office. Most remarkably of all she presented me with a photograph of him taken in 1850. The original now hangs in the Chief Constable's Office. A smaller copy takes the foremost place as the first of the gallery of the 15 subsequent Chief Constables.

Bottom photo: Jim Welham with the photo of Colonel Oakes



A song written by the Reverend George Musgrove about 1837. (The husband of Colonel Oakes half sister Charlotte.) To the tune 'Speed the Plough.'

This is the story of Richard the tall,
Who rented some acres near Hunstanton Hall,
And trusting the markets never would fail
From soldering took to farming.
His sword it was beat into ploughshares bright,
His Cavalry boots into leggings tight
His coat cut to shreds was the turkey's delight
At the end of a plough so charming.
That helmet which once in such splendour he'd keep
To become a brass pot to hold tar for the sheep
And the gloves they now dangle o'er furrows deep
The seed robber crows alarming.
Ah! What is become of that charger bold
Who shone on parade in the days of old?
Is he gone to the wars? Or at Dixons sold
Or given to Mam'sell Armine?
Behold him the foremost of yonder team
New yoked to the ropes and the wheel plough beam
With his tail plaited up like a cable tween
But other folk see no harm in!
Cedant arms! We know the poet – and well
Cedant togue! Which means in the Church cut a swell
With a gown to enfold your arms in.
Not a jot! The translators would mock
It is plain my fine fellow that hic is not hoc!
It means down with your broadsword, and wear a smock frock
To perambulate your farms in!
This is the wagon with tail board and breast
Inscribed with R.O. and the leopard head crest
And its seven inch wheels all in red as the rest
To carry the corn and haulm in
And here are the rumbrils – but not such I ween
As Richard escorted when barely nineteen
Full of cartridge and peril (for service he'd seen
And victory bade him her palm win.)
No, no, if you scent any powder in there
Tis of bone dust and ashes, or soot if you please
To muck the broad stubbles as high as your knees
In the fashion of Norfolk farming.
And here are the ploughs all in order arrayed
True Ransoms from Ipswich, but not be it said
From the thraldom of care and the losses of trade
The boldest of spirits calming.
These are the harrows with teeth so smart
To tear up the weeds, and the clods to part
When twitch is abundant, and cart after car
Muck and mud (but no gold) from the farm bring!
And there are the rollers stupendous in girth
To level the ridges and squeeze Mother Earth
May she never prove thankless, and sadden our mirth
With news that tall Richard is starving.
Bah! Bah! Cry the sheep at the very idea
Weak! Weak! Cry the pigs quite despising our fear
The geese hiss in scorn, and the ducks in the rear
Cry "Quackery! Why thus alarm him?"
These are the oxen, white black and brown
With horn growing upward and tails growing down
An emblem of hopes and results, be it known



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And reverses not very charming.

Oh! See you turnips of emerald green

To the right and the left, and the swedes between

Do ye ken the red mangels and quicksets clean

Where a man couldn't thrust his palm in?

That calf in the meadow will make a fine bull!

Those cows are true Alderneys! Thriving and full

Those hoggets will yield me some hundred in wool

Cries Richard – "I call this farming."

A twelvemonth is fled! And the reck'nings begin

Wheat! Barley! And Clover! Confound it! How thin

Not a penny yet turned? Not a shilling to win

A shilling! By Jove; not a farthing!

That beast of a bull tumbled dead in a dyke

The sow has miscarried, the mare done alike

Two horses have lamed their off feet with a spike

And a cow is gone dead in calving!

The swedes are as mouldy as Stilton itself

The mangels are rotting in shed and on shelf

The bailiff I trusted – (a stupid old Elf)

Is unfit for aught else but palavering!

My hopes and my butter are both gone to pot

The pigs are all measled, the sheep have the rot

The chickens die daily – the vermin do not

"Sophia dear – I'm such a qualmin!

Yes! Welcome the days of my pointer and gun

When I cared not for hurricane, mildew or sun

Nor if wheat sold for three or four pounds or for one

Nor if oats at eighteen were a bargain.

Farewell to the glories of waving corn

To the fretting all night and the rising at dawn.

Adieu! My friends of the fleece and the horn

"God bless you!" my carts and my carmen!"

Tall Richard again is himself, and is fain

To dispense on those terms with the plough and the wain

With visions of Plenty and the shadows of gain

He dreamed he had seen in Farming.

The Rev. Musgrave translated Homer's Odyssey and was the author of 'Travels in France' and other works.

NEW BUSINESS NEWS

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DO YOUR BIT & GRIT

Christine Earnshaw

Anyone can clear snow and ice from the pavement outside their home or public spaces to prevent slips and falls. Don't be put off clearing your path or someone else's because you're afraid someone will get injured. And don't believe the myths because it is highly unlikely you'll be sued or held legally responsible for any injuries if you have cleared the path carefully. Remember, people walking on snow and ice have a responsibility to be careful themselves.

Follow the snow code when you clear snow and ice to make sure you clear the pathway safely and effectively:

- Do it early in the day - it's easier to move fresh, loose snow rather than hard snow that has packed together from people walking on it.
 - If you remove the top layer of snow in the morning, any sunshine during the day will help melt the ice beneath. You can then cover the path with salt/grit before nightfall to stop it refreezing overnight.
 - Don't use hot water - it might refreeze and turn to black ice.
 - Use salt/grit if possible - it will melt the ice or snow and stop it from refreezing overnight. Use it sparingly and thinly, one shovel should be able to cover 3-4 square metres!
 - Pay extra attention when clearing steps and steep pathways - using more salt may help.
 - Be careful not to spread salt on plants or grass as it may damage them.
 - If you can, do offer to clear your neighbour's paths especially if they are elderly or might have difficulty getting in and out of their home.
- This advice comes from NCC and the direct.gov.uk web site for preparing for winter.

My dream is to find teams of able willing people to form an emergency snow team to make our shopping streets safer and to then work outwards to where we live. The Highways dept would help us if we can find the man power. It is done in Swaffham and other towns so why not here?

Please write to me, Cllr Christine Earnshaw at Hunstanton Town Hall, The Green, Hunstanton PE36 6BQ if you are interested in this idea.

Singing is good for you!

Come and join us at the Hunstanton Community Choir
7pm to 9pm on Tuesdays

(new term starts Tuesday 3rd Sept!)

at Hunstanton Town Hall

(next to the Tourist Information Centre)

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no need to read music;

just turn up and see if you like it – we do!

£3 a session, including refreshments

Turkey and Tinsel with the Lions

Enjoying a five-year-old 'Lions' tradition, six hundred and twenty eight local seniors attended Hunstanton's United Services club for Turkey and Tinsel lunches over seven days.

Instigated by Hunstanton and District Lions Ian Wallis and the late Peter Mills, the subsidised lunches have been held at different venues over the years, and the numbers have increased each year such is its popularity. The remit of the event is to provide a budget Xmas dinner, but the primary aim is to give local senior citizens an event they will really enjoy.

Lion Angie Keightley said: "These lunches are definitely the flagship event for the Hunstanton and District Lions Club with most of our members helping out on at least one of the days and we are fortunate to also have help from volunteers in the 'MARS in the Community' scheme."

Twenty members of the Hanover Social Club from Dersingham attended Thursday's lunch and Secretary Sheila Davies said: "This is my first time at the Turkey and Tinsel. We are all impressed with the service and kindness of the Lions and the volunteers. It is wonderful."

David and Kathleen Tanner explained that they had been introduced to the United Services Club by the Turkey and Tinsel lunches and had joined it last year. David said: "We think this is a great event, it's something to look forward to and we definitely wouldn't miss it."

This year's President of the Club Lion Michael Ruston summed up: "It's great to welcome the local community to these lunches, it does much to promote the name of the Lions organisation and the work they do."



*Lions and MARS volunteers ready to start the lunchtime service
Back row from left: Chris Holt, Jamie Hudson, Mark Bish, Mike Ruston, Angie Keightley. Front row from left: Jane Scott, Paula Loveridge, Mark Bateson, Mary Hartley*

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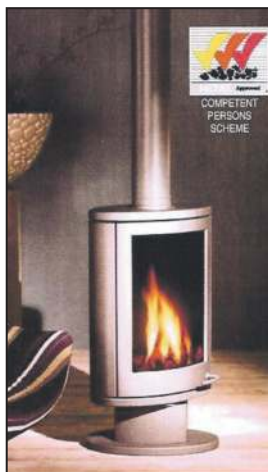
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**Winter draws on!**

Joanna

November 11th and so far the very cold winter forecast has not arrived, the fog has even eventually cleared today and there is late sunshine. I do pray that you weren't too badly affected by the Storm Surge last week. It looks as if it will have affected the shoreline, birds and animals quite badly. The TV stories of rescued baby seals and reports from a friend of dead seals on the local beaches show something of the damage. However apart from dune damage the local reserves at Holme seem to have escaped the worst. The coastline will have changed and the new very expensive defences between Thornham and Holme suffered a lot of damage! So it looks as if that walk along the defences will be out of operation for a long while longer.

In the meantime my garden is very busy for most of the day, apart from the time a big female Sparrow Hawk spends sitting on a fence looking for prey! She saves me money but I still chase her on to give the other birds a chance. Actually yesterday I went into the back garden and found a mass of feathers and the carcass of one of the town pigeons in the back garden, picking it up I found that the 'Sprawk' had had a great meal of all the breast of the bird, so she can't be too hungry! The number of Tits is increasing and I have had several Longtails and a Coal Tit among them, if I am lucky as the winter goes on I could find a Gold Crest travelling with the Tit Flock. If ever you have watched Tits in a woodland area you will have seen that they have a circuit that they travel and in winter a lot of the little birds join them, I have seen Tree

Creepers and a Fire Crest among them. The Coal Tits are great at using the feeders and then hopping off to a quiet spot and stashing some of the seeds for another day, if you find unexpected Sunflowers it's usually a Coal Tit that has sown it. They are like Squirrels and Jays when it comes to keeping surplus food tucked away. I have also got 2 or 3 Tree Sparrows visiting the feeders again, they seem to appear about this time every year and disappear like the Coal Tits in late winter through to early spring. Hopefully in the New Year I will get visiting Yellow Hammers, they are glorious birds, and really cheer the days with their bright yellow plumage, who needs birds of paradise when we have little gems like Yellow Hammers and Kingfishers!

Trips to Lynn and around last week were like journeys through golden confetti, then the trip yesterday (Dec. 11th) showed that most of the trees are now down to their skeleton form, did you notice how the light affected the intensity of the colours before leaf fall? On bright sunny days the gold, oranges and deep yellows of the Larch, Oak and Birch shone but on a dull day the depth of colour seemed much more vibrant.

I stopped on top of the cliffs at Hunstanton the other day to watch for the returned Fulmars as they briefly appeared above the cliff top in their fights to and from their nest sites. As usual there were gulls everywhere all on top of roofs and lamp posts. They didn't move as I sat there for a few minutes, then I let my window down to get a better view of the Wash and the air was suddenly full of hopeful gulls with many landing near the car and looking at me in hopes!! Try it sometime! Then whilst they are

near look at the fineness of their marking and the winter smudge near the eye on the Blackheaded Gulls.

Another good trip round the lanes found me watching ploughing going on. Something I love watching and something I saw little of where I used to live as it was mainly Dairy farming and too hilly for much crop growing. It was a windy day and the gulls were having a great time following the plough and then throwing themselves in the air to turn and fly back, then I realised there were numbers of Lapwing and when I got the 'bins' out I spotted 50 plus Golden Plover also following the plough, albeit with more caution and remaining on the ground. I think I have mentioned before that there are often little flocks of Pied Wagtails feeding on the plough edges, well this time it was a flock of Skylarks, feeding away and then flipping up into the air with the wind up their tails and moving to another area. So far the 'winter' has been kind to us and the monthly forecast seems to be forecasting normal temperatures for the time of year this hopefully means a snow free Christmas and safe travelling for all our visitors. What the New Year will bring we will have to wait and see but remember the old country saying, "As the days grow longer the cold grows stronger". It's actually a truth, which was explained, on a recent programme about our Sun and the effects of the Earth's tilt and the relative heating properties of sea and land!! Complicated but its good to know that there is in fact a reason behind many of the old sayings. I pray that you all have a safe and gentle Christmas and New Year, golly it will be 2014 when I next write an article.

Old Hunstanton Social Club

Alan Smith

A very Happy New Year to all our members and friends!

This month, on Friday 17th January at 7pm we will be holding an EGM in order to elect a new club committee. Will all members please try to attend and take part in this important meeting.

There has been a notice on the board in the bar for the past few weeks for prospective candidates to

put their names forward.

The club is now in a much healthier position now than when the present committee took over and a now is the time for some fresh ideas to take the club into the future. The club will, as always, continue to be at the heart of the community, offering a welcome to all, particularly young families and children. And our beers will continue to be the very best and cheapest in town!

So do come along on the 17th and support your club!

Brooklands test drive

Richard Bird

I love Bentleys, they are made in Britain by some of the finest automobile engineers in the world. Complete trust and reliability are some of the words that describe the marque. I have enjoyed the Bentley range for as long as I can remember and when a special arrives here in West Norfolk it's a privilege.

The Bentley Turbo was in itself a classic, the last of the British design without overseas influence, this body shape has been one of the most successful of all time for them. This particular car has the benefit of being a 'factory specified model' for a very special client in Indonesia.

Driving any Bentley is an experience with the comfort levels as high as any modern car, the problems for passengers is staying awake, it's so smooth. The handling is so easy you literally point and drive, it has a fantastic steering lock to enable this rather large car to be parked much easier than it's smaller counterpart. The boot is very low allowing the access for those trips to Harrods or the local Sainsbury's

to be extremely easy. To drive this car is to experience luxury that is just wonderful, the power, the elegance, the comfort and of course the ride make any journey life changing. You don't just get there, you arrive. I know the top speed is important to some and it does go extremely quickly however the sheer luxury is the real reason to purchase this wonderful piece of classic art.

This Bentley Brooklands L.W.B. was built in 1997 and exported immediately, re-imported to the U.K. in 2000 as part of the Royal Automobile club of Jordan. It has of course a full service history and has recorded only 43797 miles from new. It has the benefits of bespoke leather interior that has been monocoloured with the flying 'B' in slate grey with Silverstone grey inner flute panels. The paint is perfect in Midnight Blue, Burr walnut waist rails with cross-banding, Bentley stainless overlay wings to all four waist rails.

The price is £13995.

Hunstanton Royal British Legion

The Branch would like to thank everybody involved in the Poppy Appeal leading up to Remembrance Sunday for their sterling efforts in raising a total £5968.24 as of 11th December. Last year the Poppy Appeal raised £6571 at the May 2012 end of year closure date, so the current appeal has five months to run.

The Christmas Carol service raised £90.00 and again thanks to all involved especial the United Services Club and their caterers. I would also like to thank 9-year-old Kathryn for her two carol solos.

The branch would like to welcome new members, Karen Nudds, Trevor Large, Yvonne Ogden, David Langley and Rachel Clemens.

Finally would all members that have email addresses email colin.toule@gmail.com and wish him a prosperous New Year (or similar) as he is trying to reduce the £40 mail shot charge by 'trapping' email addresses and putting them on the membership file.

Happy New Year to All.

Christmas lunch thanks

On behalf of the party from Union Church, thank you Hunstanton & District Rotary Club for providing the funding for the Christmas lunch and entertainment at Hunstanton Community Centre on 10th December. Special thanks also to all the volunteers that made the event so enjoyable

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Sainsbury's help the local Food Bank

Starting on Friday the 6th of December, three days of food donation and collection was started. Each of the days saw at least three of the largest shopping trolleys filled by well-wishing shoppers from the area.

Staff from Sainsbury's joined with local volunteers from local churches and other organisations, working in shifts, in their efforts to help patrons in collecting over £1300 worth of food and consumables for local people in temporary and immediate need.

