

TOWN and AROUND

ISSUE 225 JULY 2024
PRICELESS!



Local News • Events • Great Outdoors • Features
14,000 copies distributed in West Norfolk FREE

First word



Summer at last! And if the events diary is anything to go by (pages 74 and 76), it's going to be a very busy month.

In the Bird household we are looking forward to the One Act Drama Festival at the Princess Theatre from 19th to 21st July. It offers a feast of entertainment at very reasonable cost.

Huge congratulations to Amanda Coral and her team at Berni Beans who has retained her number one status on Trip Advisor for the 5th consecutive year. Berni

Beans sponsors the T&A sports trivia competition every month and you can find it on page 8.

There's a book theme on pages 46-48 and page 58 as we preview the Literature Festival and Docking Book Fair and feature 'Write around the corner' - By the book's new venture, and of course the summer reading challenge. We also have two books to give away this month, both by local authors.

We've been publishing the magazine since 2005, and this is the busiest period we've ever experienced. The demand for copies continues to grow and as you can see on the cover, we are distributing 14,000 a month. Thank you to everyone who has contributed to this success.

With all best wishes for a wonderful July,

Elaine

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Hunstanton Lifeboat Station news

We've had some memorable and moving moments over the last few weeks, which have made us look back and reflect, as well as take our bearings for the future.

Three of our volunteers signed the RNLI's 200th anniversary scroll, when it visited our station in late May.

Louise Kyle, our youngest sea-goer who's aged 20, our press officer Geoff Needham, aged 91 and Derek Greening, chair of the Hunstanton and West Norfolk Lifeboat Guild, put pen to the iconic document on behalf of all our crew past, present and future.

It's inscribed with the RNLI One Crew pledge, setting out the vision Sir William Hillary decreed at the launch of the charity that saves lives at sea in March, 1824.

"Whoever we are, wherever we are from, we are one crew, ready to save lives," it reads.

"We're powered by passion, talent and kindness, like generations of selfless lifesavers before us.

"This is our watch, we lead the way, valuing each other, trusting each other, depending on one another, volunteering to face the storm together.

"Knowing that, with courage, nothing is impossible. That is what has always driven us to save every one we can. It's what makes every one of us a lifesaver."

The work of our crew and hundreds like them would not be possible without the kindness of our supporters.

One of our youngest paid us a visit at the start of June

Johnathon Jarvis, aged seven, set out from his home in Upwell, near Downham Market, on Thursday 30 May.

Parents Lee and Kayleigh pulled on their walking boots to join their son on the 40-mile trek to Hunstanton RNLI.

The family arrived to applause from crew and well-wishers who had gathered to greet them - after battling their way through gales and rain along the way to raising more than £2,000.

RNLI Lifeboat Operations Manager, Rigil Kent welcomed Johnathon to the station, after crew members and Stormy Stan joined him for the final leg along the Prom and over the cliff tops.

'You've done a super job for us,' said Rigil. 'Well done.'

Water safety officer Kate Craven presented Johnathon with an honorary membership of Storm Force, the RNLI's club for young supporters.

Johnathon, who hopes to one day join the station's hovercraft crew, was given a tour of the station's 'hover' Hunstanton Flyer, by senior commander Lee Torrice.

Afterwards, his mum Kayleigh said: "He's done fantastically well, bless him. Even in the wind and rain, he always had a smile on his face, he just got his head down and got



From left Derek Greening, Geoff Needham and Louise Kyle after signing the RNLI's Connecting our Communities scroll at Hunstanton lifeboat station



It was high fives from Stormy Stan, as seven-year-old RNLI supporter Johnathon Jarvis arrived at Hunstanton

through it.

"Next year he's going to relax and have a coffee morning for the RNLI. But the year after, he's on about walking to Scotland."

Closer to home Storm Force - our club for young people - will be running at the station on Sunday mornings from July 21 - August 31.

They'll learn vital safety messages, get to meet some of the crew and see the craft they use for their lifesaving work.

There's no need to book, just turn up at 10.30am. Suggested donation £2.

Could you join our lifesaving volunteers? As well as seagoing roles on board our lifeboat and hovercraft, opportunities at the station include shore crew who help to launch and recover our craft and our station visits and souvenir shop team.

If you'd like to find out more about the ways you could help our work, we train at the station on Sunday mornings or you can e-mail hunstanton@rnli.org.uk.

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Beat the Tide Charity Run Success

147 runners participated in the Beat the Tide Run on Sunday, 2nd June for the charity that saves lives at sea
Tim Keogh

Although blessed with calm, warm and sunny weather, the competitors still had to deal with the energy sapping sandy terrain. There were two events, a 5km and 10km run. Starting on the beach at Alive Oasis in Hunstanton, the racers ran to Heacham and back, twice for the 10km challenge. RNLI mascot, Stormy Stan, started proceedings.

New Town & Around partner, KL1 Radio, were also in attendance to comper the event whilst hosting their morning show from the promenade. All proceeds from the day went to the RNLI. Bethany Willox, from Peterborough, won the female 5km race. A very muddy Bethany said, "really loved it, so enjoyable. I am moving to Heacham soon so hope to make this a regular training route".

The event is organised by the Borough Council of King's Lynn & West Norfolk. Race director, Roger Partridge, said, "I would like to thank West Norfolk Athletic Club and staff from Hunstanton parkrun for helping to plan and organise the event plus, of course, all the volunteers and marshals who helped out on the day and Alive Oasis. Hope to see you again next year".

Images here and cover: Ian Burt



10k winners Victoria Seeley and Michael Cook



5k winners Bethany Willox and Andy Williamson

10k Results

Men

1. Michael Cook 39.40
2. Brian Corleys 41.37
3. Paul Kearney 43.29

Women

1. Victoria Seeley 55.45
2. Lucy McDowie 56.08
3. Sammy Stringer 56.41

5k Results

Men

1. Andy Williamson 21.58
2. Nikita Celinski 25.13
3. Owen Williamson 25.37

Women

1. Bethany Willox 26.11
2. Erin McNeil 28.24
3. Alicia Pentelow 29.35



And they are off



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News From The Woottons

Cllr Richard Coates

Parish Council Vacancies

Last month I told you about councillor vacancies at both North Wootton and South Wootton Parish Councils. This month I can report that both Councils have had public spirited local people step up to the mark to offer their services to their local communities: typical of people in The Woottons!

South Wootton man made Borough Council Mayor

Paul Bland, who has been a South Wootton Parish Councillor for many years and last year was elected a Borough Councillor, was made Mayor of King's Lynn and West Norfolk Borough in May. He had a year's apprenticeship the previous year when he was Deputy Mayor which is normally a nominal position but, as last year's Mayor hadn't enjoyed the best of health, Paul Bland took on more Mayoral duties than might have been expected. Even so, in his new year, he's undertaking more engagements as Mayor than last year's Mayor so we can look forward to this Wootton man

making his increasing presence felt throughout the Borough this year.

Allison Homes housing estate

The new roundabout on Edward Benefer Way has now become part of the normal road scene and the first houses can be seen being built alongside the main road, although access will be from within the estate roads. The names for the dozen or so new roads to be built have all been agreed with the main spine road being named for the estate name: Wootton Grange Way. Other roads are named after local people including Daubney, Smallwood and Richman.

Planning Appeals

If you apply for planning permission, you have to pay the Borough Council a significant fee. That's not for planning permission but for applying. So you pay and might well get turned down. Of course, you can get lots of advice on what is likely to be granted permission from the Borough Council's website and local plan designers and

architects should know the rules well enough to advise you what will get passed. Most applications are approved by the Council staff but some are turned down. The most contentious plans are referred to the Borough Council's Planning Committee for the Councillors to consider and I've just joined that Committee, always having had an interest in plans for The Woottons. For those planning applications that are refused in The Woottons, it seems to me that quite a lot of the applicants have been appealing against the refusal and I've discovered that there's no extra fee to be paid for an appeal so there's every incentive to appeal against a refusal. There's even the possibility of getting costs awarded against the Council if you win your appeal and that happened just recently for one South Wootton planning appeal when one applicant finished up £2,000 better off at the Council's expense.

Picnic on the Park

This is a major event for The Woottons each summer,

organised by a small but efficient band of volunteers. It takes over the large park that is now surrounded by housing developments that have built up over the last 50 odd years. Appropriately, the boundary between the two parishes runs pretty much through the middle of the park. This year's event followed a similar pattern to previous events with a funfair, music from bands, singing, stalls from local charities and small businesses. I had hoped to fund a large penalty shoot-out competition from the allowance that the Borough Council gives to each of its Councillors but lack of time prevented that happening. Instead it was agreed that the £800 could be used to help defray the various costs of mounting the event and I was happy with that because the money effectively benefited a very large number of Wootton residents

If you've got any suggestions where I should spend my £1,000 Councillor Allowance for the new financial year, please email me: cllr.richard.coates@west-norfolk.gov.uk

Berni Beans retains No 1 status on Trip Advisor for 5th consecutive year

The popular Victorian themed tearoom in Hunstanton's High Street owned by Amanda Coral is celebrating its continued success.

Leaving her corporate career as an events manager in 2018 she came home to Norfolk and opened a traditional tearoom in cosy surroundings for residents and visitors to enjoy.

Drawing on her experience organising weddings, conferences, corporate events and exhibitions,



and with more than a nod to the famous Betty's in Harrogate, she produces teas that are second to none.

The tearoom is quirky and says a lot about its owner who has a personality that sparkles like champagne. It is no surprise to anyone who has visited that Amanda has once again topped the Trip Adviser ratings. "It is a wonderful accolade and I feel very privileged to be acknowledged in this way," she said.

There are Pinocchio models that once her sons played with alongside vintage tea sets and gleaming cutlery. The furniture and the lace curtains at the windows add to the vintage feel.

Amanda also provides outside catering for weddings, funerals, parties and baby showers as well as business events.

The vintage afternoon tea experience is a must-try. Served from Noon to 4 pm, Thursday - Sunday, it is a luxurious affair, featuring an array of freshly baked scones, delicate sandwiches, and delectable cakes and pastries.

Each month Amanda sponsors the Sports Trivia Quiz in Town and Around. It normally appears in the sports pages but this month it is here:

Armchair Sports Trivia sponsored by Berni Beans

Win a delicious afternoon tea for two (worth £19.95 pp, total £39.90) courtesy of Berni Beans.

QUESTION: Wimbledon starts on the 1st July. Who is the last player, in all disciplines, to win the Singles Title in all four Grand Slams (Australian Open, French Open, Wimbledon & US Open) in the same season?

ANSWERS TO: editor@townandaround.net or by post to:

The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF Please note we do not accept entries by any social media channels or text message. CLOSING DATE 15.07.2024.

The answer to last month's question was Yugoslavia, and Dickie Everton was the lucky winner.

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Navigating later life: essential organisations you may encounter

By Yasmin Knock, Solicitor, Hayes + Storr.

If you're helping a loved one who is ill or vulnerable, you may need to liaise with various organisations to assist you with their affairs.

Many organisations will require proper authority before allowing you to make any decisions. This article briefly highlights the different types of authority, and the main organisations you may need to contact. However, you should always speak to a solicitor who will be able to provide advice tailored to your family circumstances.

Making sure you have the right authority

If you know that your loved one has a power of attorney, you will need to locate the original. This might be stored at their home, or with their solicitor.

Office of the Public Guardian

The Office of the Public Guardian is responsible for registering powers of attorney

and maintaining records of all the registered powers of attorney in England and Wales.

If your loved one made an Enduring Power of Attorney (EPA), then it will be up to you to register this if they lose mental capacity. Since October 1st, 2007, Lasting Powers of Attorney replaced Enduring Powers of Attorney, therefore, only EPAs made and signed before October 1st, 2007 can still be used.

If they made a Lasting Power of Attorney, then this may already be registered. You should check the position with a solicitor to ensure you are fully aware of what is required of you.

The Court of Protection

If your loved one loses mental capacity without a valid power of attorney in place, an application can be made to the Court of Protection for you to be appointed as "deputy", to manage their affairs. This is a serious process and requires sufficient evidence and various forms. A solicitor can help make a successful

application to the Court of Protection.

Acting for your loved one

If you are appointed attorney or deputy, you will need to deal with organisations such as financial institutions (banks and investment companies, for example) as well as conveyancers if property is to be sold. A financial advisor may be required to ensure that your loved one's funds are appropriately invested in a risk-averse way to generate an income for them.

Local authority

The local authority may be involved in ensuring that your loved one is receiving suitable care, as well as establishing whether funding for your loved one's care is available.

National Health Service

The NHS may be involved in decisions surrounding care funding, although NHS care funding is only available in limited circumstances. You may



also be required to liaise with medical staff to discuss aspects of your loved one's care.

How we can help

Acting for a loved one can feel like a daunting responsibility. Our solicitors can help you to ensure that you properly fulfil your duties as an attorney or deputy, and that your loved one is cared for in the best possible manner.

For further information, please contact Yasmin Knock or the Hayes + Storr Private Client Department on 01328 863 231.

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

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Craig has left a trail of fabulousness in his wake says Anita

Ladies and gentlemen, meet the newest sensation in town – Craig Everton!



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Stanhoe & Barwick WI

Valerie Robson

Please note the changes to July's meeting date and programme. Thursday 11th July: The Return of the Beetle Drive! Come and join us for an afternoon of fun. The Reading Room, Stanhoe. 2pm. Visitors are always welcome. Our charge is £5, which includes refreshments.

Thursday 1st August: Annual Summer Meeting. Sorry, this one's for members only. Please contact Valerie (01485 576261) for further details.

We're not just about a monthly meeting! In the first half of this year our members have:

Held regular Book Club meetings, had tea, coffee and brunch at local cafes, visited Houghton Hall and Gardens, held a charity walk at Holkham Park, visited the theatre, attended craft workshops, 'Had a go' at Docking Angling Club and, via the wider WI community, heard Janet Street-Porter talk at the Theatre Royal, Mel B & Victoria Derbyshire at The Royal Albert Hall and been gliding!

RANDOM ACT OF KINDNESS

I recently went to the Cook Shop to try and buy a kitchen towel holder, just a basic one for use in our church hall kitchen.

After a browse around the shop, always a pleasant experience, I couldn't find what I wanted so asked if they had any as I might have missed one that had been tucked away. Unfortunately, they didn't, but the perfect, imperfect, one was produced from under the counter. As it was faulty, a credit note for it had been received that morning, and Richard kindly let me have it for free.

It was such a lovely surprise and really appreciated; I was quite happy to pay something for it but he insisted that it would be free of charge.

Such a kind gesture from one of our shopkeepers, and it really made my day. Thank you, The Cook Shop, Hunstanton.

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12 hour Darts Challenge for Macmillan Cancer Care a resounding success

Tim Keogh

The recent darts charity event held at Heacham Sports & Social club raised a whopping £2,400 on the day. Duane Gowen, one of the event organisers, was delighted with the day's proceedings and everyone's efforts: "We were all very tired come 8pm but were extremely proud with the amount raised.

"Thanks must also go to Heacham Sports & Social Club, the Chef, bar staff, volunteers and, of course, the scorer plus everyone who came to support the event throughout the day. Thank you".



Event organisers - Scott Knight, Debbie Knight, Duane Gowen and Laura Gowen.



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Local resident receives MBE

The Trustees of Saidia Children's Charity (Kenya) are delighted to announce that their Chair, Briony Bax of Brancaster Staithe, Norfolk, today received a Most Excellent Order of the British Empire (MBE) at Windsor Castle from His Royal Highness the Prince of Wales. This honour is made by the Secretary of State for Foreign, Commonwealth and Development Affairs and is in recognition of Briony's services to vulnerable children in Kenya. Briony attended the investiture with her husband Simon Bax and her daughters, Natasha Bax Dinneen and Charlotte Bax and was delighted when Prince William greeted her in Kswahili.



Saidia Children's Home in Gilgil, Kenya was co-founded by Briony's late aunt Anne Mitchell 20 years ago and in 2007, Briony and her children made the trip to Kenya to visit and volunteer at the home. Following the trip, Briony decided to start a charity in the USA, where she was living at the time – The Orphan Support League – to help fund the 60 children at the home. Since she returned to live in the UK twelve years ago Briony has served as a board member of the UK charity Saidia Children's Charity (Kenya), recently taking on the role as Chair. Twice a year she leads volunteer groups to go and help the professional Kenyan staff who run the home. All people who work for the charity in the UK and USA are volunteers so 96.4% of the money raised each year goes directly to the home.

"I knew in 2007 that there were, and there still are, many people who are interested in helping deprived and vulnerable children in East Africa. I see myself as a trusted conduit to help donors invest in education for these abandoned children so that they have opportunities for a brighter future. All the stories about how children come into our care are horrific, but the good news is that the police or children's department bring them to us to safety in a family style environment. Helping these children and leading volunteer trips twice a year for the last sixteen years has been some of the most rewarding work I've done in my life. This honour goes to all the people who work so hard to better our children's lives."

Medina Johnson, a trustee of Saidia Children's Charity for 20 years commented: "We are delighted that Briony's commitment to and unwavering support for our charity and Saidia Children's Home is being recognised in this way. From fundraising in the UK and seeking corporate sponsors in Kenya to running a football training session with our young people or singing with our little ones, Briony always gives

Barrett Batchelor news

We are delighted to welcome Steven Ling to the Company

James Batchelor, partner at Barrett Batchelor Mortgage Services LLP said: Steven is a well known and respected adviser and has been working in this area for many years. When it became known that Steven was thinking of leaving his previous Company, it was obvious that other Mortgage Brokers both locally and Nationally, would be keen to gain his services. We know that Steven made the decision to join us after being offered positions elsewhere, which clearly shows the high regards that the people in the industry have towards him. His high volumes of business and his knowledge of the local people and the mortgage market made him a clear favourite when we were considering applicants for this important position.

Steven said: I'm delighted that Barrett Batchelor offered me this position. Although I did speak to other Companies, it soon became clear where my future lies. Barrett Batchelor's back office systems allow for easy processing. They are used to handling high volumes of business and have the systems in place that will allow me more time when dealing with customers face to face. This is so important these days, when it is often the case that people feel like they are being treated like numbers on a spreadsheet, when they really need a personal service. Barrett Batchelor are well known for offering a service that puts their customers first. Combined with also having a great reputation as a compliant and reputable firm, my decision to join them ended up being an easy one to take in the end.

Stephen can be contacted directly by phoning 07877 817700, or via the office on 01553 629800.

Barrett Batchelor's Head Office is at 27-28 Tuesday Market Place Kings Lynn PE30 1JJ. They are Independent Mortgage Brokers, directly authorised by the FCA, and offer mortgage products from the mortgage market as a whole. They are not tied to any Individual Lender or Network.



her all and is very much loved by our family in Kenya."

In addition to her work in Kenya, Briony is a published poet, was editor of Ambit Magazine and Poetry Editor of The New European. She has served on many non-profit boards, is a Parish Councillor in Brancaster Parish and gives talks to many community groups on the subject of 'How volunteering can change your life.'

