

HUNSTANTON TOWN and AROUND

YOUR FREE COPY

ISSUE 135 JANUARY 2017

PRICELESS!

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

Princess theatre

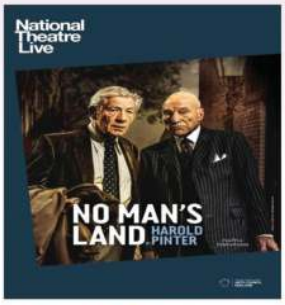
What's on

January 2017

PLEASE NOTE

The Sunset Wine Bar will be closed from
Monday 2nd January to Sunday 15th January
and will reopen for business from Monday 16th January

The Box Office will be closed from Monday 2nd January to Sunday 8th January.
You will still be able to book online.
We will re-open as normal on Monday 9th January at 10am—3pm

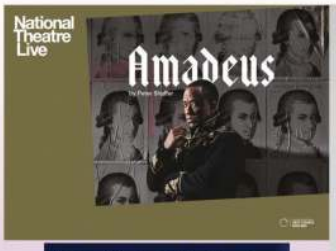


Thursday 19th January—7pm



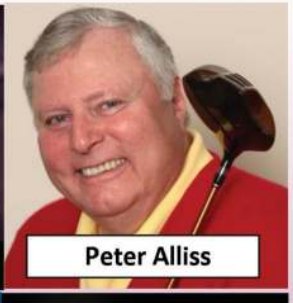
Saturday 28th January—7.30pm

What's To Come in 2017



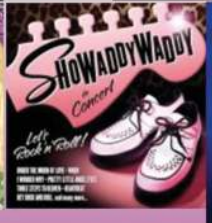
















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First word

Happy New Year and welcome to the first edition of 2017.

I've really enjoyed putting this month's magazine together; there are several new writers and lots of interesting things to read so I hope you enjoy it too.

Dick Melton has been contributing to the magazine for many years, but never before has he expressed his feelings about something as strongly as he does this month on page 14. He is writing about the re-siting of the 1953 Flood Memorial and takes the view it should not be moved from its current position opposite the War Memorial when the Borough Council makes alterations to the Esplanade Gardens. What do you think? Please write or e mail, the contact details are below.

There's good news from two local businesses at the recent Tourism Awards where Paint me Ceramics were finalists in the Best Small Visitor Attraction of the Year Award and Searles Holiday Park won the Willerby Holiday Homes Holiday Park and Village of the Year Award. Congratulations to all involved.

And there's good news too for this magazine. In early December we were pleased to hear from Paul Orsborn, the Awards Co-Ordinator of the 2016 National Parish Magazine Awards that Town and Around had made the top six from over 600 entries with the standard this year the highest ever. Thank you to everyone who has contributed with writing, photos, delivery and advertising. Without you we would not be recognised in the top 1% of local magazines nationally.

I love receiving your articles and photos for the magazine, and it keeps the content interesting for everyone but sometimes the photos supplied just can't be used. On page 71 there are some guidelines that hopefully will help! Also, please send your photos separately and not in a Word document.

If you think that January is a 'quiet' month with not a lot to do, think again and turn to page 78 for the January diary of events; there should be something tor everyone. And if you are suffering from Strictly withdrawal, or aspire to be another Ore and Joanne, take a look at page 41.

As always, my thanks to all our lovely delivery team, writers, photographers and advertisers.

Have a good month.

Best wishes

Elaine

Elaine Bird, Editor, Hunstanton Town and Around
Homer House, 21 Austin St, Hunstanton PE36 6AN
T: 01485 533422 M:07533 088196 E: editor@townandaround.net



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H2SJP24529 12/16

Diners join Lions for lunch

Six hundred and forty diners attended the annual Hunstanton and District Lions' 'Turkey and Tinsel' lunches at the United Services Club in Hunstanton this year.

Co-ordinating their flagship event Lions Chris Holt and Angie Keightley explained that with two sittings a day for seven days, the Lions were grateful for the help from the Mars in the Community team who had attended each session. Pleased to be involved too was Adam Jones, husband of Mars volunteer Kate Windsor-Jones who said "This is a really great thing to do." They were joined by Kate's co-worker Natasha Sahins on Tuesday.

Lion Angie said: "We are pleased to be at the United Services Club again.

"The catering team of Clare, Jackie, Marion, Janet, Linda, Chelsea and Lisa make a massive number of lunches and they are served piping hot and on time.

The oldest diner of the day was 95-year-old Florence Taylor from Ringstead who explained that she tried to get to the lunch every year as she enjoyed it so much. Pointing out Lion Chris Holt she said: "I worked with his grandmother and his mother."

Lion Ian Wallis and the late Peter Mills instigated the subsidised lunches eight years ago. The idea was to provide a budget Christmas dinner and an event that local residents will enjoy. The lunches have been held at different venues over the years, the last five years at the United Services Club, and attendance has increased every year.



Photo from left: Helper Adam Jones, Lion Vice President Mick Harpley, Lions Angie Keightley, Chris Holt, Sharon Noble and Roger Lord

THE LION'S TALE

What a great 12 months it has been with fund raising, flagship events and social gatherings.

We raised £4,226.00 which has helped us to support local causes and underwrite our annual flagship events;

- Christmas Lunches for Senior Citizens - 640 feasted.
- Less - Able Children's Fun Fair Day - 400 screamed.
- Children's Easter Egg Hunt - 100 panted.
- Children-in-Need - £919.26 prized.
- Golf Tournament - 36 sweated.

We organised the Hunstanton Breast and Testicular Cancer Awareness Day and members supported the Sandringham Flower Show, the Hunstanton Kite & Classic Car Festival, the Snettisham Victorian Christmas Market and the Hunstanton Christmas Tree Festival.

Over 1,000 'Messages in a Bottle' were



distributed to the Medical Centres in Hunstanton, Heacham, Dersingham, Snettisham, Docking and Great Massingham for free collection by anyone who wanted one.

We also organised car boot fairs at Glebe House School which, this year, was our principal source of income.

Social gatherings have included rifle shooting, a barbecue, a formal dinner (36th Anniversary), a walk at Sandringham, a Quiz Night in Downham Market and a conkers tournament in Wisbech!

We have supported many worthy causes including; HOP (Help Our Playground) in Old Hunstanton; Eboni who has Hypertrophic Cardio Myopathy, a heart defect; Hunstanton Monday Club for the blind; Hunstanton & Dersingham Day Care Centres for the elderly; The Phobbies Club; Heacham & District Community Car Scheme; The Tracey Swann Appeal and many more.

We are very grateful to all our sponsors and supporters without whom much of this would not be possible.

2017 will be celebrated by 46,000 Lion clubs in over 200 countries as it marks the Centenary of the founding of Lions International during World War 1 on 7 June 1917 in Chicago, USA. We plan to be as busy as the past 12 months, are really looking forward to helping those in need and enriching the Community we are proud to serve.

A NEW YEAR – and a NEW LIFE for 50 Syrian refugees

February 2017 will see 15 to 20 refugees begin to settle in the Greater Norwich area.

These refugees will be people who have suffered war and torture. They are coming to the UK under the Vulnerable Persons Resettlement Scheme. Norfolk County Council voted to accept 50 refugees into the Greater Norwich area **over the current parliamentary term.**

The refugees will be supported by Norfolk County Council **working in partnership with various charities and voluntary organisations who work with migrants and refugees.**

There are numerous areas in which anyone who wants to help can do so, such as:

Teaching Support (including helping with English tuition)
Furniture and small household items of a good standard
Other materials for setting up home
Respite breaks
Befriending/volunteering
Clothes
Toys
Employment support

Norfolk Libraries are offering to be drop-off points for small household items and toys. They need to be placed in a cardboard box/carton which is not too heavy to lift! **Any electrical goods must either be new (accompanied by a receipt) or should have been PAT tested within the last 12 months by a qualified electrician. The scheme does not need donations of food, or clothing at this time.**

If you would like to help in any of the areas listed above, I would be more than happy to hear from you. My contact number is 01485 533896.

If you have time you would like to volunteer to offer to provide support, you can complete a form online, please go to http://www.peoplenet.norfolk.gov.uk/view/NCC086506. The completed form can be emailed back to nrpf@norfolk.gov.uk

Thank you for any donations or help which you may feel you are able to give. Your gesture will be more than hugely appreciated by the refugees who will be so grateful to you for your open-heartedness as they start the next, new chapter of their lives.

Yvonne Bridger (written as a member of the public and not in any other capacity or role)

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The Hunstanton and District Foodbank

(charity registration 1164060)

needs your help

As we approach Christmas and the New Year we should be feeling excited about the festive season, its true meaning and what lies ahead next year.

But for some in our community it is more worry and distress, about putting food on the table for their family, or themselves if they are alone and great fear surrounding their circumstances.

At the food-bank we are entirely reliant on volunteers to help our neighbours at what for most is a short term time of need. We are striving to provide hot food meals on Mondays and Thursdays, 1.15 - 2.00 and emergency food parcels from 2.00 - 3.00.

With the cold weather comes new problems for some, to heat food or themselves. Where we live has a large community of people on zero hours contracts due to the nature of work available such as farming, retail and tourism. Many jobs disappear out of season and few have financial resources to fall back on. We help people suffering bad health, bad luck and some bad decisions but we try to help them all.

Right now our biggest challenge is to have enough volunteers to provide the service on a predictable and regular basis.

If you are able to offer 2 hours a month (or more would be great) I would love to hear from you and have the chance to explain more.

We work out of Hunstanton and are open on Mondays and Thursdays. Please call or text me on 07414 554467.

Thank you.

Richard Shaw - Volunteer and Trustee

Christmas Trees and Creepy Crawlies

A record entry of 35 trees were on display at Hunstanton Town Hall over the weekend in the eighth Christmas Tree Festival organised by the Town's Festival of Arts.



Festival organisers Christine Earnshaw (left) and Ann McKimm

Organiser of the event Christine Earnshaw said: "We thought the Primary School had won by one vote but when I opened the collecting buckets I found 12 more slips and the final result was a draw with the Scouts so we will split the prize money.

"The adult winner was the Allotments entry by Lisa Powell which I think children voted for because they liked the creepy crawlies and spiders!

"Other very popular trees were Royal British Legion, RSPCA, Norfolk Wildlife Trust and the Princess and the Pea.

"Everyone was impressed with the amount of work that had been put into the Queens 90th by the Time for a Yarn group and of course the Oasis tree made from swimming floats got a lot of attention and many a photograph.



Glebe House School carol singers

"The three choirs, Guides and Brownies, Glebe House School and the Community Choir who sang carols really added to the atmosphere as did John Harris on the opening night playing the piano while the Mayor cut the ribbon.

"I am told people also donated generously into the collection boxes which is very kind.

"I have two new trees already booked for 2017, so I would just like to thank everyone who participated and helped to make it such a lovely event."





Mayor supports Coastal Stroke Group



Hunstanton Mayor James Johnson presented a cheque for £300 to the Coastal Stroke Support and carers Group at the November Town Council meeting. James had organised a sponsored walk in aid of his charities of the year and is a great supporter of stroke survivors and their carers.

The aim of the group is to provide aftercare to stroke survivors and their carers from the coastal area, including King's Lynn, once they have been discharged from hospital. The money will be used to provide art and craft sessions, exercise classes and therapeutic care for carers. They have been a successful group and have helped many families cope with the aftermath of stroke over the last five years.

Dedication to Guiding Award

Many congratulations to ninety six year old Amy Reynolds who has been presented with a trophy by the representative of North West Norfolk Trefoil Guild (still active old Girl Guides) for a Lifetime dedicated to Guiding. She is still well known and recognised locally for her Guiding and Teaching leadership.

King's Lynn Festival Chorus on Radio 3

Grace Ng

King's Lynn Festival chorus submitted some recordings and dialogue to BBC Radio 3 programme 'The Choir' in a segment within it called 'Meet my Choir'.

I'm happy to say we have been selected and just notified; the piece will be broadcast on New Year's Day starting at 4 p.m.



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Visiting India with the Leprosy Mission

Veronica Welham

The eagle-eyed readers of HT&A may remember that I went to Nepal with TLM two years ago. This year I was invited to go to India. I knew it would be very challenging and hot, but accepted anyway!

It certainly was an amazing experience. We flew overnight to Mumbai and then caught a connecting flight to Kolkata. On the way our group leader learned that our hotel could no longer accommodate us, but the Peterborough office managed to find a replacement. The only problem was our minibus driver didn't know where it was, so drove us round for nearly 2 hours until he found it. The next morning he was supposed to pick us up at 5 to get to the train station by 6 for a calm and organised loading of us and cases. By 5.45 the minibus still had not come. We left at 5.55 and had a hair-raising journey through red lights and in bus lanes, narrowly avoiding various goats, dogs, pedestrians and 3 horses trotting across a roundabout. We squeezed under the bridge (the car entrance to the car park) clearing it by millimetres. We hauled our luggage up a big flight of steps and along to the furthest platform... only to see the train start to move. The TLM manager from the Premananda hospital jumped in the door of the guard's van – and made him stop the train – and we scrambled aboard.

After a fascinating 5-hour ride through the Indian countryside, we arrived at Purulia and had a minibus ride to the hospital. This was the first hospital built by the then 'Mission to Lepers' in 1888 for £100. Eddie Askew, the well-known writer and former Director of TLM, was Superintendent there for 13 years. In fact, some of us stayed in his house with the current superintendent, Dr Darlong and his wife.

During our time there we visited all departments of the hospital, toured the wards, met and spoke with patients, watched admission and assessment procedures and had a very entertaining social evening with the staff. We were also able to watch operations involving cataract replacement, finger straightening and foot-lift surgery. This amazing treatment enables patients to regain the use of their feet and hands and return to work. Some cases we saw though were very distressing and put into perspective for us some of the huge problems India faces as it strives to become a greater world power.

The project and appeal for World Leprosy Day 2017 is to be the rebuilding of part of the hospital. The outpatients department is now woefully inadequate; all sections need more space, privacy and updated facilities, and patients need much more waiting-room space so they don't have to wait outside in either hot sun or heavy rain and easier access to food and water. There are plans for a new building to encompass all this, and the present building will be converted to enable better storage and record-keeping and expanded physiotherapy and prosthetic limb departments.



one of the waiting areas

Another day we visited the Mercy Home on-site where 6 ladies live and the leprosarium on the other side of Purulia town. Several of the residents had had cataract surgery earlier that week. They were pleased to see us and welcomed us with songs.

The next day we moved on to the Bankura Vocational Training Centre. This involved a 2-hour minibus drive along a 'main' road. Driving in India is very interesting, and despite the chaotic appearance of traffic, we saw no accidents. I think I worked out the rules; you respect anything smaller and hoot to tell it to move out of the way as you overtake and you move out of the way for anything bigger when it hoots at you. Much of the road was being widened, so traffic had to squeeze into one lane rather than two, but the best bit was when we came to a section that was being built. There was a crane, a lorry carrying steel girders, a cement mixer and a man in a yellow hat with a yellow flag trying to control both directions of traffic. He told our driver to pull in behind the lorry, so we did and waited until the girders were unloaded. But as it backed up past us all the traffic from the other direction came steaming through and we were stuck. Our driver got out and chased him down the road, obviously complaining that as he had stopped as instructed, we should have been allowed through first.

We had the most lovely welcome at the training centre. All the students had lined up to greet us and present us with marigold garlands. They threw petals on to the path in front of us and everyone called out 'Hello! Welcome! Thank you!'

TLM runs 6 Vocational Training Centres in India. These are for 16-25 year-olds who are either leprosy affected or have parents who are. They learn motor mechanics, welding, dressmaking and IT, although everyone has to pass a basic IT course. All courses last a year and cost £750, which covers tuition, accommodation and food. We looked round the departments and talked to students about their work. We then had a beautiful lunch of rice, dal, curries and veg, curd, cake and fruit, after which we visited the Snehalaya (house of love) which houses 34 elderly leprosy affected people, many badly deformed, but very chirpy and pleased to see us. They sang a couple of hymns to us and we sang back to them. We looked round their rooms and lovely garden and then went back to the VTC where the students had prepared a display of gymnastics, singing and dancing. The boys made towers of each other, clambering up and balancing. Health and safety was observed by putting a couple of pieces of old carpet on the ground. The girls sang and showed us traditional dances. By then it was dark, but it was still so hot my glasses were steamed up.

We spent the next morning driving round between 4 former students of the VTC who are either working successfully or have set up their own business. Two were dressmaker/ tailor, one taught welding and the fourth was a machine engineer in a garment factory in Kolkata. It was so encouraging to see a positive outcome for people who have gone through the trauma of having leprosy. It was also a tremendous privilege to visit them in their homes and we saw the Indian countryside and villages in a way that no ordinary tourist ever would. The rice harvest was well underway. It had been cut and was being threshed and the straw made into stacks. All the village animals were sitting in the shade, children were playing, women were fetching water and men were putting the world to rights. We looked at the neat and newly-spread mud floors outside and the floors inside swept with pampas grass bundles. There were very few possessions and equipment, but people were so pleased to welcome us in and gave us chai.

The remaining time was spent in Kolkata visiting Mother Teresa's house, the Victoria Memorial gardens and St Paul's cathedral before having a drive round as it was getting dark and all the Diwali light decorations were coming on. It was certainly something very memorable. We had one afternoon in Delhi where we were able to indulge in a bit of shopping and the rest of the group spent the last day in Agra at the Taj Mahal and Red Fort. Unfortunately I was in bed with a stomach virus, but luckily several doses of Imodium enabled me to make the flight back the next day.

I do hope to be able to give presentations next year to a wide range of groups and organisations in return for a retiring collection towards the Purulia appeal. If you would like to contact me, please do so at v.welham@btopenworld.com or via the TLM website.



This photo shows the scene facing the receptionist at the hospital pharmacy

Round the bend with Dean Baker

One Man Band

2016 was cruel for so many of us, I have regrettably joined the ranks of the grieving with the lose of 2 close family members, one two legged , one four ….. both sadly missed

So this month lets look to the future, by checking that 'all things plumbing', are up to date.

Firstly and most importantly - 'Carbon Monoxide Detectors'. Check that they are ready for action, the same for smoke detectors.

Secondly, have your boiler serviced, it doesn't take long, its a set price so you can enquire when booking the plumber and unlike the dentist we won't tell you off if you haven't had a check-up for a year or 5 !

Wiggle the dial on your 'power shower' so that the thermostat doesn't stick . Turn the thermostat for your central heating up or perhaps down, to 19c, this will provide a steady warmth and could save you money. Lastly, don't forget the power of a warm jumper, a thick curtain and a draught excluder.

I asked the current Mrs B how I should approach this article.

"Base it on that Leo Sayer song 'I'm a one man band !"

"Why?"

"Because you're on your own, working on your own"

"But I'm not on my own ! I've got lots of lovely customers to talk to …."

"Of course …. and a lovely calm, organised home life to support you …."

"Yes love ….. you're quite right!

Until next month.

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HARDINGS

HEALTH AND FITNESS

Young vibrant fitness expert Ashley Harding is a highly qualified fitness instructor. He is bringing group exercise sessions suitable for all ages and these classes are effective for YOU to achieve your personal goals.

Ashley's classes are great for getting fit but also for having fun!! The classes will be in Heacham but will expand to surrounding areas to meet demands.

CLASS TIMETABLE

MONDAYS 5.30 - 6.30 BOOTCAMP - Heacham Public Hall top room £5 a person.

TUESDAYS 6-7 BLT/ CIRCUITS - Heacham Scout Hut £5 a person.

WEDNESDAYS 5.45 - 6.45 BOOTCAMP - Heacham Scout Hut £5 a person.

HITT AND MORNING CLASSES COMING SOON WATCH THIS SPACE !!

Please call for more info on new classes.

What ever your age there's strong evidence that exercise helps you lead a healthier and even happier life.

January is an excellent time to join!! Ashley is offering new clients half price personal sessions just quote this advert.

Call 07880255134 to book a one to one session for half price ONLY DURING JANUARY FOR NEW CLIENTS!

We are all getting back into shape after Christmas! Ashley will keep you motivated and focused for a happier healthier 2017!! NEW YEAR, NEW YOU!!

Call Ashley on 07880255134 to book your place in a group session. DON'T DELAY BOOK TODAY

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RAY BUTCHER'S SU DOKU

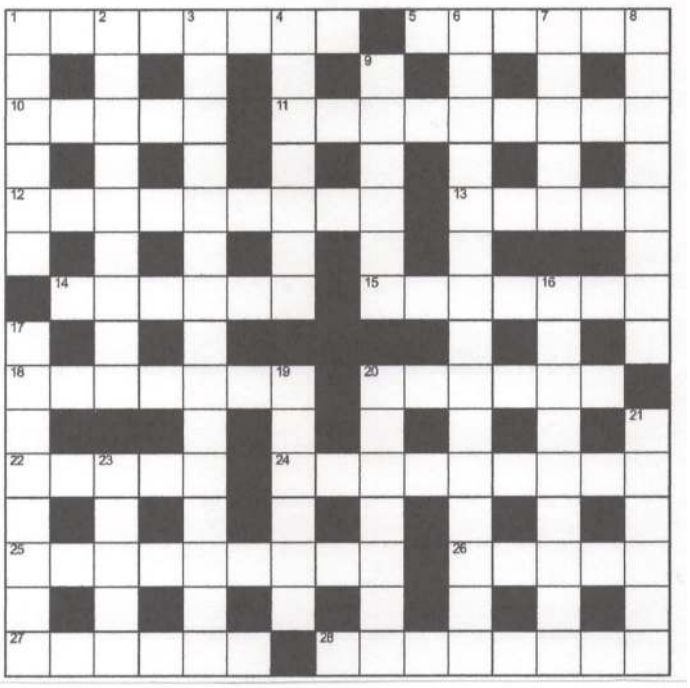
Easy first...

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

...then the more challenging

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

DAVID ELSEY'S CRYPTIC CROSSWORD



Across
1. Come, sort crackers and increase in price (4,4)
5. Swear about ring road (6)
10. A loaf found in the van (5)
11. Owner forces son abroad (9)
12. Positioned with the best, including large subsidiary (9)
13. It is essential vessel negotiates first tide (5)
14. Call for more directions to centre (6)
15. Row of houses built on land near church (7)
18. Admonished, but take test (7)
20. Accept a hug – witnessed! (6)
22. Concern for children (5)
24. A quarter merit rest, perhaps (9)
25. It's irritating – there's no money in running (9)
26. Gather inside quadrangle annexe (5)
27. Laugh at dismount? (6)
28. Frustrated, Tessa constrains mild rebuke at laws (8)

Down
1. Sophisticated, but form is unknown (6)
2. Delightful bearing is right for bait (9)
3. Unadventurous while creating jam? (6,2,3,4)
4. About a hundred rule rest (7)
6. Cox had too much to drink (3,4,3,5)
7. I join the others and repeat exam (5)
8. Loner led converted and joined up (8)
9. Ruin trees set evenly, causing disturbance (6)
16. Share garden (9)
17. Clipped new bird - with old feathers? (8)
19. Delay delivery time amid commotion (6)
20. Woman crossing junction (7)
21. Contest places, being inappropriate for son initially (6)
23. Fly around first light of the sun (5)

Crossword solution on page 22

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A Page from the Sage

by Dick Melton



Well here we are again, a Page from the Sage for Hunstanton Town and Around, issue 135 for January 2017.