Some volunteers were reduced to tears of joy created by the

generosity of the general public who gave so selflessly. Every volunteer reported that the experience had been a really uplifting and a joyful experience.

Kimmi Standen, Sainsbury's co-ordinator working with the volunteers said: "I am pleased to see that there is a Food Bank operating in the area; there is clearly a need, and we are all working together to address it".

Hunstanton and district Food Bank operates as a satellite of the Kings Lynn operation sharing their expertise and experience.



Sainsbury's Branch Manager Brian Alabaster, Food Bank volunteer Yvonne Avery and Kimmi Standen

Hunstanton Football Club Notes.

Dave Baxter

A mixed season for the club so far, and some changes in the club's structure; Carl Howe having taken over as team manager from Daniel Fleming. Carl is assisted by Stuart Fleming. Dave Baxter returns as secretary after a short absence and is busy restructuring the committee. Dave asks that anyone wishing to help one the areas oldest football clubs continue for the future benefit of the community should contact him.

The club is also looking to appoint a youth football development officer anyone wishing to consider this role should contact the club. As many may know the club plays in Division Two of the North West Norfolk League and anyone wishing to play should contact Carl Howe.

Hunstanton Football Club wishes to thank Daniel Fleming for all his hard work as manager. The Club also thanks all at the United Services Social Club, Hunstanton for the support and hospitality for hosting the Football Club's Race Night on 28th November, which was a great success.

The Club wishes friends and rivals best wishes for 2014.

Contact Numbers, Team Matters: Carl Howe. 0782712337. Stuart Fleming 07957203573. Other: Dave Baxter, 2 Abbs Close Flats, Lincoln Square, Hunstanton, Norfolk, PE36 6DN Tel: 01485 534213 Mobile: 0777562855

News From Crystal Cave and Serenity

Debra Buckby

Well, we see in another year and here at the Cave we feel its going to be a very exciting one. Our little shop never stands still!! We are welcoming two additional therapists to our team, Anna Warwick who will be offering Reiki, and Amanda Hirons who is our new Tarot Reader at the Cave. She will be here for readings on Fridays and some Saturdays during the Winter months.

Tarot Readings

Amanda has been working and offering life guidance with Tarot for 15 years. She will offer an hours in depth reading looking at your past, present and future. During the reading she will offer guidance and insight into the next 6 months. Please pop in or telephone us if you would like to make an appointment.

Animal Healing

Amanda is also a qualified and natural healer and specialises in healing dogs and horses. She has had some great success in the local area particularly with very stressed and agitated dogs, many now in loving homes but still carrying the stress and trauma with them from past experiences. If you would like to read more about Amanda her website is www.healingbyamanda.co.uk, and her mobile number is 07584665742 you can contact her direct for further information or advice.

Bach Flower Remedies Now Being Stocked

From January, I will be offering a new therapy using the Bach Flower Remedies. These highly effective remedies offer a complete healing system to cover emotional and mental imbalances. Dr Bach wanted a system that would be easy to use, so that people could learn how to take control over their own health. These essences help balance emotions and treat negative mental states. They are very safe and can be taken alongside conventional and prescriptive medicines, they are gentle enough to use on babies, young children and animals.

Dr Bach firmly believed that mental states have a direct and powerful effect on our physical health. He was so passionate about discovering a natural system of healing that he turned his back on a very lucrative Harley Street practice, this was in the early 1930's. All his time and energy over the next five years, was channelled into discovering flower remedies. For four years he based himself in Cromer, finding and preparing further flower remedies from their natural habitat and successfully treating patients with them.

Many of you may have heard and tried the Bach Rescue Remedy which can be referred to as the emergency or crisis remedy, its fantastic for steadying nerves ie before a driving test, sitting an exam or any time we may feel anxious. In total there are 38 flower essences and I shall stock the most popular in the Cave but I will have all 38 to select from during a consultation that will last an hour. If you would like further information we have free literature in the shop and you are welcome to seek my advice.

Up to 15% Winter Sale

All stock apart from Bach Flower Remedies and creams and Doreen Virtue Oracle Cards will be reduced with up to a 15% reduction....pop in and bag a bargain.

Treatments Available From Serenity

The following treatments are available throughout the Winter:- Hypnotherapy / NLP – Clinics are held 2 evenings a week and on Saturday

Bach Flower Consultation, Reflexology, Aromatherapy, Crystal Healing, Acupuncture, Bowen Technique/NST, Homeopathy, Tarot Readings, Hot Stone Massage, Holistic Facials, Swedish Massage Reiki.

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Our telephone number is 01485 535321

....HAPPY NEW YEAR TO ALL.....

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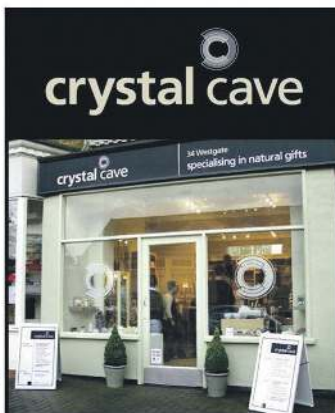
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Hunstanton in Bloom News

Bulb planting team



3500 Daffodil bulbs were planted on Saturday 7th December alongside the Boat bed at the Oasis roundabout in readiness for 2014 Anglia and Britain in Bloom Awards.

2013 Hunstanton in Bloom Awards

Some 50 People attended the 2013 Hunstanton in Bloom Awards Ceremony on the 27th November Kindly Hosted by Searles Leisure Resort.

The Garden Competition was Kindly sponsored by Hayes+Storr Solicitors. The Photos show Award Winners & overall Trophy.



Gardening jobs for January

Louise

If you've been neglecting your garden since the flowers started to fade and the trees lost their leaves, January is a great month to prepare for the coming spring and summer. Maintenance now will make life easier in the long term, so wrap up warmly and give your garden some attention.

There is still plenty to do in the winter months, including planting bare root trees and roses. Both are freely available, with lots of varieties to choose from.

Make sure that borders are kept clear of weeds and leaves are raked up. Pop a layer of compost or well-rotted manure on the beds, the plants will reward you for this in the spring and summer. Check roses and shrubs to ensure there are no crossing or damaged branches, prune back to prevent further damage during the winter months and reduce 'wind rock'. Don't forget to keep deadheading your winter basket displays to ensure they keep flowering for as long as possible.

Top up the birdbaths with fresh water or warm water to break the ice where necessary. If you feed the birds, keep containers topped up, remember, once you establish feeding the local bird population, they start to rely on you.

Now is the time to order seed potatoes and onion sets, as well as summer bulbs. Seeds and young plants from mail order companies are a frugal way of buying annuals or perennials. These can be placed in a greenhouse or on a windowsill. If you have a greenhouse, it's best to shield tender plants from hard frosts by fixing bubble wrap to the glazing bars.

Although this is by no means a finite list of things to do in January, I think it'll keep you busy. Remember, the shortest day has already passed; we have lots in the garden to prepare for and look forward to, including longer days and warmer weather! Wishing you all a 'blooming' lovely 2014.

LOOK TO THE FUTURE NOW, IT'S ONLY JUST BEGUN

I think we can well do without hearing that again for another year. However, there is a strange thing about Slade's Xmas 'Carol' (where these lines come from).

Back then it was 1973 in a year that maybe it was a good idea to look away and hope for better things. Then we had things like the 'Three-day week' bubbling away and the 'Troubles'. Not very nice.

Today, I think we can say that things have moved forward and so let's be brave and just maybe we are getting out of the woods at long last.

So 40 years under the belt, things must surely look a lot better than they did then. I think we can start to look forward to a more contented 2014 at the very least.

Just a note of sobriety. Too many of us will have been hitting the credit cards over Xmas. In the UK our credit card debt has now soared in comparison to that of the EU as a whole. Over there, it went down. Here it simply marches upward on onward.

The credit card providers will be tempting us to 'amazing' balance transfer arrangements. This simply encourages people to stay in debt longer and in the meantime make things worse. Some will argue that it makes financial sense. I am not at all too sure. Far from it!!

Is it not strange that there are no advisory places to give impartial guidance on this (until you get into a real mess with it all)? It is yet another complex financial problem where an individual is at the mercy of the banks.

Right, enough, let's finish where I started. Let's look to the future. 2014 will be far enough. I wish all readers, my clients and business contacts a truly successful 2014!!

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Hunstanton Lions Club

Jane Scott

Hunstanton Lions wishes you a Happy New Year.

Again this month, as in previous months Hunstanton Lions made donations to a number of local good causes. These donations are only made possible by the generosity of Lions supporters. I shall be listing the names of the local charities that have benefited from our donations in the next newsletter.

Christmas cracker Stall: Sunday 1st December.

Thanks to all who visited our stall in Hunstanton Town Hall? Whilst running our tombola stall we had the message in the bottle containers on display. We were able to give many off these away. If you would like one of these bottles they are available at your local GP surgery.

This year's Turkey & Tinsel has been one of our main flagship events of the year and we thank everyone most sincerely for supporting it. United Services Club staff for their hard work and commitment shown to make our Lions tinsel & turkey such a success. All volunteers from Mars for their hard work and team spirit in making the lunches so enjoyable and fun. Thanks to those who donated raffle prizes. Most importantly all senior citizens who came and enjoyed their lunch and fully supported our event with such enthusiasm, appreciation and kindness.

200 Club

1st Prize Gerry Desroches

2nd Prize Maureen Bloy,

3rd Prize Paul Millar

4th Prize Mark Yates.

If you would like more information about Hunstanton Lions please contact Mike Ruston: 01485 533367

News from Hunstanton RNLI

Geoff Needham LPO.

On behalf of all the crew at Hunstanton RNLI, we wish you all a Happy New Year. Thanks for all the support you have shown to the station and thanks to Elaine for giving us the space to keep you informed of events at the station.

Friday 29th November at 3.05 p.m. Hunstanton Lifeboat was requested to launch to a report to Humber Coastguard that a lady walking her dog, was cut off by the tide under the cliffs near the lighthouse. "Spirit of West Norfolk" launched into a force six North westerly, Gavin Grange at the Helm. It was just on high water, on arrival opposite the lighthouse, crew radioed the CG for further details, as no person or dog could be seen in that location, it was then that the CG informed them that the person had made it along the bottom edge of the cliff, and was now on the promenade at Hunstanton, they thanked the crew for a quick response, and the boat could return to station, due to the weather a net recovery was made. Hunstanton coastguard response team spoke with the lady and took her back to her car and friends who were at the cliff car park. We would remind anyone, when taking part in any activity involving walking along the beach and marshes, to take notice of the tide times, and the amount of daylight left when planning your walk.

Thursday 5th December 2013 our coastal area experienced some of the worst tidal flooding since 1953, some of our crew were at the boathouse keeping a watch on the situation, and the tide was coming up through the gap and onto the concrete slab by the boathouse doors. At 7.55 p.m. Humber Coastguard requested launch of Hunstanton Lifeboat to a report of a women

shouting for help on a boat near the Boal Quay at Kings Lynn. As the tide was right up through the gap where we launch, the launching rig had to be turned round near the boathouse, to enable the tractor driver to push the unit down through the gap into tide. The wind speed had dropped to force 5 westerly. High water 7.52 p.m. The crew knew this was going to be a rough launch, but the boat is quite capable in those conditions, after discussing the situation with Operation's manager Robin Rafferty, Michael Darby Senior Helm. Selected his crew Lee Torrice, Ian Devenney and Victor Dade, Steve Garside to drive the launching tractor, as they prepared to launch Humber CG reported over the radio, that the woman was now safely ashore with the police, and all units which included the local CG response team plus RAF Helicopter were stood down. It was later confirmed the lady was on a barge moored in the river. And had become alarmed at the rapid rise of the water. Weather conditions at the time, Wind was West North West force 5 to 6 Sea was still rough, visibility good.

Saturday 7th December the crew and guests had their Christmas Dinner at the Lifeboat Inn, Thornham. Helen and her staff did us proud; an excellent evening was had by all, On behalf of the members of the management, thanks, also to the crew for the invitation. A very nice evening During the evening Robin presented Rigil Kent with his RNLI certificate of his service as a crew member from 1992 /2013 Rigil retired from the crew earlier in the year, but stayed on as a Deputy Launching Authority, (DLA) thus becoming part of the management team.



Pic taken by Sarah Kent, LOM. Robin Rafferty presenting the certificate to Rigil



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£7200 given to local charities

Three local charities were presented with cheques for £2400 each at the annual Rotary and Ladies Circle Christmas lunch at the Le Strange Arms on Wednesday 11th December.

Raised at the Norton Hill Light Railway, courtesy of the railway's owner Mike Schumann, the funds were distributed equally between West Norfolk MIND, The Norfolk Hospice and The One to One Project.

Having been thanked by Rotary President Ben Warnes for allowing Rotary to use the railway again in 2013, Mike Schumann said: "It was an absolute pleasure, and a great excuse for me to run the railway."

Ben Warnes also thanked all the Rotarians and members of Inner Wheel that had helped at the Railway weekend and the organisation's other summer events.



Photo from left: Ben Warnes, Zena Penty (WN MIND), Christine Thomas (One to One Project) Rotarian Maggie Ponder, Mike Schumann, Rebekah Mills (Norfolk Hospice) and Ladies Circle Immediate Past President Linda King.

100 free lunches



In the kitchen Brian Devlin, Gill Brown and Peter Williams

Rotarians, friends and volunteers served a free Christmas lunch to 100 people at the Community Centre on Tuesday.

Paid for by Hunstanton and District Rotary Club, the lunch has become an annual event in the town. Amongst the attendees there were 26 from the Dersingham based Phobias Club and forty from the Day Centre with the remainder from the churches in and around the town.

Organiser Peter Atterbury said: "We'd like to thank Terry from The Rendezvous Restaurant who has done a fantastic job preparing all this delicious food and thanks also to Angie Green who has been so helpful preparing the room and making it look really festive."

Entertainment from the Heacham Songsters who performed Christmas Carols and 'golden oldies' together with a free raffle completed the day's festivities.



Enjoying the lunch (nearest table from Dersingham Phobias Club)

Father Christmas visits Redgate School

Father Christmas was kept very busy at the annual Hunstanton Infant and Redgate Schools' Christmas Fayre that was organised by the Parent Teacher Association.

Children formed an orderly queue for their turn to find out if they were on Santa's 'good list' and to tell him what they would like to get in their stockings. Chief Elf Colleen explained that there was still time to get onto the good list so if they behaved they might be lucky.

Local firm Paint Me Ceramics ran a painting workshop where children were able to paint a tree decoration that will be fired before being delivered to the school in time for Christmas.

The main hall was filled with stalls and games where children, parents, grandparents and friends all joined in the fun.

Headteacher Nigel Harvey said: "The PTA would like to thank everyone for their help and support in raising an amazing £856.46 at the Christmas Fayre. Well done everybody!"



Fun at the Tombola; Nicola Wallace hands out the prizes as headteacher Nigel Harvey looks on.

From Redgate Junior School and

Hunstanton Infant School

Nigel Harvey, Headteacher

Weather Words:

Some of our Y5 pupils have written descriptive sentences about the wind and rain we experienced on Thursday 5th December:

"The furious wind viciously howled as it whipped across the deserted streets like a furious fox hurtling after its horrified prey."

"The wind howled like a werewolf on a full moon."

"The wind was as strong as the bulging muscles of the mighty giant Atlas. The wind froze me as if I had just tumbled into the Arctic Ocean."

"The vicious wind screamed like a mauled rabbit and it was deafening like a bomb exploding. It pinned my ears back to my frozen neck and it felt like an ice cube was stuck to my face."

Charities:

This term both schools have done a great deal to raise money for charity.

At Harvest time, parents from both schools made donations towards the food bank in Hunstanton.