To find out more about Saidia, go to www.saidiacharity.org

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Borough Council News

Terry Parish Borough Councillor Heacham Ward which includes Sedgford and Fring

Heacham Ward which Includes Sedgford and Fring

The issues raised last month appear to continue, otherwise it has been quiet. The promised report on the shingle ridge at Heacham was put off until after the election, whether that has any significance we will see when the report finally emerges.

Sedgford and Heacham did their bit for the D Day landing celebrations, Sedgford excelling on the entertainment and hot dogs whilst Heacham's larger beacon consumed a hay bale brightly. Congratulations to all the volunteers involved in both events.

Both villages provide entertainment too with Sedgford now an important venue for visiting players, both dramatic and musical, whilst Heacham has its home grown Pocohontas Players with their last production, written locally too, excellent again.

Nice to comment on something other than confrontations.

Borough Council

The announcement of the general election stopped many things from happening as decisions are not supposed to support or harm parties standing for election. They, and officers, get too touchy about it.

However, a new chief executive was chosen and will begin work in October. Her formal acceptance by Council will occur at the end of June and press statements will have been issued by then.

I do have another job; I am Chair of the Planning Committee which I have fancied doing for several years. The Council is also the Local Planning Authority and many hundreds of planning applications go through it every year. Almost all are dealt with by delegated decisions. The delegation is to planning officers not to planning committee.

Major applications involving, say, 10 or more dwellings, typically come before committee though don't necessarily have to. Applications which are objected to by a Parish Council or are possibly contentious, go to a

sifting panel which decides whether they should progress to planning committee or remain with officers to be decided upon. Planning applications which are 'called in' by a Borough Councillor go directly to planning committee. 'Calling in', can be because the Borough Councillor has concerns or is responding to concerns expressed by another party, typically a Parish Council within their Ward (not outside it). Reasons pertinent to planning have to be included in their call in. In addition, the Deputy Director of Planning sometimes decides that public interest would best be served if an application goes to committee.

So, if you, including Parish Councillors, think that a planning application would be best addressed at planning committee where councillors will debate its pros and cons, agree on any planning conditions needed, and recommend its fate, then the only way to guarantee that route is to get your Borough Councillor to call it in. It is their decision but if they refuse, do ask why.

Note that the Planning Committee currently has 18 Councillors as members and sits with 2 senior planning officers who have no vote but offer advice and clarification. In addition, a legal person is contracted to determine any legal matters which might arise during debate. Other Borough planning officers attend to present the case for applications they dealt with and sometimes a County Highways officer will attend when access to a development site is known to be contentious. In addition, a Democratic Services Officer ensures that the meeting follows its agenda, counts votes and makes a record of the meeting.

Planning Committee is a public meeting generally held on the first Monday of each month starting at 9.30am in the Town Hall. Those registered to speak at a particular application do so, others can listen but not speak. The meeting is streamed and available online after the event. Any newspaper reports likely come from a reporter watching



committee online rather than being present at it. Agendas are also available online, via the Borough Council website, a week or so prior to the meeting. So, if you want something a tad better than national politics, drop into planning committee.

The Sifting Panel is made up of the Chair and VC of Planning Committee, one other planning committee member (rotated), and 2 senior planning officers. Other officers who worked on the applications being sifted present their cases and answer questions. Documents pertaining to the applications are available to the panel.

There are things happening, despite the General Election, but rather than speculate on the outcomes of those I will report on them next month if the Editor doesn't beat me to it. And, speaking of the General Election, it confirms why I am an Independent. All principal parties are making promises based on resources, both money and people, they don't have and can only speculate about. Not one seems to have given a thought to the impending financial hole local councils are too often descending into. Perhaps the master plan is to lift the restriction on Council Tax increases. Then Councils can be blamed for increasing taxes to pay for services.

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Photograph by Paul Kozlowski



RIBA



On the turf with Charles Joyce

The English language no longer has words that can describe Aidan O'Brien. Genius or legend are insufficient after he produced a second miracle when City Of Troy won the Derby on the first Saturday in June. Last year Auguste Rodin bombed out in the 2,000 Guineas becoming the first horse since Generous in 1991 to win at Epsom after running in the 2,000 Guineas but not finishing in the first three at Newmarket. Generous was only fourth. But to repeat the feat this year with City Of Troy is not believable and would only be in a Dick Francis novel except it actually happened. As a sporting achievement it ranks alongside George Foreman, not the rumble in the jungle but retaking the world heavyweight boxing title just over 2 months short of his forty sixth birthday. That's a time when most men begin to wind down, play golf or relive their youth riding a high-powered motor bike. When I was a member of the Norfolk Safety Camera Partnership, I was told that the highest percentage of victims of serious or fatal road accidents were not the proverbial boy racers but middle-aged men on high powered motorbikes. Another exceptional sporting achievement was Jessica Ennis winning the heptathlon world title little more than a year after giving birth to her son Reggie. One discipline would be difficult, but the heptathlon is seven.

The day before Aidan O'Brien produced City of Troy to give him his record breaking tenth Derby winner at Epsom the master of Rosewell, Dermot Weld, won his second Oaks with Ezeliya forty three years after his first Blue Wind won in 1981 the same year as Shergar won the Derby. Blue Wind was owned by Diana Firestone who along with her husband Robert once owned Gulfstream Park racecourse in Florida. Diana's paternal grandfather was Robert Wood Johnson founder of the health-related product manufacturer Johnson and Johnson. Her maternal grandfather was Attorney General of Bermuda. Her aunt Diana Dill married actor Kirk Douglas who she met at drama school before the second world war and married when Kirk Douglas was in the US Navy in 1943 after she had appeared on the cover of Life magazine. Diana Dill is the mother of Michael Douglas who is married to Catherine Zeta Jones.

Padded hurdles

The Jockey Club who own Cheltenham and Aintree racecourses are to introduce padded hurdles on all their courses. Recently retired course inspector Richard Linley who won the 1983 Champion Hurdle at Cheltenham riding Gaye Brief developed the hurdles that have been likened to something made by Heath Robinson. The first time they were used was in 2013 at Newton Abbot race track where Pat Masterson was the managing director who was looking for something that could reduce the risk that had become associated with the track's summer jumping programme. The older types of hurdles were either birch or gorse. Gorse was finally banned in 2000, because after each race stable staff had to check no gorse was left in the horse's limbs that could cause infection. Until the padded hurdles came along it was common for horses to get scrapes, cuts and lacerations which could keep them off the track for weeks and months. Research from tracks that have padded hurdles shows horses fall less in the hurdle races which is always good for the punter because it reduces the risk to his money which is an added bonus to the horse welfare benefits and jockey reduction in risk of serious injury as coming off a horse travelling at over 30 miles an hour is no joke, and like ice skaters having to learn how to fall to reduce the risk of injury jockeys are also prone to injury.

Politics - both sides of the pond

A spokesman for Kari Lake, the big supporter of Donald Trump who is running for election to the Senate in Arizona, was contacted by the Guardian for comment on her giving a speech standing in front of the Confederate flag. The response was "The Kari Lake campaign does not respond to British propaganda outlets. We stopped doing that in 1776." It seems Kari Lake's campaign are giving a new meaning of the "special relationship", Although there are those who believe it has long been the same.

On American Independence Day this country goes to the polls to elect a new Government. The General Election campaigns have started in earnest. Many so called experts already have Keir Starmer as Prime Minister. The same was said of Neil Kinnock in 1992 and if less than

1300 voters had voted Labour instead of Conservative Kinnock would have been Prime Minister, but the voters voted Conservative and John Major had a 21 seat majority. That's how close some elections can be. So, whoever you vote for put an X in a box on 4 July.

I'm inclined to agree with Jo Rust who wrote in May's T&A urging caution about the Liberal Democrats. One strong Labour supporter said to me that if I didn't want the Liberal Democrat candidate to win, I should vote Conservative. While I'm far from convinced by Keir Starmer, for me that would be akin to crossing the Rubicon. But the Conservative borough councillors did support my proposal to have the council help fund organisations supporting local victims of domestic abuse and violence. So even I have my doubts.

For me a Labour Government invests in people and country. Clement Attlee at a time when rationing actually increased at the end of the second world war with the country on its knees in debt with very limited resources still managed to introduce the National Health Service which revolutionised healthcare services in this country as people had their own doctor with healthcare universally free at the point of service. And there were 200,000 a year council houses built to house families at an affordable cost as well as putting people to work earning a living.

Harold Wilson's 1960s Labour Governments expanded tertiary education with 30 polytechnics, enacted large scale slum clearances, expanded motorways across the country, no longer could tenants be evicted without a court order, and introduced major social reforms to divorce laws, no longer were gay men criminals, countless women were spared disability and death in backstreet butchers' shops as abortion became legal. And kept an entire generation out of the Vietnam War.

Tony Blair's Labour Governments refurbished and built new hospitals and schools, silenced the guns in Northern Ireland, devolved government, gave people access to human rights without the cost of going to European courts, provided funding to local authorities to deliver services locally, introduced Sure Start to support hard pressed families, introduced working tax credits along with a national minimum wage enabling millions of people to get a job that made work pay.

Will Keir Starmer's Government come even close I have my doubts as he seems to be more interested in getting elected than giving people a reason to vote. Only time will tell.

Passenger, Patrick, Prices and Profit

Enough of me running on about what might happen that springs from 4 July, because two days later City Of Troy is due to run in the Eclipse Stakes at Sandown. All being correct it's a race he should win and become only the eleventh Derby winner to complete the double since 1886. His toughest opponent could be Passenger who will be trying to become Sir Michael Stoute's seventh winner of the race. If all goes to plan with City Of Troy, he may cross the pond to run at Saratoga on dirt in late August in the Travers Stakes. The best laid plans of mice and men as Robbie Burns wrote.

At the end of July and the first week of August are the Galway races. Willie Mullins is becoming more dominant. Keep a very close eye out for his runners in maidens on the flat, especially colts and geldings and his novice hurdlers. Rather than go with Willie it may prove better to be with his son and assistant trainer Patrick who is a jockey to keep an eye on, especially if he is not riding for Shark Hanlon (is in the paper as J.J. Hanlon) and when he is not riding in flat handicaps and steeplechase handicaps. There will not been many bets with some of the prices are not a working man's price. And in a couple of years there has been a small loss. Nonetheless over time even the odds on prices show a profit mainly due to the near 75% win strike rate since 2012. Evens and above are nearly 50% and show a very healthy profit to an even stake.

A trainer to note at the Galway races is Dermot Weld with his two-year-olds in seven furlong maiden races in races in which males can run when the horse male or female has at least 10 days rest from the track when the horse has one or two previous races only. Again, no lottery win but only a couple of years a small loss with over time a reasonable profit.

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



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DONATIONS TO CHARITY – THE GIFT THAT KEEPS GIVING

By Kathryn Gigg Chartered Accountants, Hunstanton

Readers will probably be familiar with the general principles of the Gift Aid scheme. If a taxpayer makes a gift to a UK charity and completes the necessary declaration, the gift is treated as tax deductible. The payment is deemed to be made net of basic rate tax, which the charity can then reclaim.

So, if we look at three individuals, Jim, Jenny and Jon, with differing incomes we see that if Jim, who pays tax at 20% makes a gift of £800, it is grossed up as if it is a gift of £1000. Jim's position is unchanged (because the tax of £200 "deducted" is matched by the relief to which he is entitled) and the charity, which is tax exempt, can recover £200 from HMRC.

The position for higher rate taxpayers is more interesting. Using the example above, Jenny is a 40% taxpayer, and also gives £800. The charity will still claim its £200 from HMRC but when Jenny files her annual Tax Return (or submits a repayment claim) her taxable income is reduced by the grossed up gift of £1000, the tax relief on which is £400. £200 of that will have been dealt with as above, but the other £200 will be repaid, or credited, to her as part of her year-end tax calculation.

Finally, for those like Jon, who have income between £100,000 and £124,140 the position becomes even more interesting. Not only will Jon get the higher rate relief like Jenny, but as he is in the "60% marginal band" his personal allowances will have been restricted by 50 pence in the pound. Since gift aid effectively reduces total taxable income, the £1,000 grossed up gift will release £500 of additional personal allowances, generating yet another £200 refund/credit through the annual Tax Return system. Effectively he will make a net gift of £800, receive a refund/credit of £400 and the charity will receive its £200.

For most people gift aid payments will be recorded throughout the year and then declared on the annual Tax Return so that the relief can be claimed. Beware however that problems can arise if gift aid payments exceed taxable income, so they should probably be avoided by non-taxpayers. However, gift aid payments are one of the few reliefs which can sometimes be claimed retrospectively. Higher rate taxpayers can elect to set back a gift aid payment as if it were made in a previous year. The claim must be made in a self-assessment Tax Return which is filed prior to the due date, and it cannot be made in an "amended" return – but, for example, if Jon doesn't realise he is paying tax at a marginal rate of 60% until he reads his March 2024 payslip or annual 2023/24 Form P60 due sometime in April this year, he could make a one-off gift aid payment at any time prior to the date for submission of his 2024 self-assessment return on 31 January 2025, and hence relate it back to 2023/24 tax year.

For advice regarding the tax implications of donations to charity please contact either of the partners Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

Kathryn Gigg

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N.B. Article written in February 2024.

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Nature notes with Carrie Carey

The batter stood up to the plate. With both eyes on the pitcher, he set his feet on the sand and pivoted his body so that chest and toes pointed towards home base. He closed his eyes momentarily before raising his head to focus on the ball that hurtled towards him. Body and bat aligned; he swung his bat towards the oncoming target. Strike! Three low balls from the pitcher followed by another strike. The hitter quickly scanned the diamond; the bases were loaded. One more ball would seal the game one way or another. The pitcher drew back his arm, arced his body and snap – at 90mph the ball raced towards the catcher. Fifty thousand fans shifted in their seats then leant forward eyes fixed on the bat as it swung through the air. Holding their breath, they waited for the sound of wood striking leather. Strike three!

In the instant before the crowd reacted, my husband leant towards me and whispered, “All he had to do was hit the ball”.

A team game requires co-ordinated effort. In baseball, the pitcher, batter, fielders and catcher all work together to secure a victory. Similarly, in saving nature, it takes a collective effort from governments, organisations, communities and individuals to achieve environmental sustainability. The urgent need to reverse the decline in nature, and the scale of the issue, have brought many different organisations together. In the lead up to the General Election, the RSPB is standing alongside our regular neighbours such as Woodland Trust, The Wildlife Trusts, WWT, National Trust, The Climate Coalition, Extinction Rebellion and others who we may not have worked closely with in the past. We hope that collective action inspired by the #RestoreNatureNow campaign will urge the successfully elected government to take urgent action to preserve habitats and protect

wildlife. We all believe that the rising generation deserves a world where nature is thriving and decisive action is vital to put nature into recovery. Regardless of which party wins the next General election, we need UK politicians to take responsibility and show true climate leadership.

In baseball, batters can achieve four different hits to help snag that win. Whether it's a single or a 'going yard', every hit shuffles players around the diamond. But when a batter knocks it out of the park, a home run guarantees a point for them and their buddies already on base. This is the most exciting play because it not only alters the course of the game but boosts morale for both players and fans. While a home run can change the game's outcome, a single hit has the potential to kickstart a winning rally. And when we're talking about the future of our planet, each action – no matter how small, can be game changing.

Thinking back on my husband's comment “He only had to hit the ball”, it implies an ease and directness in achieving the goal. In reality, it requires an understanding of the game, timing, technique and any external factors such as pitch conditions, weather and the opponent's strategy. Together with subsequent generations, we are facing an environmental crisis. Our government must devise a bold strategy to tackle this pressing issue and secure a significant victory. While the ultimate objective may seem straightforward, achieving it requires a blend of expertise and tactics. Stepping up to the plate, a coalition of conservation organizations has developed a tactical playbook to guide governmental decisions in the correct direction.

Give nature a pay rise! With farmers looking after 70% of the UK's land, eco-friendly farming is the key to environmental



Door mouse. RSPB

revival. By boosting funds for conservation in farming, we're effectively sowing seeds for a greener tomorrow. Make polluters pay! Big businesses in the retail, energy and water sector are implicated in environmental decline. Implementing new regulations that compel these companies to contribute to nature recovery may encourage a shift in focus. I find it incredible that only 3% of land in England and 8% of our waterways are properly protected for nature, wildlife and us! We should be demanding that our government is delivering more spaces for nature. In fact, limited access to natural spaces coupled with air and water pollution is not great for our zen! We all have the right to a healthy environment so let's push for an Environment Rights Bill to open more nature opportunities for all of us. Understanding that saving our environment is tied to resolving the climate crisis, we also need investment in energy efficient homes, improved public transport and the transition from polluting fossil fuels to affordable renewables.



Mute swan and cygnet



If you feel inspired to help protect our natural environments, why not dive into the world of volunteering? By giving your time and energy you can be a vital part of the solution to pressing environmental issues. Volunteering also offers a chance to connect with like-minded people, learn new skills and take on new challenges. You can be a real-life superhero for biodiversity, climate action and ecosystems giving a high five to the planet's long-term health. For more information, please look at volunteering opportunities on our website at www.rspb.org.uk/volunteering or give the team a call on 01485 210779.

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WEATHER FAILS TO DAMPEN CRAFT FAIR SUCCESS

Caroline Dudley, Voluntary Publicity Officer, West Norfolk Riding for the Disabled Association

Despite a sharp shower and unseasonably cold weather, the Craft Fair and Have a Go Dog Agility event held on Saturday June 8 was a huge success, raising £3,200 for the Magpie Centre, home of West Norfolk Riding for the Disabled Association.

With more than 50 stalls offering a wide range of artefacts, a Pre-Loved Walk In Wardrobe, a Vintage Tea Tent and an all-day BBQ supplied by RRT, plus a pony to meet and greet, there was something for all the family to enjoy.

Magpie volunteer Jan Calvert, who organised the fair was delighted with the support given by a variety of sponsors:

She said: 'This much-needed profit would not have been achieved without the support of our sponsors, to whom we are truly grateful: Dickie's Pet Centre, Vets4Pets, Anchorage Barn Equine Clinic, and RRT. Hunstanton & District Rotary also gave their time to run the Vintage Tea Tent and marshal the car parks.'

'We also have a fabulous Magpie volunteer team and couldn't have done it without each and every one of them.'

The next big event is an Open Day, Saturday August 17 10.00 am – 3.00 pm at the Magpie Centre, Wallington Hall, South Runcton, PE33 0EP. This will feature various equine-related demonstrations in the indoor arena, carriage rides, craft stalls, meet the horses, a children's craft tent, plus much more.

Admission is £1 per person, under 5's free, (cash only please) and free parking.

Dogs are not allowed at this event, except service assistance dogs.



The Centre is still on the lookout for two equines on loan. We need a 14.2 hh riding pony, plus a 15.2 hh riding or ride and drive horse. Must be well-behaved and sound in all three paces. If you know of anything suitable, please call the Magpie Centre on 01553 810202.