It has been brought to my attention, and no doubt a lot of you will have heard, that when the Council do the alterations (not improvements) to the Esplanade Gardens they intend to move the 1953 Flood Memorial away from the position it has been in for over sixty years, opposite the War Memorial and in Reis Leming Way. This should not happen; when it was first suggested by the people of Hunstanton that a memorial should be erected to the 15 local people and 16 Americans who tragically lost their lives in the great flood the Town Council at the time said they would not erect a memorial, but they would give a plot of ground for someone to erect it on. So two council workmen Bill Raines and Frank Sawbridge together with the help of other work mates set to erect this memorial, Bill got the rocks from off the beach and he scrounged the sand and cement from a local builder. The slate with the names of the victims on came from the remains of the old toilets that were next to the shelters to the north of the pier and Frank sat at home for many nights engraving the names onto the slate. To remove this memorial, it would have to be broken up and no doubt new stone work would need to be done; it would just not be the same, it is in the most prominent place in Reis Leming Way, opposite the War Memorial and next to the highway. It must not be removed from this most prominent position.

A few years back in the fifties and sixties there were many more small shops in the towns and villages, even small villages like Sedgeford and Ingoldisthorpe had at least one small general stores and even the smallest of villages had a Post Office, but also there were a lot of salesmen that came round from other places. One of the regulars was the insurance men, I well remember one of them from the Co-op coming to my grandmother to collect one shilling a week.

In the towns like Hunstanton most people had gas or electricity but in the villages a lot of people still had oil stoves and oil lamps, I remember in Dersingham we had at least four of these oil delivery vans come into the village, there was Bradfields from Heacham, Lamberts from Snettisham, Landy Daniels from Snettisham, also one came out from Lynn that was a Mr. Blake who had a small wooden shop next to Wootton New Inn; he also sold batteries, Then there were lots of milkmen, many of them still coming round with the milk in a churn, you would take out your jug to them and they would dish it out with a pint ladle, there was shell fish hawkers like Lizzie English with her horse and cart, Tony Daniels and Norman Mitchell, they too would use a pint pot to dish out their cockles, shrimps, mussels and samphire.

Some of the larger grocery shops employed people who went out round the villages at the beginning of the week, take your grocery order then they would deliver at the end of the week. Two of the shops that did this were Lamberts of Hunstanton and Snettisham also Parkers Stores of Dersingham; both of these shops served Sandringham House. I remember a man from Dersingham who would come round once a week on his trade bike and pick up your football pool coupon, take the money and leave your coupon for the next week he was also an agent for Kay's the catalogue people.

We had two bakers in Dersingham but then you would also get bakers from other places come round. I remember one baker from King's lynx who once told me that he usually finished his round off in Docking about ten o'clock at night.

Butchers were the same; when Ken Milton had a butchers shop on the corner of Manor Road and Heath Road he went round ten other villages in the area twice a week.

We still get some roundsmen like the coal man, newspaper man and the milk man but these roundsmen are a dying breed.

A lady gave me a Lynn News and Advertiser for Friday October 23rd 1970, price eight old pence. It is the big old paper that you had to spread out on the kitchen table to read; there were just over 20 pages (24) but it is really full up with news from the villages, three pages of 119 jobs, half a page of weekly bargains and lots of other interesting bits and pieces. The page that interested me the most was the page advertising all of the entertainment that was going on in West Norfolk forty-six years ago. For instance you could go to the Kit-Kat Sunday night club for 5/- old money and listen to Danny Ford and the Offbeats upstairs and downstairs playing were Aamberstone. If you wanted to go a bit up market you could join the Country Club and over the weekend you could dance to the Paul Chris Showband with vocalist Jackie Curran, or the Alvin Thompson band. If not you could go down to Snettisham for the weekend and listen and dance to the Family Tree, the Geoff Stinton Musicmen, or the Graham Walker Showband at the very popular Anchor Club in Station Road Snettisham. If you wanted to go into King's Lynn then you could go to the Blue and Gold Club at the Walks Stadium and listen to Carl Adams vocalist and the very popular Dick Dent Band - this would have cost you 4/- shillings and 2/- shillings extra after 11pm, but you could dance the night away till 1am.

There were two stag nights that weekend, one at the Ffolkes Arms Hillington and the other at the Barton Manor Hotel Wisbech were it would have cost you £1 10/- shillings to get in. If you did not fancy going to any of these venues you could on Friday 23rd October go to the Assembly Rooms Swaffham where starting at 7.30pm there was a grand charity auction organized by Swaffham Round Table where they had for auction television sets, fruit, clocks a good car and even a combine harvester!

Of course you could always go to the Majestic Cinema to see A man called Horse or to the Pilot to see the Beatles in Let it be.

One of the main items of news that weekend was that farm workers' wages were this week raised by £1 13/- to £14 16/- I reckon they get a bit more than that nowadays.

A month or two back I wrote a bit about a ships bell that came off a ship called the Sze-Chuen and was sold at auction at a sale at Ken Hill Hall. The ship had spent all it's working life going up and down the Yangtze River in China. I was trying to find out how this bell got from China to Snettisham. This last week I had a very kind gentleman and his friend bring me a photo of this bell when it hung in the lobby by the front door at Snettisham Hall. During our conversation one off the men said he had heard that an American bought a bell at this auction, so who knows there could have been two bells in this auction, the mystery deepens.

At last the hedges and bushes have been cut at the Cemetery but it still looks a bit of a mess and I have been told that in future it might be that because of the cutbacks the hedges will only be cut once a year. I don't suppose the Sheep Field will ever get cut, it is in a right old mess. One good thing, at least the Tesco store are keeping the footpath trimmed and tidy.

Well, that's all for now I hope you all have a good Christmas and a very happy New Year. Just remember, dew you keep a troshin'.

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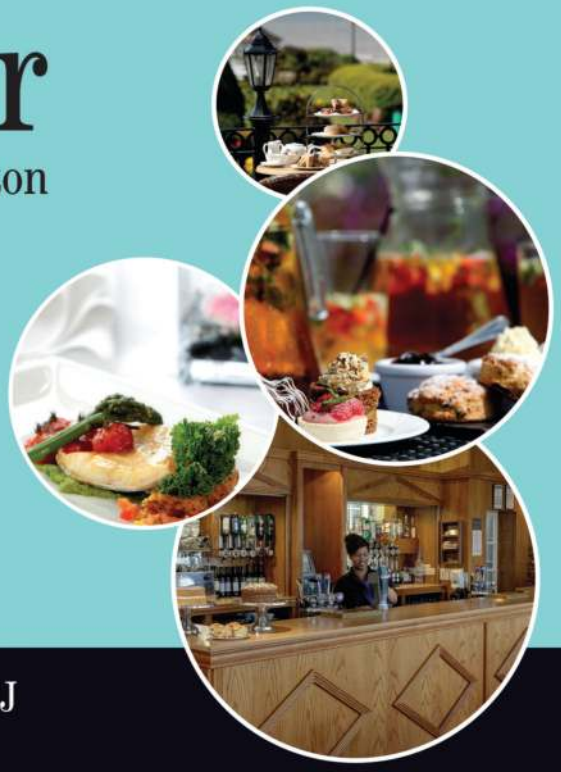

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TAKE THE OFF-PLAN PLUNGE AND RETIRE TO THE COAST

McCarthy and Stone is inviting retirees interested in enjoying the many benefits of life on the coastline to reserve their preferred property off-plan at its Hamon Court development in Hunstanton before it's too late.

When complete in early 2017, Hamon Court on St. Edmund's Terrace will comprise a stylish collection of 31 luxury one and two bedroom Retirement Living apartments aimed exclusively at the over 60s, with prices starting from £195,950 and £277,950, respectively. With a selection of spacious two bedroom apartments featuring breath-taking sea views still available, interested parties are encouraged to act now to avoid disappointment.

Being quick off the mark and reserving off-plan allows purchasers to have the pick of the best plots and to be in the enviable position of being able to choose the Retirement Living apartment which is best tailored to their own individual needs and tastes.

Cheryl Bissett, Sales and Marketing Director for McCarthy and Stone East Midlands, said: "With over 70% of apartments already sold at Hamon Court off-plan, the development is proving to be extremely popular. We expect a further surge of interest when the professionally-designed show apartment is unveiled; but wait and risk disappointment when you can reserve today and simply sit back and relax, safe in the knowledge that your place this highly desirable development is secured."

Having already reserved their apartment at Hamon Court, Mr and Mrs Garner are looking forward to starting their new lives together by the seaside. Mrs Garner, commented: "We are frequent visitors to Hunstanton and we have always loved the area – so when we saw McCarthy and Stone were building it really did seem to be right time, right place. I was a little apprehensive about purchasing off-plan at first, but we knew it would be high quality as we're familiar with the company.

"We simply can't wait to relocate to Hunstanton – we feel so comfortable here. We are really looking forward to having every amenity right on our doorstep, from supermarkets through to bus stops to take us wherever we'd like to go, as well as getting to know our new neighbours."

Situated on the idyllic Norfolk Coast, Hamon Court presents the ideal retirement location for those looking to settle into a calming, low maintenance lifestyle in a tranquil setting. Designed to offer the very best in independent living within a safe and secure environment, Hamon Court will enable homeowners to benefit from companionship when they want it, and privacy when they need it.

Hamon Court will also provide a fantastic range of facilities and many apartments will feature walk-out balconies, while all homeowners will be able to appreciate stunning sea views from the roof terrace and homeowners lounge. Should homeowners wish to have friends and family over to stay, a convenient guest suite will be available on-site. A House Manager will be hand to ensure the smooth-running of the development, and to provide support to homeowners and organise social events. A range of 24/7 security and support services will also be available, including a camera door entry system and a 24-hour emergency call points, providing peace of mind for homeowners and their families.

Retirees interested in Retirement Living in Hunstanton should call 0800 310 0384, or visit www.mccarthyandstone.co.uk, or alternatively make an appointment at the off-site marketing suite at 20 Westgate, Hunstanton, Norfolk, PE36 5AL.

*Source: https://www.saga.co.uk/magazine/health-wellbeing/wellbeing/seaside-health-benefits





McCarthy & Stone
The UK's leading retirement housebuilder

Enjoy a seaside retirement apartment

Situated on the sea front in Hunstanton is Hamon Court, a beautiful new development offering 31 luxury seaside retirement apartments, available to move into from February 2017. Just a short stroll from the shops, these new homes offer a beautiful residence for those looking to retire to the sea.

With stunning interiors, warming communal areas and fabulous sea views, it's no wonder the apartments are being snapped up and are already 70% sold.


Artist Impression of Hamon Court


Ken & Margaret Garner, Reservists at Hamon Court


View from Rooftop Terrace at Hamon Court

One couple who bought off-plan and are eagerly awaiting their new property is Ken and Margaret Garner, who are relocating from Wisbech and have always loved the seaside escape of Hunstanton. Margaret said: We're in our 80s now, and want to spend more time together. With that taken into account, we gave it a great deal of thought and decided it was the right time to downsize to a more manageable property. We're frequent visitors to Hunstanton and we've always loved the area – so when we saw McCarthy & Stone were building it really did seem to be right time, right place.

> **"I was a little apprehensive about purchasing off-plan at first, but we knew it would be high quality as we're familiar with the company."**

"We then went to see Justice Court in Cromer, which was fantastic. It really helped us to understand what our apartment would be like, and we were also pleasantly surprised at how spacious it felt. The finishing touches were also very impressive and really reassured us that the interiors of Hamon Court will be first class." We simply can't wait to relocate to Hunstanton – we feel so comfortable here. We're really looking forward to having every amenity right on our doorstep, from supermarkets through to bus stops to take us wherever we'd like to go, as well as getting to know our new neighbours.

> **"We're most looking forward to being able to take in the beautiful scenery and walk through the local surroundings together – it's time for us."**

If you would like to find out more, please call **0800 201 4787** or visit
mccarthyandstone.co.uk/hamoncourt
Off-Site Marketing Suite, 20 Westgate, Hunstanton, PE36 5AL

LP-ME-AAT-RL-3034-ZZZ

DO YOU HAVE INCOME (OR GAINS) FROM PROPERTY?.....

PART III: FOREIGN MATTERS

By Kathryn Gigg Chartered Accountants, Hunstanton

In our previous articles we have covered the basics of tax on property income, whether from a **Furnished Holiday Let** (FHL) or a residential **"buy to let"** (often on six month **Assured Shorthold Tenancies** (ASTs)). However, with the opening up of Europe and the proliferation of cheap flights, many people now own properties outside of the UK which they let when not being used for personal holidays, or hold a portfolio of houses in a popular overseas tourist area.

There is a common misconception that, provided that no monies are brought back to the UK, that foreign income or gains are not the concern of HM Revenue & Customs and do not therefore need to be declared. However, unless you are not domiciled in the UK (a legal status which defines your tax "home" and is outside of the scope of this article) then you are required to disclose your **worldwide income and gains** to the UK Tax authorities.

In practice this means that if you have income from a property that you let out which is situated outside of the UK then the income, less running expenses, needs to be declared on your UK Self Assessment Tax Return. If the property is in the **European Economic Area** (EEA) which comprises the 28 member states of the European Union plus Iceland, Liechtenstein and Norway (but does NOT include Switzerland) then, provided it would qualify as a Furnished Holiday Let (available for holiday let for a minimum of 210 days and actually let for at least 105 days) then the more generous Income Tax treatment, capital allowances and favourable **Capital Gains Tax** (CGT) treatment available to UK FHLs are also available for the foreign equivalent. If situated outside of the EEA then the income is simply treated as Property Income and disclosed on the **Foreign pages** of the Return. With effect from April 2018 many rental property owners will also need to make quarterly submissions as part of the HMRC "Making Tax Digital" project.

Any net income generated will be added to your other income of the tax year and UK tax applied in the normal way. Depending on the Country in question and any **Double Taxation Treaty** in place between their Government and the UK it is usually possible to offset any foreign tax paid on the income in the host country against the equivalent UK tax so that the income is only taxed once over all.

If you are in the position of having moved abroad to live yourself, and are now letting out your UK property(ies) as a **Non Resident Landlord,** you may find that you are having Basic Rate Tax (at 20%) deducted at source from your rents receivable, either by your letting agent or in certain circumstances by the tenant. This can cause a significant cash flow problem and is therefore an incentive to ensure that your tax affairs are kept under review. If you take the correct advice this can be avoided.

In 2010 it was estimated that there were in the region of 55,000 FHLs owned by UK Taxpayers in the EEA but the income from a number of these was not being declared and taxed, under the Self Assessment regime. This is clearly a significant leakage of tax from the Treasury and HM Revenue and Customs are currently using a "carrot and stick" approach to encourage tax payers to put their tax affairs in order. The main thrust of this approach are the various **"Campaigns" targeting, most recently, rental income, second incomes and "Worldwide" income.**

The Campaigns share much in common, and ask the Taxpayer to make full disclosure of the various income that has not been previously declared going back up to 20 years and, in return for this, the Taxpayer pays a significantly reduced level of penalties than would otherwise be the case if HM Revenue & Customs were to become aware of the errors as a result of receiving third party information for example or enquiry. HM Revenue & Customs may also be open to accepting a payment plan for any tax outstanding as, if the mis-declaration has gone on for a number of years, it is quite possible that funds are not available to pay the outstanding amount in a single payment. In addition, if a full declaration is made, then the



acceptance by HM Revenue & Customs of the Taxpayer's offer gives both sides certainty of their position and income can be correctly declared and tax paid into the future. It is worth noting that, typically, if there has been a history of undeclared income and this is NOT declared via a Campaign but instead discovered by HM Revenue & Customs, then the resulting tax, penalties and interest often amount to all, or even more, than the funds accumulated as a result of the non-declaration. A strong encouragement to "come clean" and bring ones affairs bang up to date rather than storing up problems for yourself later, or even for your beneficiaries upon your demise.

HM Revenue & Customs have also been successful, especially in the EU, in persuading foreign tax authorities to disclose details of income that they hold from returns of Banks and letting agents in their own territories that could identify non-declaration in the UK. Behind the scenes they are undertaking a programme of **matching intelligence from all over the world** with the tax records held by HM Revenue & Customs with the resulting list of potential non-declaration being a valuable starting point for launching enquiries into UK Taxpayers' affairs. It is very much a case of making a disclosure to HM Revenue & Customs before they come calling themselves and seeking the assistance of an experienced professional is the most sensible option.

Kate Gigg and her team at Kathryn Gigg Chartered Accountants specialise in all aspects of property tax and would be pleased to advise you whether you already have a property, whether a single property or a portfolio, or you are thinking of making such an investment and would value some professional input. As set out above advice can also be provided if you think that you may have under-declared your income, or need to declare a capital gain on the sale of the property or wish to make a voluntary disclosure and take advantage of an HM Revenue & Customs "Campaign".

If any of these issues affect you and you are in need of further advice, please contact either Kate or her assistant Nicola Tarry FCA, who will be pleased to talk matters through with you.

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

Mrs K H Gigg FCA

Caution: The information set out 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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Broadband and Mobile phone coverage report

Dr Marie Strong, Chair Broadband, Mobile 'Phone & Digital Working Group, Norfolk County Council

Broadband speed issues or faults

In the event of any problems relating to broadband faults or speed issues customers in the first instance should contact their internet service provider (ISP) (e.g BT, Sky, Virgin Media). Internet service providers will be able to identify if the issue is something they will be able to fix or if it is an issue with the infrastructure they will escalate it to Openreach. Openreach can only work with internet service providers, not directly with members of the public, in order to ensure that all ISPs are treated equally.

Many internet service providers have guidance available on their websites which can alert customers if there is an existing network problem in their area and this often includes information on how long it will take to be resolved. Their websites also provide guidance for users to help identify if there is anything they can do to resolve the issue (e.g changing a wifi channel). If internet advice is unavailable most providers will offer a similar service over the telephone.

It is very important for everyone to report faults to their internet service provider so the provider can understand the extent of the issue and escalate to Openreach if necessary. People should not assume that if they see an Openreach vehicle in the area that their fault is being fixed – they should always check with their service provider.

Mobile Phone Coverage

The Broadband, Mobile Phone and Digital Working Group has met with representatives from the four main mobile network operators (EE, O2, Three and Vodafone). We learnt that mobile operators have an agreement with government to achieve 90% geographic voice coverage across the country by the end of 2017. We understand that operators are on track to meet this commitment which should also result in an increase in 4G data coverage. In turn the government is reviewing the Electronic Communications code to help operators deploy new infrastructure – particularly important in rural areas.

Mobile UK, who represent mobile operators, have stated that the government will review the coverage situation once the 90% coverage target has been achieved and the new Emergency Services Network (ESN) has been deployed. The ESN is the new communications system that will be used by the Police, Fire & Rescue, the Ambulance Service and other public safety users. MobileUK said that 'where public money is used to subsidise ESN expansion in rural areas, the infrastructure will be made available to all mobile operators.'

Network operators are working together to share sites and improve infrastructure. However they are still commercially independent so the operators will not publically share future coverage plans. However operators do advise that customers should use a coverage checker to determine the best network for the places where they will be using their mobile phone. Most mobile phone operators have a coverage checker available on their own website but there is also a coverage checker available on the OFCOM website. https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/advice/mobile-coverage-checker

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Dates & Deadlines! Have you filed your 2016 Tax Return yet?

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton

31 JANUARY 2017
INCOME TAX: SELF ASSESSMENT FILING AND PAYMENT DEADLINE:

Filing deadline for 2015/16 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 2016 will incur £10 daily 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 2016 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 2015/16 and first payment on account for 2016/17 due today.

Deadline to pay Class 2 NIC for 2015/16.

Deadline to amend a 2014/15 tax return, if relevant.

Deadline to file an outstanding 2014/15 tax return to avoid a tax geared penalty.

Deadline to file an outstanding 2012/13 return to displace a determination.

NIC: last day to claim a repayment of Class 2 NICs for 2015/16 if your earnings were below the exception limit.

Deadline to notify liability to Class 2 NICs where your self employment began in 2015/16 tax year, to avoid a penalty.

CLAIMS & ELECTIONS: 31 January 2017 is the deadline for numerous self assessment claims and elections for 2010/11 to 2015/16. Please contact us to discuss if you require advice in this regard e.g. Loss Relief Claim.

COMPANY ACCOUNTS: private companies with 30 April 2016 year-ends should file their accounts at Companies House.

CORPORATION TAX: returns for accounting periods ended 31 January 2016 should be filed with HMRC by today.

GIFT AID: Individuals should make a claim to backdate gift aid donations, by today, in certain circumstances to benefit from a higher rate of tax relief.

TAX CREDITS: last day to renew tax credits for 2016/17 (if the 31 July 2016 deadline was missed and the claimant can show good cause) or to provide final income figures for 2015/16 (if renewal was done by 31 July 2016 using an estimate).

Snippets from the Chancellor's Autumn Statement 2016:

Things have changed since 23 June 2016! Not only are we facing Brexit but the US President-Elect wants to tear up the Trans-Pacific trade agreement and implement tax reforms that could have consequences throughout the world. Against this background the key messages that the Chancellor needed to deliver were stability in the short term, a confident future for the UK in a post-Brexit new world, coupled with providing certainty and a clear message that the UK is still open for business. Philip Hammond gave a creditable performance, competent, steady and straightforward: setting out a Budget for challenging times.

In future the main Budget will be in the Autumn with a Spring statement to look at "Economic and Fiscal challenges".

National Living Wage to increase from £7.20 to £7.50 from April 2017.

Insurance Premium Tax rises to 12% (remember this was introduced in 1994 at a modest 2.5% and even two years ago it was only 6%). The "Whiplash" reforms will save £40 on car insurance premiums on average but this IPT increase will add c.£25!

Personal Allowance rises from £11,000 to £11,500 in April 2017 and the higher rate threshold from £43,000 to £45,000 (but no change to the 60% "stealth" band which will widen with the higher personal allowance and hence will apply for incomes between £100,000 and £123,000). Class 2 National Insurance abolished from April 2018.



Corporation Tax confirmed to fall to 17% by 2020. Restrictions in the availability of loss relief for the largest companies only.

VAT Flat Rate Scheme. A new 16.5% rate has been introduced for "businesses with limited costs", specifically targeting those who had previously used the VAT FRS, defining their trade type as "any other activity not listed elsewhere" and hence applying a rate of only 12.5%. This 4% increase will prompt them to ensure that they correctly categorise their trade.