The children at both schools held bake sales to raise money for Children in Need. Individual children also walked from Heacham to Hunstanton wearing wellies full of jelly and raising a large amount of money for the charity in the process.

We have also raised money for the Ear, Nose and Throat department in Kings Lynn who are raising money to get a new laser. One of our pupils has had an important operation on his ear recently and has several more on the horizon.

In the community:

We have continued to work well with the community and have maintained our links with the Community Orchard this term.

Children have represented the school by reading at the Town Carol Service.

The choir from Redgate Junior School will be on tour throughout December.

Our Conservation panel have carried out beach cleans in Old Hunstanton and have also packed bags at Sainsburys to highlight the plight of turtles.

Further Afield:

We have been sending Hunstanton Postcards to schools across the globe and are now beginning to receive replies.

We are currently exchanging letters with a school in Norway and have received replies from Australia and Spain in the last week or so.

Children have also brought in photos from a range of holiday destinations abroad.

Governors:

Thank you to the readers of this magazine who responded to the advert asking for new Governors. We have shown a number of prospective governors around our schools which has been great.

Sports:

Our football team are making real progress, recently finishing runners up in the Croydon Cup held at Redgate Junior School.

Well done to the football team and keep it up! We remain undefeated in the league and are looking forward to more matches after the Christmas break.

Happy New Year:

We would like to wish everyone in the local community a Happy New Year.

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Hunstanton & District Civic Society

Martin Chown

Hunstanton Civic Society members thoroughly enjoyed their free buffet and final talk of 2013 – which also took in a tour of East Anglia from the departure of the Romans to the arrival of the Normans – in record time!

It is always a little sticky at the AGM, wondering whether we will attract valiant and intrepid spirits to join the Committee and help the Society on into the next year. We were heartily rewarded this year, which goes to say something about what the Civic Society tries to do in Hunstanton. Not only in Hunstanton, but in the district around which is our 'area of benefit'. This reflects our name change agreed at the AGM to Hunstanton and District Civic Society.

Our plans for the next year will

require some help from you, dear readers! Firstly, to keep our Talks evenings going we need some suggestions. What sort of talks would you like? What are your interests? Do you know of anyone who gives talks? We want to refresh the Talks evenings, and so if you can help, please give a ring to Martin Chown (01485 432223) or Andrew Murray (01485 532376) or even better email: martin.chown@btinternet.com

Our next talk will be given on Wednesday 15 January at 7.30 in Hunstanton Town Hall by our own Margi Blunden and London architect, Amanda Harrison. They will talk about the influence local architect Herbert George Ibberson had on the world wide Arts & Crafts Movement. All welcome, members free, visitors £3 includes tea / coffee

during the interval.

Next we need someone with experience of ground work, or building, to help us with the project to move the three cliff top shelters and the one in Chapel Bank, to firmer ground. The recent cliff falls only demonstrate the urgency to preserve these historic landmarks of Hunstanton. Can you help, or do you know anyone who can?

If that wasn't enough, how about helping us with Hunstanton In Bloom? This coming year Hunstanton qualifies for Britain in Bloom. The Civic Society has always helped with this, supporting the tremendous work that goes on behind the scenes and keeps Hunstanton in the forefront. All we ask is a small amount of time weeding the important areas, chopping back and preparing for the judging.

If you can help, please call Margi Blunden on 01485 532223.

We also would like help to update and re-print the Interpretation Boards that the Civic Society originally inspired a few years ago. These have suffered from the weather and the climate, and now need sprucing up. We need people to help with the design and the information on the boards.

Finally, we have some more ideas for leaflet publications on the historical site on Oasis Way, and the historical associations with Ringstead Windmill. We will also want your local input into the Council Neighbourhood Plan which sets out the developmental framework to which planners make decisions for the future of Hunstanton.

The success of the Heritage Centre demonstrates what the Hunstanton and District Civic Society is about – all we need are interested helpers, and we can deliver big time rewards

Review of the 2013 and AGM Report

Andrew Murray

The Civic Society's AGM was held on Wednesday 11 December. Despite it being the first frosty night of the winter, 73 members and 7 guests were present. By far the most important event of this past year has been the opening of the Heritage Centre at 15 The Green, next to the Princess Theatre. This is due to the great generosity of the owners, Solveig and Derek Ward combined with the hard work done by Brian Holmes in arranging the exhibits; the beautiful display cabinets made by Harry Croad; the loan of artefacts collected on the beach by Norman Whye and the loan of memorabilia by John Smith.

Although the Heritage Centre will be open in December on Fridays, Saturdays and Sundays as well as Christmas Day and Boxing Day from 12.30 to 3.30, it has been decided to close during January and re-open on St Valentine's Day, 14th February.

In other respects, perhaps the Civic Society has been less active this year because we did not participate in Civic Day, the Carnival or Heritage Open Day. John Maiden did organise a very successful commemoration of the

disastrous flood on the 31st. January 1953 which was marked with a parade of the USAF 67th Special Operations Squadron, a pipe and drum band from Norwich and a commemorative Norfolk Green Bus. The squadron returned to mark remembrance Sunday in very moving manner. They were then able to visit the Heritage Centre shortly after its official opening by Dick Barton -alias Tim Bantinck.

The eight monthly talks covered a wide variety of subjects including archaeology, architecture, bus travel, carpet cleaning and Lord Nelson. Our interest in the local architecture and the Arts and Crafts movement led to the publication of a pamphlet about the legacy of George Herbert Ibberson that can be seen around the town. It was also the theme of our annual coach outing which went this year to the William Morris Gallery in Walthamstow.

Our Civic Society is one of 290 societies and amenity groups affiliated to the national organisation Civic Voice for which we pay a capitation fee of £1.50. Civic Voice leads and co-ordinates national campaigns and combines community action with a sense of

place. In 2013, it promoted an all party Parliamentary Group for Civic Societies that has enlisted about 100 MP members. This has enabled constructive dialogue particularly concerning alterations to planning policies and the lobbying bill. Civic Voice sends out regular newsletters by e-mail and these can be forwarded on to any members that are interested to know about their campaigns and successes.

In addition to monitoring current planning applications there is a need for the Society to work with the Town Council to produce a Neighbourhood Plan identifying important community assets and preserving our open spaces.

The treasurer's report showed the finances to be healthy with income of £5336, expenditure of £4800 and total assets at 30 September 2013 of £9165. Andrew Murray was re-elected as chair, John Little is to take over as treasurer from Anthony Gooch. Terry Ashworth, Margi Blunden, Martin Chown, Norma Ham, Ivy Scales, Margaret Robinson and Ann Stevens were elected to serve as trustees.

The society supported John Maiden's desire to see the 1955 Covenant concerning The Green enforced so that O'Quigley's Bar cannot be permitted to annex that part of The Green adjacent to their

premises on the west side of Le Strange Terrace.

The Charities Commission is to be asked to approve that the society's official name is changed to 'Hunstanton and District Civic Society'

As ever, please visit our website: www.hunstanton-civic-society.org or feel free to contact our Secretary, Andrew Murray on 01485 532376.

SPECIAL TALK

Did you know that Hunstanton had a small part to play in the world wide Arts and Crafts Movement?

Hunstanton should be proud to be included in the Arts and Crafts world map because it was a world-wide movement that spread as far as America and Japan. For us it was our own local architect, H G Ibberson who has put Hunstanton on this map.

Come and find out about his place in the Arts and Crafts movement, from Amanda Harrison (Architect, London) and Margi Blunden, who together will talk on 'Ibberson & the Arts and Crafts Movement' at the Town Hall on Wednesday 15th January 2014, starting at 7.30pm.

This talk is presented by Hunstanton Civic Society. Free to members, non members £3 at the door, to include refreshments.



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Councillor Notes

Richard Bird

Happy New Year; great to have you with us in 2014. If you get this In time, don't forget to enter January 1st Resolution Ramble. It starts at 10.30 from the Sailing Club, entry is free and all you have to do is walk, jog, run, stagger or ramble to the Heacham gates and back. You will get medal and you won't feel guilty about buying the best tasting bacon roll for miles. You can collect for any charity or you can do it for fun. You know it makes sense.

While on the subject of sporty things, how about, "Get into indoor bowls"? It's a six week course at the Oasis starting on the 31st of January from 2.30 to 4.30; and the cost a meagre £13.00 for all six weeks. What a bargain!

If you look at the cover of this edition you will see that this is the 99th edition of the Town and Around (formerly Hunstanton Newsletter), that means that in February there will have been 100 editions of the Magazine. The story of how the magazine started is known by some but I will tell you again anyway. Elaine and I had recognised the need for a local newsletter some time before and had offered to help other organisations produce one. Among the groups that said they would consider the task were Hunstanton Traders, (a trading association for the district) Smithdon School and the Town Council. All failed to materialise for one reason or another.

Elaine, with me as her assistant, had been involved in national politics for some time and had become disenchanted after narrowly losing out in a general election, and then, after putting in an outstanding performance, not being selected for a 'safe seat' elsewhere in the country. She decided that enough was enough and that she could serve her community in a different way. This gave me the opportunity of standing at a much more modest level, and with her blessing In February 2005, nine years ago, I stood in a by-election for a position as Town Councillor here in Hunstanton. By way of an experiment the by-

election was an all postal event, there was no polling station just postal. I seem to think it was a record turnout for a by-election and if I remember correctly I received about 1600 votes and the other candidate around 400. So using this form of voting there was nearly 50% turnout for a by-election something unheard of before or since. Strangely this system was never adopted.

Although I had attended a number of council meetings as a member of the public I can remember being quite daunted as a new member attending my first as a councillor. It seems to me that the council was a lot more formal in those days and dare I say a lot less friendly than it is today. In any event I dared to ask the question: "what about the Newsletter". Well you could have heard a pin drop, I was told in no uncertain terms that it couldn't be discussed for at least another 6 months, that the council had decided on a web site option and that I was out of order for asking anything to do with the subject.

I am happy to report that the professionalism has increased and the whole way of running the council is far more in the spirit of cooperation. The outcome was that I came home and was 'spitting feathers' about this matter; after all it had been Elaine and I that had put the suggestion to the council. And I had been rebuked for asking about its progress! Consequently we resolved to start a newsletter ourselves and within a few months issue 1 was out for distribution, needless to say the councils early attempts at a website were, in my opinion not very workable or practical, something the new Clerk had warned about but that had gone unheeded by the then members.

I guess I am giving you all this background, and there is of course much more, because I have moved on from those days. It was an honour for me to be voted in by the Hunstanton electorate for our Town Council, subsequently I have been trusted with the role of Boro' and now County Councillor by the local community; an extremely humbling experience. However I am truly sorry to advise you that this heavy

burden has proved to be too much for me, dealing with all the different levels of governance has been very difficult. The demands are just too great and so it is with a heavy heart that I have to inform you that I shall be standing down, this year, from the lovely Hunstanton Town Council. I shall of course resign at a convenient time for the Council and its officers and in the meantime continue with my duties to the best of my ability. I have said that I will not be standing for either Boro' or County again and at the end of these terms I will be in my 72nd year that I hope you agree is old enough for retirement.

Other news from county includes that the 'Coasthopper' issue may have taken a sideways turn and that the company is rumoured to have been taken over by another, so if proven correct, all bets are off until new arrangements are negotiated with the new M.D.

Some of you will know how much I dislike the Cabinet form of governance. N.C.C. Has put in place the machinery to change that system, that has been labeled with the title 'democratic deficit' and 'dictatorial' due mainly to its recent perceived failures with the Incinerator and Unitary status; decisions that were not discussed by the full Councils, only the leaders and their cabinets. I am happy to report that an all-party working committee headed up by a member called Paul Smyth, is working to produce a new streamlined committee system. I am included in this committee as the only independent.

The incinerator issue was close at the last vote, 40 for it and 38 against the dreadful thing. There is all party-opposition led by John Dobson (con), Alexandra Kemp (lab), Toby Coke (ukip), Richard Bearman (Green) Tim East (lib dem), that includes me as the independent and we continue to fight for the cause, joined by many other N.C.C. Councillors and our local M.P's including Henry Bellingham; I feel sure we will win the day.

The Boro' council has formed and is about to start operating with a holding company with charitable status to manage some of the sports

and leisure facilities within the Boro' including the sports centres and the Corn Exchange. There are many good reasons for the changes including the fact that it should save about £400K per annum to the rate payers.

In the recent floods I attended our Community Centre here in Hunstanton as it had been requisitioned as a flood refuge. Two things came to mind as I attended: (A) were did all the evacuees go? There were only 8 people in the Community Centre. It's all very well thinking that the area is clear but should the evacuees give forwarding address or is this not practicable? The registration officer told me he was expecting 60 people from a caravan site but they never arrived, so my question is where did they go? (B) Nobody knew me and I didn't know any of the officers, now I don't expect everybody to know me or indeed for me to know all of them but of the 10 or 12 officers in attendance nobody appeared to be from Hunstanton or the coastal region. Perhaps somebody can tell me I am wrong and that there is no need for any local knowledge?

Along the coast they were harder hit; some of you may remember my election pledge to review coastal flood defences. A new plan must be conceived and soon. I will do my best, reminding authorities of our local needs.

The 'Local Development Program' will be out soon highlighting where the Boro' has to follow a national government edict to give planning permission on what were green-field sites. This is already, and will become more contentious. I would ask all concerned to keep a level head and be as generous, charitable and understanding as you can be. There is a need for more housing; the trick is to make sure that it benefits the existing communities.

Hunstanton Town Council has set its budget and Precept for next year. This is much more complex matter than it was in the past. Not only do the H.T.C. officers and members have to produce figures for the Town Hall itself, all three floors letting, staffing levels, marketing and maintenance but

also the same responsibilities for the Community Centre, the proposed café facility, the management of all events in all venues, the management of the T.I.C. including sales, stock control, lettings as well as discharging information, no mean feat I hope you agree.

One last thing before I talk about the Town Council by-election, that's Hunstanton and District Food Bank. There is a need. The local churches have distributed food here in Hunstanton to people in immediate need. If you know anybody who is in temporary financial trouble please contact us directly or get them to call 01 485 298 011. The Foodbank is open Saturday morning 10 till 12 at the church rooms at St Edmunds Church, Church Street or The Mustard Seed in St Edmunds Terrace Monday 10 till 12 and 2 till 4 and Tuesday 10 till 12. Donations of canned and non-perishable foods are welcome at Barclays Bank and all local churches.

The Boro' Council of King's Lynn and West Norfolk has 101 Towns and parishes within its boundaries. 100 of them have their own councils only Kings Lynn is not 'parished' and has no base level of governance. Every 4 years we locally have a general Parish/Town and Boro' election only the people of Kings Lynn have no Parish/Town vote.

If a member leaves, resigns, dies or is forced to go there then becomes a vacancy. This vacancy can be filled in two ways co-option or a by-election.

Co-option is the easiest with candidates putting their names forward to the Town/Parish Clerk

and then by a method of selection within the council normally culminating in the existing councillors listening to the offering from the candidate and then, after some questions, voting among themselves the person they believe to be the most suited to the job. There is no cost to the Parish/Town ratepayer with this process.

The alternative is a by-election, this process is more complex and has a cost to the Parish/Town of an amount that depends on the size of the local electorate (local residents) so for example a parish/town with five thousand residents can expect to pay three to four thousand pounds (£3K to £4k). These funds have to be found from local rates, sometimes called a precept. The process is started by a candidate calling for an election, that candidate must then find a nominator and another nine locals prepared to back them as a candidate. In the event there is only one candidate no election has to take place, however two or more candidates triggers the process. Once done the wheels of the local authority whirl into action, including the local residents being informed of the election, voting paperwork being sent to all, a date and venue advised to all and voting cards sent out including those that require postal votes.