Above: Vets 4 Pets and RRT
Right: Hunstanton & District Rotary



OPEN DAY

Saturday 17th August

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10am – 3pm

Magpie Centre

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Garden furniture fit for a King

Located at the heart of the Sandringham Estate adjacent to the woods from which many of the products are made, is Sandringham Sawmill.

The sawmill originally produced timber products exclusively for use in the grounds of Sandringham House as well as the surrounding 8,000-hectare Sandringham Estate, then in 1998 it opened its doors to the public for the first time. Its aim was to sell high quality, British-grown timber products, with a focus on customer service and competitive prices and now the shop sells everything you need for your project.

The sawmill on Admirals Drive has recently established a new garden furniture display where customers can see furniture made from the Estate's timber and also a range made from legally sourced teak.

The chunky Flintstone Furniture can be left to 'silver', treated with preservative or painted and examples of each of these are on display.

The Sawmill's Peter Crown explained: "We offer a number of standard sizes, and because we make the benches and tables here we can make them any size the customer needs, recently we supplied a 12 foot long table with benches for a camping site."



A Flintstone table and bench set - in the background you can see a painted bench and surrounding the display samples of the fence panels also available from the sawmill.



Sitting in this favourite chair (The Windsor) he continued: "This year we've expanded the range of teak furniture and there are table and chair sets, coffee tables and garden benches in various styles - all with Royal names of course!

"We stock teak oil for maintenance along with furniture covers for winter use.

"And for the Flintstone range there are preservatives and a variety of paints."



SANDRINGHAM SAWMILL

Sandringham Sawmill currently produces around 175 timber products for retail direct to the public, including sawn timber, fence panels and posts, creosoted poles, garden furniture and firewood.

Come and see our range of garden furniture



All timber sold at the Sandringham Sawmill is British-grown and pressure treated using Celcure AC-500. The on-site shop sells everything you need for your project including hand tools, ironmongery, paint and postcrete.

Full and half-loads of logs available.

Admiral's Drive, Sandringham PE35 6EG

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and Saturdays 8.00am - 12 noon.

Contact the Sandringham Sawmill:

sawmill@sandringhamestate.co.uk

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Above: Sandringham Alfresco Dining Set, below left: Royal Orchard Bench and below right: Balmoral Bench.



Coming of age

Crystal Cave will be celebrating its 18th birthday this year. At the Cave you will find a large selection of crystals, fossils, jewellery, incense, sage, tarot and oracle cards, DCUK animals and natural bath and body products. Outside the shop is a 'Bored Husbands and Partners' bench, a lovely spot in the sun.

Serenity welcomes back Anita Leleu who will be offering Swedish Massage, Hot Stone Massage, Indian Head Massage, Thai Style Hot Herbal Massage, Reflexology including maternity and fertility, Ear Reflexology with protocols for Parkinson's tremor, strokes and Bells Palsy, Ear Seeds, Reiki, Crystal Healing and Hopi Ear Candling. Anita will be available Mondays, Tuesdays and Saturdays.

We are open 7 days a week 9.30am - 5pm come rain or shine. To book an appointment pop into Crystal Cave or call us on 01485 535321. Full list of therapies are available on our website www.crystalcaveandserenity.co.uk 34 Westgate, Hunstanton

Lavender Lacemakers

Lynn Hallifax

We held our Lavender Lacemakers' annual Lace Day on 18th May at the Hunstanton Community Centre.

Every year we fundraise for a different chosen charity and this year it was for Young Carers of King's Lynn. We raised and presented a cheque for £1843.14 to one of the main charity organisers who brought along with her two of the young carers who explained their roles at home. It was quite enlightening to hear about what they do within the family home.



We gave each of the girls a tub of sweets and a handmade lace bookmark as a thank you and memento of their visit.

We had a really lovely day with traders and lacemakers and plenty of tea, coffee, cake and chat! We are now deciding on our new charity for the coming year.

Hunstanton u3a

We will be meeting at the Community Centre, Avenue Road, Hunstanton on Monday 15th June at 2.00 pm when we will be welcoming Saffron Summerfield who is a composer of music and recorder of bird song and has performed all over the world. She will be telling her story and hopefully we will hear some of her Music.

Please note we do not hold a meeting in August but start our meetings again in September. You will be most welcome to join us.

For further information please see our website hunstantonu3a.org Telephone 07443763679

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Return of the completed patchwork quilts to Little Massingham Church

Rosemary Jewers

The last chance to see the magnificent, completed patchwork quilted hugs at St Andrew's Church, Little Massingham is on July 19th and 20th.

75 quilts have been made by people living throughout the whole of the UK. After this last exhibition they will be handed over to the Norfolk County Council where young adult care leavers will be able to select a quilt of their choice.

This has been a year-long project to raise funds for Little Massingham Church roof.

FOSALM.org and the charity Quilts for Care Leavers have been working together during this time, their aim is to hand over the quilts to some of the young adults leaving the Norfolk County Council care system every year. (See also the June issue of T&A Page 13.)

Food lovers delight in Hunstanton

The second West Norfolk Food and Drink Festival in Hunstanton drew in big crowds on 16th June after the early rain had cleared and organiser Mark Kacary from the Norfolk Deli reported that several traders sold out again, such was the demand for their products.

It certainly lived up to its billing of 'more than a farmers' market' with High Street retailers opening and links to events on the Green, in the Town Hall and Princess Theatre.

New to the festival was the street food area that extended the offering into the Northgate precinct area. Shopping was fun and we even learned that the Norfolk based cocktail company, DOXI, was named after the owner's dachshunds. And the Mojito was delicious!

The next Food & Drink Festival takes place on Sunday the 15th September between 10am - 3pm along Hunstanton High Street.

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Pack your bubbly, chairs and picnics and witness the comical confusion of Oscar Wilde's hilarious masterpiece, The Importance of Being Earnest!

Audience Comments

"Rain or Shine at their maniacal best yet again. Another master class in multiple role playing, expert timing, rapid costume changes, and all played out on their trademark minimal set. Vintage Rain or Shine that's utterly hilarious sending everyone contentedly away into the night."

"We just love going to see travelling shows and this company has to be one of the best. Great acting, super friendly, lots of humour and a fascinating trip back in time. Many congratulations."

Running time 2.5 hours approx. Cancellation in the event of dangerous weather only, when performance will be rescheduled. Tickets are non-refundable, except for cancellations due to Covid-19 government mandates. Booking fees may apply.

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Charity donations by The Heacham Songsters to the Hunstanton Royal National Lifeboat Institution and the East of England Air Ambulance

The Heacham Songsters were delighted to be able to make charitable donations to these two locally based rescue and lifesaving charities. Each organisation sent a representative to our Wednesday morning Songster practice sessions (in Heacham) on 8 May and 22 May 2024 when cheques of £200 and £300 respectively were handed over. The accompanying photographs are of these cheque presentations.



The RNLi representative, Water Safety Officer Kate Craven, outlined their work enabling voluntary crews to reach people who need them at sea and around the coast in all sorts of weather conditions, returning them safely to their families. She pointed out that each year the RNLi rescue an average of 26 people per day from waters and rivers around the coast of the UK and Ireland. 140,000 lives have been saved across 238 stations since they began in 1824. It costs £250,000 to keep these stations and all 458 vessels across the fleet in tip top condition. Kitting out each crew member costs £1,400 and training them £1,000 a year. Each 'shout' costs the RNLi £3,000.

The EEAA representative, Trevor Dane, explained that it costs 18



million pounds a year to run their life saving charity and that each Helicopter tasking costs £3,800. The EEAA are tasked across their Norwich and Cambridge bases on average five to seven times per day. He added that the EEAA were the first air ambulance in the country to attend helicopter emergency medical incidents in the hours of darkness to unknown and unlit sites. They also have the capacity to send cars to site following assessment of the likely best possible outcome for patients.

The Heacham Songsters have been delivering concerts to local retirement etc homes and other community groups for 16 years. Our songs comprise our take on popular music from the later 1950s through to the early 1990s using electronically produced backing tracks. We do not charge, but donations received are sent on to local charities as evidenced above.

If any such local organisations are interested in receiving a concert from us, please let Peter know on 01485 534031. We would also be interested in welcoming new singing members (and particularly men for tonal balance) to our Wednesday morning sessions. You do not need to be able to read music.

Lions Funday brings joy to children



From left: Dave Moulcher, Paul Southerton, Steve Millar, Sabrina and Freddie Goreham, Michael Ruston, Jane Scott, John-Henry Roper, Sharon Noble and Gerry Desroches



Jim and Logan Clarke

Hunstanton and District Lions in partnership with Rainbow Park and Vegas Fish Bar made 14th June an extra special day for 123 children.

The annual fun day, that was originally conceived by Fred Pooley and Henry Roper in the 1990s, provided a fabulous day of fun for the children of Churchill Park School King's Lynn and the Duke of Lancaster School Fakenham, their parents and teachers.

President of the Hunstanton Lions Jane Scott was at the car park early to greet the children as they arrived. She said: "A boy got off the bus and as I handed him his wristband for the day, I noticed he had his band from last year attached to his bag and when I asked him about it he said: 'I kept it because it was such a

happy day and it is a great memory for me'.

"I must admit that I welled up, and I know I always say it, but this day is really special, it's the greatest day of the Lions year and we couldn't do it without the businesses who provide all the entertainment and refreshments free of charge.

"I cannot thank Danielle and Joe Rodrigues of Vegas Fish Bar enough for donating all the lunches and John Henry Roper and the businesses at Rainbow Park for opening their park free of charge for the children to have a wonderful day out."

Former Hunstanton Lion, Dave Moulcher who emigrated to Perth, Australia in 1983 was visiting and he was pleased to put on his Lions shirt again and join in the fun.

Freddie Goreham who will be eight on 1st August was there with his mum Sabrina said; "I love the slide the best", and he was very keen to have his photo taken with the Lions, Chadwick Pooley and John-Henry Roper.

Seven-year-old Logan Clarke attended with his Dad, Jim, who commented on how well organised the event was, and the generosity of the organisers and businesses involved saying: "It's simply brilliant that they do all this for the SEN children."

Eleven-year-old Evie had been to the fun day before and was thrilled to be back, she went on the Groove Rider (a thrilling ride) with Steven Clay while mum Alisha looked on with Evie's younger brother Cory who had just enjoyed the dodgems.



Colleen Roper



From left: Lion Michael Ruston, Rainbow Park's Chadwick Pooley And Lions Steve Millar and Paul Southerton



Steven Clay and Evie

East of England Area of NAFAS 70th Anniversary Show

Let's Celebrate

Moonlight Serenade by Linda Knight took top honours at the 70th Anniversary show that took place in Hunstanton over the weekend of 15th/16th June.



Norwich Group Chairman Jacquie Aldous (left) with Best in Show Winner Linda Knight



A large marquee erected on the lower green attracted flower enthusiasts from far and wide, many arriving by coach to see the region's top NAFAS (National Association of Flower Arrangement Societies) arrangers compete across ten categories.

National Judges Jane Rickard and Margaret Trepant chose an arrangement by Linda from Norwich Flower Club whose exhibit they described in Class 5 'Planted to Perfection' as "An immaculately presented exquisite

design."

Linda said: "The schedule stipulated that the arrangement had to be a mix of growing plants and cut flowers and arranged without floral foam.

"I decided to use succulents and heuchera and I used small glasses and lids that I covered with more plant material.

"When I came into the marquee I was thrilled to see I had won first prize but didn't realise I'd also won Best in Show, it was quite overwhelming!"

The Club Class 'By the Sea' was won by Fakenham Flower Club. It had to include a deckchair and the judges said it was a "Super atmospheric design."



1st prize in the Club Class

There are eighty-four clubs in the East of England area and about thirty clubs were represented at the show which was supported by the Borough Council.

Spalding Flower Club's Sue Cooper is the East of England Secretary and also the Show Secretary for the East of England. She said: "We are really pleased with the show and very grateful to the Borough Council of King's Lynn and West Norfolk and special thanks

must go to Roger Partridge; the help he has given us has been fantastic."



I couldn't resist including this photo of my husband, Richard Bird, comparing jackets. Note the trousers in the floral display made from woven leaves - such a lot of work.

Visitors to the show were able to get up close to each of the exhibits and there were workshops and demonstrations throughout both days. One visitor, Ken Plasters said: "I've been to Chelsea, Hampton Court and Sandringham Flower Shows, they are big shows and all very crowded; what I liked about this show was that you could really see the displays and all the intricate work, it was brilliant."



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Wendy Warner's plant of the month - Trachelospermum

If there's one plant you should grow in an area of the garden where you sit on summer evenings, it should be a Trachelospermum. It's commonly known as Star Jasmine, although isn't actually a member of the Jasminium family.

The plant is a vigorous, evergreen, woody climber reaching up to 9 metres in height and 5 metres spread if permitted. It has twining stems and glossy, dark green, oval leaves with some turning deep bronze-red in winter before dropping in spring or early summer. New leaves will have been produced by this time so the plant never looks bare. It produces clusters of highly fragrant, waxy, star-shaped flowers from June through to September. Although white is the most popular, cream and pink varieties are also available. After hot summers, long, bean-like seed pods are sometimes produced. Trachelospermum jasminoides or T. j. "Star of Venice" is white-flowered, T. j. "Star of Toscane" has creamy yellow flowers and T. asiaticum "Pink Showers" has pale pink flowers. T. j. "Variegata" has variegated leaves of green, white and pink with white flowers, although this variety is less prolific in flowering.

Trachelospermum are best grown in full sun or partial shade in a west, south or east facing position, sheltered from cold, drying winds. They are very adaptable and can be grown against a wall or fence where they will give a



backdrop to other plants and year-round interest, trained up an arch or pergola or in a large pot with an obelisk. Some years ago they were thought to be tender but as our winters are now generally milder, there seems

to be little damage from frosts although if growing in the ground they will not tolerate water-logged soil. They can also be grown in a greenhouse or conservatory and as with growing in a pot outside, would require John Innes No. 3, a loam-based compost for mature plants with a slow release fertiliser added. They should be watered regularly and fed with a balanced liquid fertiliser every 2 weeks during the growing season. Indoor plants should be kept out of direct sunlight as this can scorch the leaves and water sparingly during the winter months.

Newly planted Trachelospermum will initially need to be tied into trellis, supporting wires or an obelisk but will soon twine around. They will not attach themselves to walls or fences so will not cause any damage in the way that plants such as ivy can. No regular pruning is needed but trimming may be required to keep them in shape especially if growing over an arch. Longer shoots can either be tied in or cut off if necessary. It is advisable to wear gloves when pruning as they release a milky sap.

The wonderful scent will attract both day and night-flying pollinating insects including bees and moths. I have three growing on my patio, white, pink and variegated and adore the scent whenever I open the door throughout the summer.



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HUNSTANTON IN BLOOM

Christine Earnshaw

The Anglia in Bloom judges arrive in Hunstanton on July 23rd. They will be escorted around the town where they will be looking for signs of community involvement in a variety of projects especially those that include children. Please look in Boston Square where there are bug hotels and wooden caterpillars and snails waiting to be coloured in. Saturday July 6th is Bug Hunt day for children. The fence around the old library is gradually being covered in flowers made from plastic bottles or old artificial flowers enjoying their last summer in the open air. Please feel free to add to the display already there. You could tie a tag to say who you are or who the flowers are for.



Horticulture will be taken into account so apart from the Esplanade Gardens beautifully worked by the Boro gardeners and tended by volunteers, other signs of looking after floral displays will also be noted. Have you seen the VW van on the bed by the Town Hall? When it's been planted it will look amazing. The idea is to celebrate the 60 years of In Bloom taking us back to the 1960s! The Environment also figures highly on the judges check list. Here they note our consideration for biodiversity, how litter free the town is, how we include our local heritage among other things.

We hope to be awarded a Gold plaque again but with this warm wet weather we all know how quickly the weeds are growing and while some are excellent for the wild life it is a problem keeping them down where we don't want them. Which reminds me I must try to clear the Odd Sock caterpillar from the bind weed that has nearly swallowed him up – please help if passing, just pull a handful away and put in a bin near by. Thank you

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OLD HUNSTANTON VILLAGE FESTIVAL CELEBRATING WITH FUN, FLOWERS, REFRESHMENTS AND STALLS

Now in its 49th year the Old Hunstanton Flower Festival is an unmissable event in Norfolk's Summer Calendar. This year's theme is "Countries", so please come along and see how local floral artists have been inspired this year!

Alongside the magnificent floral displays, there will be plant sales, refreshments, bric a brac, books, clothes & toys or try your luck with the raffle or the tombola.

The village hall will serve food and drinks from 10am-4pm each day, with lunch served from 12pm-2.30pm, so bring your friends and family and enjoy a fun few hours together.



Festival Events Timetable

Friday 26 July - Church / Village Hall

10am-4pm Flower Festival, bric a brac, plants, raffle (CH)
Refreshments & Stalls (VH)

Saturday 27 July - Church / Village Hall

10am-4pm Flower Festival, bric a brac, plants, raffle (CH)
Refreshments & Stalls (VH)
6-9pm (VH) Live music by 2nd Sunset with Hog Roast
Adults £15 / Children under 12 years £7

Sunday 28 July - Church / Village Hall

9-9.30am (CH) Church Service
10am-4pm Flower Festival, bric a brac, plants, raffle (CH)
Refreshments & Stalls (VH)
3pm Barking Bogle Dog Show (VH)
7-8pm (CH) "Songs of Praise", Popular hymns with "Hunstanton Concert Band" - all welcome

(CH) - Church / (VH) - Village Hall

Check before you Strim!

No - Mow May is a great idea! Letting grass and wildflowers grow provides nectar and habitat for pollinators who in turn become a food source for birds, bats and other wildlife. But even without No Mow May the strimming and mowing season is a disaster for hedgehogs. At Ryston Rachel's Hedgehog Hotel we've admitted 17 hedgehogs with strimmer injuries since April. Sadly only 6 have survived.

It's the breeding season for hedgehogs, which are already endangered and on the Red List, and long grass, shrubs and hedges are favourite nesting places. Hedgehogs don't run when they hear you start the strimmer or mower. They've evolved over millions of years to freeze or curl up when they're in danger so that's what they do. They just freeze or curl up tighter and unless you check you may hurt or even kill a hedgehog because you never noticed it was there.

Hedgehog Rescues all over the country are seeing a big increase in strimmer injuries, most far too dreadful to describe here. Many injuries are so severe that even if the hedgehog is rescued it has to be euthanised. Some aren't found for hours or even days, by which time it is often too late. Even more upsetting are the hedgehogs which come in badly injured but are producing milk for their babies. We have to try and find those babies before they die. We've recently brought an Ultra Sound Scanner so we can see if sick or injured hedgehogs are pregnant. To rescue a strimmed hedgehog who is pregnant but dies or has to be euthanised is heartbreaking.