Letting Agent Fees. Charging tenants initial letting, tenancy renewal and change of occupancy fees are all banned. Market forces will determine whether agents are able to pass these costs on to landlords or whether this income stream will cease altogether.

ISA Limit to rise to £20,000 from April 2017.

Rural Business Rate Relief (for small shops, garages, pubs etc where they are the only such outlet in the village) to double to 100% in April 2017.

Making Tax Digital consultation response promised by January 2017 ready for the new system to be in place by April 2018

Mrs K H Gigg FCA

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information. © Kathryn Gigg 2016



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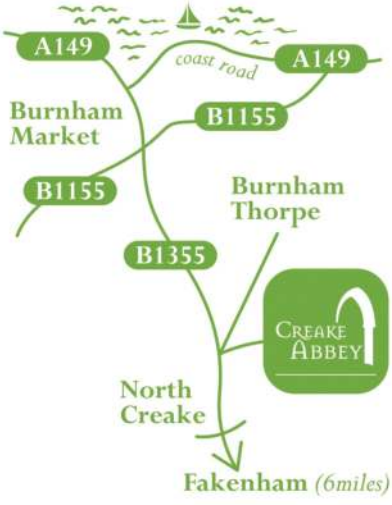

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THE BARKING BUGLE

What a hectic December it was for us repawters! Firstly, my brothers and I were totally overwhelmed when the popular magazine 'Take a break' wanted to interview us about our Christmas adventures meeting the Royal Family at Sandringham. Every Christmas we all dress up

for the occasion and wait to be patted by as many members of the Royal Family as we can. We have met most of them but we like Prince Harry the best! You can read all about it in the Christmas Edition of 'Take a Break magazine'.

We were also in demand when Norfolk Radio contacted me, saying they would like to interview me about the Barking Bugle. I was very excited by this and so decided to wear my official tie at the interview which was held locally at the L'Estrange Hotel. A very nice man conducted the interview with me and Lily, our Science Editor. I think it went very well despite the fact he couldn't speak woof so our Pas (Paws assistants) had to translate for us.

In December we also held our first ever Christmas Pudding Pawty! We were



greatly indebted to our fellow repawters, Josef and Emma, for organising the day when K9s and well behaved humans were invited to meet Santa and indulge in some festive treats. It was a great success and we raised over £200 for the charity 'Wonky Pets.'

Finally, a company called 'Frontline' invited us to Peterborough to take part in their new promotional video. The set for the shoot was a long pawty table set up with chairs, plates, cups, balloons and tasty treats. However, my brother Gizmo totally disgraced himself being the only dog to jump up onto the table, destroy the whole arrangement, pull off the table cloth and totally wreck the set! He also stole and ate his entire body weight in treats. I of course was my usual professional self, smiling at the camera with toothy grin right on cue!

December was a totally pawesome month for us at the Bugle and we hope it was for you too!

Meanwhile we wish you a wooftastic New Year!

Woofs Frodo - Editor

Crossword solution

Across
1. Cost more, 5. Course, 10. Ahead, 11. Confessor, 12. Satellite, 13. Vital, 14. Encore, 15. Terrace, 18. Berated, 20. Beheld, 22. Issue, 24. Trimester, 25. Galloping, 26. Glean, 27. Deride, 28. Statutes

Down
1. Classy, 2. Sweetener, 3. Middle of the road, 4. Recline, 6. One over the eight, 7. Resit, 8. Enrolled, 9. Unrest, 16. Allotment, 17. Abridged, 19. Detain, 20. Bridget, 21. Arenas, 23. Solar





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Christmas comes early for 1st Hunstanton Scout Group

Beavers, Cubs and Scouts gathered on Wednesday (7th December) evening for a presentation of a cheque for £300 from the Le Strange Masonic Lodge, based in Hunstanton.

The donation will be used to purchase camping equipment to include stoves, pots, pans and utensils.

The group has a healthy youth membership, and undertake 5-6 camps throughout year. The new equipment will prove to be invaluable, as some items need to be borrowed from other sources.

We are always looking for new members and adults who could assist at meetings. If you would be interested we would be glad to hear from you. You can contact Andy Farr on 07795 414835.



Ken Dawson from Le Strange Masonic Lodge presents a cheque to Lesley Doherty, Akela of 1st Hunstanton Cub Scouts.

Heacham History Group

In September we had another excellent and thought provoking talk. This one was by Matthew Champion who gave us an insight into Medieval Graffiti in our Norfolk Churches. Matthew is the project director of The Norfolk Medieval Graffiti Survey, the first large scale survey of early graffiti in the UK which has now spread to other counties. It is a multi award winning community archaeology project run entirely by volunteers which is changing the way we think about the graffiti we all have seen on the walls of our churches. But that is only the tip of the iceberg. Unseen by most of us, there is far more graffiti in our churches than was previously realised. Shining a powerful torch at an angle across the walls can reveal numerous markings made by our ancestors. Even more excitingly, Matthew led us through what had been found, the analysis of some of the markings and the conclusions which the group had come to. Graffiti was not an act of vandalism by naughty or bored children or always marks made by stone masons but something done by all levels of society in the parish. It would have been visible to all and acceptable. It was a talk, which for me raised more questions than answers and like many of those present, Matthew's book, Medieval Graffiti: the Lost Voices of England's Churches appears on my Christmas present list.

The group has an email list which we use to remind members of our talks and meetings and let them know of any last minute changes. If you become a member of the Heacham History Group (£2 a year) you can be added to the list and entry to the talks will then be £2.

Our meeting on January 30th will be more informal and using the very successful format of last years post Christmas meeting, will have a mixture of items. Mavis Windibank our secretary, will be giving a short talk, sharing her research into Patrick Hadley the composer, who lived in Heacham. There will be another Heacham Picture Quiz, a more general quiz, displays on the war graves in Heacham churchyard and other subjects relevant to the history of Heacham. We will also be serving coffee, tea and cakes. If you have any pictures or other memorabilia of Heacham which you would like to share, please bring it along to show us.

As usual the meeting will be at 7.30 pm at the Old Friends Hall, Sunnyside Close, Heacham PE31 7DX. Everyone is welcome. Admission £3 (Members £2)

Linda Nudds
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HUNSTANTON CIVIC SOCIETY AND HERITAGE CENTRE

Apart from its open Green, Hunstanton is blessed with plenty of public garden space that our visitors and residents enjoy all year round. Chris Durham (operations manager) and his team work very hard to maintain these gardens looking good – so good that Hunstanton wins awards for them year on year. What some of you may not know is that twelve years ago, Canny Jones, a then member of the Civic Society committee, took on the responsibility for looking after St Edmunds Chapel garden. Gradually she took on the Wolf Garden, the Pier Bed and the Sign Post Garden. She has given a lot of time and energy to improving these gardens and we owe her a big debt of gratitude. She is finally hanging up her tools so to speak (as far as these gardens go anyway!). Thank you Canny!

The good news is that we have some new enthusiasts who have joined our little team so the Civic Society will continue its commitment to caring for these particular gardens. Recently, we have also taken on a new garden. If you walk by the Coal Shed and fancy a sit-down there is a seat in a small 'railway' garden. This is a tribute to the old railway that brought great prosperity to the town when it opened in 1862. With hindsight, the closure in 1969 was an act of great folly.

If you are out and about and see us with our trowels do stop and say hello – it is always nice to have a chat.

The AGM of the Hunstanton & District Civic Society was on 14 December. After 5 years as chairman, Andrew Murray stepped aside from that position and the new chair is Mrs Terry Ashworth. During the past 3 years, Terry has co-ordinated the running of the Heritage Centre and the duty rota of volunteers. Stephen Kent has done an excellent job of combining the finances of the Civic Society with those of the Heritage Centre and continues as treasurer with David Boxell as the auditor. Some 15 nomination forms were received from people prepared to serve on the committee. Following the AGM, a glass of wine and a delicious finger buffet was enjoyed. A picture quiz about the town's buildings followed and then Terry Ashworth gave a presentation about the work of the Heritage Centre. Mary Ash, who has been chair of the Norwich Society and has recently been elected as a trustee of Civic Voice, spoke about the successful way in which Norwich identified buildings of local importance and put them onto a local list.

On Wednesday 18 January we will welcome back local researcher, historian and writer, Charlotte Paton. On this occasion she will talk about the lives of rural women in Victorian times. The talk will commence at 7.30 in the Town Hall, admission £1 for members and £3 for visitors includes refreshments. For further information please see our web-site www.hunstantoncivicsociety.org.uk or telephone Terry on 01485 535292.

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Pride in our Neighbourhood 24

Andrew Murray

In 2011, the Core Strategy of the Local Development Framework was adopted. Its companion volume, the Site Allocations and Development Management Policies (SADMP) was adopted in September 2016. These documents will be the basis on which any planning applications will be determined from now until 2026 and be enhanced by any Neighbourhood Plans that have come into effect.

During the public hearings into the soundness of the SADMP, the Borough Council undertook to start revising its Local Plan almost immediately. That process has now begun with a letter to landowners, developers and other interested parties requesting that potential sites for development be identified and suggestions made concerning planning policies. The Town Council and Civic Society are engaging in this new process.

The importance of having an up to date Local Plan was clearly demonstrated when a Planning Inspector in 2015 at an appeal concerning a proposed development at the former Foster's Sports Ground in Clenchwarton found that the Borough could only demonstrate that it had a 1.7 year supply of land. The National Planning Policy Framework (NPPF) presumption in favour of sustainable development over-ruled the local plan and permitted a flurry of developments to be approved. The Borough's planners worked hard and were fortunately able to demonstrate at least a five year supply of land at the public enquiry into a proposal to develop land in Heacham accessed from School Road in May 2016.

As mentioned in last month's magazine, an appeal by a developer against a policy contained in the Neighbourhood Plan for St Ives in Cornwall was dismissed. The policy states that "Due to the impact upon the local housing market of the continued uncontrolled growth of dwellings used for holiday accommodation (as second or holiday homes), new open market housing, excluding replacement dwellings, will only be supported where there is a restriction to ensure its occupancy as a Principal Residence. Sufficient guarantee must be provided of such occupancy restriction through the imposition of a planning condition or legal agreement. New unrestricted second homes



will not be supported at any time. Principal Residences are defined as those occupied as the residents' sole or main residence, where residents spend the majority of their time when not working away from home."

The objective of the St Ives Neighbourhood Plan Policy is that it aims to safeguard the sustainability of the settlements in the St Ives area, whose communities are being eroded through the amount of properties that are not occupied on a permanent basis. The justification is that between 2001 and 2011, the housing stock grew by 16% but the population grew by only 2.4%. 25% of the dwellings in the area were not occupied by a resident household in 2011 an increase of 67% in comparison to 2001. In order to meet the housing need of local people, bring greater balance and mixture to the local housing market and create new opportunities for people to live and work in the area, to strengthen the community and local economy, the St Ives Neighbourhood Plan supports full time principal residence housing.

Hearing Support

West Norfolk Deaf Association is a charity that provides a service to people in West Norfolk with a hearing impairment. They currently run GP based Hearing support clinics, home visits to house - bound clients and residential homes visits all over West Norfolk, and rely heavily upon volunteers to support them in providing this service.

Volunteer for WNDA

Could you spare a few hours a week to support those with hearing loss? As a volunteer you could make a world of difference to someone's life simply by supporting them with the general maintenance of their hearing aid. Volunteers visit many patients in their own homes as well as residential and sheltered housing accommodation. Full training is given and all expenses paid. Please contact us for an information pack at West Norfolk Deaf Association, Railway Road, Kings Lynn, Norfolk, PE30 1NF, Tel: 01553 773399 or Email: patricia@wnda.org.uk.

Hearing Support Clinics are held across West Norfolk delivered by West Norfolk Deaf Association (WNDA) Working with the Queen Elizabeth Audiology Team.

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Second Thursday in the month Burnham Market Surgery 9am - 11.30am
Second Thursday in the month The Surgery Great Massingham 9.30am - 11.30am
First Monday in the month Snettisham Surgery 2.30pm-5pm
Third Thursday of the month Bayfield Surgery Docking 9.30am - 11.30am
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Nature notes with Joanna

Who has taken Lincolnshire?!

I know that seems an odd query, but today 10th when I left Food Bank I drove down to the coast and it was a fantastic sea view. There were grey clouds, a band of mist along where Lincolnshire usually shows and then a dove grey sea. It was impossible to work out that there is usually another side to the Wash. This was quite the opposite picture to one or two recently when driving along the Prom after Bible Study the other coast has seemed very close with the play of lights from there being so clear and bright. It is incredible how different the view can be each time I drive along the coast. Incidentally I am seeing Fulmar flying along the cliffs nearly every time I do the drive; often they are very low and only appear briefly above the cliff edge.

The change in the weather from the clear cold days to the warmer end of the week also brought a time of a breathtakingly beautiful sky scape. I had parked up in one of my favourite stops looking towards distant Docking and around to the sea. Over towards Docking the sky had the orange pastel hue of the low winter sun and then overhead and to the coast there were different cloud patterns, some small pale patches of blue. I lost count of the shades of grey among the clouds, and also names for the shades. Vocabulary can be so restrictive. All I can say was I was completely enthralled by the sky!

I am still struggling to find hares, but a 4wheel drive vehicle with 4 men and one or two Lurcher type dogs may be a reason. I spotted them around my patch and they were leaving the roads for farm tracks and to walk with the dogs across some fields! Keep your eyes open and report any strange behaviour, but don't get too close - it can be dangerous.

On the bird front I watched a beautiful female Hen Harrier (Ring tail) quartering the fields, they seem to fly closer to the ground and more methodically than the Marsh Harriers. The white rump, which gives it, its name of Ring Tail was very easy to see even with the naked eye. Another pleasant surprise was a flock of Tree Sparrows along the lanes near Courtyard Farm, these delightful sparrows have smart chestnut brown heads, cream/white cheeks with a dark spot and male are female are clothed in the same garb unlike the House Sparrows. It is around these areas that Yellowhammer and Corn Bunting can be found if you can spot them as they flit from hedge to hedge!

There is still the odd sprig of Gorse in flower and the occasional bright flashes of autumn oranges and gold on some trees and bushes. My Silver Birch have at last dropped their last yellow leaves and are showing dormant catkins. As I drive along hedges I am noticing that in some sheltered areas the Hazel Catkins are beginning to look as if they are relaxing ready to open up! In one corner on Sandringham Estate there was also a bright purple pink showing of Rhododendron flowers! There are still some patches of White Deadnettle and even one or two brave Daises on the estate verges, and my Rosemary bushes are still producing flowers.

The cold spell we had brought clear night skies and no moon, one night I headed up to the top road from Ringstead and gazed in wonder. It's a while since I have seen so many stars; it wasn't quite as good as one Christmas soon after I moved here. Then the sky was so clear it was almost impossible to see the constellations there just so many stars, it reminded me of star gazing in the deserts of Jordan. This time some were very clear and I managed to add The Square of Pegasus to my list of known star groups, however the list is still at a meagre 12! Unfortunately as it was a spur of the moment trip after Bible study I didn't have any of my star charts with me and couldn't add Pegasus himself or Andromeda to my list. Maybe I'll be able to find a good night again soon, at the moment there is a waxing Moon giving its light in clear skies which restricts viewing, mind you I can forgive light pollution from the Moon! I have always enjoyed moonlight and had many night walks around the fields at the farm when there was a full moon! Those were the days; I was walking distances with no problem!!

In my Union Church article I wrote about roof top birds, since then I spent a good 10 minutes watching a Grey Heron perched on the roof ridge of the house at the back. By its plumage I think it was this years young. It looked so long and thin and comical as it stood there stretching up high to look around! It was a real cartoon strip type bird!!



picture credit: RSPB

Who knows what the New Year will bring, both with weather and with Birds, but hopefully I will also find some Hares. Have a good New Year and keep watching and noting what is happening!





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HUNSTANTON GARDENERS' ASSOCIATION

Looking forward to another happy new year

After a very successful year, culminating with the Association's first venture into the Hunstanton Christmas Tree competition, members are now looking forward to a packed programme of activities for 2017. First of these is the ever-popular annual luncheon towards the end of the month, which this year is being held at the Briarfields Hotel in Titchwell village.

Next month sees the resumption of the winter series of talks by gardening experts; the first of these will be by Sue Stephenson who will give a light-hearted account of her attempts to tame a wilderness in her village of Gedney Drove End to produce an attractive and productive garden. This series of talks continues monthly until the spring, and includes speakers on subjects as diverse as creating glorious bouquets from traditional English flowers, to an introduction to the growing and propagation of cacti.

Day visits to interesting gardens in Norwich and Northamptonshire are being arranged for the summer months, and the Association will once again be playing its part in various local events such as Blossom Day and the annual In-Bloom competition. Following the success of the holiday last year to gardens in the Cotswolds, a three or four day holiday to Sussex and Kent is currently in the planning stage for next year.

All-in-all it seems that members of the Hunstanton Gardeners' Association have much to look forward to in the year ahead, and we wish them and all our readers a very Happy New Year.

Grants available for AONB projects

Do you need funding to get your local project off the ground? Will your project positively benefit the landscape of the Norfolk Coast Area of Outstanding Natural Beauty (AONB)? If so, keep reading…

In 2017-18 the Norfolk Coast Sustainable Development Fund (SDF) will once again be available to support projects which look after the AONB. A grant of between £500 and £5,000 may just be that final piece of funding you need to do your project.

Kate Dougan, who administers the fund, said "We are looking for projects in the AONB which promote sustainable development. In other words, they should promote the health and well-being of the environment, people and economy, now and into the future."

She went on to say "Ideas are warmly welcomed from local community groups, parish councils and individuals. Over the past 12 years we have supported over 60 recipients providing over £450,000 of grants and this has brought fantastic benefits to the Norfolk Coast. We look forward to continuing this in 2017-18."

A wide variety of projects can be considered, so long as they fulfil the criteria for the scheme. Previous projects have included pond restoration, landscape heritage, school wild spaces and equipment for traditional industries (reed-cutting and blacksmithing).

If you have an idea, start by looking at the Sustainable Development Fund pages on the Norfolk Coast Partnership website: http://bit.ly/1ZMKPI7 where you will find more information. Before you complete an application you are welcome to chat through your idea with Kate by contacting her on kate.dougan@norfolk.gov.uk.

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Mudpies & Butterflies

with Louise Barby, Balanis Gardening Services

Firstly, I would like to wish you a very happy new year! January is a time of planning and preparation for the Spring and Summer to come. If you can brave the elements, here are a few things to be getting on with.

Get planting, yes, really!. Although the air temperatures are low, the soil will still be retaining some warmth. Unless the soil freezes or we have heavy snow, January is a perfect time to plant, just ensure that the plants you buy have not been undercover or cloches.

What to plant:

• Purchase snow drops 'in the green'. Often neighbours are happy to share theirs if they have a glut.
• Plant or fill gaps in hedging and add trees and shrubs to your plot.
• Bare root trees, hedging, Roses. Azaleas, Camellias and Rhododendrons all do well if planted at this time of year.
• Summer bulbs are also worth ordering now through a nursery or on line, gladioli and dahlias are great bulbs for adding impact in the border without costing the earth.
• If you have windowsill space sow some sweet peas for early summer flowers.

Pruning:

Be cautious when clearing leaves this month as you may find wildlife hibernating there.
• Perennials can be cut back to just above ground level.
• Shrubs such as Buddleia can be pruned back hard now, you may also re-move any very old stems. This will increase the amount of flowers this season.
• Thin out and prune apple and pear trees, cut back any new growth to one or two buds.
• Late flowering Clematis can be pruned now, either down to a foot or so from the ground if you are happy to keep it compact, or shorten all side shoots to one leaf joint.
• If your roses didn't flower well last year, try cutting them back quite hard, mulch them with a well rotted manure and remove any branches which rub or cross over others. You can also train short climbers along wire, this will result in new shoots from the horizontal branches and plenty of flower buds.

Mulch:

If you haven't already, mulch your borders. You can use compost, rotted manure or leaf mould. Put on a good thick layer, this not only provides your plants with nutrients it also protects them from harsh temperatures and pre-vents on onslaught of weeds come Spring.

From your armchair:

Take time to go through all the mail order brochures that arrive at this time of year. Pre-order small plug plants, seeds and bulbs now to provide excellent savings.

Wishing you a blooming lovely 2017!

If I can be of assistance with a revamp of a flowerbed or a whole new garden design, please do not hesitate to contact me.

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Sugar taxation is a flawed concept...

Robin Limb, Independent Agricultural Consultant

Levying a tax on the sugary drinks industry is unlikely to significantly impact on their overall consumption, or indeed reduce obesity levels, which has far more to do with excess calorie intake, compared to that which we burn off in forms of physical activity. As was said recently, the tax has been hailed by campaigners as being as much 'symbolic' about our diet and lifestyles, as much as it is likely to reduce the sales of sugary drinks.

As I understand it, the proposed tax will be levied on the manufacturers who will then, in theory, pass this on, in part of in full, to the retailers and hence the consumer. There will be two tax bands – 5% and 8% - depending how much sugar is in the drink, and this is forecast to raise about £500M per annum for the exchequer – equivalent to between 18 and 24 pence on a litre bottle. But will this really make people think twice about cutting back – especially if supermarkets continue to discount these products on a regular 'Buy One Get One Free' basis.

There are already many inconsistencies around which sugary drinks will be affected. For instance, milk-based products and fruit juices will be exempt - even though many contain higher levels of alternative sugars than more conventional soft drinks. Furthermore, the sugar tax does not kick-in until April 2018, giving drinks manufacturers a lot of time to react.

AG Barr said, in a recent press-release, that it sees no real problem with the sugar tax on



soft drinks, adding that it has already reduced its added sucrose levels to below the tax threshold. The company will seek to leverage new market opportunities by exploiting alternative sweeteners and expects no real impact from this legislation. So, the treasury may need to down-grade its tax revenue expectations in respect of the sugar tax.

The Food and Drink Federation said that to target soft drinks alone is unhelpful at a time when levels of sugar in many drinks have already been voluntarily reduced in response to concerns from consumers, and many drinks have already been re-formulated to contain less than the 5% sugar tax threshold.

One of the more compelling facts about why sugar should not be singled out in the health and obesity debate is that between 2001 and 2015, total sugar consumption – in all of its forms – actually fell by 15% (Defra Family Food Survey), while obesity levels have risen significantly during the same period.

Despite the government previously ruling out a sugar tax, we have seen a rapid about-turn in policy. The drinks companies were always going to be a soft target, because sugar levels in foodstuffs are much more transparent than say salt or fat – both of which, gram for gram, are far more harmful than sugar.