A request to hold an election to fill a vacancy on Hunstanton Town Council has been received. The date of the Town Council election (subject to a contest) has been fixed as Thursday the 30th of January 2014. Voting will take place at the Town Hall. For more information call Mary Colangelo 01553616 506



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Glebe School

John Crofts - Headmaster

I always like the first term of the year; it starts, usually, with lovely weather, with children fresh from their long break and secretly delighted to be back, new children too are excited that the first day of term has come at last. It continues with exciting events such as Bonfire Night to Advent and the preparations for Christmas.

The last event in November for the school was the House Show and this year we were pleased to invite the Deputy Mayor, Carol Bower, and her husband Simon, a former Director of Music at the school, to be our adjudicators and they were treated to a variety of poems, songs and linking items, which, judging from their comments, they enjoyed as much as the audience and the performers

The first of December marked not only the first Sunday in Advent, but also the opportunity for the male members of staff to shave off the itchy moustaches they had been trying to grow for 'Movember'. The £375 raised by the 6 staff involved brought the total raised by the school pupils and staff for charities this year to over £2,500.

The Prep School pupils have had the opportunity to work as 'businesses' in a Young Enterprise activity and this culminated in a 'Not the Christmas Fair' event at which we had candle makers, confectioners, makers of cat and dog treats, while others put on a disco and yet another designed and printed greetings cards. Between them they made profits of nearly £1,000 and hopefully learnt something about the ups and downs of trading.

For the first time we decided to take our Christmas Concert out of the school and hence on Wednesday 4th December the whole school performed for families and friends at the Town Hall in Hunstanton. The youngest children performing their Nativity were predictably the 'stars' of the night, but there were memorable performances by many children.

Sport has continued to flourish and it has been a pleasure to see the progress made. We now have a number playing County sport with Jonny Chalk, Declan Cobb and Oliver Searle representing Norfolk at hockey, Daisy Waddison at Tennis and Oliver Searle at golf.



The term finishes with a great deal of singing including at the St Edmund's Church Christmas Singalong, at a home for the elderly and our own Carol Service at St Mary's, Old Hunstanton, led by the Very Reverend Alan Warren and supported by many former pupils and friends of the school.

We wish everyone a very successful 2014

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Krystian Tatum

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This year promises to be a good year for the high street travel agency, many travel operators are increasing their focus on high street travel rather than internet, on the week of writing this Cosmos and P&O have announced programmes to improve relations with travel agencies and cease undercutting high street prices online continuing a trend of travel operators moving away from internet discounting and direct selling.

Myth: It is cheaper to book direct with travel operators online.
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Extra Hands is an equal opportunities employer.

Town Carol Concert

We spent a lovely evening in the Town Hall last night (Friday 6/12/2013).

We enjoyed the carols and music and a sea of faces happy together in enjoyment.

Many thanks to all who participated and made it possible.
Mark & Jane Harriman

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East coast reserves hit by worst storm in 60 years

After the worst storms in 60 years hit our shores last week, causing significant damage, the RSPB set up an emergency fund to help get our reserves back into shape and repair the damage caused.

Devastating impact

As the full impact of the storm hit us last week, it quickly became apparent that this was going to be devastating. Homes, businesses, landmarks and habitats were suddenly going to be hit by a wall of water.



The shingle bank was breached and the lagoons that wintering birds use are full of seawater. Three of the birdwatching hides were badly damaged - one was toppled over, one has been badly damaged and the third has been washed away! The reserve is now unrecognisable from before, as the nature of the storm surge has meant the landscape has been changed forever.

What we'll be doing

While our insurance covers the costs to the damaged hides, it doesn't cover the repairs needed for the habitats. We need help to rebuild the reserve back to its former glory and encourage the rich wildlife, that once inhabited the reserve, back again. Visit Titchwell Marsh to find out more about our storm appeal and how you can help or visit rspb.org.uk to donate.



Taken the morning after the storm and shows that just about all of the sand dunes have been destroyed by the surge tide

Titchwell reserve suffered at the hands of the tide, but had it not been for the Coastal Change project a few years ago, it's safe to say that the site would have been completely devastated.

However there is still significant damage, with benches strewn with debris and the iconic boardwalk in tatters. Sand dunes that were 30 feet in height have been completely flattened by the surge.

The reserve is fully open to visitors but with restricted access to the beach.

The most extensive damage was at our Snettisham nature reserve, with the access roads completely flooded and badly damaged, meaning it is now closed to the public.



The Big Garden Birdwatch

At this time of year our gardens are filled with a great variety of birds hungrily looking for some food. Watching, feeding and enjoying birds in our gardens has become an increasing activity for many of us in our everyday life. The range of equipment and food available to enable us to do this is quite remarkable. Watching garden birds from the warmth of your living room window is a great way to enjoy nature during the cold winter months. But it is not only the birds that need a bit of help over the winter period, think about what you can do to improve your garden for species like hedgehogs, frogs and insects.

So once again the RSPB is doing the Big Garden Birdwatch, which takes place over the weekend of 25 and 26 January. It is simple to take part as all you have to do is watch the birds and wildlife in your garden feed, bathe, preen or whatever, then record the maximum number of each species at any one time, that visit your garden over a period of one hour.

This is your opportunity to be a scientist and help the RSPB keep a record of the numbers of garden birds in the UK. Recording and entry forms will be sent to you if you are an RSPB member or you can pick up a copy at Titchwell Marsh in the weeks leading up to the event.

If you struggle to identify your birds or just want to make the event more social why not visit us at Titchwell Marsh on Sunday the 26 January. We will have experts on hand and why not enter our competition to win a prize worth £200 including a pair of Viking binoculars, a bird food gift set and a nest box, giving you everything you need to enjoy the nature in your garden.



Ray Butcher's Su Doku

Easy...

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

More difficult...

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

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Hunstanton's Mighty Oak

Two Mayors planted the 'Hunstanton Mighty Oak' at the Community Centre on Saturday to celebrate the inclusion of field's inclusion as a Field in Trust, protecting this valuable open space for 999 years.

Sponsored by Orchard Warden Pat Richardson and his wife Lesley, the Oak tree stands every chance of surviving for the 999 years as there are thousand year old specimens alive today in England, so it's hoped that this is history in the making.

There were also 14 Apple trees, 4 Pear trees, 2 Cherry trees, 2 Plumb trees and 1 almond tree planted in the Henry Le Strange Community Orchard at the Community Field and kindly sponsored by local people or organisations.

This brings the total number of fruit trees in the Community

Orchard to 100. The varieties planted included an Isaac Newton apple, St Edmunds Russet apple, Cherry Caroon, Queen apple, Pear Princess and Greensleeves apple among others.

One of the Oldest trees planted in the Orchard today by the Orchard Warden was a Black Worcester Pear, also know as the Warden tree, possibly dating back to Roman times. It is known to have been growing in Worcester before 1575 when Queen Elizabeth 1 saw it at Whystone Farm.

Another wonderful variety planted today by Janet and Charlie Haynes was a Bramley Apple tree, the Apple that all our mum's stored under the bed in the spare room and made wonderful Apple pies with to be eaten in Winter.



Borough Mayor Cllr Elizabeth Watson and Cllr Elaine Clutton, Mayor of Hunstanton ready for action



Young and old hard at work

Another winner for Hunstanton Infant School

It was very close this year, but Hunstanton Infant School's entry was voted the most popular tree in the Hunstanton and District Festival of Arts Christmas Tree Festival at the weekend.

The winning tree was charming and included pictures of all the children at the school. It is the fourth year in succession that the school has taken top honours but this year hot on their heels was the entry from the Community Orchard; an imaginative design made to look like a book with the title "The very Hunny Caterpillar".

Organiser Lisa Powell said "We've had a huge number of visitors over the three days of the Festival this year and lots of encouraging comments. People have been impressed by the different materials entrants have used and have gone away inspired."

First and second at Christmas Tree Festival



Extension to Community Orchard

Kate Dunbar

We were all so excited to be extending our beautiful orchard for the third time in as many years on Saturday 14th December. We had the perfect morning, cool with bright sunshine and our wonderful tree sponsors got stuck in and set to work planting their trees, accompanied by the sound of chatting and laughter when breath allowed!

Redgate School children were only too pleased to help step into the breach for sponsors who were unable to participate, such as Terry and Di Light who were busy running their High Street café, 'Rendezvous'. Their tree, appropriately, is the apple variety 'Scrumptious' which we sincerely hope lives up to its name in a few years time.

We are delighted that Keelies Beauty Salon, Trefoil Guild and Rotary also planted trees this year, alongside some families marking the passing of a loved one.

For me however, the greatest delight was to see children from little tots to teenagers working enthusiastically, even with hand trowels, to get the job done. After all, they will become the custodians and the beneficiaries of our beautiful orchard in a few years time.

Right: Charlie Cousins - before he got covered in mud!



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Dates & Deadlines! Have you filed your 2013 Tax Return yet?

Supplied by Kathryn Gigg, Chartered Accountants

31 JANUARY 2014

INCOME TAX: SELF ASSESSMENT FILING AND PAYMENT DEADLINE:

Filing deadline for 2012/13 personal, partnership and trust returns filed online, or for paper returns which cannot be filed online (e.g. if you work for the Royal Estate).

Those who did not file their paper return by 31 October 2013 will incur penalties if they do not file by today. File electronically, by today, to avoid a penalty.

Please telephone us if you require any assistance with filing your 2013 Tax Return. At this late stage, we cannot guarantee that it will be filed ahead of the submission deadline but our advice may be invaluable in ensuring that you make constructive progress in bringing your tax affairs up to date. Please contact us on 01485 534800 or email kate@kathryngigg.co.uk.

Balancing payment for 2012/13 and first payment on account for 2013/14 due today.

Deadline to amend your 2011/12 tax return, if relevant.

Deadline to file an outstanding 2009/10 return to displace a determination.

TAX CREDITS: last day to renew tax credits for 2013/14 (if the 31 July 2013 deadline was missed and as the claimant you can show good cause) or to provide final income figures for 2012/13 (if renewal was done by 31 July 2013 using an estimate).

NIC: Last day to claim a repayment of Class 2 NICs for 2012/13 if your earnings were below the exception limit.

Deadline to notify liability to Class 2 NICs where your self employment began in 2012/13 tax year, to avoid a penalty.

CLAIMS & ELECTIONS: 31 January 2014 is the deadline for numerous self assessment claims and elections. Please contact us to discuss if you require advice in this regard.

COMPANY ACCOUNTS: private companies with 30 April 2013 year-ends should file their accounts at Companies House.

CORPORATION TAX: returns for accounting periods ended 31 January 2013 should be filed with HMRC by today.

IR35: deadline to make corrections to the P35 and pay outstanding PAYE and Class 1 NIC for 2012/13 to qualify for the concession under which penalties will not be charged for failing to make correct returns by the normal due date of 19 May 2013.

Snippets from the Chancellor's Autumn Statement:

Highlights from the Autumn Statement announcements on 5 December 2013 offer support for the struggling high street and youth unemployment, with tax avoidance and evasion, and property taxes remaining high on the Chancellor's agenda.

From April 2015, employers will no longer be required to pay Class 1 Secondary NIC on earnings up to the Upper Earnings Limit paid to any employee under 21.

From April 2015, a spouse or civil partner will be able to transfer up to £1000 of their personal allowance to their spouse or civil partner.

The personal allowance for 2014/15 will be £10000.

The Capital Gains Tax annual exemption will be £11000 in 2014/15 and £11100 for 2015/16.

The final deemed period of residence for principal private residence Capital Gains Tax relief has been halved from the last 36 months to the last 18 months with effect from April 2014.

The total ISA limit for 2014/15 will be £11880, of which £5940 can be a cash investment.

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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Hairy Bankers

Banking has been pretty hairy nationally for a while now but in Hunstanton the gentlemen staff of Barclays have joined in for Movember and raised a fabulous £722.



Back: James Lloyd & Arron Bateson
In front: Gary Pearce and Ray Howard

Incinerator update

Mike Knights
Fairgreen Farms, Middleton
info@farmerscampaign.org

How much does it have to cost before the Serious Fraud Office (SFO) investigate?

Detailed concerns regarding the incinerator were recently sent in a letter to the SFO in the hope that a thorough investigation can be launched. Some of the concerns and known facts are outlined below:

Norfolk County Council signed a contract making Norfolk's taxpayers liable for approximately £596 million if it proceeds and £26million if it does not. Independent reports show the incinerator costing around £30 extra per tonne to treat Norfolk's waste compared to existing facilities offered by competitors. Alternative proposals could save substantially

more.

Before the contract was awarded a cheaper competitor was recommended to win the contract. However, just 2.5 hours before the Waste Project Board met to decide the winning bid, a Council officer switched the recommendation to Cory Wheelabrator's £46million more expensive bid. If the board had been given time to read the new recommendation they might have noticed it contradicted itself. At the next board meeting unelected officers voted to recommend Cabinet award the contract.

Factually incorrect/misleading information about a telephone survey formed part of the Willows' planning application, this was also used to help persuade Caroline Spelman (Environment Secretary at the time) to release DEFRA grant funding and ignore the official West Norfolk ballot outcome.

NCC only signed the contract when they

thought they had the grant. Signing it made Norfolk's taxpayers liable to pay out many millions of pounds whatever the outcome. It is doubtful Norfolk's taxpayers would be in this situation if flawed information had not been provided to key decision makers during the procurement process. There remain many unanswered questions that warrant investigation.

At the time of writing the final planning decision is still not known; when it comes it will provide a clear indicator as to the health of our democracy.

Fund Raising Event

Indoor Carboot sale 25th Jan 2014

Fairgreen Farms, Hill Road, Middleton, PE32 1RN. Doors open 9 till 12:30. Sellers £5 set up from 8am. Tel 01553 840640 for more details.

Golden Lion Hotel

James Divall

My 82 year old mother sadly passed away last year and was a native of Norfolk in her early years. I believe some of her family worked at the Golden Lion many, many years ago. I found this old post card recently when going through all her photos and thought may be of interest.

Readers: Do you have any information about this photo? Please contact the Editor.



Union Church

Miriam Hodson

The start of another year! I am sure as we reach "a ripe old age" the years seem to go by much quicker! We like to wish people "Happy New Year" but unfortunately we know that things can happen in our lives which can cause us to lose that happiness - losing a loved one, illness, losing your job, even your home when your income doesn't allow you to pay the mortgage, and other things that can happen. Happiness depends on the good things that happen in our lives, there is even an advert which goes like this "O Happy Day when you have chips for tea" - how boring if we had to rely know that for our happiness! But Jesus came to bring us a deeper sense of "happiness" - a deep sense of peace and joy which only He can give. He said "My peace I give unto you, not as the world gives, give I unto you. Let not your heart be troubled, nor let it be afraid. John 14 v 27. In John 15 v 11 He says "These things I have spoken unto you that my joy might remain in you, and that your joy might be full". So that

deep sense of joy comes only through knowing that Jesus has paid the penalty for our sins. So if we acknowledge our disobedience to God and accept and accept Jesus sacrifice we can not only start NEW YEAR but a NEW LIFE. "No one can say he doesn't need Forgiveness for his sins For all must come to Christ in faith To have NEW LIFE within." Knowing that we have Someone who is with us in every circumstance in our lives we can join in the choruses "O Happy Day, O Happy Day when Jesus washed my sins away He taught me how to watch and pray And live rejoicing every day". and "Faithful one so unchanging Ageless one, you're my rock of peace Lord of All, I depend on you, You are my rock in times of trouble You lift me up when I fall down All through the storm your love is the anchor My hope is in you alone".

Christ's forgiveness is the door to a new beginning; so are you willing to open that door and start the New Year and a New Life with HIM? Because Jesus also said "I am the door, by ME if any man enter he shall be saved". John 10 v 9.