So please, before you strim or mow, just take some time to check the area really carefully. You could save a life or even the lives of a whole family. If you do find a nest please don't disturb it, because the mother may abandon it. Just leave them be, in a few weeks they'll have moved on and you may even catch a glimpse of them foraging for food in the evening.

And if you find an injured or sick hedgehog or one you're just worried about please don't "wait and see" but call your nearest Wildlife Rescue organisation for advice and help or ring Ryston Rachel's Hedgehog Hotel on: 07724 005692

Old Hunstanton Flower Festival Friday 26 - Sunday 28 July 2024 10am - 4pm

Our beautiful 12th century coastal village is working hard to produce our 49th Flower Festival.

St Mary's church (PE36 6JS) will once again be festooned with flowers, while over at the village hall, fun and refreshments will be the order of the day. Our talented and enthusiastic flower arrangers, under the guidance of professional flower arranger, Gary Bocking, are busy planning & exchanging ideas to produce the most inspiring set of arrangements yet around the theme of "Countries"! If anyone would like to help with the flowers or to support the flower arrangers please contact Sarah Bocking on bocking554@btinternet.com.

At the Village Hall (PE36 6HS) teams of volunteers will be serving lunches, cream teas, and alcoholic beverages. Stalls at both locations will be selling plants, bric a brac, pre-loved clothes, books and cakes. You can also try your luck at the tombola and the raffle.

As usual, we welcome donations from you of previously loved clothes, books, toys and bric a brac, as well as lots of home-made cakes & jams for the various stalls. We also need raffle prizes and tombola prizes.

Second Sunset are back by popular request to provide music at the hog roast on Saturday evening at the village hall (tickets £15 adults/£7 children), our fun dog show will be held on Sunday afternoon from 2.30 at the village hall (no charge) and the Hunstanton Concert Band will be playing on Sunday evening at St Mary's Church at 7pm for a Songs of Praise Concert (again no charge).

Parking is available at St Mary's Church during the Festival and a free shuttle bus will run between the church and the village hall from 10am - 4pm on the three days of the festival.

Entry is free to the flower festival and donations are welcomed. All the money raised is for the Village Church and Hall. For more information about the Festival please contact Mike Tuffs at momtuffs@hotmail.com.



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It's good news

Allez Chic's Cheryl Daubney is smiling as she says: "I bring you good news – actually, quite a lot of good news!"

"The weather recently has been very disappointing, but I've been looking at the long range summer forecast on <https://www.netweather.tv/weather-forecasts/uk/long-range/seasonal> and the good news is that July is predicted to be drier and warmer, with high pressure in charge; in fact it says that: 'July forecast to be the hottest month, perhaps up to 2.0C above the average,' so it's finally time to break out the sunglasses and brush off the barbecue.

When everyone else is enjoying being outside, the last thing any of us want to be doing is ironing, so Cheryl is delighted to be stocking this cool, light and comfortable Adini classic that will slip effortlessly into your holiday wardrobe.

Showcasing a colourful Carnival print, the Julia dress is sleeveless, with a gentle flare to the hem and is made from soft and breathable crinkle crepe - so you don't iron it. Very good news.

And should you be lucky enough to be packing a case for a holiday the dress can be twisted into a rope/sausage shape, popped in the case, and just untwisted when you are ready to wear it.

"Top it off with one of our beautiful scarves and strappy sandals and the outfit goes effortlessly from day to evening," Cheryl added.

For unmatched chic try a wide legged playsuit; the one in the advert is by Pretty Vacant in this season's vibrant blue. Skimming the hips it provides a super silhouette and is perfect for dining al fresco.

Good news and new to Allez Chic this year are Cheryl's one-off pre-sales offers - there will be new ones every week so keep popping in for your summer bargain before the Big Summer Sale that begins on 30th July.

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A recipe from the Prudent Pensioner

By using Coconut Macaroons cut into small pieces, (similar to croutons) this pudding has a nice banana flavour with the occasional 'burst' of coconut.

Banana and Coconut (Macaroons) Pudding

Makes 4 generous portions

Approx. 60g/2 oz. ripe Banana mashed

1 Egg beaten

60g/2oz Butter softened

50g/1 ¾ oz Sugar

60g/2oz Self-raising flour

2 Coconut macaroons cut into small pieces

You will need an ovenproof dish approx. ¾ litre lightly buttered.

Pre heat oven to 200c/400f.

Put sugar and butter into warmed mixing bowl and beat together until well mixed and no lumps.

Add approx. 2/3rds beaten egg to butter and sugar and beat well together.

Add rest of egg with a spoonful of flour, mix well. Carefully add rest of flour and beat well.

Add banana to bowl with pieces of macaroons and mix fairly well

Put mixture into prepared ovenproof dish and make a slight well in centre.

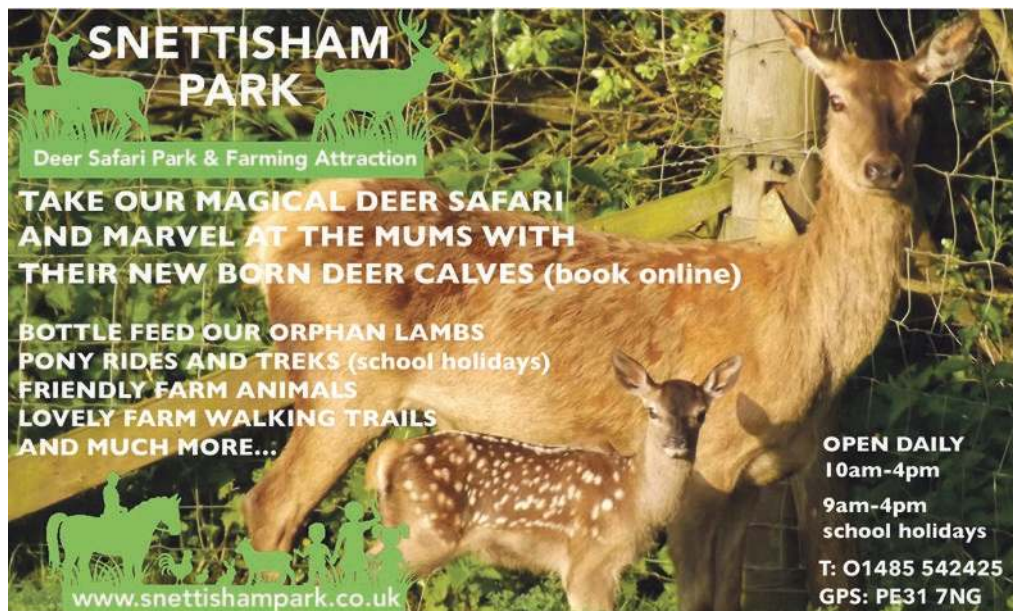
Place dish on a baking tray in pre heated oven and bake for 25 - 30 mins or until fairly firm when pressed lightly in the centre.

This is nice served with cream or ice cream, or custard.

"Less Waste more Soup" 30 easy, budget friendly recipes for nourishing soup is available in Kindle format from Amazon. The updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Hunstanton indoor market and Robert & Christine home shopping. A search in Amazon for Doreen Reed will find both books (together with my books of light hearted poems & tales)

Copies are available to borrow from Heacham Library & Hinckley Library

See lots more recipes on The Prudent Pensioner Facebook page



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Teach our young to never forget

Mike Lister

Last month I told you about King's Lynn's Air Cadets first ever member, Geoff Bullen, and his D Day and later WWII exploits. Eighty years on, this 6th June 2024, King's Lynn came together to Commemorate, Remember and Honour those that took part in the momentous events of the D Day landings and the battle of Normandy that played out over the following weeks.

At 4pm personnel from RAF Marham opened the event by exercising their Freedom of the Borough by marching through the town's historic core, with bayonets fixed, colours flying and bands playing, before being inspected by the Mayor of King's Lynn & West Norfolk, Cllr. Paul Bland.

Then at 6pm it was the turn of the local young people, led by the town's cadet units, to march the same route and be inspected on Common Staithe Quay by the Mayor and also the Officer Commanding RAF Marham, Group Captain Fred Wigglesworth

In the lead up to this important day the Air Cadets of 42F (King's Lynn) Squadron were given an insight into the war graves of King's Lynn by a member of the Town Hall's Civic team, Dave Cole. He explained to them how to recognise specific types of headstone and the stories behind the people buried there. Aided by



members of the Squadron's adult staff and their Squadron Chaplin, Rev. Kyla Sorensen, they paid their respects at the headstones of Raymond Green and Alan West in the King's Lynn Gayton Road Cemetery and of Philip Mansell in the churchyard of St. Faith's Church, Gaywood. All three boys had been members of 42F and all lost their lives in 1944, still only aged 20 years, whilst serving with the Royal Air Force Volunteer Reserve.



The political pulse with Mackenzie Large

Ahead of the General Election on Thursday 4th July, I have asked our local parliamentary candidates for their views on the different subjects that I have written about in my Political Pulse series of articles. In this printed article, I will share the views of the Conservative's James Wild, Labour's Tim Leaver, the Liberal Democrats' Rob Colwell, Reform UK's Phil Walton and the Green Party's Michael de Whalley on voter apathy and how, if elected, they would hold Anglian Water to account for sewage spills. To read their answers to my questions on other topics that my Political Pulse series has covered, such as the Wisbech Incinerator, flooding and the Wash Tidal Barrier, please visit the Town & Around website.

In my first edition of The Political Pulse, I discussed voter apathy. I asked our candidates what they wish to say to those who feel apathetic to politics. Of the questions I asked, it was certainly the one they were most in agreement about!

James Wild answered, "Everyone I meet has views on their local area - what they like and what they would like to see change. That's the essence of what politics is about - what happens locally, how much money we spend on schools, hospitals, police and other public services, protecting our environment, and how much tax you pay. I grew up in North Norfolk so I am passionate about improving our area. I would encourage people to get involved and use their vote that was hard won."

Tim Leaver responded with "It's not surprising that some people are turned off by politics.

But we politicians are not all the same. Your vote matters. If you don't vote, you lose your chance to have a say in your future. You will be left with someone else's choice. There is a real chance now to change Britain for the better. If you want change, vote for it."

Rob Colwell said, "With the D-Day celebrations fresh in our memories and an ongoing war by Putin against our European democratic values I would gently remind those apathetic to politics that many people have died and many are still dying to ensure that we have the right to vote. We owe it to those who laid down their lives to use that vote."

Phil Walton answered, "It's vital to remember that every vote and every voice can truly make a difference. Our democratic system thrives on participation. Reform UK aim to transform politics into something that is not only accessible but also directly accountable to you. I am here to listen to your concerns and act on them, making sure your voice is not just heard but truly influential. Your involvement is essential for change."

Michael de Whalley urged constituents, "Please Vote. Decisions made in the next parliament will have the greatest impact on the youngest people who are also the least likely to vote. Much voter apathy is around how politicians conduct themselves. Green politics is about positive campaigning and working across the political divide to overcome the challenges we face. Make your voice heard and make sure the politicians pay attention."

Since May's edition of The Political Pulse, which discussed

local sewage spills and flooding events, Anglian Water have been convicted of failing to supply key information on their sewage spill data to the Environment Agency. I asked our candidates, if elected, what would they do to ensure Anglian Water are held to account and our rivers and seas are not further polluted without the appropriate evaluation?

Wild said, "Protecting our precious chalk streams and coastal waters is a priority for me. Over the last four years, I've campaigned for tough action to increase investment on a scale not seen before thanks to the introduction of 100% monitoring of storm overflows, tougher penalties on water companies, and stopping them taking dividends if they pollute our rivers. If re-elected I'll make sure water companies invest to improve water quality, hold regulators to account to use the tough new enforcement powers, and will keep pressing for further improvements at Heacham."

Leaver noted, "It's important to us in North West Norfolk as it is destroying our coastline and countryside, damaging fishing and tourism and putting our health at risk. Yet the water bosses responsible for this horrific failure awarded themselves bonuses and incentives worth £25m. Labour will stop the bonuses, tackle failing water companies, and protect our beautiful holiday spots. Labour will end self-monitoring. Companies will have to monitor every single water outlet under independent supervision so no more illegal sewage dumping cover-ups. Companies will face severe and automatic fines for illegal sewage discharges."

Colwell commented, "As a county councillor I have already done a considerable amount of work holding Anglian Water to account. I have undertaken private e. Coli testing on local chalk streams and the sea at Heacham and Hunstanton. I will continue to demand that bonuses for water company bosses are banned until discharges and leaks end. I will campaign for a Sewage Tax on water company profits. I have been campaigning for Ofwat to be replaced. Above all I believe that water companies should be transformed into public benefit



companies."

Walton said, "If elected, I am committed to ensuring full accountability for such breaches. I would advocate for enhanced oversight and stricter enforcement of environmental regulations. Furthermore, I would push for tougher penalties for non-compliance that reflect the severity of the damage caused to the environment and our local communities. Additionally, I will strive to secure ongoing investment in our environmental agencies. It is essential that our regulatory bodies are equipped with the necessary resources and authority to effectively protect our environment."

De Whalley answered, "The problem lies where all our public utilities we sold off to become private companies. They appear to have borrowed money to pay off shareholder bonuses whilst failing to invest anywhere near adequately in the network. Add record rainfall this winter courtesy of climate change and the science tells us it is only going to get progressively worse on average. The answer is that they need to be brought back into public ownership so the money is invested in infrastructure and not handed out to shareholders. In addition the Environment Agency needs to be reformed."

Thank you to North West Norfolk's parliamentary candidates for taking the time to answer my questions. Their full answers, which include their thoughts about alternative waste management to the Wisbech Incinerator, infrastructure to combat flooding and support to those affected by it and their opinions on the Wash Tidal Barrier proposal can be found on the Town & Around website.

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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

D-DAY 80th COMMEMORATION

Brancaster commemorated the 80th anniversary of D-Day by holding an exhibition of life in the 1940s and the role the village and surrounding areas played in the D-Day action and preparations. The exhibition was held in BVH from 6th to 8th June and included live music from the 1940s and a baking competition using only rationed ingredients. Local schools attended the exhibition; the children were particularly impressed by the meagre food and clothing rations allowed, and by the talk given by Brigadier (retired) David Wakefield OBE. The evening of 6th concluded with the lighting of the beacon on Barrow Common - a link in a nationwide event. This was preceded by a performance by the Brancaster Community Choir singing a medley of commemorative songs.



Part of the exhibition in BVH.

On 8th June BVH hosted an illustrated talk by Juliet Webster about the life of Captain Julian Cory-Wright, a resident of Brancaster Staithe who was tragically killed in Normandy a few days after the D-Day landings. The talk, attended by more than 70 people, was very well-received and raised a substantial sum for the National Coastwatch Institution Brancaster.

EVENTS

Brancaster Summer Party: Saturday 3rd August from 4.00pm.

For full details of all our regular events, groups and activities, please go to www.brancastervillagehall.communitybookings.co.uk and for enquiries bvhsetup@gmail.com

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: THE PEDDARS WAY

The Peddars Way is a key historical feature of Norfolk's landscape, and many people walk its length, or part of it, each year. The Peddars Way stretches 49 miles from Knettishall Hall in Suffolk to Holme-next-the-Sea in Norfolk, where it joins the Norfolk Coast Path which extends the walk to 93 miles. The Norfolk Coast path runs from Holme to Cromer and is a relatively modern construct.

In order to understand why the Peddars Way exists and why it is positioned in a fairly straight line towards the western part of the county, we need to go back to the first century

AD. Following the very brief visits of Julius Caesar in 55 and 54 BC, Rome invaded Britain in 43 AD under the Emperor Claudius. For the next 45 years, the Romans extended their conquest of England and Wales and a small part of Scotland. This conquest included East Anglia, which was home to several tribes.

One of the major tribes in East Anglia were the Iceni, under their king, Prasutagus; the tribe was based in Norfolk and parts of Suffolk and Cambridgeshire. Initially they revolted against the Roman invasion in 47 AD, but eventually came to an agreement with the invaders and remained largely independent.

When Prasutagus died in 60/61 AD, it was thought that he had secured the continued independence of his kingdom under his two daughters - he also named the Roman emperor in his will. However, the Romans had other views, and proceeded to ravage the Iceni lands and to abuse his daughter and wife Boudica (sometimes referred to as Boadicea). Boudica must have been a very formidable person, as she inspired a serious revolt across East Anglia, not only by her own people, but also by some neighbouring tribes, particularly the Trinovantes. In the end approximately 20,000 to 30,000 men joined her rebellion, which descended on Colchester, London and St. Albans, destroying them and killing tens of thousands of people, including Roman troops based there.

The Roman Governor Paulinus was in Wales, leading a campaign against the Welsh, when the revolt broke. He quickly realised that he needed to quell the uprising swiftly, before more tribes joined and marched south collecting fresh troops. He finally faced Boudica's army, probably somewhere along the present day A5, with about 10,000 men against approximately 30,000 British. Roman arms and discipline won a decisive victory: many British were slaughtered, and Boudica may have committed suicide, or died of natural causes. The Romans then moved on to subjugate the whole of East Anglia.

The Peddars Way was born out of political and military necessity in the aftermath of the Iceni revolt. Like all Roman roads, it runs as straight as possible and was built to enable Roman troops to reach any source of rebellion in East Anglia quickly. It probably had a secondary purpose in enabling the Romans to access supplies coming from the rest of the country and Europe, as well as to conduct trade. The Peddars Way may have followed some of the course of a more ancient track that facilitated trade between the settlements in the county, although there is little evidence of this.

The Peddars Way hugs the high ground and was clearly designed for the fast transport of men and military equipment. Communities sprang up along the route, initially to provide resting areas for Romans, but with the military purpose fading, becoming permanent settlements. Over the years the Peddars Way

began to fragment, as the Anglo-Saxons failed to maintain it, having no use for military tracks.

How did the Peddars Way get its name? It is certainly not Roman: it is probably of 15th or 16th century origin, and the term. Peddars Wye appears in 1587, to describe a path in Lessingham. In 1845 the track was referred to as Pedlars Way, which may relate to its trade purpose. It may, however, be named after the baskets, called "peds", used to carry produce in the 18th century. Norwich once had a "ped market", where women sold produce brought in their peds. It could be that this is the origin of Peddars Way, meaning a track to transport local produce to market.

The last part of the Peddars Way which is closest to Brancaster runs from Castle Acre to Holme-next-the-sea, a distance of 20 miles. The path from Sedgeford passes the Sedgeford Magazine House, built by Sir Haman le Strange in around 1640, to hold armaments during the Civil War. It then crosses the disused Heacham to Wells railway line before arriving in Ringstead, close to the Gin Trap Inn. It then passes the Ringstead Windmill, before arriving in Holme to join the Norfolk Coast Path. The exact end of the Peddars Way in Holme is not known, as the path seems to peter out amongst the dunes.



The pictures show the Magazine House, Peddars Way, Sedgeford and a statue of Boudica on Westminster Bridge.