The budget announcement was a double whammy for former chancellor, George Osborne, in that he had both satisfied the anti-campaigners' endless carrion cries for a crack-down on sugar, and at the same time curried populist favour with a lot of the electorate, especially as he promised to direct the tax revenue to fund school sports projects – which is a laudable if somewhat vague promise at this stage.

Taxing so-called unhealthy foods is a very blunt policy instrument and historically does not have a good record of success. Several years ago a 'fat' tax was introduced by the Danish government to improve diets: all it did was to result in food 'tourism' to neighbouring countries to avoid the tax, and massively destablised the Danish dairy industry.

When the Mexican government levied a soda tax directly aimed at its soft drinks manufacturers, tax revenues actually increased as a result, instead of reducing, as you would have expected, if the tax had been effective at curbing consumption of sweetened drinks… I rest my case.

Enjoy an hour in the company of nature

Carrie Carey

I quite enjoy winter and its cold, crisp days. I like the calmness of this season, everything seems to slow down and it's certainly quieter everywhere I go. I've found that as I slow my pace in winter I actually notice more of what goes on around me. There seems to be more time just to stand still and watch nature at work. Winter is often the best time of year to do a spot of birdwatching, the cold weather brings birds into our gardens looking for food and shelter. This week our own garden has been full of blackbirds and cheeky robins scoffing seasonal berries, nomadic fieldfares have rested for a few days in neighbouring hedgerows and overhead the calls of pink-footed geese have alerted us to the start of a new day.

This is the perfect season to enjoy time spent in the company of Britain's wildlife and the RSPB's Big Garden Birdwatch helps us put nature in the spotlight. Now in its 38th year, this event has become one of the most important events in the RSPB calendar and is in fact the world's largest wildlife survey. Since its inception in 1979, hundreds of thousands of people have taken part and last year we had a record number of people joining in with just over 90,000 participants in the East of England alone. This year we hope to beat that record and for the first time ever, we are running the event over three days instead of two.

The results of the Big Garden Birdwatch give us really important information, for example, we know that there are 94% fewer song thrushes and 81% fewer starlings in our gardens than thirty years ago. We even ask people to tell us if they haven't seen any wildlife at all, it is still useful information and helps build a picture of the state of wildlife in Britain. Armed with this knowledge, we can work with the general public, farmers and governing bodies to help protect our nature, our future.

The Big Garden Birdwatch runs from Saturday 28 January to Monday 30 January 2017 and all we ask is that you watch birds and other wildlife in your garden or green space for one hour during that time. To help you complete our survey and record your data, we will send you a free pack. Visit rspb.org.uk/birdwatch or call 0800 665 498 or text BIRD to 70111.

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January jobs in the garden from Thaxters Garden Centre

Look through seed catalogues and plan and choose varieties, many can be sown in January.

Clean old seed trays, pots & propagators and buy new ones if necessary.

Buy seed potatoes, but store them away from frost. if you haven't grown them before - try a patio potato planter with a few first earlies.

Summer flowering bulbs such as dahlias, lilies, gladioli & nerines should be bought now, but keep them frost-free until planting in the spring.

Use fleece and fleece bags to protect plants against frosts.

Remember to feed the birds and provide water for them in a bird bath. use high energy foods such as sunflower hearts, fat balls and suet blocks when it is very cold.

Don't forget the big garden birdwatch at the end of January – see rspb website for more details.

Put up nest boxes ready for the spring.

Clean moss and algae from slippery paths, steps and decking – try a block paving & patio brush or 'patio magic'.

Reduce risk of damage to outdoor pots by improving drainage & raising them on pot feet.

Use primroses in containers and to fill and brighten up gaps in the garden.

If you didn't get around to planting bulbs in the autumn, buy potted ones to fill in gaps and create early colour.

Keep off lawns during frosty weather to avoid damage.

Gently brush off snow that has settled on branches to prevent breakages.

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Hunstanton Eyecare Blog



At the start of a New Year we all make promises that we probably cannot keep, for me it is always must do more music practice, but after a day at work one is not always in the mood. The New Year is perhaps a time to reflect, declutter, re-energise, detox, whatever you like to call it. An eye exam may be a good idea to set you up for the year ahead. A new look could make you feel like a "new you". We have so many new frames in stock that there must be something to suit everyone. It is surprising how different a new frame can change your appearance, so forget the botox and anti-wrinkle creams, let us show you how to look "10 years younger" with a stylish frame and quality spectacle lenses. Just because your current specs are OK, it doesn't mean you can't have another pair. Have you studied the wardrobe lately? How many pairs of shoes, handbags, suits, trousers and dresses do we have? certainly more than one. So, an additional pair of specs is always a good idea. EYEPLAN is a scheme we introduced last June and makes having multiple pairs of spectacles far more economic. Pop in for information anytime.



New colleague

In December Belinda joined us as a Dispensing Optician, she graduated from Anglia Ruskin University in 1997. During her career, she has taken on training and management roles in independent practices as well as with the major optical chains. Belinda is continuing her studies to become a Contact Lens Optician and will be working with us under the supervision of Mr Leach; lucky girl to have an employer with such extensive experience. We are very pleased to welcome Belinda, she tells us that her interests are Dog walking, Photography, Swimming and Arts and Crafts. Talking of the dog, Belinda was slightly late on her first day and we were getting worried that she may have changed her mind, not so, it was just that "June " had got her head stuck in the gate and she had to untangle her before she came to work! That's the best excuse I have ever heard.

It was an interesting exercise to see how long the Dispensing Opticians in the company had been practising. The longest survivor is company owner, Ian Leach who qualified in 1973, next it's me in 1981, then Belinda in 1998 and our General Manager, Julien in 2000. So, all in all we have 112 years of experience between us! so with all that knowledge surely Hunstanton Eyecare must be place to look after your eyecare.

We look forward to seeing you soon.

Annette

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Why were these pictures ignored?

John Maiden

When will the Councils in Lynn and Norwich start acting in the public interest? All too often the opinions of local residents are completely ignored by the decision makers at King's Court or County Hall, even when major changes are made affecting quality of life on a daily basis.

It is not only objections that are brushed aside without a second thought. Alternative proposals are also treated with contempt by those responsible for spending revenue generated by those of us from whom vast sums of council tax are extracted.

Remember how difficult it was to persuade West Norfolk Council not to remove nearly a third of the trees in the Westgate spinney? And why was so much money spent on the Seagate Piazza, while no attempt was made to acquire the Kit Kat site, even when it was for sale by auction?

When considering the efforts made in recent years to enhance the riverfront in Lynn by removing unsightly buildings, why the reluctance to get rid of the hangar on The Green, even when this monstrous carbuncle was being advertised for sale in 2015? The previous year I had suggested to Cllr Alistair Beales, a farm manager from Gayton, that his Council should apply for lottery funding to restore The Green, in compliance with Henry le Strange's vision and the Covenant imposed by Bernard le Strange in 1955 when the land was acquired by the local authority. This legally binding covenant is clearly breached, not only by the non-pier, but also by the shelters north and south of The Green.

It is now proposed to add insult to injury by erecting a statue of Henry on the Upper Green. If those of us who have firsthand knowledge of Hunstanton in its heyday had been sitting on our hands for the past two years, we would have to share some of the blame, but Brian Holmes in particular has made painstaking efforts to provide the decision makers with pictures of Hunstanton when it still embodied Henry's vision. Here are just a few postcards dating back to the art deco period. These were donated by Michael Hawkes.









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'Never miss a moment', with Julia Rafferty

Welcome to the all new "Never miss a moment" photography column. My challenge is to get everybody in Hunstanton and district, out and about and experimenting with their cameras. Photography is a great way to explore this beautiful county and can also lead to meeting new friends and visiting places that you may not have found on your own. It can be daunting when buying your first 'proper' camera, but here are a few points to consider:

What is your budget? You can get an 'entry level', DSLR camera with a Standard lens – it looks like a film camera and you can change the lenses – for about £349.

What about size? Does it need to fit in your pocket or are you happy to take a camera bag with you? Compact cameras are compact! Compact System Cameras (CSC) and Bridge cameras are a bit bigger, but are still quite light and versatile and with CSC's you can change the lenses.

How much creative control do you want? DSLR cameras give you full creative control and allow you to buy specific lenses to suit the particular type of photography that you want to explore; whether this is wildlife or macro and close-up. But they are generally bigger and can be more expensive.

So, what about the technical stuff? 18-megapixels is plenty to allow you to print to A3 size. On cameras where you can't change the lens, consider the zoom – will you want to photograph things a long way away – a good zoom has the effect of bringing things closer but, too much zoom, and you will find it hard to hold the camera still. Having a viewfinder is useful in sunny conditions.

But, before buying something new, how about learning a bit more about the camera in your mobile phone, Tablet or Compact? They have more settings than you might have realised. Photography is all about 'painting with light'; you are using the Aperture and the Shutter Speed to gain a good exposure, so the photo on your device, looks fairly much like it looked to your eyes, when you took the photo.

Let the fun begin! With my mobile phone in hand, I activate the camera and on the screen, I then see a little wheel or cog. This is the Settings menu for the camera. You might access settings by tapping the three tiny dots. In this menu, I can access Exposure Value (EV) – the symbol for EV is a square divided in half, with a plus sign in one half and minus in the other. By sliding the middle point left and right, I can change the overall exposure of the image – how light or dark the photo is. This is your first step in becoming creative with your camera. Your DSLR, compact, CSC and Bridge camera will have an EV button.

Sunny Hunny is the perfect place to experiment with this setting; you can now get that stunning sunset, to look like it looked, when you stood on the beach and took your photo.

My photos here, demonstrate the affect your choice of Aperture and Shutter Speed has on your shots. In the image: 'After The Tide, Holkham'(right), to gain sharpness throughout I used a small aperture opening. Here details and patterns make excellent photographic subjects. The photo, 'Cromer Pier at High Tide'(below) , shows what can be achieved with a slow shutter speed. Future columns, will discuss these camera settings in more detail.

Finally, you might like to attend a photography session – either 1-2-1 or small group, do get in touch to find out more: wellsphototutor@gmail.com





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Honey toasted seeds, cherry tomato relish
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Drawing with Michael Smith

SEEING AND DRAWING THE HUMAN FIGURE

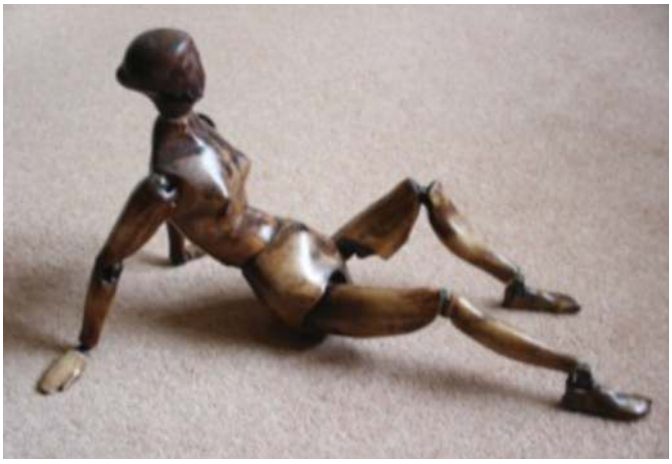
I see endless paintings of Wells Harbour and Lynn Custom House with not a human being in sight. Even at extremes of the day there is always someone out and about; fishermen, joggers, dog walkers etc. Many experienced artists are guilty of this omission. Could it be a lack of confidence in drawing the human figure, or are they simply not interested in people?

Including figures in your drawings will create human interest, and importantly, scale. See drawing 5 to see how this works. Cover the figures with your hand. On revealing them you will clearly see the actual size of the mountains in the distance. The human interest comes when you ask yourself " what are these people doing walking around in what appears to be a desert "? If you include buildings and figures in your drawings, can the people walk through the doorways and look through the windows? Including figures can also create a lot of visual problems if you are not aware of them.

We all have basically the same size head once out of childhood. This can be used as a guide to getting the proportions of your figures right.

Assume the head as one part. The rest of the figure will equal seven heads. See drawing 1. The grown human figure can be divided into eight parts.The torso and head occupy four parts, and the lower limbs four. The female figure will use the same proportions as the male, but on a slightly smaller overall scale. Males on average are larger built than females due to a heavier bone structure.

You can see teenagers as one head to seven or six body proportion, pre teens as one head to five or six and very small children as one head to four or five.The beauty of drawing with these proportions in mind is that having made your drawing using them, simply check to see if it is working. If not, then alter it until it does. We



are not all built the same, but our overall proportions are all pretty standardised.

Looking around you in King's Lynn, or any busy supermarket, you will quickly realise that many people do not conform to the ideal shape / size; tall and thin, short and fat, and in many cases very fat. The basic head to body proportions will still be the same, but are disguised by the lack of, or far more common, excessive body weight. Use these extremes to create interest, in your subjects, but keep in mind those basic proportions.

This is where the character of each one of us comes into play. For instance, note how you can recognise a friend at an extreme distance, simply by their basic form and body language.

The wonderful victorian drawings of Rowlandson and Hogarth pulled no punches and showed the human race as it actually was. Often, not a pretty sight. But what would we know of life in their times without their skills of observation? Or for that matter, history without the old masters who knew how to transfer this visual information into paint. This is a skill sadly lacking in today's so called contemporary art.

The camera has largely taken over the responsibility of depicting civilisation as it is now for future generations to understand life in our times.

Could this account for the sad lack of the human image in much of today's art?

What would we know of the street life of Paris around the turn of the nineteenth century without the images of Monet, Lautrec, Renoir, Degas etc., which teemed with life?

Stanley Spencer was a master of depicting the human race in his own tiny village of Cookham. He in turn inspired the late Beryl Cook to do the same to a lesser degree. Her work was always amusing, and her characters accurately interpreted, if a little exaggerated. Art should not always be serious. It can also be fun.

I well recall a television series, I believe titled ' School of Saatchi ' where several art students were set weekly tests. For one such test they had to draw the nude figure. Of the group not one could even produce a half decent observed drawing, although two of them were in their final year at the prestigious Goldsmiths College of Art. A very sad indictment of the current state of art teaching in higher education today.

The male figure can be ' visualised ' as a triangle, and the female, an inverted triangle. See drawing 3. Something to do with child bearing hips? Again, this is only a very rough guide as we are all thankfully built differently. Take for instance Victoria Beckham and Dawn French and you will get my point.

Never start to draw a person by drawing their clothing. Imagine the figure underneath. Males are particularly good at this!

Draw the figure in lightly, and then dress it. By doing so you will maintain the overall and essential form of the figure. You can then use the edges of clothing to define the shape and roundness which it is covering. See drawing 4.

Attending a life class is probably the quickest way to obtain observed drawing skills.

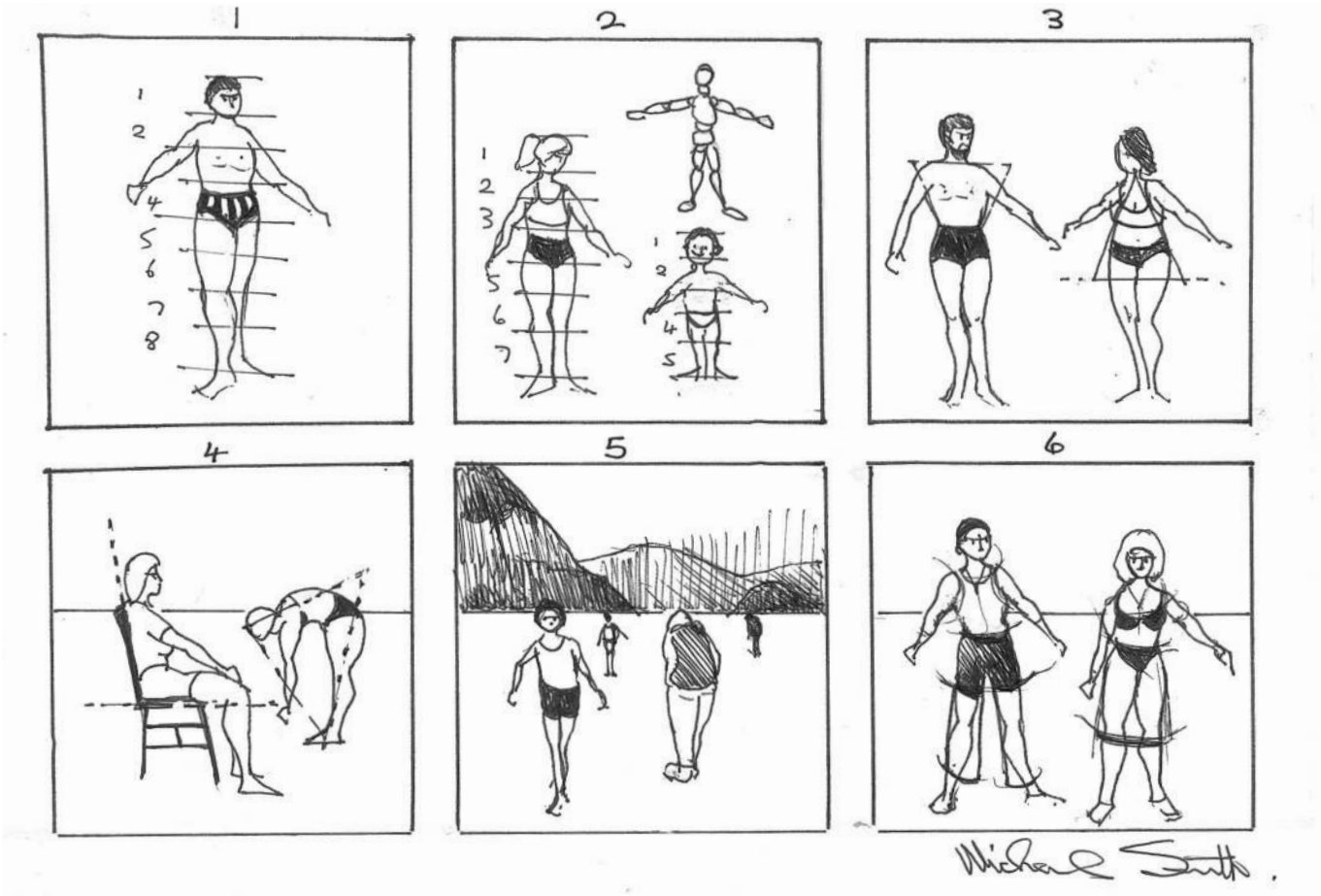
Anything remotely wrong in your drawing will be instantly apparent. It is not for the complete beginner though, but there is no excuse for not drawing the human form as there are ample illustrations of both the male and female form to practice from in magazines and newspapers.

Dont think outline.You are drawing FORM, not a flat, lifeless object. As an artist you need to be able to use your imagination every time you pick up a pencil. The human form is made up of very obvious curves and hundreds of very subtle ones, with not a straight line anywhere. Don't draw OUTLINE. Visualise FORM and think ' in the round ' every time you put pencil to paper.

Watching the average soap on tv you would think that people just sit or stand around all day long arguing. Don't they ever go to work?

In real life people actually ' do things ', and in doing so, adapt body attitudes which can be easily visualised. See drawing 4 where the chair simply dictates the pose.The figure bending defines a triangle. Search out these everyday basic shapes and place your figures within them.

We have all seen the wooden artists' lay figures [see drawing 2] which you can buy for as little as £8. They are great for setting up poses, especially if you have



two or three of them. I have yet to see a specific male or female modern one. So, again its a question of using your creative imagination. Those two essential words again. I own a beautiful large wooden french made female lay figure circa 1900 which I occasionally draw from, and often wonder if the impressionists used one such as mine to work from. [Pictured above].

Stand in front of a large mirror and lean over to the left. Note how your hips move over to the right to maintain your balance. This can be seen in drawing 4 where the body mass moves slightly to the right to compensate, and the legs move off the vertical. When drawing make sure your figures are not ' off balance '.

There is really no excuse for not attempting to draw the human form as you only have to look in a mirror, or at your family and friends around you.The human form is probably the biggest challenge an artist can face, along with boats and horses. Master it and you will be able to cope with most things when it comes to drawing and painting. Placing people in your landscapes will add that human interest so lacking in many amateur paintings. It does take practice, but is well worth the effort. If you do put figure(s) in your pictures, please try to avoid giving them a red coat !

To sum up, the human form is predictable in size. Use that knowledge to define ' scale ' in your work. It is also an extremely complex piece of living machinery and far too complicated to go into any detail here. Getting your proportions, scale and eye levels right

[remember lesson one?] will go a long way to helping you include them successfully in your art work. Figures seen in landscapes are usually moving, so no intense detail is required. Sketch in your subjects' feet and lower legs lightly [if at all] to achieve a sense of movement. The challenge is to make them appear natural in their surroundings.

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Hunstanton RNLI

Geoff Needham, LPO. Hunstanton RNLI



On behalf of all the crew at Hunstanton RNLI we wish you all a Merry Christmas and a Happy New Year. Thank you 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. It has been a busy and varied year for the crew, twenty-seven shouts to date, both craft, (Hovercraft and boat doing equal shouts).

From persons in the water, to a group of people lost on the beach at Heacham in thick fog, kite surfers, people cut off on the marshes, and the sandbanks off Hunstanton, vessels broken down, our longest shout, a cruiser holed after it struck the Training Wall at the approaches to Boston, service lasted some ten hours due to the low tide. A 60 ft Barge meeting heavy weather in the Wash, stood by until Skegness lifeboat took it in tow. Saved two persons in a life-raft, after their vessel sank off Scolt Head, finding lost children, all carried out by our volunteer crews.

When not on a shout they have been involved in training exercises both in house and afloat, our new recruits have worked hard and are showing good progress, and are credit to the station.

Note from the past. In December 1982 the station took delivery of an Atlantic 21 named "The Spirit of America" costing £22,000 funded by the American Lifeboat appeal fund. Christmas Day was its first service launch, following reports of red flares sighted off the mouth of the river Nene. The lifeboat launched at 5.45 p.m. and proceeded to the river, the crew searched up river and the surrounding area, firing parachute flares to illuminate the area, nothing was seen, Yarmouth Coastguard called the boat up by radio, confirming that the flares were fired inland, most likely by revellers celebrating the Festivities, and that they could return to station, it was put down as a false alarm with good intent.

All around our coast and inland there are scores of volunteers ready to go to the aid of others, regardless of the season. I would like to ask you all to raise your glasses and drink a toast to the unsung Heroes in our society. Have a Prosperous New Year.

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Snettisham SPAM

With Christmas and the New Year food and drink celebrations now behind us, we wonder how many readers of this magazine would contemplate SPAM as providing an answer for their regular coffee, piece of cake, and the chance for a good chat, experience with others?

Make it a mid week morning and add an opportunity to browse a number of craft stalls, including a "bring and buy" table, (bric a brac and household goods) and a Tombola prize table and we can guess those who know about the SPAM initiative in Snettisham will have the answer.