Singalong packs St Edmund's Church

The Christmas Singalong at St. Edmund's Parish Church, Hunstanton, in December was a rousing success, with around 100 performers, ranging in age from seven to eighty seven, taking part. The Singalongers' chorus led an enthusiastic and packed church in a mixture of popular carols and seasonal chart-toppers, raising the roof with the final item - Slade's "Merry Christmas Everybody". Other highlights of the evening included Redgate Junior School's lilting performance of "A maiden most gentle" followed by their lively renderings of "On Christmas Night" and "Jingle Bells". Glebe House School Choir also sparkled in "Brightest and Best" and "Star Carol", contrasting with their Chamber Choir's evocative interpretation of "O God you search me and you know me" and soloist Emily Ringwood's assured and delicate "Angels' Carol". Lighthouse Brass supported us most ably throughout the programme, setting toes tapping in their featured item "Stop the Cavalry", and pausing for reflection in "A child is born". St. Edmund's own Church Choir offered bouncy a capella versions of "Midst the deep silence" and "The holly and the ivy".

A big "thank you" must go to all who helped behind the scenes to make this event so successful - in publicity and printing, shifting of equipment and refreshments. The event raised £438, to be shared between the Norfolk Hospice Tapping House and St. Edmund's Church.



Greetings from the manse

On local radio, quite a few years ago now, the then managers of the two Sheffield football teams United and Wednesday, Dave "Harry Bassett" and Ron Atkinson were asked their footballing hopes and dreams for the New Year. At the time United were at the bottom of the league and Wednesday were in mid table. "Well", said, Mr. Bassett, "I know we are in a difficult position but if we can just win a game the confidence will return and we will get out of the bottom three and avoid relegation." It came to Mr. Atkinson's turn. "I think we will win all our remaining games in the league and storm to the title. We will win the FA Cup and League Cup, and next year we will win the European Cup." The interviewer was really surprised by this and said to Mr. Atkinson, "don't you think that your hopes are incredibly unrealistic?" The reply came straight back, "well, (indicating Harry Bassett) he started it!"

Perhaps the prayerful things we hope for in this New Year are incredibly optimistic and thus far have not been realized. Things like

world peace, and end to poverty, fair trade, nuclear disarmament, or targets for sustainable economic growth that doesn't destroy our planet. Perhaps your hopes are more personal. You may hope to work on what you perceive to be blind spots in your character, relationships and spiritual life so that you may be changed more like "unto the likeness of Christ" If there is one thing that I have learned then it is that religion, faith, spirituality, call it what you will without a goal, without hope, becomes tired and content less and very far from the urgency and energy of that passage in Chapter 11 of Hebrews. Here faith flows from certainty of hope and assurance of thing we cannot as yet see.

Anna Crompton in 1999, for her RE homework at her school in Ipswich, entered the competition to write a prayer for the New Millennium. She was thirteen at the time, and to her surprise her entry was chosen from among thousands of others to be the millennium prayer used in churches all over the United Kingdom on 1 January 2000, to celebrate the good news of Jesus' coming in a new year, a new century and a new millennium. The prayer she wrote beautifully

sets the vision and challenge but also connects to the source to realize all our hopes for ourselves, each other and our world. And that source is Jesus Christ. Here is the prayer, why not use it through this month.

Dear Lord our heavenly Father,
At the dawn of a new millennium,
In a world of darkness give us your light,
In lands of war and prejudice grant us peace,
In a world of despair give us hope,
In a world of sadness and tears show us your joy,
In a world of hatred show us your love,
In a world of arrogance give us humility,
In a world of disbelief give us faith.
Give us courage to face the challenge of feeding the hungry,
clothing the naked, housing the homeless and healing the sick.
Give us the power to make a difference in your world, and to protect your creation.
Through Jesus Christ, our Lord. Amen.

With every good hope and prayer for the New Year.

Rev Kim Nally
Hunstanton Methodist Church

St Edmund's

Dear friends,

In my desk I have about 6 hard-backed note books. I'm waiting for the day when I have time to sit down and write my memoirs. The books remind me of my days at Grammar School. We had to write with fountain pens, no biro or felt tipped pens allowed. Every time I began a new exercise book I vowed I wouldn't have any ink spots, crossing outs or mistakes. Of course it never worked out that way. After a day or two there would be something that needed correction, or I'd dropped some ink on the page.

The beginning of the year is given to us like a new note book. Completely empty pages with no spots or crossing outs. We make our New Year resolutions to be charitable, not to swear and loads of things we are capable of which we know we shouldn't do or say. But like the spots on the pristine page of a brand new note book we soon make some mistakes and blots appear in our lives. But should that mean we don't have to bother once we've made a mistake? Of course we must continue to try and do better.

For the Christian those blots and crossing outs in the note book of life we call sins. The best way to describe sin is to think of playing darts or shooting an arrow. We aim for the target, the bull's eye. Sin is missing the target. Sometimes our aim is so awful we don't get anywhere near the target, never mind the bull's eye. Sin is missing the target in life God sets before us.

The Christian faith is a mixture of God's grace and the effort we give to live according to the teaching of Jesus. We are unable to live the life of faith without God's help which is what we mean by grace. On the other hand relying on God's grace doesn't mean we can sit back and not take any responsibility for ourselves.

In various ways we all sin, we all fail to live the life God wants us too. But we don't give up trying. We turn to God and ask for his forgiveness for those times we know we've failed, and the times we've failed even when we don't realise we have let God down. God doesn't just forgive us, Jesus has shown us that God will pick us up, and encourage us to try again, and to seek his help to do better.

Perhaps you can look back on your life and see the blots and crossing outs. If so, have you done anything about those times? God wants us to ask for his help, and then we can receive his grace and set out for the future with the past put behind us.

God bless you as you set out on the journey of 2014.

Father John, Vicar, Tel. 532531

Regular worship at St Edmund's:

Sunday: Parish Eucharist at 10.30am Evening Prayer at 5pm

The Eucharist is celebrated on the following weekdays:

Wednesday at 10.30am, Thursday 10am at Ringstead and Saturday at 9am.

Rector's letter

It's time to start again, don't you think?

January can feel more like a month that we would prefer to wish away than a time to take on new projects and a new outlook. But perhaps it is because the world looks dark and cold that it may also look clear. There may be less activity, less distractions. So why not grasp January and the time it offers and really take some steps that you have avoided or neglected?

"Ring out, wild bells, to the wild sky," begins Tennyson's famous poem about this very time of year. It resonates with a sense of urgency that we need to hear and to heed.

"Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true."

Changes will not happen in our lives if we simply wait for life to happen to us. If I were to define what I think prayer is, I might simply say that it is waiting upon God, listening to the voice of the heart, asking the Lord to make Himself known in a completely personal way. But the important element that follows that must never be neglected. It is taking action.

We all need to let go of something that may be holding us back and to embrace that which is on offer to us, to take the step that lies before us. Do it boldly. Use January as your door into a year when fears will be conquered and goals will be reached and changes made.

"Knock and the door will be opened unto you. Seek and ye shall find.," says Christ in the Gospel of St Matthew. He is a source of strength and with his hand in yours you can walk boldly into the light even at the darkest time of the year. The stars in our clear Norfolk skies should be a sign to us.

This is my final letter as Rector the Parishes of the Saxon Shore. In this month I will take on new parishes in the heart of Norwich. There is so much I will miss and so many people I will remember. But the Lord is with me as I leave.....and as I arrive. In that I can find the confidence that I recommend to you. The confidence that underlies those words of Christ "Peace I leave with you. My peace I give you. I do not give to you as the world gives."

And the confidence to take action can be heard in the final stanza with which Tennyson concludes his Winter poem:

"Ring in the valiant man and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be."

May you know His blessing in the year ahead.

Rev'd Christopher Wood.

NEW YEAR HEALTH CHECK?

Daniel Holland Pastor The Way



A very happy new year to you! It doesn't seem possible that Christmas and New Year are over already, eating and drinking followed by more eating and drinking. January can feel like an anti-climax and spring is a way off. Many people feel a vague sense of guilt and lethargy after the feasting of Christmas. Maybe one too many mince pies or vol-au-vents has caused trousers to shrink and blood pressure to rise! Groans of 'I really need to take myself in hand' are muttered. Good intentions are formed into New Year resolutions, a determination to live this year in a healthier way than last!

January is a bumper month for gyms as they cash in on these fears and resolutions. Many people take out gym memberships, glossy posters promise honed muscles and happiness. The reality is that membership will not make anybody lose weight unless they actually go to the gym. Going out in the dark and cold for a workout takes more motivation than most can

Union Church Hunstanton



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maintain. Some will work hard enough to be in the best physical shape of their lives.

Paul the Apostle lived in a time when the world worshipped bodily beauty and strength. The Greeks were as vain and self obsessed as any Hollywood film star is now. They would train naked so every oiled muscle group was visible. One suspects Greeks did not gorge themselves on junk food. The apostle Paul must have been fit, he walked thousands of miles on his missionary trips and was chased out of some regions. Perhaps he had a horse on occasion but scripture does not tell us this. He was not a fitness fanatic but in those times, daily living for almost everyone would involve hard physical work. Paul told his spiritual protégé Timothy, 'physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.'

How about at the start of 2014 taking a spiritual health check? Are we bloated and ashamed of our behaviour over Christmas? Did we fall out with family and say hurtful things which we feel guilty about now? Have we been unfaithful to a wife or husband? Jesus holds out to us a new start, forgiveness for the wrongs we have done, a conscience wiped clean. The best possible beginning to this New Year anyone can make is to ask Jesus into his or her heart.

A spiritually fit person is equal to almost any challenge. It takes as much determination as becoming fit physically, maybe more. There are no short cuts but the rewards are enormous. Spiritual fitness comes from forgiveness, prayer and reading the Bible (the word of God). If we refuse to forgive it's like carrying Christmas flab around all year long, it weighs us down and exhausts us. Jesus said if we want his forgiveness we must first forgive; it's our choice. Forgiveness is a bit like lifting weights, it's a repeated discipline which we become better at the more we do it. Forgiving makes us fitter and stronger. The word of God is like the high protein drinks that body builders use to develop huge muscles. Prayer is a relationship to the best personal trainer the world has ever known, Jesus.

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John 1v 2)

Sam to visit West Africa

I am Sam Bromfield I am 22 and work in Barclays Hunstanton. In February 2014 I will be heading off to Burkina Faso in West Africa with one of our community partner charities, SCF 4 Kids, the charity that uses sport to help and inspire children. We will be delivering much needed school and sporting equipment to a very deprived part of the world.

During our visit we will be spending time in local schools delivering Barclays money skills and lifeskills, co-hosting sports tournaments and visiting orphanages.

I am raising money for this trip with a Christmas raffle, quiz night at Caley Hall in January, and a 'Battle of the Bands' at Bar Red King's Lynn.

If anyone requires any further information please call in to the branch or give me a call on 07775545870 to speak to me or my manager Miranda Jeavons.



I couldn't have done it without you!

Gordon Taylor was amused by the advertisement in the Lynn News regarding the names of wedding anniversaries as they only went up to 50 because in October Gordon had celebrated his 70th wedding anniversary to Flo, who he had met when she was just fifteen and working as a housemaid at the rectory in Ringstead.

The war made for an unusual courtship as Gordon was in the Navy working on minesweepers. They had talked about getting married when Gordon was on leave in the summer of 1943, but there was no time to buy a dress or prepare for a wedding as one day Flo was handed a telegram that simply read: "Arriving today 9pm to get married." They did manage to find a wedding ring and were married on 16th October in St Edmunds Cathedral, Bury St Edmunds. The next morning Gordon returned to his ship and they didn't see one another for the next six months.

A few weeks before D-Day, Gordon found himself 'volunteered' for the dangerous job of clearing the harbours of mines at St Nazaire and Cherbourg, and he continued in mine disposal until 1946. Now 93, he holds the British Empire Medal (Military) for his work in the French harbours.

Going ashore in Normandy on 19th June 1944, Gordon saw beautiful roses hanging over a wall. He cut one and sent it to Flo; she treasures it to this day.

After the war they returned to Ringstead where they brought up their family. Gordon and Flo now have 3 grandchildren and 8 great-grandchildren.

At their anniversary party their nephew Ian recounted that Gordon was not always such a romantic. He said: "Gordon and Flo were sitting together and Gordon had a glass of whisky.

He said: "I could not have managed it without you."

Flo said: "That's nice."

He said: "I was talking to the whisky."



Gordon and Flo Taylor pictured at Hunstanton's United Services Club where they can be found most lunchtimes.



Hunstanton U3A

Our next meeting is on Monday, January 20th and our speaker will be Sophie Barker who will be talking about 'Fifty Years of Holme Bird Observatory'. The meeting is held in the Community Centre, Avenue Road, Hunstanton and starts at 2pm. The doors open at 1pm.

Visitors are always welcome.



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Everyone has a unique sense of style and their home or property portfolio is a reflection of this. Tenacity Interiors has a limitless ability to create beautiful furniture and elegant fitted cabinets which imaginatively reflects every style and taste, for every possible interior design project.

All projects – whatever the size or scale - are treated as an opportunity to fully utilize the comprehensive range of skills and experience of the Tenacity Interiors team. These skills will create perfect results in the exact style, era and finish your project demands and deserves. Existing fitted furniture can be cleverly matched, so replacing or adding a unit can also be an option.

Every Tenacity Interiors' design is truly unique in creative terms, due to the team's ability to interpret every nuance of even the most challenging design brief.

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and fittings are also available from top quality manufacturers. Tenacity Interiors is owned and managed by Karl Andrews and Trevor Pragg. Established in 2002, the Norfolk-based company has worked locally, nationally and internationally, on a wide range of furniture and interior design projects in homes reflecting all types of architecture and life-styles.

Trevor and Karl provide interior designers, landlords, homeowners, project developers and property managers with expert services they can rely on. Combining traditional and modern methods, Tenacity Interiors is dedicated to making out-standing furniture to meet the demands of every interior design project and budget. To keep 'the look' of an interior design project consistent, Tenacity Interiors will even make bespoke doors, window seats, concealment cabinets and architectural features for you.

To celebrate the beginning of 2014, in which everyone can enjoy the pleasure of having truly bespoke, free standing and fitted furniture in their home, Karl and Trevor are offering a 10% discount on any fitted kitchen, bedroom, dressing room or home study project which is ordered and deposit paid by January 31st. The first three orders for an item of free-standing furniture to be designed and hand-crafted by the Tenacity team of traditional cabinetmakers will also receive a 10% discount.

Every Tenacity Interiors' project is individually designed, hand-crafted and installed by traditionally trained cabinet makers. Call 01485 521888 for more information.





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A few tips from Tec Tamers to a more harmonious relationship with your computer.

1. Set your computer to receive automatic updates. This will keep your PC running well and minimise the risk of virus attack.
2. Defrag your computer. Fragmentation of files can leave lots of small unusable free space on your disk drive. We recommend you regularly defrag your computer.
3. Remove unwanted programmes and free some space on your computer. Don't be tempted to delete these programs from your drive, doing so will cause problems. You must use the uninstall function for the program to be removed safely and completely.
4. Unclutter your computer. Clean out temporary internet files; empty internet cache; clear unwanted emails; empty the recycle bin; delete unwanted files.

Alternatively call Tec Tamers. For only £49.99 we will perform a full service on your computer and have it running like new again. Tel: 0800 8806609. www.tectamers.co.uk

Santa Claus is back in town

John Maiden

Once upon a time the Borough Council recognized the Princess Theatre as being extremely important to the quality of life in our town. In particular the annual pantomime was perceived by all concerned to be a key element in promoting trade during the festive season.

When the decision was taken in 2010 to rob the town of its professional panto it began to look as if the theatre itself might go the same way and be lost forever.

The townsfolk reacted by staging their own show in the town hall, with yours truly playing the wicked sheriff of Lynn in "Robin Hood – Norfolk Style". This year's panto is "The Frog Prince".