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With as many as 15 productions on offer this year there is no doubt it is going to be something a little bit special. Acting groups from Norfolk, Cambridgeshire and Lincolnshire will all be convening on the coast to battle it out.

Festival Director Stephen Hayter is taking the reins for one final time and He thinks that although the Festival may be riding high, it's only just starting to realise its full potential.

"This is what we all dreamed of when the current committee took over. A packed program of quality competing productions and the possibility of a full auditorium for every session. I do however believe that this momentum is completely sustainable and if the audience numbers continue to grow the best is still to come!"

The box office has been doing a roaring trade and Princess Theatre Volunteer Andy Clifton has been fielding all the calls.

"It's has been flat out since the box office opened and so many people are taking advantage of the Festival season ticket which gets you in to every one of the five sessions including the Gala awards ceremony all for

£20!"

Deputy Festival Director Verity Mitchell will be taking over the top job for 2025 as part of a three year tenure and could not contain her excitement.

"What an incredible three days it will be! So many performances and so many performers and although the competition may be fierce, everyone involved remains the very best of friends. After each session the various groups mingle with the adjudicators, the committee and the audience to laugh, joke and discuss the highs and lows. It really is a community spirit."

As the countdown continues to opening night of Friday July 19th Stephen Hayter paid tribute to everyone who has worked so hard to make it happen.

"The organisation may be down to the committee but without the support of the Borough Council Of King's Lynn and the backing of Brian Hallard, Jemma Hall, Jess Smith and all the marvellous volunteers at the Princess Theatre it simply would not be possible. That is also true of the participating groups, our local advertisers and all the people from around Hunstanton and King's Lynn who make up our audience."

Verity Mitchell added, "If Festival Too doesn't appeal to you King's Lynn ... take a short drive up the A149 and join us on the coast!"

Last year the event was opened by television actress and local Heacham girl



Claire Goose and although no names have been announced yet, the VIP guest for 2024 is being billed as a "legend"!

The Festival opens on Friday night July 19th and there are matinee and evening sessions on Saturday 20th July at 2.30pm and 7.30pm together with a matinee on Sunday 21st July. It all reaches a crescendo at 7.30pm on Sunday with the Gala Awards Ceremony. Tickets are £7.30 per session (£2.50 for the awards evening) or £20 for a Festival Season Ticket which will get you into absolutely everything!

The Princess Theatre box office is 01485 532 252 or for information on who's on when it's www.oneactdramafestival.com

Art 21

Helena Anderson

After seventeen years as Art 21 (based at Dersingham) the remaining members of the group have now merged with the Wash Art Group, Snettisham and are holding their last Exhibition Finale at The Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30



4DZ from Thursday 25th to Saturday 27th July, 10am-4pm daily. Entry and parking are free of charge.

The Junior Gateway Club at St. Faiths Church is a club that has been run by volunteers for 23 years and is for children from 4 - 18 with learning difficulties. They do crafts and art, play games, learn to cook and go on group outings. It is entirely charitable. We plan to support them with a percentage of our sales, and also to provide some art and craft materials.

Art 21 members thank the Wash Art Group for the warm welcome to their midst and look forward to exhibiting together at Thornham Village Hall from August 30th to September 1st 2024. (For more details contact Julian Bull arttwentyone@yahoo.com)





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Lesley Nadel, The Arts Society NWN



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Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 8th July 2024



The Culture of Ukraine
A study of the multi-ethnic history of Ukraine through its rich folk-culture traditions and its sacred art and architecture with links to Byzantium.

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On Monday, 8th July 2024 at Sedgeford Village Hall at 2:00 pm, the Arts Society (North West Norfolk) accredited guest speaker will be Rosamund Bartlett, telling us about "The Culture of Ukraine". This is a study of the multi-ethnic and multi-faith history and culture from the eleventh century to the Russian revolution of 1917, through its rich folk-culture traditions, and sacred art and architecture with links to Byzantium. Rosamund is an expert on Russia and Ukraine, whose work as a cultural historian ranges across the arts. We will also get to hear some of Ukraine's beautiful music and sacred songs.

Culture - 'the way of life for an entire society' - is defined as all the aspects of our society: beliefs, ideas, customs, institutions, social behaviour, etc. Included in that will be how we dress, our religious beliefs, our language. One of the most powerful means by which people and groups express their cultural identity is through art. Any creative work of art, such as music, dance, literature or performing can be used to express cultural views and preserve cultural identity. Art can be so powerful that it can transcend the common obstacles such as language, politics and religion. It speaks to us in ways that no matter who you are or where you live, there can be a commonality of understanding and appreciation. Art is inseparable from culture because it becomes the medium through which culture is expressed. The work of artists will often encompass and preserve the ideas and customs of the society in which they grew up. Their art will explore the essence of the society and themes and techniques will be used to reflect the culture and national identity. British art has always been an integral part of British culture and heritage,

but with a distinct 'otherness' in art history, possibly because British national identity is so interwoven with other cultures.

Poverty, hunger and disease became urgent issues in industrial Britain. The Victorian artists of the nineteenth century believed that through their work they could change minds. Society would be encouraged to act and challenge the cultural norms. Art was used to promote social change, such as terrible working circumstances. The problems were becoming increasingly visible through art to the general public - the painting *Song of the Shirt* by George Frederic Watts (1817-1904) shows a poorly paid and exhausted needlewoman. The great wealth of some Victorians was contrasted to the great suffering of many others - *The Pinch of Poverty* by Thomas Benjamin Kennington (1856-1916), depicts the plight of a poor family selling flowers on the street.

Visit any of the galleries and museums throughout the country to see that in the twentieth and twenty-first centuries there has been a growing force of British artists exploring the essence of British culture in the modern era through modern art. A leading figure in the Young British Artists (YBA) movement, which emerged in the 1990s, is Damien Hirst, with his provocative and challenging works. He forced us to think about and discuss the attitudes and values of British Society. He challenged the themes of life and death, consumerism and the human condition, through such works as preserved dead animals and pharmaceutical pills. David Hockney has been another major influence in British Pop Art, with great versatility in vibrant, colourful styles of painting, printmaking, photography and even theatre design. British culture, landscape and identity have been important elements of his work, as the series of etchings, *Rake's Progress*, 1961-63, demonstrates. L.S. Lowry's work (1887-1976) accurately records British identity and culture through industrial landscapes and the details of working-class life in northern England. In his work we can see elements of our industrial past depicted in the crowded scenes of matchstick figures, the monochrome palette, and the smog created since the industrial revolution. The human experience is all there, past and present (*Going to the Match*, 1972 - crowds walking to a football match). The sculptor Henry Moore was committed to creating accessible public art. His iconic, large-scale abstract sculptures are regarded as symbols of British aesthetic and identity. They have had a lasting impact nationally and enabled a feeling of British cultural heritage and design.

'More Art for More People' - this is our Art Society's aim and now is a good time to join us as an annual member and enjoy a range of benefits - nine monthly talks which cover a wide range of subjects, trips and tours in the UK and abroad, interesting in-depth study days, regular newsletters and magazines, and a warm welcome from a very friendly society. www.theartsocietynorthwestnorfolk.org.uk

Music in the Burnhams

All good things come together!

In July we have two days of something different and an opportunity for nostalgia and for you to sit back and join in occasionally.

We have worked consistently with the school and for three days in July three students from Trinity Laban College of Music will come and work with the children of Burnham Market school. Over the last few weeks, the children have been practising their songs and learning the specially written text for a performance on Friday, July 12 at 6pm in the school. Costumes have been made, props created, and all will be brought together with some magic polish from Trinity students to bring us a special performance of Mary Poppins.

This is the third year for some of the children to participate in these workshops, so this year will be their swansong and I am sure they will shine and delight us with their final performances. In September they will be moving to senior schools so let's make it a night for them to remember.

Michael Flanders and Donald Swann went to the same school and university but went their separate ways during WW2. A chance meeting in 1948 led them to create the words and music for their over 100 comic songs, that were interspersed with dialogue in their award winning two man show, *At the Drop of a Hat*. Come and enjoy *The Gnu*, *The Hippopotamus* and *The Armadillo* sung by John Bennett and High Lanham on this occasion, ably accompanied by Gill Smith on the piano on this occasion. Saturday July 13th at 3pm in Brancaster Church. Tea and cakes after the recital. A fun month indeed!

All tickets are £20 and under 18s are free. muscintheburnhams.com



On July 20th and 21st the fantastic Hunstanton Music Festival will play down on the Lower Green for 2 consecutive days due to popular demand. We started small in a pub 6 years ago and look how we have grown.

Ian Wells now has a full Stage and a lively line up of the best of Norfolk talent. The assorted bands offer a varied programme to suit all tastes.

Saturday 12.00 Sidewalk, 1.00 Celestials, 2.00 Waldo Rumkins, 3.00 Manners and Profanity, 4.00 Ian Wells & Chrissy Blake, 5pm Stoli Gibson & Pearl Onions, 6pm 2nd Sunset.

Sunday 12.00 Style, 1pm Songbird and the Crow, 2pm Broken Promises, 3pm Pedders Way, 4pm The Tildens, 5pm Audio Junkie, 6pm The Melodybeats.

Please bring suitable weather protection, low seating and a picnic. We will play on no matter what the weather holds! Fun starts at 12 noon and runs through till 7pm both days. www.festival3bythesea.org

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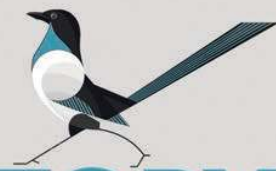
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King's Lynn Literature Festival: A Small Festival With A Big Heart

Mackenzie Large

King's Lynn Literature Festival is set to return this September under the direction of a new chair. The festival, which will take place from the evening of the 27th to the afternoon of the 29th, will see a selection of different authors and poets discuss and launch some of their work, with opportunities for attendees to engage with the writers through question-and-answer sessions.

We spoke to Sherie Naidoo, the new chair, about her experience in the arts and how her leadership will shape the festival.



On why she decided to take on the role of chair, Sherie explained "Tony Ellis, who founded the festival, is a very good friend of mine and when he said he was retiring - he had been running it for 40 years - I was amazed and thought that some other member of his committee would be interested, but he told me that nobody wanted to take it on. I didn't want King's Lynn to miss the Literature Festival, so I said 'I'll do it!'"

Sherie is certainly qualified for the role, as not only has she been Chairman of the King's Lynn Society of Arts and Sciences for the past five years, but her career has been in arts and heritage, as well as public affairs consultancy. She has previously worked with the National Heritage Memorial Fund and the Museums and Galleries Commissions, using skills that she will apply to this "new challenge".

To the question of her favourite piece of literature, Sherie responded, "Well, it is difficult to choose just one, I am very keen on the novels of Anthony Trollope, especially the political novels, so that is 19th century

literature, but I love contemporary novels and crime novels, thrillers too. I read pretty widely!"

We asked Sherie how she plans to build on the success of King's Lynn Literature Festival and whether we can expect any major changes following her leadership. She answered, "Well, I am trying to widen it a little and build on all that Tony has achieved over so long. So, this festival, my first festival, is going to cover poetry as well as fiction and non-fiction all in the six sessions of the weekend. I'm trying to keep the very best things about it like it's friendly, sociable atmosphere."

King's Lynn's Literature Festival is known for having this friendly atmosphere. When we asked Sherie why she thinks this is, she said "We really care about the writers who come and our audience. Because we are quite small, it means that everybody can attend every session, you don't have to choose between them. That makes for a very friendly atmosphere because the writers come to other writer's sessions, we meet in the bar, we chat and I think that is what is special about King's Lynn Literature Festival." She summarises it as "a small festival with a big heart" and cites the discussions that are facilitated and the resulting engagement with the audience as an additional reason for this.

There will be six different sessions over the course of the weekend. One of them is titled "genre - what's it all about". We asked Sherie about the meaning behind this title and she told us that it came about as a result of a discussion with the author of Appletree Yard (which has been made into a television series), Louise Doughty. Sherie explained, "I was going to describe her as a crime writer but she said 'oh please don't, I want to be described as a thriller writer',...which led to a discussion of genre and using historical information as well as current, contemporary and imagined information. So, it is very difficult to classify some writers: they don't always want to be classified". The writers each have different views on 'genre - what's it all about', so the session promises to be interesting!

When we asked Sherie the "impossible question" of which session she is most looking



Vernon Bogdanor

forward to, she remarked, "Each of the sessions I am really excited about, whether it is the thriller writing or the political writing that we have got on Saturday night when we have got the great Vernon Bogdanor coming and talking with Simon Lewis, whose radio programme "When it Hits the Fan" is such a huge success - that is going to be exciting and quite different. We have poetry, we have the wonderful Wendy Cope coming, who would want to miss that? So I think each session has something special about it."

To anyone who is thinking of attending the festival, Sherie advises to "buy a season ticket! A season ticket is only £51 and you get access to all six sessions. You can really make the most of the festival. It is a cheaper way of doing it because otherwise each individual session is £15, so buy a season ticket, come to them all!"

Tickets for King's Lynn Literature Festival go on sale on July 1st at the Corn Exchange. The programme for the festival can be found online at kllitfests.com

To hear the full interview with Sherie, conducted by Paul Baker, tune in to KL1 Radio on July 1st.

With many thanks to Sherie Naidoo and Paul Baker.



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More information on www.solosaxclarinet.com



It's all about the books....



By the book owners Adrian Eden and Anna Pugh opened their 2nd shop space, aptly named 'Write around the corner', on Sunday 16th June, with a children's book launch, Jigfoot, a story about a hare who loves to dance by author David Holliday and illustrator Rachel Holmes pictured here with Adrian and KL1 radio presenter Paul Baker.

A perfect venue for not just book sales and launches but also the series of workshops and readings that have been planned starting with bestselling author Gillian Harvey on 13th July and a special children's creative writing workshop on 31st.

By the book will also be stocking all the books featured at the King's Lynn Literature Festival (see facing page).

See pages 48 & 58 for more book news.



About Jigfoot

Jigfoot is the name of one of the Moon Gazer tales. You may recognise the name Moon Gazer - it's also the name of a craft beer company that's owned by the author and his wife.

All Moon Gazer ales carry names inspired by the brown hares, and are available in six different styles: Jumper, Jigfoot, Nibbler, White Face, Bouchart and our Gluten Free Pintail, and now the Jigfoot has his own book!

The book, which is beautifully illustrated, seeks to immerse you in the life of the hare and the beauty of nature. Jigfoot can teach us all a lot about the importance of enjoying simple pleasures and embracing the nature we share our world with.

The book includes a tale about Jigfoot as well as a poem but also an informative, but fun, 'Meet the Cast' section which introduces you to the wildlife featured in the story.

Copies are available from by the book.

What Leaves May Know

A new poetry collection by Hunstanton born writer, Paul Berry, has just been published by Troubador. What Leaves May Know includes pieces inspired by cycling the old railway trackbed towards Wolferton, the abbey at Walsingham and Union Farm at Gressenhall. The book begins with poems set in Paul's ancestral heartlands in North Norfolk, depicting life in those rural communities towards the end of the last century.

Paul has been described as a poet of place and among the 52 poems are pieces evoking settings in the East Midlands, Snowdonia and Northumbria. The book's cover blurb says the contents include poems about 'family life, everyday rituals, rites of passage or the legacies of lost love (and) celebrate the often remarkable nature of things routine, familiar and commonplace.'

What Leaves May Know follows the success of Towards Babingley which appeared last year. Both titles are available from By the Book on Hunstanton's High Street and online retailers.

T&A has a copy of this book to give away. To be in with a chance of winning it, email editor@townandaround.net by 15th July with your name and full address or write to us with the same information - address is on page 2. The first name out of the hat on 15th will have the book sent to them.



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## The Adventures of Pellington and Welephant - Paris by Train

Local author Sarah Henderson has written a book that will make children (3-93) want to make their way to St Pancras and enjoy a wonderful trip around Paris.

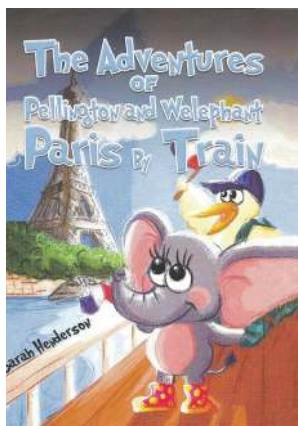
Beautifully illustrated and with engaging characters, the text includes just enough text to encourage questions and conversation.

The language whilst 'grown up' is believable and offers a few French words too.

All in all, a truly delightful book. Published by Austin Macauley at £8.99 it makes a super present and is perfect for a bedtime story.

Town and Around has a copy of the book to give away. Just email editor@townandaround.net saying why you would like to win the book and include your full name and address. The closing date is 15th July.

If you don't have access to email please write to us with the same information. Our address is on page 2.



## King's Lynn Community Cinema Club

King's Lynn Community Cinema Club is currently celebrating being shortlisted for the 'Community Award' in the Film Society of the Year Awards organised by Cinema for All. They have been recognised in these national awards and alongside some very strong competition. A club spokesman explained "We have always tried to reach out to and support as many local groups as we can at KLCCC and are extremely proud of the response we get from our members and the wider community to these events. We have raised thousands of pounds over the last few years for local charities including the Purfleet Trust, Fairstead Community Shop, KL Nightshelter and Foodbank and have hosted events with KL Pride and Groundwork Gallery amongst others."

The KLCCC Summer season continues on Thursday 9th July when we shall be showing Finnish comedy drama 'Fallen Leaves'. The film is set in modern-day Helsinki, where two lonely souls in search of love meet by chance in a karaoke bar. Their path to happiness is beset by obstacles - from lost phone numbers to mistaken addresses, alcoholism, and a charming stray dog. It is another beguiling and delightful deadpan comedy from award winning director Aki Kaurismäki and features a foot-tapping rock'n'roll soundtrack. It's romantic and sweet-natured, that in no way undermines the emotions involved and has some sharp things to say about contemporary politics in a country bordering Russia. Please note the film is subtitled.

As always entry for KLCCC members is free but day memberships are available on the door for £5 cash. The film will be shown in St Georges Guildhall on King Street and starts at 7.30pm. This will be the fourteenth year the cinema club has been running and membership is open to all over 18's. The club screens a wide variety of films usually including classics, international films, films not on general release, as well as some more mainstream titles and always plenty of award winners. In addition, the club organises numerous social events including pre and post film meals, informal film related talks, quizzes and a Summer coach trip.

Anyone wishing to become a member of KLCCC will be able to see eight film screenings each season in the historic St George's Guildhall for the bargain membership fee of £17 - that works out at just £2.13 a film. Of course, it is possible to join at any point in the season.

To join the club you can find all details on the website [www.klccc.uk](http://www.klccc.uk), the Facebook page or by emailing [communitycinemaclub@googlegmail.com](mailto:communitycinemaclub@googlegmail.com). If you don't want to sign up for the whole season you are still very welcome to go along to individual films.



## Hunstanton Society

### TALKS

On May 15th Rigil Kent gave us an interesting talk about the Norfolk Fire Service and what it is like to be a Firefighter. This was our last meeting of the season.