SPAM (Snettisham Pensioners Annual Meal) is a small new working group of volunteers that is dedicated to providing a subsidised annual meal for the pensioners of Snettisham.

An important part of the SPAM group's fundraising programme has been the establishment of a Coffee / Bring & Buy Morning held every second Tuesday of the month at the Snettisham Memorial Hall, Old Church Road (next to the Rose & Crown Inn)

The SPAM Coffee morning is held between the hours of 10am and 12 noon and entry is free with all profits going into SPAM funds.

Why not make a note in your diary to give the SPAM Coffee Morning a visit, take a friend and enjoy a tea or coffee and choose from the selection of home baked cakes, slices and savouries to have with your drink.

Fresh bread and cooked pies and pasties from local reputable Bakers are also available for purchase from the SPAM stall.

SPAM Coffee mornings are planned to be held every second Tuesday of each month throughout the year with the next two being Tuesday, January 10th and Tuesday, February 14th.

Interested in a £5 craft stall then please ring Dee on 541335

Why not come along and give the SPAM Coffee morning a go?

'Good' beaches

Beaches at Heacham and Hunstanton have been rated as 'Good' in the latest league table issued by the Environment Agency.

The grading is for water quality and covers the beaches at Heacham, Hunstanton, Old Hunstanton, Holkham and Wells.

Across the East of England this year, 95 per cent of the bathing waters achieved Good or Excellent' with 65 per cent achieving 'Excellent' status.

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DATES FOR YOUR DIARY

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The Hunstanton Branch – The Royal British Legion

Firstly, may I thank everybody who supported The Poppy Appeal this year, Hunstanton and District contributed during the Poppy Appeal year something like £1.30+ per head of population. Hunstanton and District has always been very generous in its support of The Poppy Appeal which incidentally is a whole year project and I would be pleased to hear from anybody now, who might like to get involved with us in our efforts to look after our Armed Forces Family. This family includes Regular and Reserve servicemen of all three services and their dependant family members. It also, very importantly looks after our veterans and their spouses which number hundreds of thousands. Please remember our aged veterans now comprise veterans of the second world war, the Korean War and many other campaigns since then – an immense task.

At the Annual General Meeting of the branch, I had the privilege of being elected as Chairman of the branch, taking over from Mr. Roy Evans who has given his life to looking after our people and for all the efforts he has made in keeping the branch going, Roy deserves our sincere thanks.

The branch will be involving itself in the community in the years to come and I am using this report to ask the people of Hunstanton, Holme-next-the-Sea and Ringstead to come and get involved with your local Legion branch. We want to hear from people of all ages and it will be my desire to attempt to encourage youth members to join us. One idea will be to promote tours to the First World War battlefields and cemeteries.

We have just had a very successful Christmas sing-a-long evening with popular songs and carols in The United Services Club on Wednesday 7th December. Thank you to everybody who came to support us and be entertained by the wonderful Hunstanton Concert Band and thank you to The United Services Club for hosting what I feel was a very successful evening.

Please come and meet us at our first meeting of the New Year. The date will be communicated through the local press and also will be detailed on posters around the town and also on the Legion's Notice Board situated at The United Services Club by the bus stop on Sandringham Road

Finally, may I wish you a Very Happy New Year from all of us to you and do please get in contact with me, I will be pleased to hear from you whether you served or just feel you want to support the country's wonderful Armed forces family.

John Crisford
Chairman
The Royal British Legion,
Hunstanton Branch

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We hope you all had a happy, stress free Christmas and have a healthy and happy New Year.

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Help Our Playground

'HOP' has bagged a share of a £12.5million carrier bag charge fund

Old Hunstanton Parish Council 'Help Our Playground' is delighted to announce it has bagged £10,000 from a Tesco funding scheme.

Tesco teamed up with Groundwork to launch the second round of its Bags of Help funding initiative, which sees grants of £12,000, £10,000 and £8,000- all raised from the 5p bag levy- being awarded to local outdoor community projects.

This funding will go towards the complete refurbishment of the playground in Old Hunstanton.

The 'HOP' Committee are delighted to be receiving £10,000 from the Tesco Bags of Help initiative. We would like to thank all of you who voted when you were shopping at Local Tesco Stores.

Lindsey Crompton, Head of Community at Tesco, said: "Bags of Help has been a fantastic success.

"We been overwhelmed by the response of our customers and it's been great to give people a say on how the money will be spent in their community. We can't wait to see the projects come to life."

Voting ran in stores from 31 October to 13 November- with customers choosing which local project they would like to get the top award using a token given to them at the check-out in store. Tesco estimates that around six million votes were cast in stores up and down the UK.

And more HOP news
CONCERT BAND'S CHRISTMAS GENEROSITY

Hunstanton Concert Band, with guest singer Tom Melvin, promoted a seasonal event in the Community Centre last Saturday (10/12/16) to boost the fund raising efforts of H.O.P. (Help Our Playground) which has planned to fund the refurbishment of the playground in Sea Lane, Old Hunstanton.

Not only did Hunstanton Concert Band provide and organise the concert, conducted by Chris Gutteridge, with all the expenses involved and at no charge to H.O.P., but entry for the audience was totally free including refreshments. (Go on !!) A raffle was held with many prizes donated by the Band, which combined with a bucket collection together raised £352.00.

The H.O.P. fund raising is organised by a sub-committee of Old Hunstanton Parish Council and Cllr. Julia Mackinder gave a brief resumé of the financial plan which is almost at its completion target of £43,000. Cllr. John Dobson, Chairman of the Parish Council, thanked the Concert Band for its magnificent generosity and a particularly excellent concert with singer Tom Melvin and all the players in fine form.

A bingo session held the evening before at the Social Club, where all the profits of £247.29 were donated to H.O.P., boosted the weekend total to £599.95.

Cllr. Mackinder thanked all the contributors and helpers and particularly the audience for turning out, but reminded them that there was still just a little more needed to hit the huge target.

Everyone agreed that it was a brilliantly successful and unusual promotion and was a fine example of charitable civic generosity from Hunstanton Concert Band to H.O.P. via Old Hunstanton Parish Council.

Exclusive Fitness Gym Dersingham

Paris Larham



Exclusive Fitness is celebrating its 5th year of business after opening at the beginning of November 2012 and are currently planning to have a rebrand.

I visited Exclusive Fitness to find out some more about the gym and what it provides for the community.

I spoke to Donna and Adam Seal, trainers and owners at the gym. They stated that they started out with around ten members and they now have between sixty and seventy members but it fluctuates throughout the year and the seasons have an impact on the numbers as well.

Adam Seal said: "It's not always about fitness or looking good, it's also about building up your self-esteem, believing in yourself a bit more and being healthier.

"We have some really good individual achievements."

The gym itself is like a little family and a small business containing personal trainers and a small team of staff and apprentices. The team like to give back to the community. For instance, the gym has had apprentices over the years who have moved on to open their own gyms.

The gym contains all the essential equipment needed to have a good workout and to achieve goals such as, air resistance, a range of weights, cardio machines, benches, static equipment, and boxing.

When you visit the gym you train with your very own personal trainer therefore during training your personal trainer will have the imagination for you to achieve your goals and you can focus properly whilst doing your work out.

You can choose from a range of workouts and events to take part in when you've joined the gym, sports pacific, rehabilitation, training for marathons, assault courses, yearly GEAR event and much more.

When the gym do their yearly GEAR event they put a poster up in the gym, the members can then pick a local charity they want to support, but if they haven't got one the gym always has one for them to fundraise for.

Since the opening of the gym nearly all of the equipment has been updated, but they still have some of the dumbbells from the beginning. They are always making sure they replace and update their equipment because health and safety is one of their main priorities.

Exclusive Fitness is classed as a fitness centre or a gym, rather than a standard gym which gives you an induction involving showing your how to use the machines and giving you a six-week plan on how to achieve your goals. This gym provides two free trial sessions and then after that every time you come into the gym your assigned personal trainer will tell you what to do in order to support you.

The membership price starts at £25 a month for a midday membership (10am-5pm) or a £40 a month membership allowing you to come into the gym at any time.

Depending on staff available and how many members are in the gym you may get a one to one training session or a ratio of a one to seven training session.

The gym also offers focus sessions, hip training, 'legs bums and tums', boot camps and bridal sessions. (changing throughout the year depending on demands and people's interests)

Every year the gym has a Christmas party to celebrate the anniversary of the gym and they have an auction where they auction the trainers off to the members so they get to train the staff. The money from this goes to charity.

They are very supportive to people, for instance Adam Seal has offered to do guide camp training in aid of charity as the guides organization need help and support, and they do after school clubs at local primary schools called 'gym fit'.

The gym always aims to help and support people including their staff and their members whether its convenience for clienta l because the gym is situated in the village so they don't have to travel far, the handiness of free parking, physical or mental support or goals and achievements.

Opening hours of the gym are: Monday-Friday 7am-8pm, Saturday-Sunday 8am-12noon





Royal Navy Air Sea Rescue

Rosemary Callaby

On Wednesday 2nd November, the Hunstanton and District Inner Wheel invited the Rotary Club and friends to join them with their evening's entertainment.

We were given a very interesting talk from Lt Commander Charlie Fuller R N Air Sea Rescue. He explained how the Air Sea Rescue worked from Scotland, also being called out for many hazardous rescues in the Scottish mountains. One helicopter covers 98,000 sq. miles! We all enjoyed the talk as not many of us knew much about the subject.

Afterwards we held a raffle and the proceeds went to Lt. Commander Fuller's charity, SSAFA. which gives Lifelong support for our forces and their families.

Many thanks to the Le Strange Arms for once again providing us with an excellent meal.



Photo: Coral Campbell and Lt Commander Fuller with his mother in law, Sue Gray, who is a member of Inner Wheel.

Alive and well - a perspective on The Rotary Club of Hunstanton and District

By Richard Shaw M.B.E.

When I set out on my year as President of the club six months ago, I did the usual goal setting but also wanted to continue to nurture the club culture towards a less formal approach, increased friendship, support and continued growth in membership. Building on the past rather than dwelling on it has shown respect for those that have gone before but acknowledges the changing world and busy lives people lead.

Our first move was to alternate between lunchtime and evening meetings making it possible for our working members to fully participate in the club's activities. Secondly, we set aside more meeting time for fellowship with fewer and more focussed business meetings where we talk about raising money for good causes, mainly local charities. From this friendships develop, support given but the important work of giving time and energy to those in need of help continues. The club takes its work seriously but not ourselves. There is always a sense of fun and light-hearted banter that sees us through the challenges of life.

I have always felt that it is what we achieve that makes Rotary special. Collectively the world of Rotary has reduced the incidence of Polio from 350,000 cases every year, paralysing mainly children, that's nearly one thousand every day. We now see just one a week. Collectively we can do amazing things and as a club we have specific fundraising events to make sure we contribute, such as our recent music event at Smithdon School. Whilst I'm on the subject of Smithdon School, helping our local young people is also a key part of what we do. We work with all our local schools but especially our Senior School to supplement the work of our excellent teachers and prepare our youth for a better future. The pupils help with allocating some of our funds to deserving causes, compete for Rotary Awards and are offered help through Mock Interviews before they have to be involved in them for real. This is great fun for us and we get to meet some very inspiring and capable local young people.

The sense of Community is very strong within the club. In the past six months we have supported our local hospice, Tapping House, The Sandringham Explorers, The Pandora Project, The Hunstanton and District Foodbank, U and Eye in Snettisham, our local Homestart, Coastal Stroke Association, Hunstanton Children's Centre, The Magpie Centre - Riding for the Disabled, The Ebony Appeal, Norfolk Fire and Rescue, Medical detection Dogs, Shelter Box for the Italian earthquake disaster, East Coast Marshal Arts, RNLI Old Hunstanton, Hunstanton Scouts, Smithdon School, QEH Hospital Radio, Heacham Infants School and Molly Patterson our Heacham based Table Tennis Champion. Not bad for just six months.

All local and funded by the fundraising events we organise at The Kite Festival and Classic Car Rally, Norton Hill Light Railway, Hunstanton Carnival and other smaller events that allow us to support these organisations. These events take a lot of organising but are great fun and its very satisfying to see the money raised used in such a positive way.



Richard planting bulbs



Fund raising at Blossom Day

You will also find us helping other organisations and over the past six months we have litter picked around Hunstanton, helped raise money for the Hunstanton Day Centre and supported Teenage Cancer Trust with their Christmas collection at Dobbies in King's Lynn.

So, my first six months has seen the club grow its membership significantly, support local organisations and people in need, do its bit internationally, support our local children and young people and have fun doing it. Lots more on our web site www.hunstanton-rotary.org.uk or if you would like a chat then call me on 07712 761511.

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NEW YEAR'S RESOLUTIONS - KEEPING UP WITH COMMUNICATION

Sandra Hohol, NORFOLK HOLIDAY HOMES

In our business, we have the trust of the holiday maker who books a holiday. They initially contact us, we book the holiday, they pay the balance and we inform them of their arrival arrangements. In between this simple process, the guest may have medical requirements and need certain important information about dialysis, doctors, hospitals etc, in the area. We have happy to supply this information. There may be other questions about the area or property, which guests have. Again we communicate and help them out. Helping them and communicating quickly with their enquiries, regardless of how minor or petty they may seem is part of our service, as a business.

We wish more people would realise how important this is whatever they do – you may lose business over it!

Our holidaymakers would be in a total predicament and panic if they did not know if their holiday payment/booking had been received on line or in the post. We have heard of individual holiday home owners, plus agencies not making any acknowledgements whatsoever so prospective guests do not know if they are coming on holiday or if a bit further down the line, they are not informed of their key collection details.

People rely on communication and it really is a huge concern and annoyance of ours when people do not return calls, answer emails or read them properly. The world we live in has created more activities, technology, stress and basically so much to do now that we all seem to be much busier than in past times. But what does it take, just to pick up the phone to return a call, to just acknowledge an email without going into huge detail but just to let the sender know you have read it? All very well to receive messages, but please remember to 'action' them!

Having said that, we are not all perfect but we must all try to improve our communications and keep on top of messages in business, work and home or wherever you may be. Make it one of your New Year's resolutions!

On a happier and more exciting note – Julie Rushmer and myself have passed our first yearly milestone with running Norfolk Holiday Homes and our new 2017 brochure is now available to collect from our office. We have added several new properties to our register of holiday homes and there is always room for more! We can give you free advice about letting a holiday home and we will take on any property in Norfolk as long as we consider it will pass all criteria with Visit England's quality standards.

So, we are looking forward to our second year ahead and Happy New Year to all.

PS – don't forget to book a holiday home for your family overflow when they visit.

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Heacham Manor Golf Club Presentation Evening 2016

Heacham Manor Golf Club held its eighth club dinner and presentation evening at the end of November. Guests were treated to a superb three course meal in Heacham Manor's award winning Mulberry Restaurant. Prizes and trophies for the club winners were awarded and then all the guests enjoyed live music from singer, Kelly Jenns.

Winners on the evening consisted of; Graham Reeves and Giles Debenham who won the Mens Pairs Summer Matchplay. John Rose collected the Extra Hands Trophy and a Stableford prize. Keith Whiting was presented with the Seniors Club Championship and the Kent Mixed Greensomes Trophy which he won with Jill Sayer. Charlie & Angela Bissett won the Trebbick summer mixed pairs matchplay competition.

Arron Daly, Ben King, Danni Stocker and Warren Bates were presented with the Trower Junior AmAm Trophy which they won representing Heacham Manor Away at Costessey Park Golf Club.

Julie Reeves took a number of prizes through the season including the Ladies Pink Jacket and the Ladies Seniors Championship. 9 Year old Chloe Tarbard was delighted to collect the Junior Championship trophy for 2016 and Lady Captain Rachel Hodgkinson collected many prizes including Stableford and medal prizes as well as the Ladies Summer Matchplay.

Junior Ella Mason showed that the future is bright at Heacham Manor, winning 3 different medal and Stableford events and the main ladies prizes of the year being the new order of merit competition, the Cribb Club as well as the Ladies Club Championship.

New Heacham Manor member Tim Hoare positioned well in many competitions through the season and collected the trophy for winning the Manor Espley Ex Cup (a competition which awards points for top positions in 12 of the medal and Stableford competitions throughout the season kindly donated by Leon Espley), Tim also achieved the best net score in the Men's Club Championship.

The main winner of events this year was junior Warren Bates who took home numerous prizes including the Gross Junior Championship, the 2016 Men's Club Championship and the Men's Summer Matchplay.



Left to right: Danni Stocker, Ben King, Aaron Daly, Tim Hoare, John Rose, Warren Bates, Ella Mason, Keith Whiting, Chloe Tarbard, Julie Reeves, Angela Bissett, Rachel Hodgkinson.

Heacham Manor remains playable all year and have a policy of playing on main greens all winter even in frosty conditions. Quality golf is always available at Heacham Manor with their current winter offer of £99 for 4 months membership between 1st Jan 2017 and 30th April 2017.

Victory for Southend Road Residents

Richard Bird

The residents of Southend Road had protested their right to park during the so called 'off season', they had correctly argued that the seasonal restriction had been wrongly withdrawn by Norfolk County Council Highways.

A protracted inquiry was entered into by the authority to check that procedure had been correctly adhered too and I can reveal it had not, there is a long explanation but effectively the residents were right and the authority was wrong.

I was told that the signage explaining the seasonal dates would be re-installed as soon as possible and that there are no plans to re-schedule the order for 12 months no parking in the foreseeable future.

As the NCC member for Hunstanton and North Coast, I received my first inquiry from resident Keith Anderson around the end of September, shortly after from Keith Boone, Mrs C.Thompson, then Keith Ross and others. I could see the serious nature of the inquiry and advised our M.P. Sir Henry and Hunstanton Town Council at the same time advising senior officers at County Hall of the dilemma. Since then the officers at County Hall have been going through their archives to find the reality of the situation. Journalists at the Lynn News were approached by residents and I was interviewed to give an update, that newspaper then featured the problem on their front page of Friday the 9th December and this hopefully galvanised a quicker reaction from County Hall. Today (the 14th December) I have been advised that the officers have admitted that the system has broken down and that the residents can continue to enjoy their seasonal parking arrangements as they have done for over a decade.

This is the official e-mail from a senior officer at County Hall: "We understand how important the longstanding practice of allowing out of season parking on part of Southend Road is to local people. It was not our intention to change the waiting restrictions at this location and we're sorry that we mistakenly identified the whole of the road as having year-round restrictions. We will be reinstating the signs showing that out of season parking is allowed on that part of the road as soon as possible."

The Great Escape End of year reflections

Keith Stevens

As 2016 draws to an end I find myself reflecting on our life changing decision to sell up and live in a caravan. Over the last five months we have met many new people and been asked many questions about our new lifestyle. 'Is it hard living in a space 7m x 2m?' being the most frequent one. The short answer is no; we have everything we need to be comfortable and warm. You do need to be tidy and learn to cook in a small area but the housework only takes 5 minutes a day. All family members have their own favourite spaces and although in the beginning cat and dog paws were frequently stood on, we have all now got used to living together in a small space.

Originally our plan was to move around frequently but we have found that staying in one place for several months at a time suits us better. We get to explore the area in much more detail and find many delights that we might otherwise have missed. We are currently in Snowdonia, Wales, a walker's paradise with many challenging hills and some of the most stunning scenery I have every witnessed.

Some of the best things about our new life are the peace and tranquility, living in a wooded environment surrounded by hills and having that most precious of gifts, time. Paring back life to the essentials seems to put you more in touch with nature and increases the appreciation of what one has rather than focusing on what one has not. The downsides? Well, although we do have a toilet and shower in the caravan, we usually use the site facilities which at the moment means a 300m walk, often in the dark and rain. Refilling our water barrel is not normally an issue but here it involves a 50m pull uphill back to the caravan.

Whilst I might give the impression that life is very basic, the truth is we do have the luxury of satellite tv and satellite broadband internet. Keeping in touch with family and friends is important as it would be very easy to become withdraw from society and isolated. The

areas we choose to stop in are usually remote, often with no mobile phone signal so the internet becomes even more important.

As the months slip by, my old fife becomes more distant and hazy and I find it hard to imagine going back to living in a house with a traditional lifestyle. There is a joy and spirituality in living this new life that I never found before. The freedom to walk the hills, sit by a waterfall or simple look through the caravan window at the birds on the feeder. Life seems to be brighter and in higher definition.

What of the future? We plan to head back up 10 Scotland in April with a view to exploring the Scottish islands and other remote parts. We shall see if the midges live up to their ferocious reputation.

Please feel free to contact us by e mail at zendog1402@gmajl.com if you have any comments or questions.

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Family firm celebrates 50 years of glazing solutions

Founded in 1967, West Norfolk Glass is a second-generation family business that has been helping to make homes warm and secure for 50 years

The changes to industry over 50 years have been vast, but the glazing industry in particular has seen enormous transition. A local firm, West Norfolk Glass, has experienced this first-hand, with two generations of the family business mapping the changes over the five decades since it was founded.

When John Parker started West Norfolk Glass in West Winch in 1967, he predominantly worked with local builders, cutting and installing single glass panes into timber windows in new-build homes.

Back then, the glazing industry was on the cusp of radical change with the advent of double glazing, which offered an affordable solution to help keep homes warm, draught-free and secure. As fuel prices began to creep upwards (a trend that hasn't really stopped in the 50 years since!), homeowners saw energy efficient double glazed windows and doors as a way to reduce their property's running costs.

In the early 70s, West Norfolk Glass moved to South Everard Street in King's Lynn, and John's business followed the trend moving into PVC and aluminum framed double glazing, along with secondary and timber framed double glazing solutions.

When the Glass & Glazing Federation (GGF) was founded in 1977, John saw the importance of membership of a body that would develop industry standards and protect both employees and consumers. West Norfolk Glass is still a member today.

Building on its now well-established coverage across north Norfolk, the company relocated to its present Hereford Way premises, close to King's Lynn's Hardwick area, in the late 80s and John's two sons, Geoff and Philip, joined the family firm. Family-like service has always been important to West Norfolk Glass, and it prides itself on the large number of loyal customers who have come back to it over the years for new installations and additional products such as car ports, garage doors, flat roof and roofline products.

Over the half century that West Norfolk Glass has been established, glazing products have changed immeasurably, with constant improvement to the range of timber, aluminium and PVCu framed windows and doors on offer, along with beautiful, virtually maintenance-free wood-effect products such as Bygone Collection and Evolution Windows – practically indistinguishable from original period windows, West Norfolk Glass is the area's only installer.

Times and fashions change, and with it the way we style and enjoy our houses. Today, many homeowners are choosing to extend their living space with conservatories, orangeries and bi-fold doors, which blend indoor and outdoor areas during the summer months. There's even a swing back towards minimal aluminium frames in property development which, combined with modern double or triple glazing, create a stylish, contemporary look.