Meanwhile, a 'Christmas Show' - as opposed to a pantomime - across the road at the Princess Theatre will run until New Year's Day; so once again local residents will have the opportunity to enjoy two shows between now and the New Year without having to leave town.

"Santa's Elves & the Magic Snowman" is a sequel to "The Elf that saved Christmas" - with principal characters played by the same actors. When I went along to the show last Thursday, together with some 200 pupils and their teachers from Feoffees Primary School in Little Downham near Ely, I could hardly believe how well this show has managed to recapture the same fantastic family atmosphere created a year ago.

This is achieved by combining a very clever script and a great choice of music with some very colourful costumes and scenery. Judging from their enthusiastic interaction with the cast, the children clearly felt the same way. Members of staff who came to the Princess last December said they thought the show is even better this year.

Deputy headmaster Drew Simpson was full of praise for the interflow between the script and the songs. The actors also impressed him, because they too seemed genuinely pleased to be back at the Princess in familiar roles, enabling them to give even more polished performances than before.

This was especially true of James Barclay as Santa Claus and Tom Fox, who excelled as the downtrodden husband of the scheming Jacqueline Frost - played to perfection once again by director and choreographer Michele Larkin.

She gives a 'wicked' performance in every sense of the word! Compared with Jacqueline, my Sheriff was not even wicked enough to appear on Santa's Naughty List...

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Having recently moved to Hunstanton, I was amazed to find that although many people attend the Mind Body Spirit fairs in the surrounding area, there appeared to be no place to obtain general information for anyone that is curious about topics such as "Healing, Reiki, Tarot, Mediumship, Astrology or even Crystals, Numerology, Meditation and so on.

This prompted me to place a small advert in the November issue of Hunstanton Town and Around which said "if you are interested in such topics then get in touch and let's see if we can set up a group where like-minded people could meet-up to find out about and discuss such topics."

Several people responded to the advert and we are just in the process of starting up a group in Hunstanton for people interested in such things. The group is very friendly and welcoming and hopefully will be a place where curiosity and interest may be expanded and questions explained and answered.

So if you've ever been curious or you'd just like to get together with like-minded people with an interest in Esoteric subjects then please E-mail Karen at harmonihealing@btinternet.com for details. We look forward to hearing from you. Happy New Year to you and wishing you a wonderful 2014!

Opportunity knocks for Jo after Slimming Success!

Jo Jackson joined Katie Hopgood's Beulah Street Slimming World group in July 2011. Having just returned from a family holiday in France Jo was horrified to discover that she weighed the heaviest she had ever been, she felt miserable about herself, her confidence was rock bottom & her clothes were getting too tight & at a size 12/14 she was determined not to go up another dress size.

Jo's grandmother June Critcher had been attending the Slimming World group in Heacham & when Jo saw just how much you could eat whilst following the Slimming World plan she knew exactly what she needed to do!

Jo found out where her local group was & dragged her mother in law Linda along for moral support when she attended that first night, she needn't have worried though the group were so friendly & welcoming that Jo found that as the pounds were steadily coming off she was looking forward to her Wednesday night weigh-ins & they are now a regular fixture on her calendar.

The meals on Slimming World are so family friendly that Jo's husband Stephen & her two boys Daniel & Aaron have embraced the Slimming World way of eating too & they can still enjoy their favourites such as burger & chips, Spaghetti Bolognese, & as Stephen loves to cook a curry Jo found that Slimming World had the perfect gift for him a recipe book dedicated just to tasty slimming world curries!

Jo had reached her target weight of 8st 9lb in November 2011 having lost a total of 1 stone 8 1/2 lbs! On the same night she was also crowned Miss Slinky in her group Jo said that she left group that night feeling on top of the world & finally getting in to the size 8 dress that Jo had had her eye on for the Christmas Party that year was the most amazing feeling. Having maintained her weight loss now for almost 2 years Jo says 'Slimming World really does become a way of life.'

Since losing the weight Jo's confidence has soared & she has achieved many things that she would never have dreamed of doing before losing weight, such as taking part in the London Moonwalk in May 2012 raising almost £1000 for Breast Cancer walking around London in her bra!! she also took off her clothes to take part in a Calendar Girls Style Charity



Tarot, Crystals, Meditation, Healing, Reiki, Mediumship,
Palmistry, Numerology or Astrology!

If you are interested in any of the above and would like to find out more, or would just like to get together with like-minded people to talk about any of these subjects get in touch!

With enough interest I will happily start a group in Hunstanton.

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Calendar that her auntie Janice Curtis had organised to raise funds for Heacham Surgery to have their own heart defibrillator & in May this year having never really run before Jo & her husband donned their trainers to take part in the GEAR 10K to raise almost £500 for www.doitforkev.com in memory of their friend that lost his battle with oesophageal cancer in November 2012.

Jo said that for her Slimming World has helped her to lose weight & embrace life, she said it gave her back her drive to get out there & challenge herself. None more so than when the opportunity arose to become a consultant herself Jo seized the opportunity to be able to help others to see how Slimming World can be the best thing that they've ever done too! It doesn't matter how much weight you need to lose even the smallest amounts can be life changing. Jo will be taking over from Ann as the new consultant at Heacham from Tuesday 7th January she would love to see you there & support & share your weight loss journey with you. St Mary's Church Hall, High Street, Heacham. Every Tuesday 5.30pm & 7.30pm.

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Styleman family's digestion

Mary Rhodes

Looking through my files the other day I came across a collection of notes which had been passed on to me by my sister, Betty, who was a great devotee of all things Hunstanton. She kept a box with little scraps of information and items of news that came her way, much of it from friends who had heard that I was intending to write a book about the town! One item that was of particular interest was picked up by my brother-in-law after the fire at the Hall in July 1951. On the day after this disastrous fire people went down to look at the damage and were able to get in by a back entrance that the firemen had used. Lying around on the wet and muddy floor were lots of papers and John picked up one or two and put in his pocket! One of these, a bill for February 1806 from Mr. Stacy, the Chemist, was for the Hon. Mr. Henry Styleman of Snettisham Hall, Henry Le Strange's father.

This particular account

fascinates me even now. The diet of the aristocracy was pretty dire by today's standards. One knows from records that a great deal of food was consumed daily and if one can believe, (and one must), the reports in such diaries as those of Parson James Woodforde, written between 1758 and 1802. Far too much protein in the form of meat and game was eaten every day and this clearly played havoc with the Styleman family's digestive system. On looking at the bill from Mr. Stacy it seems that almost every other day, bottles of stomach mixture or tincture and boxes of pills were delivered, together with a cordial night mixture. Altogether in that one month there were 24 items for the digestion. There were only two items which did not concern the stomach and these were for some prepared ointment on the 8th and some fine lint on the 19th.

Food for thought, maybe!



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Powers of Attorney

By Christina Attridge Hayes + Storr Solicitors, Hunstanton



Q: A Power of Attorney – What is it?

A: A power of attorney is a document whereby I (the donor) appoint you (the attorney) as my agent to deal with matters (usually financial) on my behalf.

The document has to follow a preset format and can take one of several forms, depending on the type of power of attorney required.

Q: What is an Ordinary Power of Attorney?

A: An Ordinary Power of Attorney is effective from the moment it is signed and witnessed. The attorney can deal with financial matters only, and only so far as authorised by the donor. Once the donor ceases to have mental capacity so as to be able to decision make, the Ordinary Power of Attorney fails.

Q: What is an Enduring Power of Attorney?

A: As it became clear that, with an increasingly ageing population, the need for a power of attorney which carried on into mental incapacity was needed, the Enduring Power of Attorney (EPA) was created, by statute. However, since October 2007 it is no longer possible to enter into an EPA, but those created before that date are still valid.

EPAs work in stages, whilst the donor retains capacity, he decision makes and the attorney carries out the action. Once the donor's capacity fails so that he can no longer understand to make decisions, the attorney is obliged to register the EPA with the Office of the Public Guardian. Notice of the proposed registration must be given to the donor and a minimum of three relatives, as detailed by statute. During the registration

process, which can take at least six weeks, the attorney's powers are limited.

Once the EPA has been registered, the attorney can decision make, but taking into account what he knows his donor would be likely to do in the given situation, and then carry out the transaction.

Q: What is a Lasting Power of Attorney?

A: Since October 2007, the replacement for the EPA has been the Lasting Power of Attorney (LPA). It is a more long winded and bureaucratic document than its predecessor, the intention being to try and prevent fraud. Inevitably it is also more expensive.

The LPA cannot be used until it has been signed by both the donor and attorney and then registered with the Office of the Public Guardian. LPAs can be granted either in connection with financial matters or personal welfare matters. There is a registration fee of £110 per LPA, although this can be waived/exempted sometimes. Finance and personal welfare cannot be combined into one LPA document so that if the donor wishes to appoint an attorney in connection with both aspects, then two separate LPAs have to be entered into, and this incurs two registration fees.

The registration process then takes at least six weeks assuming the Office of the Public Guardian accepts the documents. The financial LPA can then be used by the attorney, if required, even if the donor still has capacity but the personal welfare LPA cannot be used by the attorney until the donor is incapable of making the relevant decision.

Q: If there is a Power of Attorney in place, who owns the assets?

A: What is frequently misunderstood is that whatever the type of power of attorney the assets always remain those of the donor, even if he has lost capacity and the attorney is decision making.

Q: Can an attorney make a Will on the donor's behalf?

A: No, the attorney cannot make a Will for a donor, should they be

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unable to do so for themselves. If a Will is needed or has to be updated, it has to be made by the Court.

Q: Can an Attorney make a gift on the donor's behalf?

A: The power of gifting is limited to relatively minor charitable gifts and to friends and family only for seasonal presents. Trying to make larger gifts or tax plan is not possible and any attempts to do so can be set aside. Such things can only be done with a Court order. The fact that any donee might be an eventual beneficiary under any Will is irrelevant whilst the donor is still alive.

Q: What happens if an individual loses mental capacity and there is no EPA or LPA in place?

A: If there is no EPA or LPA in place, and an individual loses

mental capacity, then in order for someone to handle finances or personal welfare decisions on their behalf, an application has to be made to the Court of Protection.

Look out for information on The Court of Protection which will be covered in a future article.

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

If you require further advice on this matter or any other legal matter please contact our Hunstanton office on 01485 524166 or e-mail law@hayes-storr.com.

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THANKS YOU FOR MY PRESENTS, SANTA – NOW WHERE DO I STORE THEM?

If you were thoroughly spoilt over Christmas with lots of lovely presents such as clothes, games consoles, electronic equipment, kitchen gadgets are you now finding it difficult to find somewhere to store your new acquisitions?

Are you staying away from the shops because a lack of space holding you back from making the most of the Sales?

Whatever the size of your home, the aftermath of the festive season and new year is bound to have highlighted your storage problems now all the celebrations are over. Everyone suddenly has to find extra space and, when it comes to an expensive item such as a new TV, a computer or any one of a hundred things that really must be taken care of properly. If this sounds like you, relax – Kings Oak are masters of making even the smallest of spaces usable as well as lovely to look at.

Paul Barnett owns and runs Kings Oak, having joined the company when it was owned by his father and uncle. From his early days whilst still at school, he learnt all the tricks that

can be used to solve the toughest storage problems. From kitchens to bedrooms, home studies to media rooms, children's rooms to dressing rooms, he can design the perfect solution. Solutions that will look amazing, too, whatever style you would like to see in your home.

Fitted furniture makes the most of every square centimetre of available space, when designed, made and fitted by Kings Oak. No matter how quirky the shape of a room, how much kit and clutter needs to be dealt with, or whether the style needs to be traditional, contemporary or uniquely designed, Paul and his team of specialists will know just how to make a dream into a reality.

Only the best materials are used for any Kings Oak project and the range of fittings available – such as hinges, door knobs, trims or accessories – is so comprehensive that the only problem will be choosing from the many options available.

Kings Oak has been making and installing fitted furniture for over 30 years. Every customer's design

drawings are archived, too, so that if an additional unit is needed, Paul can immediately match to the original style to give more space. No one will even notice the difference between existing units and the newly installed ones; only you will know and be able to fully enjoy more space without having to start from scratch – unless you want to!

Time not only passes fast, it also means the styles we once loved change too. Thanks to the Kings Oak commitment to work to any budget a customer has available, you could have a new kitchen, bedroom, study, bathroom or media room without breaking the bank. If you are lucky enough to have a large budget available, Kings Oak will still

make every pound count, providing the best for every element which makes up your own special design. If budgets are limited, Paul can make every pound stretch by clever design and a close watch on costs right from the start. There are no hidden extras which can be experienced with retail park suppliers of flat-pack and fitted units; every customer knows the final cost before work even begins.

If you want to solve your storage problems or simply have beautifully designed, fitted furniture to suit your tastes and your home, call Kings Oak now or visit the Hunstanton Showroom on North Parade, or call in at the Kings Lynn showroom at 48 Bergen Way on the North Lynn Industrial Estate.



I can't be diabetic. I'm not fat (and other myths....)

There are a lot of myths and half truths surrounding type 2 diabetes, the type that tends to develop after middle age. We will try and explain some of these to you.

I can't be diabetic. I'm not fat

Well, being overweight certainly increases your risk of diabetes. But it's not as simple as that. There are people who are slim, fit – and still diabetic. This is one of the problems with diabetes. People may walk around for years with diabetes, without even realising it. **I caught diabetes when I was in hospital**

No, you didn't. Diabetes cannot be 'caught'. Your diabetes was first noticed when you were in hospital because that was the first time you were tested for it. You'd actually had diabetes for a while already.

Diabetes is a mild disease. It doesn't really matter

Not true. This is why early diagnosis is important. There are probably 850,000 people in the UK who have diabetes, but who have not been diagnosed. By leaving their condition untreated, they are at risk of heart disease, nerve damage or eye problems, which if left long enough can even cause blindness. Diabetes causes more deaths than breast cancer, but many people would not consider it such a serious disease. If untreated, it can have serious consequences.

Eating too much sugar causes diabetes

It's really not that simple. Anyone, whether diabetic or not, should follow a healthy, balanced diet. And no-one needs special 'diabetic' foods. But being overweight definitely increases

your risk of diabetes. A healthy diet and regular exercise (just a brisk walk – no need to take up marathon running!) will go a long way to reducing your risk.

If I'm diabetic I can never eat a biscuit again

Yes, your diet may need to change. But you can still enjoy the occasional treat.

If you're using insulin, you must be really ill

For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with diet alone. Then you may need oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

I'd know if I had diabetes

And that's the biggest myth of all. The chances are you would not know. But a simple check can help you assess your risk, and allow you to make changes to your lifestyle to help keep diabetes at bay. The NHS healthcheck is available free to most people aged 40-74; even if you do not qualify for that, a simple free check is on offer which only takes minutes, and could be the best decision you made in a long time. The checks are available free at Lincolnshire Co-op Pharmacy. Go on; give us a ring or pop in. It really could help. And that's a fact.

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Sainsbury's Choir weekend

On the 14th and 15th December, Sainsbury's Hunstanton organised for local choirs to come and perform in store.

On Saturday, St Edmunds Church choir performed traditional Carols, and on Sunday Hunstanton's local 'Rock Choir' performed a contemporary Christmas performance.

Both choirs were received really well by customers and this added to the Christmassy feel in store.



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The King William's 2014 calendar is already filling - test your knowledge at Monday Quiz Night or tuck in to an appetising 'Curry & a Pint' (or drink of your choice) on Tuesday evenings for just £10. All are welcome at the Inn's popular Mussel Nights on 22 January and 5 February, or come along and support the RNLI fundraising Dog Walk on 24 January and Curry Night in aid of Sedgeford's Defibrillator on 19 February. Please call Reception on 01485 571765 for more details and ticket availability.