Your committee has been working very hard in putting together a programme for our next season. Arrangements are just being finalised and we hope that you will find that we have another great season of Talks for you to look forward to.

### COMMITTEE

As you may be aware, we are now down to 6 members of the Committee with Amanda having to resign, we hope, temporarily for personal reasons. As we said in the last Newsletter, we are struggling to cover all the areas that we want to for the Society. We really want to bring on board additional Committee members. We hope you don't mind us asking again for you to have a think about whether you might be prepared to join us or even try us out on the Committee. The Committee meets monthly usually in the Heritage Centre. We would welcome anyone with an interest in any aspect of the Committee - Our next Committee meeting is on Wednesday, 17th July at 10.00am in the Heritage Centre. Please contact our Secretary, Sheila Kent by email [kent@hollowcrest.com](mailto:kent@hollowcrest.com) or by phone on 01485 534200 if you would like to try us out! We continue to be a friendly bunch and don't bite!!

### HERITAGE CENTRE

We continue to welcome visitors to the Heritage Centre on Wednesdays, Fridays, Saturdays, Sundays and Bank Holidays between 2.00pm and 4.00pm.

Constructing a catalogue of all the artefacts etc. has proceeded very well and is almost complete. Very soon the database will be on a laptop anchored to the worksurface in the Heritage Centre. This contains a complete listing of all the items catalogued. You and our visitors will be able to type in a reference to items of interest and come up with a full description, giving location and photo of each item. There will be training for our volunteers as to how this works - see Coffee Morning reference below.

### HISTORY GROUP

This group continues to meet generally monthly, the most recent on 16th May. Hazel Denslow's notes on the meeting covered an eclectic selection of people and places that group members were working on including Margaret Waters and her descendants and the lodging houses that they acquired in Hunstanton. Also discussed was Martin Chown's research of Col. William Patrick who used to live in one of our member's homes here in Hunstanton. Another project suggested was the indexing of interesting matters raised in the Town & Around magazine for reference purposes. This was suggested in place of cutting out the articles and filing them suitably which would be a pity as one would lose much history covered in other parts of the monthly magazines. Subsequent to the meeting, Hazel and Jackie Cunliffe agreed to start working on this indexing project which should end up being a useful reference for our members in years to come.

### WALKING TOURS

With the radio Transmitter and Receivers all bought and ready to go, one of our members is currently working on an initial walking tour of parts of Hunstanton that should be interesting for those wishing to avail themselves of some fresh air and exercise. Once a tour has been devised, we hope to advertise this initially to our members just so we can make sure that what is being considered is safe and will be enjoyable for those taking part. We also hope to attract additional 'leaders' who might like to guide people wanting to make use of this for a small fee (of course!). If you would like to get involved, please contact Sheila Kent (Secretary) contact details above under 'Committee'.

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## 1st Snettisham Scout & Guide Groups hold their very first Festival!

Ruby Goold

A single idea of bringing the Guiding and Scouting groups together, can bloom into an amazing experience. With the help of enthusiastic leaders "Snettfest24" (sorry we did borrow the name) was the first festival-style gathering of over 50 attendees of Beavers, Brownies, Cubs, Guides and Scouts.

After a week of rain, balloons, bunting and flags were flying as excited children arrived with their mountainous bags full of their camp kit. Snettfest24 had begun.



The camp site was a combination of different activity zones where all the children were encouraged to "have a go". On Target - air rifles, ground darts, stomp rockets and more, Craft Barn - from Tie Dye, festival flag making to Hama bead coasters which the Beavers loved for over an hour!

Fun at the Fest saw traditional fete games, a leader in the stocks, swing ball, splat the rat, hook a duck, the ASU (Fellowship) members enjoyed Jenga, plus a giant game of rounders had everyone involved including



leaders! By mid-afternoon, arriving with full musical fanfare, an ice-cream van served a delicious 99 ice-cream before an unexpected special visit from the police came. A few children were arrested (don't worry it was only in jest) before one Policeman volunteered to go in our stocks. The biggest queue formed, to everyone's happiness as children threw wet sponges at the policeman!



Eventually, the afternoon drew to a close for a Fish & Chip dinner followed by a traditional campfire with songs around the fire which were hosted by our amazing North West Norfolk Trefoil Guild. It's the rule that you can't have a campfire without toasting marshmallows for S'mores.



As dusk began to settle over a fun filled day, the last fun activity was a massive gathering for Tug 'O' War. The thick ancient rope was gripped securely for the smallest to the biggest hands as anticipation on winning built in the air. On "Go!" every child and adult pulled as hard as they could. All of a sudden, the two teams fell down like dominoes as the rope snapped in half! Giggles and laughter followed before a new rope was sourced.

Rise and shine to a beautiful morning. A short night for some leaders, but the glorious birdsong chorus and morning cup of tea made up for lack of sleep. What better way to finish an amazing weekend than with a full English festival breakfast!



All looking forward to Snettfest25!

Come and join in the fun with one of our welcoming and inclusive Snettisham groups. Contact us and we will put you in touch with the right leader: [snettisham@nwnscouts.org](mailto:snettisham@nwnscouts.org)





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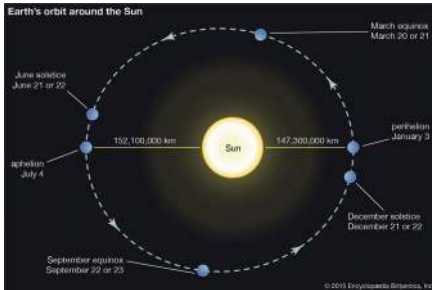
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# The dark skies of West Norfolk

Terry Parish

Light nights and cloud, if not rain, have stopped astronomical observations during much of the last month. As I write this, on the 11th of June, early Sun is being replaced by greying clouds and last night was heavy rain again, and the temperature, 7oC, was more akin to early November. On the 5th, the Earth is at Aphelion, the furthest it gets from the Sun in its slightly elliptical orbit whilst mid-winter in the northern hemisphere finds it at its closest. These, relatively small changes in distance, do not have a significant impact on our climate, wind direction from the North, rather than the West, does.



*Almost a circle. Just 5m km in it. Internet*

Anyway, things might be very different in July and the nights, certainly at the end of the month will be a little darker earlier. Planets are still more evident in the early morning, before sunrise, but both their orbits and Earth's are bringing them back towards the (late) night. 'Late night' is a concept directly proportional to your age. It might have once meant 3am whilst I am now inclined to find 11pm to midnight late enough.

At the beginning of the month venture out to arrive on Heacham beaches at dusk. Use binoculars to scan the horizon in the WNW and look for a spark of light. It is the planet Mercury. This very small, rocky, planet is moving east, past the Sun and will be furthest east on the 22nd. However, as the month progresses, it gates fainter. In the first week it has a magnitude of - 0.5, at greatest elongation (22nd) a magnitude of + 0.3. This may look like a tiny difference, but the magnitude scale is logarithmic, small changes mean a lot. On the 7th, a thin crescent Moon is close to Mercury which will help you find it.

The closer a planet is to the Sun, the faster it moves around its orbit to avoid falling inwards. This principal can be experienced by whirling a ball on a string around your head. Bring it close and you must whirl it faster. The string represents the force of gravity between the Sun and planet. Mercury has a velocity of between 24 and 30 miles per second so any spacecraft approaching it must move fast too. The range of velocity is due to Mercury's eccentric orbit, it is very elliptical so its distance from the Sun varies enough to affect its speed along its orbit.



*Mercury's orbit is more elliptical than Earth's. Internet*

Mariner 10, launched in 1973, managed three flybys of Mercury. Messenger, launched in 2004, flew by three times. BepiColumbo, launched in 2018, will arrive at Mercury in 2025 and will both orbit it and send down a lander. The years it takes to reach its destination is because the spacecraft can't travel directly to Mercury, it has to slingshot around Venus, Earth and Mercury to achieve the correct speed. A direct route would see it moving far too fast as it would be accelerated by the Sun's gravity.

Mercury is not much bigger than our Moon, has a year 88 days long, and, due to its slow rotation, a day length of 176 Earth days. The surface temperature in the day is 427oC whilst at night, it falls to minus 173oC. There is no atmosphere to moderate such extremes. It has a large core rich in metals and has a significant magnetic field. So, look at the spark and wonder at its differences and the efforts that are continuing to be made to discover more.



*BepiColumbo's image from its first flyby of Mercury. Note the very cratered surface. Open University*

The people's favourite planet, Saturn, is rising at a reasonable time of 11pm and, with a magnitude of around +0.8, will be easily visible if you know where to look which is ESE. As the Earth rotates so Saturn and the rest of the sky will move South and West. Rising is not the same as seeing and it will be after midnight before it is high enough for most to observe it though it is better positioned as the month proceeds. Be patient

as autumn will be darker and Saturn will appear earlier.

The other planets follow Saturn, so Mars rises about 1am and is a little fainter. The Moon provides a helpful guide on the 1st and 2nd, look for a reddish dot close to its crescent. And on the 15th and 16th, at 2am, Mars will be just under a very faint Uranus. Use good, steady, binoculars to see the red dot adjacent to a blue one. As a bonus, the Pleiades star cluster will be shining some way to the left.

Jupiter rises around 1.30am. It is quite brilliant with a magnitude of about - 2.1. You will have to wait another hour or two to ensure an unobstructed view and, if you are prepared to stay up or get up early, then do so on the 30th and 31st. Then you will see, at 3am, a panorama of a crescent Moon with Jupiter, Mars and the Pleiades. Below Mars will be another orange dot which is the star Aldebaran.

A dark, clear, sky on a warm summer evening is a good time to look up and discern the Milky Way, our Galaxy seen edge on. The wash of white can be seen running from the North to the South and the denser part is, fortunately in the South. Here lies Sagittarius, rich with star forming clouds of gas, like the Omega, Trifid and Lagoon nebulae. Good, steady, binoculars, will reveal the richness and complexity of this part of space. Telescopes will pick out detail.



*Courtesy In the Sky.org Edited by Brian Davidson*

*The Summer Triangle with the Milky Way in the background. Internet*

*Continued on page 54*



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Almost overhead and a little to the East, identify the Summer Triangle made of the bright stars Vega, Deneb and Altair. Those with telescopes can seek Albireo near the middle. It is a binary combination of a blue-white star with a golden yellow companion. Either side of it are Messier 57, the Ring Nebulae, and Messier 27, the Dumbbell Nebulae. Their names indicate their shape. Use a search engine to learn more about Messier objects and named stars. Use an astronomy app to help find objects in the sky. There are many available for smart 'phones and laptops. I have always stuck with Stellarium

*Right: Ring Nebulae. NASA. Rather better than I have seen it.*



If you have a good view of the Milky Way, running down from Deneb, past Albireo and past Altair, you will see a dark streak. This is the Great Rift. Instruments show stars behind it but they are obscured by dust.

The meteor season is beginning. The Perseids which peak on August 12th begin around the 17th of July. The Southern Aquariids begin on the 3rd and peak on the 30th whilst a second shower begins on the 12th and finishes the end of next month. Take a chance and look up any clear, dark, night as late as you can. It doesn't matter which shower they belong to and make a wish!

Let's hope autumn and winter see a return to clear nights. A frost will help clear water vapour and keep late observers awake. Bring the seasons back!



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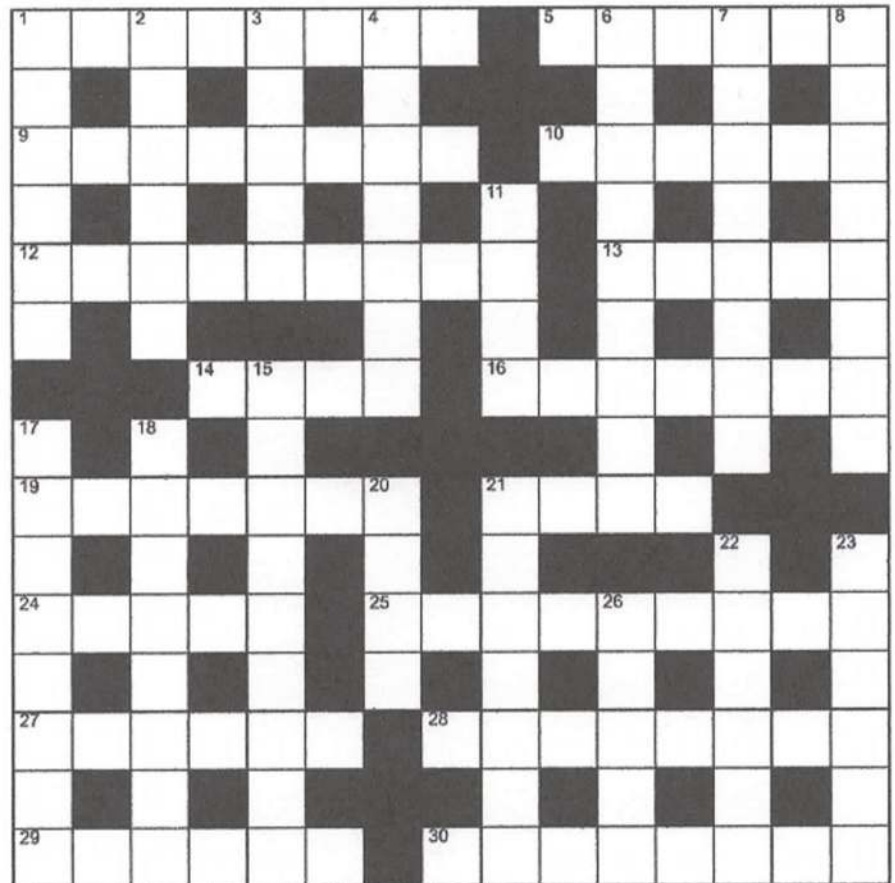
# David Elsey's cryptic crossword

## Across

1. A quiet break where student is taken in hand (8)
5. Got rid of revolver as edginess set in (6)
9. When in Oxford, say, it helps to keep in shape (8)
10. Shoot rabbit eating crops (within the law) (6)
12. Someone who is late decries transport used (9)
13. Over shirt coat is changed for surplice (5)
14. Farm owners are about to be cut down in great numbers ... (4)
16. ... however, time is needed for deliberation (7)
19. Check before opening (7)
21. Drive and drink on return to hotel ... (4)
24. ... and take bunk over really large bed (5)
25. Make crook popular – police officers' model? (9)
27. Ring in, ring off before end of message and tune out (6)
28. Dignified elderly women take boat to Algiers, 51 having flown (8)
29. Fat rabbit, about to feed, goes to earth (6)
30. Outline showing key, for general use (8)

## Down

1. Old flyer is most severe (6)
2. Push painter to engage in portraits and landscapes to begin with (6)
3. About to depart cold place in large vehicle (5)
4. As you were, numbers are up for this kind of cover (7)
6. Grasping correspondence arising on account of debts ... (9)
7. ... need suddenly to get on (8)
8. Playing darts, etc., Is a diversion (8)
11. Entrance to mine is ruined, while exiting is hard (4)
15. Opening move is undisguised and sure is awkward (9)



17. Carol left to visit fair (8)
18. Retreat when confronted by large animal? Rubbish! (8)
20. Cotton on rug comes from shirt tail (4)
21. Bob goes after flat in an area close to pits (7)

22. Caught hiding what's left under the table (6)
23. Succeeds 4 – a good person replaced by a top guy (4,2)
26. Pen first libretto after last novel (5)

**Solution on page 56**

# Hunstanton Eyecare update

I'm about to compose my next missive in so called flaming June, but it's raining! However, we have the summer to look forward to so what better time to introduce the latest lens technology from Transitions, Generation S.

I have been in optics so long that when I started my career photochromic lenses were not commonplace, although the technology was invented by Corning in 1966. The first lenses were only in glass, silver halide crystals were added to the molten glass and would cause the material to darken when exposed to UV light. Maximum darkness was achieved in about 15 minutes and could lighten to 65% transmission in about 10 minutes, but it could take up to an hour for them to return to 85% transmission, that's a long time in the shade! One major problem was that the molecules went through the entire substance of the lens, so thicker parts would darken more than thinner areas, not a pretty sight if you had a high prescription with varying lenses thickness, us short-sighted folks could look like a panda with darker lens edges and lighter middles!

However, "Reactolite Rapid" was a great success and the industry embarked on ways to improve the concept. The next major development was the introduction of PLASTIC photochromic material in 1991 under the tradename of Transitions. The production involved chemical elements being imbedded into the surface of the lens, therefore giving an even colour over the whole lens, with the added benefits of

the lightness of weight and safety of plastic material. The early lenses were slow to react and temperature sensitive, darkening more in the cold than the heat, so fine if you went skiing, not so great on the sun-drenched Caribbean beach.

Today we have the benefit of years of development. Just launched last month is Transitions Gen S, S meaning Speed, Style and Smart. Basically, the speed of change is much faster, darkening to a sunspec tint in around 25 seconds and lightning back to 70% transmission in 45 seconds. The material protects against all UVA and UVB rays and is available in EIGHT colours, grey, brown, grey green, sapphire, emerald, amethyst, amber and a new colour, ruby. This is now the most advanced photochromic material on the market, and a great option for full-time wear. We have sample lenses so pop in to have a look. We are still celebrating our 50 years in business and promotions are on-going, so don't miss out!

We look forward to seeing you soon.

Annette



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Down: 1. Auster, 2. Propel, 3. Artic, 4. Steison, 6. Rapacious, 7. Shortage, 8. Detracts, 11. Adit, 15. Overtures, 17. Sporting, 18. Denounce, 20. Twig, 21. Paddock, 22. Cover, 23. Gets on, 26. Stall

## NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

The summer season is approaching, when things on the beach get very busy, with large numbers of visitors enjoying the facilities including, for some, the opportunity for sailing. The team are settling into their new station and making full use of the enhanced equipment.

There have been two incidents to deal with since the last report. Two containers were washed up on the beach – one found to contain 45% sulphuric acid: this container was safely removed before it could cause any harm. The second container did not have a label and unfortunately was taken out by the tide before it could be removed and dealt with. The Coastguard was informed of both situations, demonstrating that continual vigilance is required.

The new equipment is working well, and full use is being made of the weather station, webcam and CCTV. The weather station can be accessed by using the free app from Davis Weather. The webcam and weather updates may also be accessed on our website NCI Brancaster – National Coastwatch. Our solar panels are proving very effective and are covering the majority of energy requirements.

The picture shows two Watchkeepers, Simon T and John H with a Watchkeeper under training, Kim L. For further information about NCI Brancaster, please contact Richard Burrows, Deputy Station Manager and Watchkeeper, on 07535 612777. You can also find us on Facebook, if your search NCI Brancaster.



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# Docking's 13th Festival of Books

Kate Jennison

Now that summer is here people in Docking are beginning to look forward to the village's annual book fair. It is always during the third weekend in July and it's written into the memories of the many people who volunteer at the fair and the many others who donate the books that enable the fair to happen.