Now retired, John Parker still spends time at West Norfolk Glass' showroom, which is managed by his sons, supported by a small in-house sales team and fitters. Having been established for 50 years, West Norfolk Glass is looking forward to many more years of helping Norfolk families to improve and enjoy their homes.

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Reception Class Hunstanton Primary School



Our topic this half term has been 'People who help us'. We have been learning about the Emergency Services and Superheroes. We had a visit from the firefighters at Hunstanton Fire Station, where the children found out about the role of a firefighter and got to have a go outside at spraying water out of the hose! We also were able to sit in the fire engine and hear the siren! We had a super time and would like to thank Rigil and Nikita for coming in to school to talk to us!

Seahorse Class.



The Reception Class had a Superhero Dress up day on Friday 25th November, as part of our topic on 'People who help us'

NEWS FROM ROLLASON STAGE SCHOOL

Rollason Stage School are appearing in Professional Pantomime 'Jack and the Beanstalk' produced by Tony Peers, at the Princess Theatre Hunstanton until January 1st 2017. Directed by Linda Newport and choreographed by Joshua Harding, it's a fantastic show and the children are very excited to be part of it.

Rollason Stage School is a thriving school we have classes in ballet, tap, modern jazz, street dance, drama and musical theatre. January 7th starts our new term which is a great time for new people to join, and we will be starting new classes due to high demand.

We take recognised exams, take part in dance festivals, drama festivals, and shows.

My teachers Lucy and Josh have worked very hard with the children and they have had a very successful busy year so we are really looking forward to 2017.

For more information please call Principal Michelle Rollason on 07585002124 or email rollasonents@hotmail.co.uk. We also have a Facebook page: Rollason Stage School.

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Brancaster Primary School

written by all the children

We have had a really busy month – Juliet Corbett from Norwich Diocese came in to film us all at school talking about leadership and what makes a good leader. They then went on to film our drama club performance with John Giller which was called "The Lonely Toy Shop." Juliet was really impressed by our performance.

Anita, the dental nurse came in to show us all how to keep our teeth clean and avoid fillings at the dentist.

Our School Council went to Sedgeford to meet other children in the cluster for a School Council Conference.

Our PFA have been busy and they held a Bingo in school for us all to enjoy and lots of people won lovely prizes.

We also had 2 days supporting Deepdale Christmas Market where we held 2 Tombola stalls and our choir joined with children from Docking and Sedgeford to sing.

Rev'd Susan and her helpers have invited us down to Church and



prepared Christmas stations for us to explore the Birth of Jesus, we have been able to dress up and discover the true meaning of this special time; we are looking forward to our last one on Thursday.

We are very sad that our swimming with Charlotte and our Gym sessions at APHS are coming to an end, we have really enjoyed this and lots of Thrift and Samphire class have learnt to swim or improve their strokes.

Today we have just performed our Carol Service and Nativity play to a packed Church. The audience said we were amazing how we learnt all our lines and lots of us had the courage to sing solos too, all our teachers are very proud of the hard work we put in with this.

Coming up we have our parties, a visit from Father Christmas and we are going to sing at Thornham Christmas lunch, Hunstanton Town Choir's Carol Service, The 71 Club and the Royal West Norfolk Golf Club. We are all looking forward to a good rest and a very Merry Christmas!

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Make it a date!

As 2017 gets underway, Glebe House School is planning a number of events, so add them to your calendar and join in the fun!

January, and the inevitable aftermath of the festive season, means many of us take on a new fitness regime, and this year Glebe House School is kicking off a new Saturday morning Eagle Academy activity programme. With a free trial morning on 14 January, the whole family can take up the challenge with archery and fencing, girls' football, hockey and speed agility activities for children, while adults get into shape with a boot camp! The sessions will be run by Edufit and will take place from 10am – 12.30pm – after the initial free week, each will cost £4 or £10 for three, including refreshments. To register, email gary@edufitltd.co.uk

Sports, art, dance, cookery, along with science, computing and forest activities will also be on offer for young visitors to the school on its annual Skills Day on 4 March. Families can register their children to enjoy sessions from 10am – 1pm and 'have a go' while parents take a tour of the school. With additional fun activities for children in the school's nursery and pre-prep, younger siblings are welcome to attend too.

Later that month, on 25 March, the school will hold a Spring Bumps, Babies & Beyond fair, with a range of stalls with everything expectant and young families need, and activities for little ones in the nursery.

"We have an exciting series of events for all the family this spring," says the school's headmaster John Crofts, "The school has a fantastic range of facilities and this is a great way to share these and showcase all that Glebe has to offer for families with children of all ages. We look forward to welcoming as many people as possible to join us."

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Tech talk with Mark Kacary



End of Year Report

2016 has been an interesting for many reasons depending on your views. It was the year of Brexit, it was the year of Trump who apart from being the president elect is also Time magazine's person of the year for 2016. It was also the year. It was the year when the unexpected happened. It was also the year when I got some of my prediction correct and some partially correct. For example I completely missed the possibility that there would be a major attack which would bring down companies like Twitter, Amazon etc. as a result of smart devices. The Internet of things (IOT) is a potential area of concern. The ability

I normally at this time of year look back at the year gone by and look forward to the year ahead of us. I will keep this part brief, because there's lots to cover.

I see 2016 as the year when IT Security became a mainstream topic. When companies like Barclays Bank started advertising on television to inform people that they have people trained in helping their customers to stay secure it is clear to see that this is a recognition that the dangers are real.

What do I expect for 2017? There will be a few unknowns, there always is, this is a very dynamic environment and the reason why I worked in this part in the IT industry for over 15 years (never a dull day). Phishing will continue as this is a well proven route to compromising people, companies etc. Ransomware if relatively still unknown is likely to be as common a term as is phishing. More networks, more well-known names will be knocked off the internet at some point during 2017 as a result of Internet of things (IOT) attacks.

However I want to spend some time looking at issues I think readers of my articles should be aware of this Christmas.

Phishing

I have written about Phishing on numerous occasions. Quick reminder….Do you ever get emails from a bank you don't have an account with asking you to update your security details? That's a phishing email. Is it trying to dupe you into share personal information which

A recent report suggested that over 400,000 phishing sites were detected each month in 2016

The majority of phishing sites today (84 percent) exist for less than 24 hours, with an average life of under 15 hours. Phishing attacks have become increasingly sophisticated and carefully crafted to obtain sensitive information from specific organisations and people. Classic techniques using static blacklists of bad domains and URLs are being abandoned to keep up with the short phishing life cycles and volume of sites and URLs.

Nearly all of today's phishing URLs are hidden within benign domains. URLs now must be checked every time they are requested since a page that was non-threatening merely seconds ago may have since been compromised.

Tech giants Google, PayPal, Yahoo and Apple are heavily targeted for phishing attacks. Google was the most heavily targeted of these organisations, with 21 percent of all phishing sites between January and September 2016 impersonating the company, followed by Yahoo (19 percent), Apple (15 percent) and PayPal (13 percent).

It is vital therefore at this time of year to think twice about emails you receive. Some will clearly be from loved ones but emails you receive from an organisation you were not expecting to get, should be ignored. Remember Banks, The HMRC, Government, The Police and many other public organisations will not send you an email. Always check the email address. Take a look at the domain name and ask yourself would Barclays really send me an email from a gmail.co.uk account or why is an HMRC email originating from Russia?

Back up your files to avoid Christmas ransomware

As we get closer to Christmas it's reported that it's more and more likely that dubious operators with access to tools such as, Locky and Cerber will be preparing new spam/phishing campaigns carrying their malicious payloads.

As already stated earlier in this article avoid clicking on links and email attachments. For the astute or for those with access to security tools it is possible to check an unknown file with a before actually opening it. Possibly add Anti-Malware and anti-ransomware protection to your Christmas list.But the single most important thing to do is conduct regular data backups. As it happens, prevention is the best measure against all kinds of viruses, be it the flu or ransomware

All I want for Christmas.

Its Christmas so I thought it might be worthwhile taking a look at things you could add to your Christmas list to ensure that you're doing that little but extra to secure your identity.

Security Tools

Bullguard Premium:

At time of writing is available with a 60% discount £27.98 for 1 year. You can install this on more than one device. There are a number of things I like about this product which I think makes it good value for money. For a start it is licensed to secure up to 10 devices, which makes it perfect for somebody who has a lot of computers, tablets and smart phones or to protect multiple family devices. There are three products available but I would strongly advice you go for the premium as it not only offers a high quality antivirus offering it also includes a Spam filter, Vulnerability scanner, a Firewall, Parental controls, Social media protection, Identity protection and encrypted cloud backup allowing you to securely back up important documents/data.

HitMan Pro Alert:

One the very earliest articles I wrote for this magazine I described effective IT security to be like the layers of an onion. You need complementary tools and not rely on just the one. This is where Hitman Pro Alert is particularly useful. Some of the additional capabilities included in this software which I believe makes it worth. a look includes

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There are a number of additional tools included within this software. It costs $34.95 per annum and is only licenced for 1 computer. I would use this on whatever the computer you keep your most vital data and which you use most often.

Happy Christmas

My wife and I would like to wish all of our customers a very happy, peaceful Christmas. It's been a lot of fun putting together the monthly article. I am always delighted when somebody pops in and tells me that they actually read this stuff. I just hope that it's not too technical (at times). My motives have always been to offer people the type of advice I started offering major businesses many years ago. Much of what you can do to safeguard your activity online is common sense, but I know how easy it can be to get carried away. Always remember never click without asking yourself a few questions first.

One of the most difficult things when writing an article like this to avoid too much repetition and to find subject matter which will be of interest and of value to you the reader. If there are topics you'd like to me cover, please feel free to let me know. mark@norfolk-deli.co.uk in the meantime a very Happy Christmas and a safe online experience in 2017.

Hold the cabbage soup!

January is traditionally a month of diets and frugality, but there's no need to skimp with healthy, slow-cooked warming dishes, says local butcher David Prior of E. H. Prior

With the festive season behind us, diets seem to be everywhere – but when it's cold, wet and grey, most of us need something tasty and warming to keep us going. For me, healthy eating starts with good, simple ingredients – take lean, fantastic meat, local, seasonal produce along with a good homemade stock and braised slowly together, and you couldn't ask for a more satisfying and nutritious family meal.

I've written before about the merits of slow cookers – and there are usually some good bargains on sale at this time of year – but when you walk in the door at the end of the day and are greeted by the smell of a homemade casserole, something magic happens.

I'm often asked what's good to cook this way and I do love a chicken casserole – low-cost (as January's usually a budget month!) chicken thighs, slow-cooked with root vegetables is one of the best bargain dinners I know.

If you're feeling slightly more indulgent, venison is a lovely braising meat and cooking it slowly brings out all its delicious flavours. Packed with protein and low in fat, it's a win, win, win dish that never fails to please. And when you want to spice things up, a slow-cooked chilli con carne is a real crowd-pleaser that's perfect for Friday night or weekend entertaining.

Now, Norfolk chef Galton Blackiston shared a fabulous slow-braised lamb dish on Saturday Kitchen – using breast meat with artichoke puree and purple sprouting broccoli, cooked over two days, it takes a bit of time and effort, but the result is simply stunning. Go on, it might be January, but you deserve something special to see you through to spring so give it a go!

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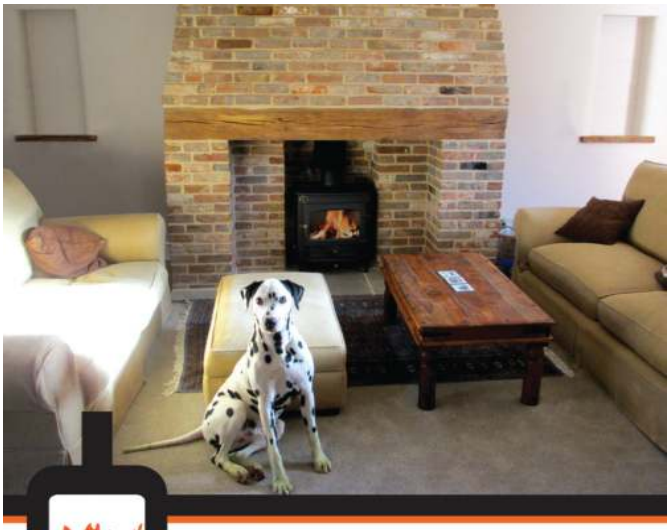
Lime kilns and Eco Cork

After our last article, did anyone stumble upon any Lime Kilns on their travels around the countryside? Well done if you did and if you didn't there is always the weekend! Unless you would rather stay warm indoors that is. Mentioning staying warm, from its raw state in those pioneering days of 'Ye Olde Lime Kilns', Lime has been developed into many different products to suit old and modern building applications.

Have you ever heard of Eco Cork? If you are considering replacing hard and damaging sand and cement render on your property to replace it with a breathable and flexible Lime Render but would also like to add some insulation value at the same time, 120 Eco Cork is well worth talking to Norfolk Lime about. In fact, it is a great choice as a coating for a modern home or new build too. Eco Cork is highly vapour permeable, lightweight, and environmentally friendly and due to the high percentage of Cork that it contains, is also a fantastic insulator. Eco Cork can be used both internally and externally, is quicker to apply than traditional Lime Render and is based on the highest quality Natural Hydraulic Lime available.



Like all Lime based products Eco Cork benefits vastly from slow, frost-free drying, giving a long lasting and durable finish. This means that jobs are best carried out in late Spring-early Summer. If Eco Cork is something you are thinking about benefiting from, or any of the other services offered such as re-pointing, Lime Washing and Restoration work, speak to Norfolk Lime and get your work booked in for this period.



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THORNHAM VILLAGE NEWS

Thornham Village Cinema and Live by Satellite

On 18 January our film is "I, Daniel Blake" directed by Ken Loach with screenplay by Paul Laverty. This is the devastating story of a carpenter who has just had a heart attack. Despite this, the Department for Work and Pensions have deemed him fit for work.

He is too ill to find a job, but he cannot claim benefits because of their verdict. Forced to subsist on Jobseekers Allowance, he meets single mother Katie and her two children who are also struggling with British bureaucracy.

Forming a makeshift family, they struggle to cut through the red tape that threatens to engulf them.

Phone 07818 028687 to book. Tickets cost £5 each. Doors open at 7pm, bar from 7pm and film starts at 7.30pm.

Our February film will be Bridget Jones' baby.

On 31 January, live by satellite from Covent Garden, Il Trovatore by Guissepi Verdi.

International superstars Dmitri Hvorostovsky, Anita Rachvelishvili, Lianna Haroutounian and Gregory Kunde lead a superb cast of world-class singers in this Verdi classic.

Il Trovatore is one of the great operas of the Romantic Period - a story of passion and blood, love and vengeance, disaster and murder.

Phone 07787 255597 to book. Doors and bar open from 6.30pm for a 7.15pm curtain. Tickets are £15 for adults and £10 for children/students.

Ballet lovers will be delighted to learn that our February live by satellite ballet on 28 February will be The Sleeping Beauty.

Soup & Sandwich Lunches

Soup and Sandwich lunches continue through the winter months and our next lunch will be held on 10 January.

Our thanks go as always to our volunteer team who cook the food and arrange the hall so beautifully for this event.

It is always a pleasure to welcome old friends and new.

The cost remains the same at £4.50. Doors open at 11.30am and lunch is served from 12.15pm. To book phone Carolyn on 01485 512033.

The next Soup and Sandwich dates are 7 February, 7 March and 4 April.



Winter Warmers

Winter Warmer talks continue into the New Year with our next event on 20 January when our guest speaker will be Hamish Wakes-Miller on "Wines of Bordeaux".

Hamish has been in the wine trade for 28 years and has run his own company for the last 17 years. Hamish lives between Bordeaux, the South of France and Newmarket and has judged wines internationally. He also runs a wine tour company in Bordeaux where he has access to some of the very best Chateaux to taste some of the finest (and most expensive) wines in the world.

This is an opportunity to try (and possibly buy!) some of his favourite wines.

For tickets please email winterwarmers@thornham.villagehall.co.uk

Payment can be made on the door or send cheques in advance to Stephanie Mocatta, Staithe House, Staithe Lane, Thornham PE36 6NL Doors open at 6.30pm and the event starts at 7pm. Tickets £15 per head which includes a welcome drink and hot buffet supper supplied by The Orange Tree. A pay bar is available throughout the evening.

The next Winter Warmers talk on 17 February will feature David Horton-Fawkes on "The Role of Rural Estates"

The BagLadies of Thornham

Congratulations to the BagLadies of Thornham in hitting their £50,000 fundraising target. The BagLadies of Thornham were formed in 2006 to raise money for good causes within Thornham Village. The skills of these talented ladies knows no bounds and they work hard and aim high to improve the village, in their words, "because Thornham's worth it"

They have helped to equip the Village Hall, the Church, the Village Cinema, Kids' Club, and the History Society. Their grants have also gone towards the upkeep of the playing field, the children's play area and grass verges in the village, as well as directly to the cricket, football, bowls and indoor sports clubs within the village

New Events for 2017

In addition to our established and popular Family Fun Day and Dog Show on August Bank Holiday Sunday, the Trustees have introduced two new and exciting events for 2017.

On Sunday 11 June there will be a Plant, Craft and Family Day featuring the best of Norfolk nurseries and crafts with entertainment for the whole family, and on Sunday 5 November we will be holding a Food and Drink Event encapsulating the very best in speciality foods and drinks produced in Norfolk.

More information will be published on these events closer to the dates.

For more information on events at Thornham Village Hall visit our website www.thornhamvillagehall.co.uk or follow us on facebook www.facebook.com/ThornhamVillageHall

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Mission Aviation Fellowship

Julia Warnes
Voluntary Lay Worker, Hunstanton Methodist Church

Each year the congregation at Hunstanton Methodist Church supports a national and international charity as a project for the year. For the year 2016-17 Mission Aviation Fellowship (MAF) has been chosen as the international charity. MAF is an international Christian mission organization using light aircraft to transform lives. It works with 1500+ organizations such as Compassion, Christian Aid and Tear Fund in developing countries.

It provides practical help by flying in food, water and educational supplies as well as building materials and equipment. It provides physical healing by flying seriously ill and injured people

allowing them to reach treatment quickly, as well as delivering medical supplies and doctors to give care in the remotest of areas. It provides Spiritual hope by distributing the Bible, flying preachers to range of places, showing the Jesus film and sharing God's love by their actions.

We have been offered a partnership: so as we work and pray to support the MAF team working in Papua New Guinea, MAF in the UK supports us in our mission here. The Fun Day on February 11th is part of this partnership working. Why not come along and find out more for yourself?





Mission Aviation Fellowship

at Hunstanton Methodist Church

SATURDAY 11th February 2016 11am – 3pm

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WILL YOU STILL LOVE ME IN THE POURING RAIN?

Daniel Holland pastor www.thewaycf.org.uk

'The rain to the wind said,
You push and I'll pelt.' (Robert Frost)

Christmas is over now with all it's pleasures and presents; we have some cold months ahead before spring warms us again. Weather is an interesting metaphor for the spiritual life. Rebecca and I have been holidaying in Scotland for years now, our car knows its own way there. One particular Easter break stands out in my memory. The sky was clear for days, you could see the white tops of the mountains glistening in the sunlight and there was no-where more beautiful in the world. Ever since we have been chasing the same experience, but in life things rarely happen the same way twice, no matter how hard we will them to.

The last three trips north however have been a challenge. In Scotland the rain doesn't just come for a few hours to clear the air but sets in for the day, or week! The beautiful mountains may as well not be there when thick damp cloud covers them. The moodiness of the weather can be quite oppressive when you are spending most of your time indoors or in the car. The window wipers never stop swishing, like the monotonous clicking of a metronome. Sometimes distant blue sky tantalises you with the prospect of some sun but then is quickly covered over. By the third consecutive rainy holiday I told Rebecca 'my love of the highlands is really being tested'.

Rebecca my wife is better at coping with these weather conditions, she is happy reading a book inside and watching an adaptation of Jane Austin. She tells me I let the rain get in my head; an interesting concept, but I know what she means. We go out for coffee and then to the supermarket, and then back to the cottage. By mid afternoon of a dreary day I get togged up like Nanook of the north for a jog. Everything gets saturated and my feet go squelching over sodden paths in the heather. The wind nearly lifts me off my feet on my favourite route over Staffin bay. I look around at the stormy panorama which is so beautiful in the sunshine and hear a whisper within the gale, 'Will you still love me in the pouring rain?'

This is a picture of the Christian life. Often, although not always, when we come to faith in Jesus we have a season of great joy and blessing. The strong sunlight of God's presence is all around, as we read the bible and enjoy God's creation, everything shouts, 'God loves you and life is pure joy'. God heals and restores us. Our new friends in church are delighted that we have become a Christian and they affirm and welcome us. We are blissfully oblivious that others in church are going through dark and testing seasons, all we know is that we are happy and everybody else should be. We are like spiritual puppies, into everything and indulged by all. It's a Christian honeymoon.

As the years pass, the sunlight is not so strong, and clouds threaten to eclipse the sun completely. Our friends in church do not seem as supportive, in fact they talk too much about their problems. People who made promises to us are not able to keep them. Bad things keep happening to us and God is silent. We are tempted to despair. Gloomy clouds of depression and disappointment cloak the mountains that once inspired us. But worst of all God seems distant; we don't sense the warmth of His pleasure. Our prayers are tinged with desperation. Did we imagine the halcyon days of dancing for pure joy in His presence? 'Where are you God?' we scream, and in the deafening silence that follows we hear a voice so faint, 'Will you still love me in the pouring rain?'

If we don't give up in the rain, then we will surely see the sun re-emerge and the washed mountains looking even more majestic than ever. God will not allow us to be tested beyond what we can endure. He hasn't left us but He is testing our love, spring will surely follow winter.

'The floods can *never drown Thy love,*
Nor weaken Thy desire,
The rains may deluge from above
But never quench Thy fire,'
*(Excerpt from Can*t 8:6)

Just a thought….

A Happy New Year to you all; I hope you had a joyous and blessed Christmas.

New Year means new resolutions; making a new start which will change our lives whether it be our weight, our money, our lifestyle etc. Of course we will start off with great conviction, this year will be different; but most of the time our resolutions get weaker and weaker until in the end we give up.

The following is a wonderful example of how resolutions for the New Year really work:-

2012: I will get my weight down below 170lbs.
2013: I will watch my calories until my weight is below 200lbs.
2014: I will follow my new diet until I get below 220lbs.
2015: I will work out once a week.
2016: I will drive past a gym at least once a week.

I have been doing this type of thing for years, but hopefully this year…..

When we read the gospels, new starts were the motivating point for the followers of Jesus. When He began something it could not be stopped, it had a momentum which drove people on to greater things. There could be no weakening of the task at hand, no watering down the expectation; when Jesus called it had to be acted upon, and there could be no going back.

It is because of that same expectation that I am very excited about the coming year.