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Don't miss the chance to celebrate Valentine's Day with your loved one. The King William offers candlelit suppers and a dinner and accommodation package with a luxurious Champagne Breakfast as the ultimate treat. Book early to avoid disappointment.

Happy New Year and please see www.thekingwilliamsedgeford.co.uk for up-to-date event information and all the latest room and food offers.

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Riding 100 miles for the Hospice

Nicola Durrant

On December 16th I handed over £1130 to Tapping House.

In May I saw a request in the news paper from Tapping House asking if anyone would be interested in cycling 100 miles in the "Ride London-Surrey 100" I had not really ever cycled more than 15 miles in one go and that was a bit of a struggle!

When I saw the same request a week later I decided to call the number and get some details (From Jackie) she said they were desperate as the place would be closed unless someone said yes..... so I said I would do it.

I didn't look at the route I just read that we would ride in London to Surrey for 100 miles on closed roads and as I am up for a challenge I said yes.

I had 12 weeks to get from my odd 15 miles on the bike to 100, it was tougher than I thought.....then I read that we would have to contend with hills and not just any hills....."The Surrey Hills"

My first 50 training miles on a rather flat local route left me close to tears and legs that were screaming at me.....I was in pain, then I realised that in the ride I would then have to get up the hills!!

I joined a friendly local group of cyclists "Sandringham & West Norfolk Cyclists" the advice & help along with their Sunday morning social rides were much appreciated and I am sure this group along with Stuart (The other Tapping House charity rider) helped see me get to the 100!

On the 4th August I took part in the Ride London, the atmosphere was amazing even at 6am and it continued to buzz for the full 100 miles!

I was riding along with thousands of other cyclists the noise and support we received was something I can't imagine can ever be captured again, it is impossible to put into words how the whole event made me feel. The finish at The Mall with the street lined with spectators all cheering and the bunting, flags.....AMAZING!

I still have a little bit of money to collect but through the generosity of friend's family & clients at Fusion Hairdressers in Hunstanton I got well over the amount I pledged to collect.

I have a beautiful large medal that I am very proud of, and would like to say thank you to Sandringham & West Norfolk Cyclists, Fatbirds in Hunstanton, Fusion Hairdressers Hunstanton & all of their clients, & my friends & family.

There are many people that are still not aware of how much I raised and it would be wonderful to be able to say thanks through your publication.

A sign at Watson Lake

Elsbeth Houghton & Steve Evans

Last summer my partner and I travelled to Canada, passing through Watson Lake, a small town in the emptiness of the Yukon Territory. Originally it was just a stop on the Alaska Highway, the 1200 mile long route originally built and opened in 1942 to link Alaska with the contiguous United States, following the Japanese attack on Pearl Harbor.

These days Watson lake is known for something that originated during that wartime construction. Private Karl Lindley of the 341st Engineers, US Army, was stationed in Watson Lake and recuperating from illness. His commanding officer asked him to repair and erect the town directional signposts, and while completing this job, he added a sign that indicated the direction and mileage to his own hometown of Danville, Illinois, some 2835 miles away.



Others followed his lead and the trend caught on; the Signpost Forest was born. In 1990, a couple from Ohio added the 10,000th sign and today there are over 77,000 signs in the Forest. These include official town signs, road signs "borrowed" for the purpose, signs made of gold pans, flip-flops, snow shoes and wooden off-cuts. Some foreign signs are so large you wonder how they've been transported there. The vast majority of articles are from Canada and the United States but there are signs from all over the world.



Before leaving on holiday we had decided we would like to add a sign from our home town. To that end we asked a friend of ours to make the sign and he duly obliged.

It's not a complete coincidence that his name is Sid Watson. We hope Sid's depiction of Old Hunstanton church and duck pond will be recognised by anyone who has visited the village. We did erect our

sign in Watson Lake this summer. The wood is well treated and the nails supporting it are long and rust proof. Amongst the many thousands of signs in the Forest we didn't notice very many from the UK so it's nice to think that the eyes of future visitors to this Canadian roadside curiosity might linger a little on the village of Old Hunstanton, Norfolk.

What is Hypnosis ?

You in Mind with Sandie Payne

Hypnosis is often associated with the strange, weird and mysterious and the domain of witches, faith healers and stage shows. The truth is that hypnosis is not the least bit mysterious or supernatural.

Humans have often been in a hypnotic state, but unaware of it because it is such a natural state of mind. Have you ever had experience of driving in your car, conscious of driving to your destination, but not really remembering any details of the roads that you drove on, the cars that passed you by, or even driving past the turn off to your home?

The chances are you were in a light hypnotic trance "Your mind was miles away" and deep in thought, though on a subconscious level you were still fully in control of the vehicle. If a child ran across the road in front of you whilst in this state, your conscious mind would automatically take over and react to the situation in an instant, bringing you back to the present.

The subconscious mind does not know the difference between fact and fiction. Take for instance, when we watch a film, whether it being sad or a horror. We can become so focused on what we are hearing and seeing that it can cause us to cry or jump. We can relate to the pictures, words and the emotions shown to us from the characters in the film.

This is our subconscious mind at play as what we see in front of us, we feel and see as being fact. Yes in the interval we get up and make a cup of coffee and say something like "Oh that was frightening or sad." Well your conscious mind has brought you back to your conscious self, where you know that it was just fiction and not fact.

In therapy, hypnosis usually involves the person experiencing a sense of deep relaxation with their attention narrowed down and focused on appropriate suggestions made by the therapist. The suggestions help people make positive changes within themselves, long gone are the days when hypnosis was seen as waving watches and in controlling and making spectacles of people and their minds.

In a hypnosis session you are always in control and you are not made to do anything that you would normally not do. It is generally accepted that all hypnosis is ultimately self-hypnosis. A hypnotist merely helps to facilitate your experience. Hypnotherapy is not about being made to do things, in fact it is the opposite, it is about empowerment.

Hypnosis is simply a series of instructions, all you have to do is focus on what the hypnotist is saying and follow his or her instructions.

Hypnosis is a powerful tool for implementing change within a person's life. Many practitioners frown upon the use of hypnosis in stage shows when the techniques are used in a less serious light.

The viewer witnesses individuals indulging their sense of humour by believing that he/she has x-ray vision and can see a person's underwear or he/she believes they are deeply in love with a broom. Although this creates humour, the viewer usually fails to realise the true power of hypnosis.

Hypnosis is a very natural state of mind. In fact, you enter into a state of hypnosis many times a day. Let me give you some examples:

- ♦ If you are driving in your car and you almost miss your turn because you are so focused on a specific thought.
- ♦ When you arrive at a destination and can't remember how you got there because your mind was somewhere else.
- ♦ If you are watching the television or reading a really good book and someone is talking to you, you don't hear a word they say because you are so focused on your show.
- ♦ If you get a bruise or a cut, you may be so focused that you don't notice it until later, when the blood becomes sticky and when it then hurts.

These are all common daily states of hypnosis, which we all take for granted as being normal and not at all weird.

So bearing all of this in mind you can begin to understand hypnosis and how with repeated suggestions, it can help with phobias and bad habits.

In next month's issue I will be talking some more on the definition of hypnotherapy and how it works.

Just for now, here is a little technique to use on yourself if you are one of many who has trouble sleeping.

When you don't get your sleep, you wake and feel drowsy and down all through the day and by the time you retire to bed, you may have thoughts that keep you awake yet again. No matter what you do, your mind just will not allow you to relax. It throws all sort of random thoughts into the mind and then you become restless and more and more awake. In the morning you have to face another long tiring day.

Well try this When the restlessness starts, as it will. Lay on your back and place your hands on your chest. Now take a slow long deep breath in, all the way in, and then breathe out very slowly. Do this as long as it takes to focus on your face relaxing, your chest relaxing and then your stomach relaxing.

This technique will take a little mastering, but as you are focusing on the parts of your body and breathing slowly the subconscious mind will be instructing your conscious mind to relax. Before long you will be able to master this technique and enjoy a good night's sleep. Don't give up if thoughts try and influence your concentration, as with practice you will overcome it. With repeated suggestions your subconscious mind will believe. Wishing you all a good night sleep !

If you have any issues that you would like me to help you with, whether in the way of counselling or hypnotherapy then please contact me on 07842 974 748 Please don't put it off thinking that counselling or hypnotherapy can't help you, as it's very rare that the client does not take something of good from it and the first session is free. You deserve to feel comfortable about yourself and to move on with a positive mind set!

I will of course respect your confidentiality and never tell you what you should do, or not do, only to guide you through with empathy in a professional caring way and in a private place, where you and I will not be overheard.



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Dealing with personal finances can be worrying and confusing with the often endless streams of paperwork and forms that need to be completed for even the simplest matters. Added to this confusion is the increasingly large amount of unwanted mail posted through letterboxes nowadays.

Age UK Norfolk's Money Matters service is a free service that supports older people who are struggling to manage their personal affairs and finances.

The service has been running for 14 years and over that time has helped over 2,885 people with a wide variety of financial matters such as how to pay bills, complete benefit application forms, find good deals on fuel costs and much more!

Without this help, many older people find the burden of these tasks threatens their independence.

This service would not exist without Money Matters volunteers - but more volunteers are urgently needed!

Could you spare a small amount of time on a regular basis, offering practical support to help someone fill in forms, understand and answer letters, sort out money problems or simply pay bills?

You will be surprised by how such basic practical support can make such dramatic a difference.

All our volunteers are fully trained and supported throughout their work so all you need is some basic experience of handling household finances

If you would like to find out more, please contact Aileen on 01603 785 221 or our website www.ageuknorfolk.org.uk

Trifle

Gerarde Ellis

There is so much I could say about this dish the first recipe being published in 1596 in the "good housewife's jewel" by Thomas Dawson. I referred to my original Mrs. Beeton's cookbook where the heading reads, "Trifle-traditional recipe" so there! Although it differs from Thomas Dawson's version and I am sure at the time they were made they all tasted wonderful. Back to modern times this is my favorite that can be enjoyed anytime.

Ingredients

500g of frozen summer fruits
75g of caster sugar
2 tbs of a good sweet sherry
500 ml of apple or orange juice

For the Custard

4 egg yolks
30g caster sugar
150 ml of double cream
175 ml of milk, semi skimmed is ok

5 sheets of gelatin

250g of sponge or Madeira cake
Wilkin and son black cherry jam

The topping

300ml of double cream, whipped to a soft peak
50g of flaked almonds

Cut up the cake into regular size slices and spread with the black cherry jam and place in the bottom of your glass dish

Place the fruit, sugar, apple juice, and sherry in a heavy bottomed pan and slowly bring to a simmer and simmer for five minutes until the fruit is warmed through but not mushy and set aside to cool. Once the fruit is simmering place the gelatin sheets in a bowl of cold water and leave to soak

for five minutes, then remove with your hand and squeeze the excess water out of the sheets and place it in with the fruit mixture and stir

Then spoon some of the juice over the sponge mix but not to much as the sponge just needs to be flavored and not swimming in the juice leave the fruit mixture to cool and then place it in the fridge until set.

For the custard whisk the egg yolks and sugar until pale and fluffy

Warm the milk and cream together and if you fancy adding a vanilla pod that will add more taste, once the milk mixture is warm strain through a sieve over the egg mixture then put the mixture back in the pan and stir over a low heat until thickened to coat the back of a spoon, then put aside to cool then into the fridge.

Once the jelly and custard is set, place the jelly over the sponge, then spoon the custard over the jelly and cover that with the whipped cream. Finally lightly toast the flaked almonds in a dry hot pan, leave to cool and flake over the cream.

Happy cooking.

Smithdon High School Year 9 Students Impress Industry



Mark Gaskin from Lawtronic Limited visited Smithdon High School to judge the recently completed Year 9 Science projects. The projects were completed by all students in the year, involving investigations into a very wide range of topics, including 'How do Polar Bears keep warm?', 'What effect do different soft drinks have on our teeth and our mood?', 'What is the best method of preventing rusting?' and 'How do pandas digest bamboo?'

Having spent time in the Science Department reviewing the many projects and meeting staff, students and the throng of parents who visited the final exhibition, Mr Gaskin also attended a full school assembly to make presentations to the winning teams. During the assembly Mr Gaskin took the opportunity to emphasise the significance of GCSE and A level Science qualifications, underlining that as a company Lawtronic always want to see good results in Mathematics, English and Science as well as high levels of competency in ICT.

The overall winning project was entitled 'How does music affect us?' The team, which consisted of Frida Drewery, Isabel Brown and Danielle Young, completed an impressive project involving three different research strands which were all pulled together to evaluate how music affects our feelings, heart rate and cognitive ability. The Science Department prize was awarded to the project entitled 'Microbes', which was an analysis of microbe colonies around the school.

The school thanked Mr Gaskin for his time and expressed their gratitude to Lawtronic for their financial support.



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LUCY'S STREET CREW ON SATURDAYS

Professional performer Lucy Rollason is teaching children's street dance classes in Hunstanton.

Lucy was a former member of the "fame tech" dance group at Pineapple studios in London and also studied at the renowned Sylvia Young Theatre School in London.

Lucy is currently studying musical theatre full time at bodywork dance studio in Cambridge.



Lucy brings all the current styles and flavours of street dance to a fun class in Hunstanton.

Classes start back on Saturday 11th January at Hunstanton's Town Hall basement.

12.00 til 12.45 under 12's street dance

1.00 til 1.45 12's and over street dance

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NEWS FROM ROLLASON STAGE SCHOOL

Professionals of today teaching the stars of tomorrow!

The children are working very hard this term, working towards examinations which will be before Easter, the annual show is February 15th in the town hall and competitions through out the year!

We offer exams in ballet tap and modern dance as well as LAMDA drama exams.

Rollason Stage School teachers Michelle and Lucy Rose are very experienced qualified teachers, Michelle worked in the industry as a dancer and has directed and produced numerous shows. Lucy is currently working as an actress and trains full time at performing arts college.

We are very committed to teaching the children to a very high standard whilst having fun. Classes will start from £2 an hour we aim to be the most cost effective stage school in the area.

In January we will be reducing the current prices to encourage the school to grow even more. We are passionate about Making the arts more affordable to parents. There will be sibling discounts and the more classes you do the cheaper it will become!!!

We will also be holding one off drama workshops with special guest actors off stage and screen.

Lucy rose is the Saturday teacher she will be running a street dance class and in January will be forming an elite team which will be entry by audition only for dedicated committed pupils With lots of talent.

We are also running drama groups we are splitting the age groups so there will now be 2 groups for children. Our drama teacher Ann Mckimm comes with a vast amount of experience teaching mainly in London until moving to Hunstanton a few years ago. She runs a very lively Group with lots of fun also working her pupils towards their LAMDA exams.

TIMETABLE AS FOLLOWS

NEW SATURDAY SCHOOL " LUCY ROSE " STREET CREW
See article on page 54.

MONDAY at Heacham public hall top room

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5.15 til 6.00 JUNIOR STREET DANCE 6 yrs +

WEDNESDAY at Hunstanton Town Hall Basement.

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Seniors 515 til 615 ballet modern 12yrs and over

6.15 - 7.00 senior street crew 12yrs and over.

7.00 - 730 limbering / body conditioning class

THURSDAY at Hunstanton Town Hall Basement.

Teacher Ann Mckimm.

4.00 til 5.00 Drama /musical theatre 10yrs and under (from Jan 9th)

5.00 til 6.00 drama /musical theatre 11 yrs and over. (From Jan 9th)

Students now have the opportunity to take L.A.M.D.A. examinations.

A L.A.M.D.A qualification is considered to be the best drama examination and is highly recognised throughout the professional acting Industry.

Rollason stage school offers private lessons , exams competition and shows which are optional. The children train hard whilst having fun keeping fit and meeting new friends !

The new term is starting January 6th 2014 so there's no better time to join us!

Places are limited so book a place today !!!

Please call 01485 579074 or 07585 002124 for more information or to book your space.