Boxes of previously loved books begin to anonymously arrive in the porch of St Mary's Church weeks before, their size and quantity increasing the closer the date of the Book Fair approaches. People downsizing their properties, or just sorting through their shelves, proudly talk of the books they've decided to set aside for the fair. Often these are books that have been treasured and enjoyed for many years, and while there is some sadness at the decision to donate them, there is also a sense of joy that these books can now have a new life and bring enjoyment in the hands of others.

For those of us who sort through the many donations of books there is always a renewed amazement at the sheer range of topics covered by the fair. There are wonderfully illustrated children's books, and hardcover cook books. There are books about every aspect of gardening and garden design. There are books about history and architecture. There are maps, poetry books, science books,

music books, art books, rare books. There are autobiographies of politicians, presidents, actors and books about comedians, by comedians and for would be comedians. There are stunning hardcovers of landscapes, nature and wildlife. There are beautiful hardcover craft books on sewing, embroidery, floral arrangements, sketching, knitting, quilt making, basket weaving, water colours, and wood working.

Then there is the book fair's huge collection of fiction. It is made up of hard backs and paper backs, and fills an entire side of the church. Tables and rows of church pews are stacked with previously best selling murder mysteries, modern literary novels, classic novels, historical fiction, romance novels, and thrillers. There are also Giller, Booker and Pulitzer prize winning authors. So whether it's a light hearted escape you are looking for or a serious encounter with an eminent writer, chances are you will find something that appeals to your tastes.

As for the prices, they are so good at 50p for a paperback and one pound for a hard back that many at the fair come with shopping bags knowing they won't have to hold back.

Entry is free, there is a raffle and of course refreshments to sustain the focus of the fair's attendees while they peruse the many books.

So please do join us this year on Saturday

July 20 and Sunday July 21, between 10 a.m. and 4 p.m. in Docking's St Mary's church for the village's 13th Festival of Books. And if you would like to make a donation of books or have any questions please feel free to call Jenny on 01485534944. We look forward to seeing you,

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## What is the Summer Reading Challenge?

The Summer Reading Challenge is a national programme - children are encouraged to read up to six books over the summer holidays. Participants collect stickers and other rewards as they progress through the challenge.



Research shows that the Summer Reading Challenge improves Children's confidence and sends them back to school fired up and ready to learn. It is now the UK's biggest promotion of children's reading and attracts major partners like the BBC.

This year's Challenge is all about Creativity. From dance to drawing, junk modelling to music, there's something for everyone! Children will be able to find new reads linked to their favourite creative arts, and access free activities at the library. We can't wait to get creative!

We want to engage with as many young people as possible to give them opportunities to develop a love of reading. Reading for pleasure can help young people's emotional development, academic achievement and promotes wellbeing. The annual Summer Reading Challenge (SRC) is fun, it creates a buzz around reading, it prevents a dip in literacy over the long summer break and helps us reach out to more children and young people. This year we are aiming to sign 12,000 children up to the challenge. Activities start on the 20th July as the school holidays get under way - Get your youngsters involved this year!

We are OPEN on Mondays from 11.30 til 7pm, Wednesday and Fridays from 9am to 7pm, and Saturdays from 9am to 4pm - more news on our facebook page - just search for Hunstanton Library.

## Searles Golf Club presents £7,000 cheque to NARS

Tim Keogh

Their Captain's Day and Annual Gala Day also raised over £500 each, meaning the local club have now donated in excess of £30,000 to this worthy cause in recent years. Dave Cox, who has been captain since 2017, was delighted with the amount and thanked everyone for their efforts. NARS (Norfolk Ambulance Rescue Service) are Searles GC's charity of choice for all fundraising.

Club members, Bob Higginbotham and Anthony Mann, also played a "half marathon" (36 holes) in aid of Prostate Cancer UK in May whilst Heacham Manor GC recently held the annual John Eaton Memorial Trophy in aid of Macmillan Cancer Support. The local Masons, which John was a member of, matched the amount of £600 raised..

The two local clubs are looking forward to their Ryder Cup in October where they go head to head in this eagerly contested annual affair. Heacham Manor are the present holders.

Photo: Searles GC Ladies Captain, Teresa Hills, and Men's Captain, Dave Cox, presenting the cheque to NARS



## King's Lynn parkrun celebrates 600 runs in the Walks

Gary Walker



Saturday 25th May saw 375 runners supported by 44 volunteers gather in The Walks to celebrate its 600th parkrun since it first started in September 2011.

The first run on the 10th September 2011 saw just 61 runners participate, with the numbers attending growing over the interceding years and now averaging 350 each week.

Since the runs first started over 12,000 individual runners have taken part, collectively completing over 138,000 runs, covering over 690,000 kilometres or 428,700 miles.

This week's run saw runners wearing their parkrun milestone tee shirts, which are awarded for attending both a set number of runs or for volunteering on a set number of occasions.

In addition, runners were also asked to if they would volunteer to act as time pacers for other runners, with a record number agreeing to do so and donning the special pacer vests.



*Time pacers in their special vests*

King's Lynn parkrun event director who, with several others attended the first King's Lynn parkrun said "I don't think any of us who attended the very first run envisaged just how successful it would become and just how many individuals would eventually be involved, both visitors and more importantly towns people from across West Norfolk.

Indeed, we now have 4 separate very successful parkruns in our area. The events are all managed entirely by volunteers, which ensures they are kept free for anyone wishing to take part. Those who just wish to walk the distance are now also encouraged to attend, making it a truly inclusive event, open to all, with individual well-being as well as fitness at the heart of what we do.

King's Lynn also has the benefit of having such a wonderfully maintained park, right in the centre of town, for which we are very grateful."

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## The Hanseatic Festival of Water Sports returned to King's Lynn in June

Tim Keogh

The Hanseatic reference comes from the Hanseatic League which included as many as 200 ports across Europe in its heyday, King's Lynn being one. The merchants of these cities co-operated with recognition and support of each other in trade. Until 1537 King's Lynn was known as Bishop's Lynn - or colloquially as Lynn - whilst under the jurisdiction of the Bishop of Norwich. King's Lynn was one of the busiest and wealthiest ports in England in medieval times. Although, long since dismantled, King's Lynn retains its link to the Hanseatic League with signage references across the town and, of course, the annual Water Sports Festival.

The high-octane extravaganza involved powerboat, jet ski and water ski racing over the weekend of 1st and 2nd June along with a number of stunt performances. Participants travel from across Europe to compete in what is regarded as one of the largest meetings of its kind on the international water sports calendar.

Several thousand spectators visited the spectacle over the course of the weekend, to take in all the action from the Quayside on the River Great Ouse, whilst enjoying the various stalls, street food vendors and beer tents on offer. There were certainly thrills and spills, with racers reaching speeds of up to 100mph.

There were certainly contrasting conditions, with rougher waters on the Saturday compared to the calmer setting of Sunday. Testing the skiers and crews simultaneously, it really is a matter of knowing when to apply the throttle or not. The driver needs to listen to their observer at all times, whilst the skier relays signals to the observer by hand and head movements. Good observers can also read the body language of the skier to determine if they require more, or less speed, relaying the information back to the boat crew. Good team work very much reaps dividends in this instance, especially considering the skiers are reliant on just a 200 foot line and a customer built wooden ski whilst racing at high speed.

In the end, the main Open Water Ski event was won by Driver, Nico



Bertels (BEL), Observer, Alex Handley and Skier, Cameron Nix (AUS). Whilst Driver, Michel Fobelets (BEL), Observer, Robert Manchett and Skier, Demi Fobelets (BEL) won the Ladies event. Special mention must also go to the Manchetts who made it very much a family affair as Robert and Kim observed, with youngsters Darcy (u15s), Luca (u12s) and Evie (u12's) all racing, with Darcy and Luca winning their age groups.

Organiser, Tom Lumley - whose daughter, Kim, is a recent Ladies World Champion - was delighted with the weekend. He said, "I want to thank the Borough Council, many volunteers, helpers and, of course, our sponsors, without whom we simply couldn't hold the event. And to all the people who turned out to support the event as well as all the competitors. It really is a magnificent venue with a historical town backdrop, and we look forward to seeing everyone again next year".



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# Sporting corner with Tim Keogh

## Father and Son

Ian Smith is a former international Scottish Rugby Union player. He was also a well travelled Army dentist before setting up the Grange Dental Practice in Snettisham. He has already written one book about his rugby career and is due to release a second about his travels. He is now retired and still lives in Snettisham. Ian has been giving Town & Around's, Tim Keogh, monthly insights into his fascinating life.

Whilst it is almost seventy years ago that I was first allowed to play golf and tennis with my father, I still have very clear memories of it. You see, my father was a talented games player, he played first class rugby in Scotland, won tennis cups, and played golf normally with a handicap of ten which reduced to nine when we were on family holidays. For the non-golfers amongst the readers, that meant he was a very respectable player.

I have an image stuck in my mind which never goes away. We always had to holiday in St Andrews so my father could play golf on the famous Old Course. Not only that, but our hotel was also less than 70 yards from the first tee.

On arrival in our family car, there was no question of father unloading the suitcases from the roof rack, no chance of that. He jumped out of the car, and literally ran down to the first tee, where the starter's hut was to be found. Here was the man who controlled everything, so it was impossible just to turn up and play. It was necessary to go into a ballot such was the demand back then in the mid 1950's. Today it is very difficult if not impossible and, in hope, you enter the ballot every day if you are staying in St. Andrews.

You then just pray that your name will come up, such is the huge demand to play on the world's most famous golf course.

Anyway, I digress, the starter's name was Jock, and my father would rush down, say hello, and give him a five-pound note. This guaranteed he would come up in the ballot at around 8.30 every morning, so after a leisurely traditional fried breakfast he would amble down Monday through Saturday for two weeks and play his golf. Now £5 does not seem much, but in today's money that is the equivalent of £130!

I used to play golf and tennis with my father, and the words 'keep your head down and watch the ball' are engrained in my psyche. Anyway, I was never able to compete with my father at golf but was just beginning to get close at tennis when the games we played suddenly ceased. Apparently, mother had put a stop to it fearful for father's heart was the excuse.

Now fast forward to shortly after passing my driving test as an eighteen-year-old, and the first car my father had owned, having always had an office car. It was as I remember a bright red Ford Cortina GT, and in its first week I was allowed to take it to a rugby match I was playing in. The inevitable happened and I scraped the offside rear wheel arch on a gate.

In fear and trembling I returned home to our terraced house, knowing full well that my father would go out in the car to get the Saturday evening's sports newspapers. Scared to tell him, because he had a ferocious temper, and I'd never get the car again, I parked slightly back from the gate, so he would go round the front of the car. Minutes later he

returned without a word, and the relief was enormous.

It was then I remembered he always washed the car on a Sunday, so I was doomed anyway, but it rained! All was well for about three weeks, and then one day at about six o'clock the front door slammed, and my father came into the hall shouting 'some b-st—d has scratched my car in a meter in George Street' [where his office was] and the relief was unbelievable.

Many years later, I was playing golf with my father at Hunstanton, and we were playing the 18th hole, and he asked if he could move his ball as it was in a rabbit hole. When I agreed but told him there would be a penalty shot, and I was going to beat him he lost the plot completely. Shouting at me he accused me of unfairness, he had no golf glove, he was playing with borrowed clubs and a whole lot more.

I told him I'd never beaten him at anything, but I would today, and I added, 'by the way it was me who scratched the Ford Cortina'!

I won't tell you his response, but what goes around comes around. We are a very sporty family, with my second son Mark especially competitive. We were on Holiday in Malaysia, and he insisted on playing tennis in the noonday sun. Mad dogs and even Scotsmen, and all that stuff. He must have been in his mid-teens at the time, and I think I lost in a very long one setter. As we were returning to the family sun beds, he told me that as he had also beaten me at golf that morning, he was having a great day, as he'd never beaten me at anything before!! I pushed him into the pool we were passing!

## 3,000 mile trek in memory of wife

A man who set off on a 3,000 mile trek around the English coast from Highcliffe Castle in Dorset, recently passed through West Norfolk.

Nick Johnson and his beautiful French rescue dog, English Setter, Louis, began their trail on March 10th, Nick's 63rd birthday, in memory of his wife Lisa who died last year from a rare form of Ovarian Cancer, pseudomyxoma peritonei, aged just 58.

Nick is hoping to raise £50,000 for the Ovarian Cancer Action charity. A retired IT manager from Wiltshire, he said: "After living with her cancer for eight years, she [Lisa] felt that she was one of the lucky ones. Her diagnosis and condition never defined her.... she lived the fullest life possible following her surgery and continued treatment."

He said he hoped the money he raises for the charity "will ensure that ovarian cancer will be survivable for future generations, as today many women do not know the symptoms and early diagnosis is critical". During the completely self-funded trip, the pair plan to sleep in a bed every night using B&Bs, pubs and staying with friends. "With a tent for plan B when we cannot find anywhere to stay," Mr Johnson added.

He has been overwhelmed by the generosity of people, with individuals he has never met before just passing him £50 notes. He particularly enjoyed the Northumberland coastline where he acquired the name "pet". The trip has not gone without incident, as he was set back a couple of days with a trip to A&E after an elbow injury and

even being hit by a car wing mirror.

Louis, 5, seems to be enjoying the trip too, happily gobbling down any treats offered his way. Nick says, "He's earned a few treats that's for sure. One pub even cooked him up some beef mince as they were out of sausages!"

The coastline walk, estimated to total 3,048 miles (4,905km), will see the pair walk an average 13 miles (20km) each day and included walking 84 miles (135km) to cross from West to East along Hadrian's Wall. They will then head along the East coast to the finish in Milford on Sea, on the Hampshire coast.

Mr Johnson hopes to complete the walk in November, on what would have been Lisa's 60th birthday.

To keep up to date with Nick's progress or to donate, please visit [www.oca3k.com](http://www.oca3k.com).





## In the Spotlight Sheila and Tony Howe

**A**vid campers Sheila and Tony still occupy the same pitch at The Island Camping Club in Heacham that they were given after their marriage in 1962. With Tony having suffered a stroke twelve years ago, leaving him with severe disabilities, Sheila became Tony's full-time carer. Sheila learnt to drive at the age of seventy so they could 'Carry on Camping'. Their love for the campsite has by no means been dampened and they enjoy sleeping under canvas two or three nights a week during the camping season. Both their son, Chris, and daughter, Alison, had pitches after being introduced to the campsite as babies. Tony was born in Heacham and they both now live in King's Lynn.

Name: SHEILA, TONY

Age: 82, 83

Star sign: Leo, Virgo

Occupation: Both retired heating engineers.

Family: Son Chris, Daughter Alison and Granddaughter Nina.

A cats or dogs person: Once had a Manchester terrier called Roxy.

Sports team support: None, Manchester United

Biggest break Starting their own heating business 'A.C. Howe Heating Services'

servicing heating boilers and Aga cookers in Norfolk and for the Ken Hill Estate.

Worst injury: Tony suffering a stroke.

Funniest memory: Getting married.



Hero/idol: Tony's Father (who he never knew) died as a POW in Thailand during WW2 aged 29.

Hobbies/interests: Both - enjoyed a very sporty life when younger completing many half marathons, water sports and sea fishing to name but a few.

Best memory: Both - travelling the world.

Favourite food: Both - Thai food

Favourite drink: Tea, Coffee

Favourite film: Doctor Zhivago None

Favourite holiday destination Both - Thailand

Three items for a desert island: Peace and quiet Fishing rod and boat

Favourite band/singer: Classical music Country singer Emmylou Harris

Worst habit: Tony, chasing ladies on his mobility scooter!

Pet hate: Sheila, driving!

Biggest achievement in life: Both - Travelling the world, visiting countries including Thailand [14 times], Sri Lanka, Maldives, Greece and The Dominion Republic.

Best advice ever given: Both - Be happy.

What would you change in the world: Both - Stop all wars.

Would you like to live forever: Both - No



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## Anyone for tennis? Be quick, the deadline for entries is 1st July

Tim Keogh

Tennis players are being urged to enter the Hunstanton Lawn Tennis Tournament, with the closing date looming on 1st July.

The tournament will be taking place from Sunday, August 18 to Saturday, August 24 and will once again be held on 38 grass courts at the Hunstanton Recreation Ground.

Established in 1920, the Tournament traditionally attracts more than 1,000 competitors from under-10s to over 75s. This year tennis players will compete across 51 singles and doubles events and, additionally, there will be the ever-popular round robin event for youngsters aged 10 and under and 12 and under who have just starting playing the sport. The recent rain has certainly given a green and luscious appearance to the courts, compared to the fennec-coloured look of recent years.

The event, affectionately known as 'Sunny Hunny' and the 'Glastonbury of Tennis' was named the Lawn Tennis Association's 'Competition of the Year' in the governing body's 2020 annual awards.

Tournament secretary Chris Holt, who this year marks his 49th year in the post, said: "The family-orientated Tournament, which sees second, third and fourth generations of families competing and spectating year after year, promises to be as successful as ever this year - subject to the British weather co-operating!"

He continued: "Planning the Tournament is a year-round task. But thanks to a very supportive and hard-working committee, I have seen the event expand from a small six-day Tournament with around 20 events held on about 10 courts to the award-winning success it is today."



Action from the 2023 Hunstanton Lawn Tennis Tournament

Typically, as the July 1 player entry deadline looms, organisers prepare for an avalanche of competitors entering events across the age spectrum. Full entry details are available at: <https://www.hunstantonltn.co.uk>.

Currently around 300 players have submitted entries and, said Mr Holt: "I would anticipate that figure to rise more than three-fold in the coming weeks across both the junior and senior age groups. Playing standards vary from relative beginners to top class county standard and nationally ranked players."

The City Pub Group, which operates almost 50 independently managed and locally run community pubs, bars, inns, hotels, and brew houses including The Hoste Arms in Burnham Market, is sponsoring the Tournament for the first time. The hugely popular Norfolk boutique hotel will be operating the event's popular bar during the week.

Other sponsors and partners include: long-time supporter Cheffins, the almost 200-year-old regional business offering advice on property, land, farms, fine art, tractors and steam engines as well as hosting

regular auctions, again sponsoring the Tournament food court, 'Tuck in at the Tennis', offering a wide selection of food and beverages. Greshams School in Holt, which is continuing its sponsorship of the youngsters' round robin event for a further year; and East Anglia-based Tournament tennis ball provider Top Spin Tennis, which will have a marquee on the Recreation Ground selling a wide range of equipment and clothing. Additionally, there will be a range of other trade stalls on site during Tournament week.

Annually the Tournament supports a local charity - in 2023 it was the Hunstanton and District Foodbank - and this year's organisation is the National Coastwatch Institution (NCI), which has a lookout station by the sea wall in the grounds of the Royal West Norfolk Golf Club adjoining Brancaster Beach.

Brancaster NCI comprises a team of dedicated volunteers who keep a vigilant watch over the Beach and surrounding waters monitoring the sea and shoreline, providing essential safety support for mariners and beachgoers. In the event of potential maritime emergencies, volunteers forewarn the Coastguard of actual or possible incidents at sea so a lifeboat can be launched at the earliest opportunity.