Though there will be many highs and lows on our faith journey together there can be no turning back, and I am absolutely confident that through the grace of God and the welcoming vibrant church community that we are will be a beacon for anyone who is willing to open their hearts to Christ.

No one knows what this year may hold, but I pray that it will be a year of wonder, joy and fulfilment for you and those you love.

Steve, Rev Steve Oliver, Methodist Church



Union church

Happy New Year!

The start of a new year is often an opportunity to refocus ourselves into changing our lives for the better. Traditionally we do this through New Years resolutions which can be come from long held desires over many years, or, recent hopes seeking to correct the over indulgence of our Christmas season!

I have to admit that I find resolutions very difficult to keep. When I reflect on my failed attempts to keep them, it is often because I am trying to change through my own will power and lack real conviction about the change required. There is great value in using our own effort to change who we are, and we can affect our behaviour by changing our thought patterns and the things we do, but there are also times where our conviction isn't deep enough and our strength doesn't last.

As a follower of Jesus Christ there have been many moments of conviction throughout my life. At different times God has given me conviction about who He is and how I should live in the light of it.

At an early age God revealed to me that His desire for my life (and in fact his desire for all of humankind) is one of a loving relationship with Him. I had ideas about God, Jesus, the bible, church and prayer but I hadn't understood that He actually wanted a relationship with me that would transform my life beyond what it was. A part of this realisation was a conviction from God that I hadn't been living with the right understanding about Him and neither had I wanted a personal relationship with Him that transformed my life from sin (sin is life without God though sin can also refer to specific actions too). As a result of these convictions my life was changed as I accepted God's love, forgiveness and help.

At other times God has also convicted me of the particular ways in which I need to change through his love and grace. Specific habits of behaviour, thought patterns and desires that actually weren't the best He had wanted for me. He has graciously and gently shown me ways that I can become more like his son Jesus, living the full life that he would have for me.

As we enter the New Year we quickly forget about Christmas and focus on our hopes for the year head. However, unlike our New Years' resolutions which seek a transformation with very little, if any, connection to Christmas, the heart of the Christian message is that God's desire for transforming people meant he came as Jesus to help us.

His offer of relationship has been around for millennia now and each generation has this same offer of relationship with God, freedom from sin and for all eternity. The questions is how will we respond to this good news?

So as we begin this New Year and seek to change for the better, I pray we will all know God's conviction, so we know who He really is, enjoy a real relationship with Him and be transformed to be more like Him. If you would like to respond to this, I would encourage you to pray this simple prayer and contact me with the details below.

Dear God,
Thank you for sending your son Jesus to change this world and change my life. Please bring your conviction into my life, that I would know your love and forgiveness for me. I turn back to you and ask you would help me to change as I enjoy a loving relationship with you.
Amen.

May you all have a good start to this new year,

Rev. Sam Abramian

Phone: 01485 532471 Email: abramiansam@gmail.com
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Church website: http://www.unionchurchhunstanton.org.uk
Blog: http://samabramian.tumblr.com

From the Rector of the Saxon Shore

Happy New year everyone!

I have a phrase for this new year for you... perhaps a question.... 'Are you worth your weight in gold?'

The bustle and anticipation of the pre-Christmas time, and the pause for the message of light and love of Christmas itself, have both passed. So what does January have for us?

The north Norfolk coast would be where my mind turned at New Year. When we were in Cambridgeshire I would want to do the drive to the coast. I longed to be able to walk along the almost empty beach at Brancaster, or by the marshes, hearing the oyster catcher and curlew calls, feeling the cold sea air and taking in the clean clear horizons, and the pattern of the tree branches atop a furrowed field, and ragged crows being blown against the skyscape.

I wanted just to take in the natural beauty and pause, and remind myself I was part of this. Perhaps I need to know I belong, at the beginning of the year?

And to what do I belong? A physical landscape is an important part of who we are as people, we all belong to various parts of the U.K., even the world if we've spent time elsewhere. But we also, as human beings need to belong to each other. And now, here, I belong not just to the land, but I am part of the communities here, and that fills in much more of the gap of that longing. Even in our individualistic world we need to be part of community. (Come along to Playchurch, a gentle way to God for toddlers and their carers Monday morning 10am St Mary's Old Hunstanton)

At the very beginning of January we celebrate Epiphany, the arrival of the wise men at the house where Joseph, Mary and Jesus are staying. This part of the ongoing Christmas story is wonderfully mysterious. Who were these men? (They probably were all men.)

They were people who had been drawn to discovery, to looking and listening to the world around them: the natural physical world, hence seeing the star, and the cultural and social world. They were people looking for purpose and meaning, they were wise men, advising their own government - realising we do not live by bread or January sales alone, but we need the word which provides a compass, a direction for us. The word of life and light that came at Christmas.

So the star talks to them, it promises something they have not seen before, something really really solid that could turn around their whole lives. And as they prepare to set out, they pack gifts for this new king. Instinctively, and intuitively they choose gold in recognition of kingship. They take frankincense, the spice of priestliness, for someone set apart for a purpose. And they bring myrrh, the resin used as a balm in suffering.

They were right, in all three.

As we set out into the New Year may we enjoy the land to which we belong. May we find our compass bearing: words of meaning and truth that give us direction. May we find community around us, even if it means going out looking for it. (Come to the Coffee Club every Monday 10-11.30 at St Mary's Old Hunstanton.) -for community will be a support in our sufferings, large and small.

And, thereby, may we become wise people, worth our weight in gold.
Bless you at the start of this new year.

Susan

Susan Bowden-Pickstock, Rector

FROM ST EDMUND'S PARISH CHURCH, GREEVEGATE

A happy New Year to all readers of Hunstanton Town and Around. May I express thanks to Elaine and all those involved in producing and delivering a magazine for us all to enjoy. There is so much included every month that I am sure there's something for everyone to read and enjoy. I would also like to express thanks to Elaine for letting all the churches in the town a space in the magazine. It is a privilege to be able to write something every month and to try and give a flavour of the Christian life and the life of the local churches in particular.

This is traditionally a time when commentators and journalists look back on the year that has closed and reflect upon it. I am so conscious that at every Christmass we celebrate the birth of the Prince of Peace, yet every year we are conscious that there is somewhere in the world which is experiencing tension, violence and disruption. Part of the Christian faith is to proclaim that the Kingdom of God is already present. Jesus taught us that we can see signs of the kingdom around us. Non-believers and sceptics may point out that the wars and hatreds of the world would seem to suggest otherwise, and we as the Church must acknowledge the seemingly strong arguments that point that way. But in his earthly life he said to people that we if we look we can see signs that God is at work, and wherever God is at work, then that's where the Kingdom of God can be found. So if I may use my column this month to give a new year's Christian message it is that God can be found all around us. We can see signs that he is doing things in individual lives and in the life of the community.

Within our community the Churches have worked together in the setting up of the Foodbank and through the vision of The Revd Sam at the Union Church we are trying to help people in practical ways who have got into debt through the work of Christians Against Poverty. The separate churches also have different activities which are seeking to reach out into the local community to show the love and compassion of God. At St Edmund's we are able to host a community Group CALM which is a support group for those who have family members or friends living with dementia and Alzheimer's. These are signs that the Kingdom of God is already present, right here and now. Whenever God's people show their faith in action by expressing love and compassion for others, then God is there.

When early map makers were drawing up maps for Africa and they didn't exactly know what was in an exact spot they would write on the map "Lions are here". When the Christian missionaries started their work and were drawing up maps for the missionary societies they obviously had the same problems. But each time they came upon an unknown location they would write on their maps "God is here."

Many commentators give the impression that with some churches closing we have reached the end of the Christian era; and that it is only a few eccentric people left who still practice the Christian religion. Christians will tell you that God and the Christian faith are far from being relegated to history. God is alive and active in the lives of the followers of Jesus, and those of us in the area try to live out our faith in prayer, worship and service.

A thought for the New Year: If you have wondered what Church is all about then come to one of the local churches and find out THIS YEAR.

Prayers and blessings,
Father John, your priest and pastor.
Vicar of St Edmund's. Tel. 532531



On Friday 16th December the staff at Barefoot took part in the Save the Children Christmas Jumper Day. They each paid £2 to wear a Christmas jumper to work for the day and promoted their text donation line on social media and to their business contacts and customers. They also ran a sweepstake in their shop Barefoot Living, the prize being a bottle of Prosecco. If you would like to donate text #teambarefoot to 70050. All monies raised go to Save the Children. The photo shows the following members of Team Barefoot: Emma Mason, Chris Bensley, Lyndsey Webb, Lisa Craven, Lucy Richardson, Emily Roberts, Sue Wainwright, Rachel Huckle, Steve Richardson, Beverly Bullivant and Sabrina Thorpe. Photo credit: Catherine Scoles Photography

The assembled cast of Jack and the Beanstalk



Pictured here with Chris Burr (Silly Billy), Simon Hollosi (Jack), Lucy Rollason (Jill), Christopher Marlowe (Dame Dotty Trott) Spencer K Gibbins (King Ethelred and Ryan Taylor (Fleshcreep) are the students of Rollason Stage School who performed in this year's pantomime. Next year at The Princess Theatre you can enjoy the best-loved Pantomime - Cinderella You can book tickets at the Box Office for 2017 now!

Masons present £2,000 to Eboni

On Sunday 18th December The Norfolk Masonic Lodges presented a cheque for £2000 to Eboni Bunn brining her within sight of the target of £25,000 that is needed for the new wheelchair that will help her gain her independence.

Eboni, who is 14 years old, was diagnosed with Hypertrophic Cardio Myopathy heart defect when she was just 4 ½ which means that someday a heart transplant will be necessary. At 8 years old, things took a turn for the worse for Eboni as she was diagnosed with Fredrick's Ataxia, a degenerative disease that affects balance and co-ordination.

Over the last 4 years, Eboni has lost a considerable amount of leg muscle; she also has Scoliosis in her spine, forcing her to use a wheelchair as she cannot bear her own weight without help. Eboni says that she remembers being able to run and walk just like other children but now has had to adjust both psychically and emotionally with her condition. She doesn't like using a wheelchair as she feels that everybody is looking down at her which makes her feel uncomfortable. But when Eboni was given a demonstration with a special, new wheelchair, she was able to do so much more in it, like standing up, something she hadn't been able to do in years. Eboni says that the demo chair gave her a sense of living, at last she felt happy and free. She even managed to go onto the beach, something her old chair wouldn't allow. She knew that if she could have this special chair she could become independent and do what she wanted to do.



Brian Hallard presents the cheque to Eboni (seated centre) who is pictured here with the cast of Jack and the Beanstalk, mum Lisa and her partner Tony Birch

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Anagram game

Ken Arnott

Clearing out some papers recently my wife came across the following anagram game. The answers are Norfolk villages or towns, all within fifteen miles of Hunstanton. It's not difficult, but see how quickly you can do it.

1. RICH NOW (one word) 2. FROG'S DEED (one word) 3. MRS GINA HAND (one word)
4. NO DOPE THIS GIRL (one word) 5. CRAB AS RENT (one word) 6. GNAT'S RIDE (one word) 7. HE SAW NICK (one word) 8. LAD SHOT NOT NUN (two words)
9. GRAIN IS CELTS' (two words) 10. I AM HAM'N EGGS STAR (two words)
11. AHO! MAVIS BURNT THE RYE three words) 12. HE TAXES THE ELM, NO? (four words)

Answers on page 74

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How History can be misrepresented

Tony Armstrong

This is the research of 1 Soldier, namely my Great Uncle – Pte Bert Euinton, No. 2720, 'B' Coy. 24th (County of London) Battalion (The Queens) London Regiment

He was the middle Son of 8 siblings, my Grandmother being one of his Sisters. His family all went their different ways when they married, but it was always told that my G/mother married beneath herself. She married a Journeyman Printer, when her Father was a Dental Mechanic. My Aunts/Uncles and my late Father never heard about the Great War except that their Uncle Bert had died in it. My Grandmother had little contact with her Parents/Siblings after getting married, and in time the families drifted apart.

Until 2002 that is, when with the help of the Internet I was reintroduced to the equivalent generation (? Cousins) from Pte Euinton's side of the family – and then notes were compared on our respective Family Histories.

Now my research about my Great Uncle starts with him being in the Territorials, also known as the 'Terriers' or 'Saturday Night Soldiers'. These were part time Soldiers who would not be sent overseas, until they entered a Regular Army Battalion. At this time he lived with his Mother and Father Henry and Lizzie Euinton, plus Siblings at 48, Park Road, Luton.

He enlisted at St Albans, into the 24th London Infantry Brigade (The Queens). Originally this had been the 6th London Infantry Brigade with its H/Q in South London. He eventually ended up in the 47th Division, which had started out as the 2nd London Division; it had been formed out of old Volunteer Forces under Lord Haldane's reorganisation of Militia.

In July 1914 all Battalions had completed their Mobilisation and Equipment at various H/Q's.

By August 1914 they all had marched to their War stations around St Albans. The Artillery Units were around Hemel Hempstead, Berkhampstead and Kings Langley, whilst the Infantry Units were at St Albans, Harpenden (14th August 1914) Hatfield and Watford.

In September 1914, the Divisional Commander was changed to Major-General Charles St Leger Barter C.B. C.V.O.

In October 1914 it was decided to take the whole Division to France, difficulties in getting Equipment, Clothing etc, made for bad preparation for War.

There were spells of Trench Digging around Braintree and Witham in Essex which made a break from the monotony that had set in.

This made morale and spirits rise and made for cheerfulness and many a practical joke.

A great scandal broke out in early 1915, when local shops were found selling Jam, Sugar, Pepper, the Fat of Meat and Cheese. These shops were mainly in the 2nd London and North Midland T.Forces areas.

Due to overestimating rations, and too much pocket money, Soldiers wanted milk in tea, milk being not in their rations. So bartering and black market selling was going on.

On 14th March 1915, the 24th Battalion went by train to Southampton and sailed on the S.S. Empress Queen bound for Le Havre.

This ship was the last Paddle Steamer to be bought by the Steam Packet Company and was the 1st to be fitted with Wireless; it was fast and recorded faster speeds than most other P/Steamers in their fleet. She also had a new introduction to ships, a bow rudder, and this increased manoeuvrability. She was used initially as an Isle of Man Ferry, but was requisitioned by the Admiralty to serve as a Troop Ship between Southampton and Le Havre.

Sadly this beautiful ship met her end on 12th January 1916, whilst carrying 1300 troops she ran aground in thick fog on the Benbridge Ledge, Isle of Wight. The troops were coming home on leave, fortunately attendant Destroyers took off the troops safely before an ensuing gale smashed the ship beyond salvage.

Upon disembarking at Le Havre, they then marched to Rest Camp No 6. The 2nd London Division was then distributed according to Orders of Battle.

Pte Bert Euinton is recorded as entering the Theatre of War on 16th March 1915.

The Artillery went straight into the line as was much in demand, as in April 1915 the existing Artillery was 'battle worn' and in need of maintenance, worst of all they were very short of Ammunition, down to 3 rounds per day for 15pdrs and 1 round for Howitzers.

Interesting to note that on 26th May (after the impending Battle) out of 36no 15pdr Guns only 11 were in working order!

The Infantry went to L'Epinette Section at Festubert, but some of the Division on 9th May were in battle at Aubers Ridge where 2 Officers and 77 other ranks were killed. Not a nice introduction to the War in France!

On May 11th the name of 2nd London Division was changed to 47th London Division to avoid confusion with 2nd Division (later London division).

In early May "Barters Force" as it became known, the Infantry Battalion began Registering and Wire cutting ready for The Battle of Festubert.

Major-General C, St L Barter GOC 47th, was made responsible for defence of the line, this line was from Festubert, South across the Canal to the Vernelles – Loos Road.

16th - 25th May. The Battle of Festubert. Holding the line from Festubert – Le Plantin, Givenchy

During this Battle German trenches opposite Le Plantin, known as J1 and J2 were taken by the 10th Canadians, they had a very bad time at J3 from both German Artillery and machine Gun enfilade.

The 24th Londoner's attacked under atrocious fire, one soldier – L/Cpl L J Keyworth (24th Bn) managed to get to the parapet of the German trenches, where he "most recklessly and persistently stood up and threw bombs (grenades) into enemy trenches, he threw approx 150 bombs this way". For this he was awarded the V.C.

Out of 75 men engaged no fewer than 58 were killed or wounded, Pte Bert Euinton being one that was wounded.

According to the Official History of 47th Div' regarding L/Cpl Keyworth –"he got his V.C., but many more of the 24th deserved one"

After being wounded in the above battle, Pte B Euinton was taken to No 1 Casualty Clearing Station in the village of Choques, where he died of wounds on 29th May 1915.

He was buried in the C.C.S. cemetery.

After the War was over, a cemetery was built in Choques by the Commonwealth War Graves Commission. Designed by Sir Edwin Lutyens.

Private Bert Euinton was buried in Plot 1, Row C, and Grave 81.

He was aged 23yrs - - and had only arrived in France 83 days earlier, on his Headstone is the Epitaph –

" FOR ENGLAND HOME AND DUTY "

At the Battle of Festubert, from the 15th to 25th May 1915, The 47th Division lost a total of 166 Officers and 2,255 Other Ranks. But a total of 16,648, if you include 2nd Div, 7th Div, Meerhut Div, and the Canadian Division

On the 26th may all action ceased as the 2nd Ypres had started, it's almost as though the above battle was a form of decoy ?.

Now, unless the records are incorrect, Pte B. Euintons short career as a Soldier is recorded on the CWGC site and the National Archives Medal Roll Cards.

I also visited the Cemetery in 2001, it was on the return trip from a visit to Verdun. As usual on these trips 'if time and daylight permits – we will try to visit sites not on Itinery'.

Our Guide for this trip was Clive (of Harris fame), he had found the Cemetery of Choques to be on our route home so it was my lucky day!.

Clive with his infinite wisdom, told me to go in the Cemetery on my own and find the Headstone, while he told the coach party of my Great Uncles story. I explained this was unnecessary due to me never knowing my Great Uncle and therefore no emotional pilgrimage or tie.

BUT – doing as advised, and approaching the Grave 81 counting the headstones ahead to find the one – 'a gust of wind blew causing my eyes to water' – Clive knows best!.

Now, back to 2002 and the family opposites reunite, you will recall it was a little 'them and us' in the early 1900's.

There story of events as they were told, was that Pte B. Euinton did his training and then was whisked across to Canada !! - to do some extra training. After this he returned to England as an N.C.O.!!!.

He was sent off to France and fought bravely through many a Battle, before finally on Armistice Day he took a party out on a recce, after being told to be aware that there may be enemy Soldiers that were unaware of the War being over. On returning from this recce he and his party were coming back to their line when 'Bang!' He was shot in the back, by the enemy and subsequently died.

As part of the families defence for the story, when the Parents had their Sons possessions returned there was this 'Box Brownie of Canada' camera he had bought when training in Canada. This still being in the Families possession.

My opposite numbers (2 Generations on from these events) were in for a shock, remembering their predecessors had to be better than the next. Fortunately they were more mature and educated and realised that my version of events were backed up and on record, unlike the early 1900's we are still communicating today.

And the 'Box Brownie of Canada' camera ?. Well, as in England in earlier times, before coming to France, The London Regt was renowned for 'bartering'. And who was with them at Festubert – The 10th Canadians ???.

I believe that bartering didn't stop at the shores of Great Britain.

In Memory of: Pte Bert Euinton 2720'B' Coy 24th (County of London) Battalion (The Queens) London Regiment R.I.P. 2007



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A guide to supplying photographs

As the Editor I've had comments that I haven't always used supplied photographs. I have a limited amount of space available and will make a judgement as to the value of any picture supplied. I hope that this guide to supplying photographs for publication will be helpful.

Town and Around is essentially a journal of record, so we publish reports of events that have happened or notices that something is going to happen.

In either case the words may be accompanied by a photograph.

What to 'shoot'

What is the point of the photograph? There's an old saying: "A picture is worth a thousand words."

Your photographs are there to support the words and as such needs to be informative. When I receive a photograph, what am I looking for? Well, besides the actual technical aspects of the photograph, more of which later, there will generally be people or animals in the photograph. They need to be recognisable, so pictures of the backs of people do not give the reader any relevant information. If the photo is of the walking group then why not pose them helping each other across a style? Help them make it look like they are having fun! If it's a picture of a fete, garden party, flower show or whatever, a few people in a big field do not give the impression of a successful event, (unless of course you are trying to tell the viewer that it wasn't!).

As the photographer you are recording the event and as such you should get closer, ask the people to look at the camera, if it's a group, get them tight together. Don't be afraid to get them to pose, you will need to be firm as people generally don't want to get close. Fill the frame – are the readers really interested in the vast expanse of the playing field? No they want to see who was there, they want to be able to recognise those people.

If you are supplying a photograph for the front page, then I have different criteria. I'm looking for a 'pretty picture' but it needs to be eye catching.

Technical

A photograph embedded in a Word document will not be of high enough quality to print, so all photos should be sent as separate jpegs. The file size needs to be sufficient to enable good reproduction. For a 'news' photo then a file size of three megabytes should be considered the minimum. For the front page anything bigger than 10MB will do the job. Also bear in mind I will crop the picture to get it tight on the page. The photograph needs to be in focus and sharp. I hesitate to say that photographs taken on your phone won't be good enough, as many phones now have good image capturing capabilities. If you are using a 'proper' camera then you should be able you set it to aperture priority, which allows you to focus on the subject and throw the background out of focus – generally good. Please refer to users' manual.

Using flash and shooting indoors: I've lost count of the number of photos I've received of indoor presentations where the subjects are standing directly under a light source, the tops of their heads appear white. Try to avoid wall lights in your frame as they appear as big white flares. Have a good look at competing light sources, get your subjects to move or turn the lights off, don't let them spoil your image.

I hope this has made some sense and will help you get some good photographs for the magazine.

Good luck.

Norms Eye View of: An Unwelcome Guest

Everyone has experienced one in their lifetime. They turn up unexpectedly, disrupt your daily routine and your chosen lifestyle. They expect to be fed, watered, and of course be treated like celebrities. You, of course, treat them politely and treat them like the old friends they assume they are, but your only concern is when they are leaving, and your life can get back to normality. Some guests stay for a few days, some a week, although some drag it out for longer and are a real pain in the a**e.

My unwelcome guest is nameless, sexless, neither male nor female and homeless. An intruder whose presence is going to cause an upheaval that I would not wish on anyone. Because of its neutrality I have very generously decided to name it Neut, Neuter in full to be more precise.