Happy dancing !!!!

Michelle Rollason ABTDA

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Hunstanton florist branches out

A new school has opened its doors to aspiring flower arrangers at Scent with Love on Greevegate. Offering courses for both beginners and the more experienced, owner Nick Godfrey-Cole is passing on his vast knowledge of arranging and floristry techniques.



Nicholas said: "This December I am celebrating twenty-two years in the floristry business and it is great to pass on some of the knowledge I've gained over the years. I have been demonstrating flower arranging for some time and have really enjoyed the experience, particularly events like the Sandringham Flower Show and opening the flower school is something I've been planning for a long time."

Nicholas has transformed part of his retail premises into a teaching studio with working benches for classes of six. Teaching students the basic shapes, styles and rules with seasonal accents, the first lessons had a Christmas theme and he has courses planned throughout 2014.

"The arrangement that most people want to learn to master is the pedestal," he said. "It can be tricky, but following my guidelines and with a little practice students will have the confidence and skill to attempt something for their home or even a large arrangement for their local church."

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Sell-out Soul weekend

Northern Soul lovers from all over the country filled Searles Leisure Resort Hunstanton over a weekend in late November for three days of great music. There were dedicated rooms for Northern Soul and Motown, with Jazz Funk and Modern in the Plaza.

Featuring spins, flips, splits and backdrops the dancing was high energy and as the sessions wore on the floors were very busy. Grenville Absalom from Leighton Buzzard said: "There are some great dancers here this weekend; I recognise some from the event at Norwich Showground last weekend. Northern Soul is a lot bigger in Norfolk than most people realise."

For those new to Northern Soul, Fiona Smith ran the Saturday morning dance teaching session demonstrating basic moves for beginners and more challenging steps for adventurous dancers. One dancer the class, Alison Carr from Abergavenny said: "What a lovely lady; she gave us some good tips."

Carmen McCullough said; "I really did enjoy this weekender, the site is run very well with really friendly staff. I went there thinking it was going to be a cold weekend on the East coast, nothing could have been further from the truth, warmth radiated indoors. All the DJ's played great spots, but the unknown man of the match was Mr Smiley.

With dancers on the floor until 3am each night, the weekend was a total sell-out and over 250 people booked for the 2014 event before they left on Sunday.

*Pictured:
Grenville from
Leighton Buzzard
hits the dance
floor*



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Britain's honey bees warm to their work

The results of the British Beekeepers Association's (BBKA) annual honey survey show a big improvement in the amount of honey produced this year, with each hive yielding an average of 24.7 lbs, compared to just 8.1 lbs last year. Last year's running average was 30 lbs. These figures are relatively small per hive compared with 20 years ago when data indicated that a beekeeper would expect a hive to produce at least 40 lbs in an average year. It is nevertheless an encouraging recovery after the disastrous summer of 2012 which, according to the BBKA's records, saw the lowest honey production.

There were large variations by region in honey production, which may reflect differences in weather as well as differences in the amount and variety of forage available for honey bees to feed on.

London beekeepers, 10 per cent of whom keep their hives on rooftops, saw just 18.7 lbs of honey per hive this year, whereas beehives in this area produced 28.7lbs.

The cold spring may have helped to reduce the impact of the varroa mite which wreaks havoc among honey bees. The varroa mite lays its eggs in bee larvae cells, feeding off the larvae as they grow. The cold, late spring in 2013 meant that queen bees delayed laying eggs, so varroa died off with no new brood to feed on. Many beekeepers reported that brood raising by colonies began much later than normal and when laying did start, it was in unusually high quantities supported by ample quantities of nectar and pollen as flowers blossomed strongly in the warm summer weather.

Next year will show more clearly any long term effect from the cold winter of 2012, the effects of the warm summer this year and the longer term recovery of colonies. The BBKA reminds beekeepers to check their bees with a view to providing extra feed if necessary during the winter, and is calling on the public to lend their support by planting the right type of nectar and pollen yielding flowers and plants.



Whether we use our green space for pleasure or as a vegetable plot we can all enjoy the rewards of planting for bees. Whether your garden be a balcony, allotment, window box, hanging basket, pots and tubs or a swathe of green open space we can all provide honey bees and other insect pollinators with a banquet of pollen and nectar throughout the year. Not only will they benefit from the sensual feast plants provide so will we. We will also enjoy the variety of honey and foods from those plants. By planting the right type of plants and trees we provide a larder for honey bees and other pollinators, habitats for wildlife and the pollination provides food for us and other wildlife from birds to insects. So, by planting for bees everyone is a winner.

Bees love native wildflowers, flowering herbs, berries and many flowering fruits and vegetables. Some honeybee favourites include: mints, basil, sage, thyme, borage, oregano, lavender, chives, berries, strawberries, blueberries, raspberries, blackberries, cucumbers, tomato, pumpkins, crocus, snowdrops, sunflowers, asters, dandelions, clovers, lilacs, wisteria, cosmos, black-eyed susans, goldenrod, loosestrife, sedum, peony and honeysuckle. Also, if you have the space, planting any type of fruit tree is perfect.

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by Clifford Nicholas

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and gardens bloomed relentless

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and every day
a day of discovery

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The Early Days of the Sandringham

Hotel

Jim Welham

Railways provided a fast, efficient public transport system, just as seaside holidays became popular with the more prosperous Victorians.

On 31 December 1862 the Lynn and Hunstanton Railway Company purchased from Hamon Le Strange an additional plot of land adjoining the recently constructed railway station for the future construction of a hotel.

On 8 June 1874 the Hunstanton line amalgamated with the less-successful West Norfolk Junction Railway from Heacham to Wells. The new company decided to invest some of its profits in building a first class hotel, the lack of which was impeding the development of the new town. William O. Milne of Great Marlborough Street, London, designed the Sandringham Hotel and it was constructed by William and John Bardell, of Middleton at a cost of £6,830.

Work commenced on 16 April 1875 and the Sandringham opened to the public on Saturday 1 July 1876. The building was 4 storeys high, not including the basement, and constructed of Snettisham Carrstone with Bath stone in the mullions and sills of the windows. The roof was covered with green slates. The building design allowed for the enlargement of the Hotel, if required in the future, by extending the front and adding a west wing. The main entrance opened into an impressively large hall with a wide and elegant staircase. A second entrance allowed railway passengers to enter the hotel with their luggage, directly from the railway platforms.

The Sandringham had 37 en-suite bedrooms with a proportionate number of sitting rooms, all heated by slow combustion stoves. Housemaids' rooms were situated on each floor and hot or cold, fresh- or salt-water baths were available. On the ground floor a spacious and lavishly-furnished coffee room, 48 feet long by 21 feet wide with 3 large bay windows, opened onto a terrace which commanded a fine view of the sea and the Green. A private dining room catered for the directors of the company. A billiard room, smoking room and gentlemen's lavatory were situated so as to be as separate as possible from the rest of the hotel. The main cooking stove stood in the centre of the kitchen with a large open roasting range and a separate grilling stove nearby. Adjoining the kitchen was the still room and the scullery with baking ovens. The larder walls were lined with white tiles for coolness and contained fish tanks, ice larders, a butter closet and an ice well.

Throughout the hotel communications were by Zindar's patent pneumatic bells, rather than the old fashioned system when guests were obliged to ring hand bells. The laundry had a double ceiling to prevent damp rising and was equipped with copper wash tubs, washing troughs and drying closets. A large cellar offered wine suitable for the connoisseur and even beer for the more plebeian taste. The main drains were carefully isolated from the hotel by a series of ventilated cess pools.

On 9 June 1882 Hunstanton-on-Sea (according to the advert) was said to be amongst the healthiest places in England and The Sandringham Hotel was one of the best appointed, comfortable, homelike, first class hotels in the kingdom. It contained magnificent public and private rooms, all furnished in superb style and facing the sea, pier and village green. Water was brought in from the Ringstead chalybeate springs every morning, from June till October, for the free use of visitors. An apartment on the ground floor was available for invalids. Stables and lockable coach houses were provided upon request. A hotel porter awaited the arrival of every train.

The Great Eastern Railway (GER) acquired the lines in 1890 and by the turn of the century had completed extensive rebuilding of the hotel, including adding a unique glass-covered terrace.

The GER urged the urban council to install modern electric lighting in Hunstanton. The council refused, partly due to lack of funds, but also so as not to supersede the gas supply which they had purchased in 1897. The GER, in order to keep the Sandringham up to date, built an engine shed to house a 25 horse-power engine and dynamos. By 19 May 1903 the hotel, railway station offices and platforms were supplied with a continuous current with an output of 70 amperes at a pressure of 220 volts, which illuminated nearly 400 electric lamps ranging from 8 to 32 candlepower.

The country's entire railway stock was brought under government control during World War I, which proved to be so successful that some form of nationalisation was believed to be essential in order to stem the losses made by many of the 120 different railway companies. Lord Claud Hamilton, chairman of GER, was a keen supporter of the Sandringham Hotel, which by then was described as having 'modern luxury with old-fashioned comforts.' He opposed nationalisation due to the stupendous cost involved in the initial purchase, the inevitable decline of income when under the baneful control of the Treasury and the gigantic voting power of the numerous railway workers which might lead to political instability. He favoured forming the railway companies into large groups which was the option chosen by Parliament in 1921. The Railway Act was passed creating the 'Big 4' railway companies, namely the Great Western Railway, the London, Midland and Scotland Railway, Southern Railway, and the London and North Eastern Railway (LNER) which included East Anglia. On 14 December 1922 the Sandringham Hotel was taken over by the LNER.

During the early hours of 18 August 1922 buildings on the sea front including the Mikado Cinema and Restaurant Rooms and the Scott and Paterson Fried Fish Restaurant were completely engulfed by fire. Those properties could not be saved and the damage amounted to many thousands of pounds. The local fire brigade, assisted by a military brigade from a neighbouring aerodrome, prevented the flames from reaching the Sandringham, although trees caught fire in the hotel grounds. Guests were obliged to evacuate their rooms due to the intense heat. A large crowd was attracted by the flames which could be seen from a considerable distance, but onlookers were forced to stay some distance away due to the dense smoke. A strong west wind caused sparks to fly over the whole town and police carried out frequent checks of the streets to ensure that no secondary fires ignited.

Henry Calthrop Hollway-Calthrop, of Stanhoe Grange, was the Chairman of the Hunstanton Justices of the Peace and a major landowner. His mother had died during his birth and he built the Stanhoe Reading Rooms, now the village hall, in her memory. He disliked an earlier memorial to her; a marble angel laying over her grave weeping, and allowed the branches of a yew tree to grow to conceal it. The angel still weeps to this day, hidden from view in the south east of Stanhoe churchyard, covered with the grime accumulated during nearly a century of neglect. On the 12 March 1934 Hollway-Calthrop was chairman of the licensing justices at Hunstanton Petty Sessions when the LNER applied to transfer the licence of the Sandringham Hotel Refreshment Rooms to a proposed new single storey building on the seaward side of Beach Terrace Road to be known as The Sandringham Refreshment Pavilion and Café. The LNER had purchased some old and dilapidated buildings intending to demolish them and replace them with modern tea rooms. This would not only improve the appearance of the seafront, but the railway company would also give to the Council the land on the east side of the road to improve the narrow and dangerous bend

near the car park entrance. The north side of the new building was to be a large saloon roughly 30' square which would be used as a bar. The south side would be a café and the area in the middle would be used for storage. On the seaward side a loggia, an open-sided area with a balustrade, would be a pleasant place to sit on a fine day. From there steps would lead down to the promenade, and that was to cause a problem.

Hunstanton Urban District Council strongly objected on the grounds that if planning permission was granted, anyone who used the Refreshment Rooms would be able to gain direct access to the promenade by means of the steps. The council, which leased the seafront from the Le Strange Estate, had spent a considerable sum of money on the construction of the promenade. They claimed that the promenade was therefore private property and they must safeguard the rights of the public whom they represented. The council accepted that it was a very involved legal point.

Hollway-Calthrop, who was also the Bursar of Eton College and an authority on Italian language and literature said, "We must use the wits which providence gave us. Has the council the right to exclude people from the promenade? If I want to walk along it and the council does not want me to, can I be stopped?"

A council spokesman replied, "Yes, that is possible. The foreshore does not constitute a highway."

At the end of the hearing the chairman summed up by saying, "The promenade has been constructed for the reasonable use, amusement and entertainment of the public. I cannot see how the public interests can be injured by gaining access to it down a flight of steps instead of the end of the promenade."

After due consideration the licensing justices unanimously granted the application. Their decision was upheld following an appeal to the Norfolk licensing committee at Norwich.

The Refreshment Rooms are now the Waterside Bar.

(A subsequent article will deal with the decline and demolition of the Sandringham)

The tidal surge

Dick Melton

On the evening of Thursday the 5th of December 2013 we here in Hunstanton had a high tide and a sea surge, it did a small amount of structural damage and some places along the sea front were flooded.

We all know about or have read about the great flood of 1953 when there was much damage and loss of life in Hunstanton and other places along the east coast.

Then in 1978 we had another flood this again did a lot of damage with the loss of the pier, 50 yards of promenade ripped up, devastation in the fairground and the loss of hundreds of caravans at Heacham but thankfully no loss of life; the tide that night reached 31 feet 4 inches and the wind was 70 mph which was about the same as 1953.

On Thursday 5th the wind was not so strong but the tide height was about the same, a lot of new sea defences were built after the 53 floods and then after 78 another £20 million was spent on defences from Snettisham through Heacham to Hunstanton.

The outcome of the flood on Thursday 5th shows that these defences are working and were well worth the money, what would be a great help to these present defences would be to reinstate the old kit-kat slipway with a larger and longer one.

These big tides and surges will come and go but with good sea defences like we have at the present time then Sunny Hunny will be here forever.

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Cllr James Johnson 01485534948

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Parliament

Henry Bellingham MP 01485 600559 or 020 7219 8484

The Blue Lagoon

Ken Arnott

The Blue Lagoon swimming pool was officially opened in 1928 and demolished in 1967 despite strong opposition from many local people. What went wrong?

As far as I understand it the pumps were in constant need of repair, the chlorination system was unreliable, the roofing above the changing cubicles and the office area was in a dangerous state and the overall cost of running and maintaining the pool was pretty horrendous.

The old Urban District Council had a choice. Repair it or build a new one. They decided, unexpectedly, to go for an entirely new concept so far as East coast resorts were concerned. This was the famous, or should that be the notorious, 'Bubble' – an all weather entertainments centre complete with swimming facilities, sauna baths, aquarium, night club, conference area, band concerts, bingo, public houses, bowls, squash courts etc. Cost – around £2 million.

A revised scheme was eventually adopted costing £1 million, but after much opposition from local people who feared the project would bankrupt the town, the 'Bubble' finally burst.

The final result, after local government re-organisation and the advent of the Borough Council, was the Oasis Leisure Centre. I don't suppose it satisfied the old Blue Lagoon stalwarts who would have preferred a swimming pool rather than a leisure pool, nor those who relished the prospect of such a major attraction as the 'Bubble' coming to the seafront. But as a compromise between the two it has certainly proved to be a great asset.

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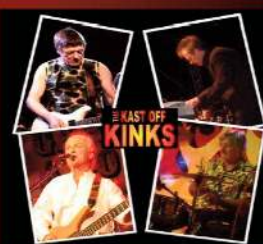


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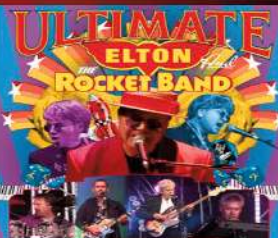


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14th March

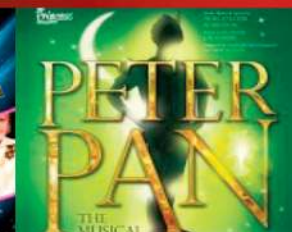


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