Apart from being a destructive, compassionless, heartlessly merciless and unforgiving entity I have decided its eviction is paramount. As it is squatting in my body it will have to conform to my rules and square up to a fight. So far it has tried to alter my way of life by changing the food I eat, drink, bladder functions and sleep disruption. Not having been a conformist in all the accepted patterns of life to date, Neut must be confused by my attitude. It will do its thing, and I, mine. My squatter was discovered by a chance remark at the Diabetic Clinic, at the Valentine Rd Surgery in Hunstanton when I had a moan about my bladder problem, an instant referral to Dr. Nigel Thorpe and a rectal examination. He told me that I had Prostate Cancer. Then followed a very concise and

informative discourse on the subject and the various treatments that were currently available, then followed numerous Hospital appointments and X-Rays, MRI Scans, blood tests and a Biopsy at the Surgical Day Centre on a Saturday morning. Not the most dignified of procedures, the most off-putting part listening to the clicks as bits of Neuts anatomy is cut off. Twelve bits in all and I only hope it hurt the little s*d. Neut has now joined my other two long term lodgers, COPD and Diabetes who have learnt to live with me contentedly on their daily medication. I don't anticipate such cooperation from Neut but the forces are weighing against it. It must learn to cohabit with the other two but I

doubt it. Neut has, however, done something I would not otherwise have encountered: the dedicated elite who have dedicated their lives to the eradication of Neuts numerous relatives. Radiographers, Consultants, Nurses, Technicians, and supporting NHS Staff, we are going to sort Neuts eviction out together. The Winterton Unit at the Norfolk

and Norwich University Hospital is not only a place of succour, but one that gets results. Many other people I have met there in the same unenviable situation as myself, facing the same problems, both mental and physical, are a comfort. Not only are they supportive but suggest ways and means of circumnavigating aches and pains. Stubbornness is vital.

The course of Radiation is 37 sessions, one a day excluding weekends; so an affinity is built up between the participants. We are unofficially known as the 37 club! The Radiographers are a class of their own, not only in clinical excellence but are also human

beings, kind, caring, compassionate and understanding. Having spent years obtaining their degrees they then start again honing their skills to abolish the curse they are fighting. As each member finishes their treatment another one is enrolled and so it rolls interminably on.

After my first session which is an investigative one, where the prostate is plotted and measurements taken, small marks are tattooed on your torso so the rays will zap Neut each time. Prior to the actual treatment one has to give oneself an enema, wait half an hour, then drink three cups of water. Fifteen minutes later it is into the Bay and zap

time. The enema clears the lower bowel and the water fills the bladder so the prostate is in the same place every day; be shameful if Neut was denied his daily discomfort.

The daily trudge to Norwich every day is a bind but unavoidable, to arrive and then spend ages trying to find a parking space! Treatment times vary so each trip has its own persona. I was surprised to discover that my fellow patients came from as far away as Sheringham, Wells, Heacham and me from Sunny Hunny. With the number of sufferers from the West Norfolk area it seems remiss that the QEII refers its patients to Norwich or Cambridge. Even the tests done in KL take a fortnight for a result as they farm them out to Norwich, Cambridge and Newcastle! Time they put the hundreds of thousands of

pounds in revenue from their car parks on building their own cancer centre. The RAF will be using jet powered flying armoured pigs before that ever happens though.

When my 37 trips ended I underwent more tests and then a wait for a couple of weeks for everything to be collated. I went back for my result and was told we had exterminated Neut between us. The feeling of exhilaration, relief, and hope was beyond description. Having been to Cromer Hospital for a bone density Scan and one at the QEII to ascertain Neut had not spread, relief was paramount. Neut had been evicted. However, he has left me the task of clearing up his residence. He has left behind the journey into remission. Symptoms will remain for some time, the amount of absorbed radiation to be dispersed.

Medication to continue for a while and the ongoing implants every three months for the next three years. Implants are looked forward to as Dr Thorpe and I discuss real ales and their venues. He is an expert on the subject! Everything now is optimistic and rosy.

Throughout this marathon the support and help from my family has been superlative. Carl and Sian volunteering to drive me to Norwich to give Pammie a rest as she has had to drive each day, a chore in itself and very tiring. She has been more than a rock, she's been a continent!

The few friends who were aware of my condition also wanted to help. When I had my result I phoned daughter Rachel and told her. We stopped in Fakenham at Morrisons to avail me of their excellent toilet facilities and then home. When we went into the kitchen, utter chaos! Ballons, beer, champagne, our Carl, Rachel, grandchildren and dog waiting

to welcome us and celebrate my result. An impromptu party that had been arranged so quickly; it was hard to believe and was the icing on the cake of a remarkable day!

Before I close this missive one incident must be recounted. My first day of treatment was memorable. Having a new car, it was its inaugural journey on a new route to us, and of course worrying about getting to the NNUH in plenty of time. Leaving the A149 at Lenwade and heading across country to the A47 we encountered on the narrow road, a Volvo heading towards us at some speed, driven by a person of the female gender. It caught the wing mirror and broke it. Naturally the offending motorist did not bother to stop. We pulled up and examined the broken mirror and were a bit put out about it although I must admit several profanities were aimed at the offending driver. Approximately half a mile further on the car glided to a sedate halt. It refused to turn over and we were stranded on a road that was really busy. A Land Rover with a large trailer pulled up alongside us and the driver, B.J. Wooding, a Landscape and Fencing Contractor of Grove Farm, Weston Longueville asked if we were OK. The answer was no. He stopped in front of us and came back to see if he could help.

contd on page 74

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contd from page 72

He was unable to help but thought it could have been a shutdown by the computer after the impact. Noting my, by now, agitation he asked if I was alright and so I told him how I was going to miss my appointment. Without further ado he told me to get into his vehicle, and leaving Pammie to ring the RAC he took me off to the Hospital, where I was just in time for treatment. On his way back to his farm he stopped and made sure Pammie was alright. By now reinforcements had arrived, daughter Rachel from Dersingham and the RAC. Son in law Carl came on to the unit to pick me up. The car was transported back to Honda in Kings Lynn. Mr. Wooding's act of kindness will always be remembered and the realisation that the milk of human kindness still flourishes. Thanks again BJ! Added to which he would take no payment, another first in this avaricious world.

Finally, my apologies to trees, shrubs and verges for the unexpected and unwelcome showers they received unwittingly due to Neuts interference with my emission control!

The Butterfields Estate

By Dick Melton

The Butterfields Estate down Harry's way
It could be built in a year or so they say
Traffic lights, lorries oh what a pain
The mud on the road is worse in the rain

Windsor Rise, Manor Road don't know what they are missing
The sound from the lorries there brakes a hissing
In this area of Huns'ton the peace is broken
All those late rises are early awoken

In Princess Drive the lorries stop for a break
They park on the grass, more mud they make
All those new houses on the edge of our town
More and more buses will come around

Ten years they have waited for a bus shelter
Roads will go round like a helter skelter
In the winter they will all feel a chill
When wind from the north blows down the hill

Coughs, sneezes they will all catch the flu
No room at the doctors everyone's ill
A lot more cars will be rushing around
Nowhere to park, not in the town

A new roundabout between Huns'ton and Heacham
Can't catch a train, blame that on Dr Beecham
All of the wildlife will go faraway
To Ringstead Downs where they will stay

Never mind all you good people in Harry's Way
Spring will soon come and the traffic will stop
New neighbours, new roundabout, nothing to write
Just a new estate what a wonderful sight

Anagram quiz answers

1. Norwich, 2. Sedgeford 3. Sandringham, 4. Ingoldisthorpe 5. Brancaster 6. Ringstead 7. Ashwicken 8. Old Hunstanton 9. Castle Rising 10. Great Massingham 11. Burnham Overy Staithe 12. Holme next the Sea

REGULAR EVENTS

Monday:

Coffee Club 10-11.30am for all senior citizens of Old Hunstanton St Mary's Church Old Hunstanton
Breastfeeding Friends (Free) Support group for breastfeeding mums. Free hire of breast pumps and slings available Hunstanton Children's Centre 11.30-12.30
Baby Music (Free) Singing and fun for parents/carers and their children under 1 year old Hunstanton Children's Centre 1.30-2.30
Colour Yourself Calm at Hunstanton Library 2nd Monday of month 10.30-12
Book Club 3rd Monday in month at Hunstanton Library 2.30
Kick Boxing at Hunstanton Community Centre from 6pm ed.scholes@live.co.uk
Hatha Yoga with Val Rybak Christian Science Church, Queens Drive, Hunstanton 7-8.30pm 01485 533673

Tuesday:

Pam's Yoga 10-11.30am £3 at St Edmund's Church Hall (all proceeds to the church)
Hatha Yoga with Val Rybak Christian Science Church, Queens Drive, Hunstanton 10-11.30am 01485 533673
Coastal Stroke Group, Methodist Church Hall, Austin St 10.30-12.30 01366 377803
Day Centre and Lunch Club at Hunstanton Community Centre Brian Devlin 01485532410
Coastal Stroke Group meets at the Methodist Hall 10.30-12.30 01366 377803
Slimming World Community Centre 5.30 and 7.30pm Jo Jackson 01553 767200
Community Choir Hunstanton Town Hall 7pm Simon Bower 01485532392

Wednesday:

Slimming World Hunstanton Town Hall 9.30am Jo Jackson 01553 767200
Rock Choir at Hunstanton Community Centre 7-9pm Mike Tandy 07951920682
Docking Local Produce Market, Ripper Hall 9am-1pm
Sunny Hunny Belles of Hunstanton Red Hat Society meet at Norfolk Lavender for a coffee morning 11am 1st Wednesday of the month

Thursday:

Pam's Yoga 10-11.30am £3 at St Edmund's Church Hall (all proceeds to the church)
Hatha Yoga with Val Rybak Christian Science Church, Queens Drive, Hunstanton10-11.30am 01485 533673
Child Health Clinic at Hunstanton Children's Centre, weigh baby (Health Visitor attends on 1st Thursday)
Exercise to music with Shelly at Hunstanton Town Hall 10.15am 01485533273
Line Dancing at Hunstanton Community Centre 10.30-12noon Diane on 01485571166
Knit & Natter at Hunstanton Library 2nd Thurs in the month 10.30-12.30
Tea Dance at Hunstanton Community Centre 2-4.30pm Angela Green 01485 532402
Take the Lead Dance Classes at Thornham Village Hall: Beginner Plus 7.30-8.30pm New Beginners 8.30-9.30pm £5 per person info@taketheleaddance.co.uk 07789957071

Friday:

Judo Club 6.30-7.45 Scout Hall, York Ave. Martin Lawrence 01485 534307

Sunday:

Yoga at Hunstanton Community Centre 10.30-11.30am Ann Richardson 01485 601701

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Councillors Notes - The way forward

Richard Bird

Firstly, the good news: Royal British Legion Poppy sales in Hunstanton this year raised over £8,000. As one of the people who gave a couple of hours of my time, others gave a lot more, I can only say what a privilege and pleasure it was. I stood for about an hour outside each of our two major supermarkets here in Hunstanton Town; the generosity of people was outstanding and it was really rewarding. Next year, I promise, I will do more. If you would like to join me in collecting just make contact and I will pass on your details. Incidentally, the last uniform I wore in earnest was as a scout in the 8th Edgware Sea Scout group - you don't have to have been a regular serviceperson to help.



One Public Estate

On Wednesday the 30th I attended a meeting at KL&WNBC it was about One Public Estate (OPE). Those that regularly read my column will have understood my frustration over this issue, it's (the OPE) a dictate from central Government that is supposed to centralise different offices, freeing up others that can be sold on to help develop other programmes. However, what is actually happening is quite different, delays, prevarication and hold-ups are the reality, with different authorities blaming one another rather than getting on. The redundant Infant School in Hunstanton being a classic case in point. In any event I sat through two and a half hours of the development opportunities around two sites in Kings Lynn, the panel of senior consultants from outside agencies, the senior Boro' officers, regular members and of course the Portfolio holders listened and then debated the multi-million pound projects, how the monies would be raised, what the time scale would be, who the partners would be, it went on and on. The OPE issues for Hunstanton were last on the agenda. The consultants had gone, the senior officers had gone, and after two and a half hours the attention of the members remaining had gone. I got less than ten minutes' attention for the needs of Hunstanton's OPE; most were the recycled answers I had heard before. Very few, if any, helped with the needs of this N.W. corner of Norfolk. What was apparent was that the only real interest was to create an opportunity whereby KL&WNBC could sell off a huge amount of expensive real estate gleaning more monies for the K.L. coffers. The programme for seafront development is to be put onto a much later phase, dependent on applications for grants being successful. So those that were interested in giving a better offering to visitors will have to wait and perhaps wait again, after all it's only twenty years or so since the Kit Kat closed down. I sometimes despair.

So what's to do? I am in opposition, I protest but am rarely considered, there are a large number of Boro' Councillors that appear to follow the party line rather than help their wards. More interested in other goals, most seem more interested in the bigger projects of K.L. than their own wards and actually supporting the people who voted for them. I would submit voters should note this at this time, perhaps ask your other Ward Councillors what they are doing about this or that issue. I will continue to push for the needs of this N.W.corner of Norfolk for as long as I am in office.

Governance

Richard (Toby) Coke (UKIP) put forward a motion at NCC on Monday 12th December. The motion asks for the council to consider different methods of reducing the levels of governance in Norfolk. Now that Devolution is virtually dead in Norfolk its essential that we move forward as quickly as possible to create a system with one less level of governance within it. This was called Unitary Governance but there is a lot of resistance to that name.

I have just read a report outlining the financial savings and they are huge; the most advantages breaking even after just two years and saving millions of pounds ongoing. If we are to balance the books here in Norfolk there is no time to waste.

The NCC motion was overwhelmingly lost with most councillors agreeing that there is need for change, however the great majority thought that the timing is wrong for yet more research into the different unitary options.

I have to say that as the seconder of the motion, that I am all in favour of this progress whatever it may be called, I for one am fed up with nameless faceless dictatorial members and officers who without knowing our town and area put down programmes with little or no consideration for the feelings and understandings of the local people. Promises are constantly broken, issues taken forward without consulting local councils, groups or individuals.

Of course this is just my opinion but a least you can read it, question it, challenge it and if you don't like it you could vote me out, unlike the NCC and KL&WNBC Councillors over whom you have no control at all.

I want to see some understanding, sympathetic response, financial payback, in short we need some local politicians that care about the people of N.W.Norfolk, I find it odd that there is an obvious need for financial reform but that nobody ever wants to be seen to instigate it.

Flood Memorial

I am on the committee that is overseeing the development of the gardens in Hunstanton. I did ask that John Maiden with his great knowledge of Hunstanton and District could be co-opted on to the committee. The KL&WNBC Portfolio holder who lives miles away and comes to Hunstanton a couple of times a year said NO.

We now understand that without any consultation with any person, body or organization, the Flood Memorial with the names of those who died in 1953 will be moved. I would ask the question: who said they could move it? Who gave them permission? What rights have they got? It would appear that the officials and members from K.L. have, that's who. Is this sacrilege?

Budget overspend

As previously stated, the Budget at County Hall has been overspent by some £20 millions, the monies will have to come out of reserves we are told. As expected, the two main areas of overspend are children's and adult social services. As of today there are 1091 children in care in Norfolk, we are told that each one costs the domestic ratepayer about £51 thousand a year. This figure is double the amount of children in care than for Suffolk and four times the amount for Cambridgeshire. Our adult Social Services has this year alone a deficit of £20 millions, that's nearly more than the entire turnover at KL&WNBC.

Recognising the crisis central Government has provisionally given County Councils the right

to increase the amount of domestic rate revenue without a referendum that can be charged to each household. In short we should all expect to pay more domestic rates to try to pay for social services shortfalls.

The 2008 figure for our national debt was £85 billions. It has now doubled to £1.6 trillion despite all the austerity measures the population has endured, and the amount is increasing daily.

Roads

At NCC there is to be a big push on road improvements across the east of the County including the third river crossing in Gt Yarmouth and the Acle Straight, plus further road developments around Norwich. There is a big development on the cycle routes in both Gt Yarmouth and Norwich. Readers might notice that despite best efforts the West appears to be ignored as has happened in the past.

Fire Service

Fire stations are under review again with shortages of retained fire fighters being the major reason for concerns, the bases and equipment are in place, it is the levels of personnel that is the challenge.

Incinerator

Colleagues at County Hall are trying to bring to a satisfactory end to the saga of the £34millions lost on the incinerator deal in K.L. It would appear that many members no longer wish to pursue any type of inquiry and believe that the matter has been aired enough, what do you think? Should it be pursued further or not? Without you I will not push any more.

Democracy

At the full Council at County Hall on Monday the 12th of December, there were submitted no less than eleven motions, the deputy chairman decided that was too many and reduced it to five. No real reason was given other than it might take too long (one rejected motion was mine). The reason I mention this is that the next full Council is February when it will be exclusively about the budget, followed by April when they will not be allowed as the Council will be, by that time, in purdah - a period between announced election and the final election results when specific restrictions on the activity of civil servants are in place - so no real governance can happen. So the new chairman has stopped six motions going forward in this Council's term. Democracy rules?

Anyway enough of all this, have a great new year. My resolution for the New Year? Work on the exit strategy. Contact me in the normal ways.

Cllr Richard Bird
Homer House,
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January Diary

1 Docking Walking Group New Year's Day walk at Burnham Thorpe 11am meet at Nelson Inn HELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

1 Final performance of Jack and the Beanstalk at the Princess Theatre 2pm

1 King's Lynn Festival chorus on Radio 3 at 4pm

1-10 The Art of Nature Photography @ Cley Marshes – Simon Aspinall Wildlife Centre, Coast Road, Cley NR25 7SA, 10am – 5pm, free entry to exhibition, for more information please check the NWT website www.norfolkwildlifetrust.org.uk on their 'what's on' page.

4 South Creake War Memorial Institute Social Games evening 7-10pm. Free entry Memorial Pavilion. Tea, coffee, cakes, biscuits and soft drinks will be available. There will also be a raffle. Proceeds towards an emergency defibrillator for the village PETER HAYWOOD 01328 823920

7 Real Christmas Tree recycling at Hunstanton Recreation Ground 9-12 noon

7 United Services Club entertainment Dancing to Budgie 8.30pm

8 Docking Walking Group 11am Fring/ Peddars Way meet at the telephone box by bridge HELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

10 SPAM coffee morning see page 41

13 Docking Walking Group 20m Sandringham King's Avenue meet at Captains Close by lane entrance HELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

14 Eagle Academy free trial morning see page 55

14 United Services Club entertainment Dancing to High Definition 8.30pm

17 Docking Walking Group 11am Fring/ Peddars Way meet at the telephone box by bridge HELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

18 Hunstanton & District Civic Society talk see page 24

18 Thornham Village Cinema 'I, DANIEL BLAKE' The devastating story of a carpenter who has just had a heart attack. Despite this, the Department for Work and Pensions have deemed him fit for work. He is too ill to find a job but he cannot claim benefits because of their verdict. Forced to subsist on jobseeker's allowance he meets single mother Katie and her two children who are also struggling with British bureaucracy. Forming a makeshift family they struggle to cut through the red tape that threatens to engulf them. Call 0781 802 8687 for tickets, £5 each, pay for and collect at the door. Bar Opens 7 pm, film starts 7.30 pm. View trailers on www.thornhamvillagehall.co.uk

19-21 The Pocahontas Players present 'Alice In Jumbleland' – Public Hall, 13 Station Road, Heacham PE31 7HG, 2pm (Sat only) & 7.30pm, £8, under 12s £7, raised seating £1 extra, tickets by ringing 01485 570402/571267 or from Hunstanton's Tourist Information Office.

20 South Creake War Memorial Institute Soup and Pudding Supper within a quiz night 7 – 10pm Memorial Pavilion. £6 pp. Please bring along your own drinks. There will also be a raffle. All proceeds go towards the pavilion funds PETER HAYWOOD 01328 823920

21 Hunstanton Conservative Club Quiz Night

21 United Services Club entertainment Dancing to Tanglewood 8.30pm

22 Docking Walking Group 11am Sedgeford/Glovers Farm circuit, meet at King William Inn HELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

25 South Creake War Memorial Institute Coffee morning 10.30-12 noon. Tea, coffee and cakes/biscuits will be available. there will be four stalls selling cakes, plants, books and greeting cards. There will also be a raffle. Proceeds towards an emergency defibrillator for the village

26 Norfolk Wildlife Trust Talk @ Hunstanton Methodist Church – Austin Street PE36 6AL, 7.30- 9.30pm, £2 non-members £2.50 includes refreshments. 'Wildlife in Poland', images of the birds & habitat of Poland by wildlife photographer Richard Brooks. Ring 01485 534747/520899 for info.

27 Docking Walking Group 11am Harpley Dams/Cockyhoop Cottages triangle, meet at Harpley DamsHELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

28 Snettisham Fleamarket – Memorial Hall, Old Church Road, Snettisham PE31 7LX, 9am – 3.30pm, 50p (under 16s free) early bird £2, various stalls selling antiques, vintage retro, curios and upcycled items, ring Debbie on 01485 543608 for more information.

28 Hunstanton Conservative Club BURNS NIGHT with Haggis, Neeps and Tatties Entertainment by Replay

28 Cinema in Syderstone presents the remake of the classic western THE MAGNIFICENT SEVEN (12A) directed by Antoine Fuqua and starring Denzel Washington and Chris Pratt. With the town of Rose Creek under the deadly control of industrialist Bartholomew Bogue, the desperate townspeople employ protection from seven outlaws, bounty hunters, gamblers and hired guns. As they prepare the town for the violent showdown that they know is coming, these seven mercenaries find themselves fighting for more than money. Amy Robsart Village Hall, Syderstone PE31 8SD 7.30pm Advance tickets £3.50 01485 578244 or 01485 578171 cinema@syderstone.com

28 United Services Club entertainment Dancing to Kenny Lee and Hustler 8.30pm

28-30 Big Garden Birdwatch see page 31

30 Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham PE31 7DX. 7.30pm. An Informal Evening with a Heacham Picture Quiz, a General Quiz, a talk on Patrick Hadley, displays and Cake. Admission £3 (Members £2) Everyone Welcome.

31 Docking Walking Group 2pm Brancaster Staithe/Burnham Deepdale Circuit meet at Jolly Sailors Inn HELENA ALDIS 07769850965/01485518659 or HELEN HILTON 07836 515236

31 Thornham Village Cinema LIVE BY SATELLITE FROM COVENT GARDEN OPERA – 'IL TROVATORE' International superstars Dmitri Hvorostow, Anita Rachvelishvili, Lianna Haroutounian and Gregory Kunde lead a superb cast of world class singers in this Verdi classic. Il Trovatore one of the great operas of the Romantic period. A story of passion and blood, love, vengeance, disaster and murder. Call 0778 725 5597 for tickets, £15 each, children £10, pay for and collect at the door. Doors and Bar open at 6.30 pm, Curtain up at 7.15 pm.

See also page 74 for the regular events listing

Please note: the copy date for the February edition is 12th January, so if you would like to have your event advertised please get the details for me by then.

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