The Tournament will make a donation to Brancaster NCI and representatives of the organisation will be at the Recreation Ground during the week collecting donations and explaining its work.

For further information or to volunteer please contact: Hunstanton Lawn Tennis Tournament secretary Chris Holt. Telephone 01485 541534 or email: [info@hunstantonltn.co.uk](mailto:info@hunstantonltn.co.uk).

## Deepdale and Brancaster Staithe Tennis Club

Verily Borthwick

Our two lovely courts in the middle of the village are available for play by both members and visitors. Have a look at our website: [www.clubsparke.lta.org.uk/DBSTennisClub](http://www.clubsparke.lta.org.uk/DBSTennisClub)

Booking is available in half-hour slots for up to 90 minutes per person per day and is free for paid up members. For visitors the court fee is £10 an hour and you can pay online via Stripe. Log on to our website, go to the Court Booking tab and follow the instructions.

Thank you to everyone who has renewed their membership for another year. It's not too late to do so if you haven't yet. The membership year runs from 1 April to 31 March 2024. Everyone is welcome to join our Club. Again go to the website, click on the Membership tab and follow the instructions.

### Junior Coaching

Weekly tennis coaching sessions for junior members are being held on Wednesday afternoons in the summer term between 3.45pm and 6pm.

Course fees vary for a 6 week course payable by BACS in advance. Another 6 week course will begin on 5 June. Essential to book in with our Junior Tennis Co-ordinator, Carrie Hendry, by email to [juniortennis@brancasterstaithe.co.uk](mailto:juniortennis@brancasterstaithe.co.uk) to book your place.

3 sessions for different ages:

3.45 - 4.15pm for 4-7 year olds £6 per course

4.15pm - 5pm for 8-11 year olds £12 per course

5pm - 6pm for secondary school children up to age 15 £18 per course

Numbers strictly limited to 12 children in each group. Membership for primary school children is £6 per year; for secondary school children it is £12 per year. See the website for how to join.

School Summer Holiday coaching will be available on Wednesday mornings. Please apply to our Junior Tennis Co-ordinator for details (see above).

Coaching for Adult Beginners or Returners is available with Becky Palmer on Monday mornings from 9.30 - 10.30am. These will be arranged in short courses of 4 weekly sessions at £20 per course to be booked direct with Becky in advance. Please contact her by email [tennismadbex@gmail.com](mailto:tennismadbex@gmail.com) for further details. Please note the course will only run with a minimum of 4 players.

### Wednesday Ladies Tennis Mornings

These continue every week when the weather allows from 9-10.30am. We are a group of experienced players (not beginners) of a certain age and the emphasis is on fun. If you would like to join us please contact Verily Borthwick by email to [DBSTennisClub@outlook.com](mailto:DBSTennisClub@outlook.com) These sessions are for members but you are most welcome to come along and try us out for free for up to 3 occasions each year.



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## Remembering Penny by Eric Rhodes

Penny enjoyed travelling and getting out, seeing and meeting people. Even in those pandemic days, when permitted, we would walk together hand-in-hand around the village on a daily basis. For 48 years we journeyed together.

So, when after all those years together a big black cloud suddenly appeared on a brain scan and in our lives. Then in answer to the question of how long, we were told, “weeks, not months”, it seemed perfectly logical for us to say we wanted to be at home for that time. Although, logic doesn’t really enter into it, no one can predict what is involved unless they have experienced it.

You can cling to a pretence of normality, but you need assistance. The Hospice at Home team gently began to assist in caring for Penny. One of the nursing team, upon seeing Penny upset, knelt by the bed and, holding her hand, assured her that they would be with her on the journey she was on. And they certainly kept that promise, offering care in every sense of the word and support for her, myself and our children. Penny was cared for with expertise, compassion and friendliness with consideration for her dignity and femininity.

It was clear that the Hospice team would accompany all those in their care on their journey with no differentiation between standard class and business class. There are no ‘upgrades’ - every one of their patients is treated as first class.

In the very early hours of one morning before Penny’s journey ended, she woke and said to me, “I don’t understand what’s happening. I feel as if I’m walking down the wrong road. I want to walk down the road with you.” Of course, those words will stay with me - amongst many happy memories of journeys shared and with gratitude for those from the Hospice who briefly travelled with us.

And yes, of course, Penny continues to walk down the road with me and with our children and grandchildren wherever their paths take them.

Penny Rhodes: 27.12.1947 - 05.11.2021

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A gift in a Will can come in a variety of ways; a specific sum of money or a percentage of your estate, or something more specific such as property, a piece of jewellery, or an antique.

For more information about leaving a donation in your Will please contact Carol Mott at The Norfolk Hospice Tapping House on 01485 601701 or fill out the form below and return it to Carol.

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### Keeping in touch with us

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Wheatfields, Hillington, Kings Lynn, Norfolk, PE31 6BH

## St. Faith's Church Gaywood Celebrates 50 years of Anglican/ Methodist Sharing

David Greening, St. Faith's Church Gaywood LEP with photo by Mike Tidd

The congregation of a West Norfolk church was celebrating at the weekend the fiftieth anniversary of a sharing arrangement which has seen Anglicans and Methodists worshipping in the same building for the last fifty years.

It was in 1974 that St. Faith's Church, Gaywood, King's Lynn began to be used in this way, following the entering into a Sharing Agreement between the Anglicans and Methodists. The then Rector, Rev Gerald Phizackerley had invited the Methodists of Gaywood Methodist Church to consider meeting for worship in the parish church rather than build a new church elsewhere in Gaywood. Master-minded by Rev Wilfred White, Methodist Superintendent Minister of the King's Lynn Circuit and with the help of local leading Methodists Leonard Barrett and Vernon Price Jones, the plan went ahead culminating in the opening of the first phase of the Gaywood Church Rooms and the beginning of the sharing of St. Faith's Church by both congregations fifty years ago this year.

Saturday 23rd February 1974 saw the Methodist Minister, the Rev Tony Windsor, lock the door of the old chapel and along with the then Chair of the East Anglia Methodist District, the Rev Geoffrey Thackray Eddy, lead the Methodist congregation across the



road to the opening ceremony of the new Gaywood Church Rooms and along with Rt. Rev Maurice Wood, then Bishop of Norwich, to a service in St. Faith's Church. The following day, at 11 o'clock on Sunday 24th February 1974, the first Methodist service in St. Faith's Church was held.

These were the beginnings of what is now a very active Anglican/Methodist Local Ecumenical Partnership, which was formed in 1995.

So on Sunday 16th June 2024 a special 50th Anniversary Service was held when the Bishop of Norwich, Rt. Rev. Graham Usher and the Chair of the East Anglia Methodist

District, Rev Julian Pursehouse, addressed a full church which included the Borough Mayor and Mayoress, Councillor Paul Bland and Mrs Marion Bland, local Councillors and thirteen former members of the Anglican clergy and Methodist ministers and their partners who had served at St. Faith's since 1974. The service was followed by a communal lunch served in the Gaywood Church Rooms when an anniversary cake was cut by Mrs Elaine Price Jones, the widow of Vernon Price Jones previously mentioned and now the most senior member and Mr Mark Lee, the most recent member of St. Faith's Church.

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# GLEBE HOUSE SCHOOL & NURSERY UPDATE

Ahead of our end of year exams, May was an exceptional month of experiential learning and character building. From public speaking and cricket to boldering and endangered species, our children throughout the school extended their reach before a well-earned Half Term break.

## Inter House Cricket

A welcome break in the weather allowed us to run our Inter House Cricket on the last day of term. It was our final inter house sport competition ahead of the all-important swimming gala and sports day in June. It was a lovely sight to see the whole Prep School playing cricket, a field full of children being active and doing their best for their house. The main cricket square hosted the senior hardball competition, while our juniors played some great games of softball plays.

## Inter House Music



Our Inter House events expanded beyond the sports field and into the School Hall for this year's Inter House Music. It was a wonderful event that the whole of the Prep School attended. There were solo performances, duets and group routines. From the trumpet to the drums, from the piano to the bells, it was fabulous to see our Juniors and Seniors competing together, an excellent example of how our Senior Prep proudly honour their pupils' leadership roles as they mentor their house mates.

## Public Speaking Finals



Senior Prep Public Speaking Finalists

Congratulations to this year's Public Speaking Competition finalists. The children from both Junior and Senior Prep, who had won their respective class rounds, confidently took to the stage. An audience of staff, parents and classmates were treated to a wide selection of interesting talks and persuasive speeches that evoked empathy and compassion. It was a fabulous morning that left everyone feeling truly inspired. A huge well done to everyone who took part!



Junior Prep Public Speaking Finalists

## Endangered Species Day

Our new 'Green Glebe' club introduced this important themed day to our calendar. There was an opportunity for children throughout the school to either dress up as or bring in something to represent an endangered species. 'Green Glebe' organised break time activities of scavenger hunting and face painting. A big thanks to the pupils of 'Green Glebe' for raising our awareness of this important topic.



## Out & About

### Division II – Banham Zoo

Despite it being a very wet day, Division II had a fantastic time at Banham Zoo. Following their Geography topic on Kenya they went specifically to look for animals that came from Africa and weren't disappointed! They saw vultures, a cheetah, spoonbills,

sheep, a leopard and giraffes, to name just a few. The children also took the opportunity to learn about those animals around the world who are endangered, tying in with our Endangered Species Day.

## Division V – Derbyshire Residential



This year's Division V residential trip to Derbyshire comprised 33,000+ steps, three rivers, two historic homes, countless rocks and boulders, many many hills and the odd cliff face! A fabulous mix of History and Geography, reinforcing topics studied during the year with trips to Chatsworth and Haddon Hall, as well as fresh learning about the Great Plague of 1665. They also enjoyed some true outdoor adventure. Climbing and abseiling on Burbage Ridge was the highlight for many! We love to extend our learning beyond the classroom, and these two trips were enjoyed by all who went, and the children embraced the opportunities with great enthusiasm.



## Pre Prep Relatives' Tea Party

Tea, cake and a very energetic performance from our Pre Prep choir! Who could turn that invitation down? Well, no one did! We were bursting at the seams at this year's Relatives' Tea Party. And what a delightful time everyone had. Thank you to all the parents, grandparents, aunts, uncles and friends who joined their children for this special occasion. The children took such pleasure in sharing

their school, classrooms, work and of course cake!



### "World's Best Dinner Lady"

How proud we are of Julie Bedford, the "world's best dinner lady"! Just a year ago Julie had a stroke which left her unable to speak. Now, she's back serving lunches with her warm smile and friendly chatter. It was a

pleasure to support the making of the ITN News series Speechless documenting Julie's journey, and our children really embraced the experience of having a cameraman and reporter join them for lunch!

### Glebe Mighty Hikers



Congratulations to the Glebe House School Mighty Hikers (aka Mrs Maud, Mrs Hipwell, Mrs Stuart, Mrs Stewart and Miss Stephenson) who completed the Norfolk Coast Mighty Hike Half Marathon challenge and raised an incredible £1,590 for Macmillan Cancer Support in doing so! It was a beautiful day for their hike from Cromer to Blakeney, delivering some great views as they marched on to raise money for a hugely worthwhile charity.

### Visit from Mr James Wild MP

We always embrace the opportunity to share our school and community with visitors

and it was a pleasure to welcome James Wild MP to Glebe. Our Heads of School took Mr Wild on a comprehensive tour of the school before he took part in a lively Q&A with children from Division II - Division VIII. The children had prepared some excellent questions and really enjoyed learning all Mr Wild had to tell them.



### Come and see us!

Does your child start school in September? Is your child looking for a new school? Would your child benefit from a new start?

Did you know we offer a comprehensive co-curricular programme until 6pm? And that we provide daily transport from many convenient locations across North West Norfolk?

Find out more about life at Glebe House School & Nursery. Contact Mrs Fraulo on 01485 532809

or email [tjf@glebehouseschool.co.uk](mailto:tjf@glebehouseschool.co.uk) to book a visit.



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# Brancaster School news

There are lots of exciting activities going on at Brancaster this half term. Sports Day is coming up soon, and we are all practising hard in preparation for this.

The whole school have a trip to the Norfolk Show organised, where KS2 will be playing ukuleles as part of an enormous orchestra with children from other schools in Norfolk. We really enjoyed our trip to the Norfolk Show last year and are very excited about the prospect of going there again! Samphire class also has a trip to Norwich Cathedral to look forward to, where we will carry out a problem-solving activity and learn how science and music go together by working together to build a section of a pipe organ.

Samphire class have started a series of full day sessions of Forest School at our partner school in Docking, doing all sorts of exciting things, including tree-climbing, den-building, cooking over campfires, gardening and woodwork. Forest Schools has so much to offer, and the children have had such fun learning in a different environment, building their confidence and resilience and achieving in so many different ways. Thrift class will also have some sessions this half term and thoroughly looking forward to it, having seen the excitement and smiles of the KS2 children on their return to school.

KS2 were invited to the D-Day exhibition held in the village hall to commemorate the 80th anniversary. We were able to find out lots about life on the home front in the 1940s - who knew that tanks would go up and down the road because our beaches were a great place to practise for the Normandy landings, or that they would stop at houses for cups of tea and a chat whilst the children wrote their names on the sides of the tanks?! We learned that some children were evacuated to Brancaster and the surrounding villages, and were very glad that this is something we don't have to worry about now. There were lots of interesting photos and artefacts, and Brigadier Wakefield came with all his medals and talked to us about how modern day army kit gives so much more protection than the soldiers would have had in the Second World War. He even let us try on some helmets and body armour -

very heavy, but very effective. We found it incredible to think of the bravery of those soldiers landing on the beaches with such little protection, willing to give their all for the freedoms we enjoy today

Thrift Class have finished their SATs and are looking forward to their Forest School sessions. We have done a lot of planting and are growing lots of fruit and vegetables.

Term finishes on 19th July and we start again in September when we will all have moved up a year.



## Site Manager required for Hunstanton Primary School

We are seeking a friendly, self-motivated and conscientious site manager to keep school and grounds clean, safe and tidy as well as basic maintenance and repairs. Applicants should have a range of building maintenance, DIY, caretaking and gardening skills. Additionally administrative, communication and organisational skills are essential.

- Salary: £24,292 -£25,979 pro rata / £12.59-£13.46 per hour
- Fixed term contract, with the likelihood of this being extended
- 25 hours per week (hours of work to be negotiated and may involve a split shift)
- Term time + 4 weeks
- To start as soon as possible

Please contact Hunstanton Primary School on 01485 533373 or email [office@hunstanton.norfolk.sch.uk](mailto:office@hunstanton.norfolk.sch.uk) for an application form

Applicants must comply fully with enhanced DBS and reference vetting checks

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## HUNSTANTON AND DISTRICT INNER WHEEL

Coral Campbell, President

2024 marks the 100th birthday of Inner Wheel. International Inner Wheel have been planning the celebrations for some time with an International Convention in Manchester.

Why Manchester? Well, Margarette Golding, wife of a Rotarian, founded IW in Manchester in January 1924. At that time women were not allowed to join Rotary, so Margarette, with the other wives of Rotarians, got together and formed their own Club – Inner Wheel was born. Rules were drawn up and friendship was to be at the core of the new Club. Just as it still is today. By 1934 there were 79 Clubs and Margarette travelled around visiting them. The early Clubs Minutes have recorded her visits. Margarette died in 1939 and by then there were more than 150 Clubs and not all in Great Britain. Today IIW has 120,000 members in over 100 countries around the world. She had no idea what she started!

So, from 7 - 10th May 2,500 members from 50 countries gathered for the celebrations at Manchester Central Convention Centre. The sun shone on us for the 4 days which added to the high spirits of everyone. As well as the formal opening and closing ceremonies we had lots of varied entertainment throughout the Convention. At the Opening Ceremony greetings were given by the Mayor of Greater Manchester, the Lord Lieutenant, the High Sheriff of Greater Manchester and the President of Rotary International. We had very interesting speakers – Olivia Giles told us about her experiences as an amputee and her Charity 500 Miles which she founded to help amputees. We enjoyed the singing of Nicola Mills, an opera singer who originated from Manchester, and maybe better known as bringing “Opera to the People” which she started during Covid by singing opera in the streets of cities and housing estates. We had our own IW choir and a Scottish Piper! We all thoroughly enjoyed performances from groups, representing the 4 areas of GB & I. They were The Gordon School of Dancing, Oldham Music Centre Youth Brass Band and Glanaethwy Performing Arts School.

We shared friendship during our meals. We had a Friendship Dinner on the Wednesday evening when we all went to different venues in the city- the Cathedral, a Monastery, the Science Museum etc. Members wore traditional dress representing their countries – amazing and very colourful. Having different members at the tables was wonderful to hear about others experiences.

Business matters were carried out during the day. The highlight



must be the 1920's themed Gala Dinner on the last night. We all dressed up in 1920's style. Fantastic outfits! Table decorations, music, excellent food and company, made it an evening to remember.

This was IIW's 19th Convention. Conventions only come round every 3 years. The next one will be in Manila in the Philippines.

## After its huge success last year, the Five Churches Festival is back!

Once again, all five churches in the Glaven Valley, each with their own unique architecture and atmosphere, will play host to an equally varied programme of music from 10th- 14th July.

The Festival launches in Wiveton Church on Wednesday July 10th with what promises to be a fabulous concert given by the renowned and entertaining vocal ensemble The King's Men, the choral scholars from King's College Cambridge, in a varied programme spanning choral classics, folksongs, blues/jazz and popular arrangements.

Chaos Collective, our vibrant resident string quartet, will be at Letheringsett Church on Thursday 11th presenting an exciting programme entitled 'Homelands'. Featuring music by Shostakovich, Dvorak and more.

Also on Thursday, the Festival will embrace the regular community Thursdays@Three concert series in Cley, showcasing the winners of this year's 'Norfolk Young Musician', soprano Alice Platten and violinist Tristan McCardel in a

recital with Five Churches Festival Artistic Director, Brenda Blewett.

Glandford Church hosts the stunning and award-winning accordion and saxophone duo Mikeleiz-Zucchi Duo in a rich and varied programme on Friday 12th, followed by summer evening jazz with

The Chris Cooper Trio and all-you-can-eat pizza at the Glandford Deli.

On Saturday 13th Cley Church transforms itself into the venue for a spectacular evening of Music from the Movies celebrating film music from across the ages presented by Chaos Collective and vocalist, Ella McCready. This will be preceded by an audience with acclaimed BBC writer, broadcaster and film critic, Francine Stock in conversation with Rev Richard Lawry.

And finally, Blakeney Church hosts the Festival Finale on Sunday 14th - a celebration concert with our favourite Festival artists!

Tickets are £15 for each event (unless otherwise indicated) including a Festival Programme. Online booking: [fivechurchesfestival.com](http://fivechurchesfestival.com)



*Five Churches Festival Artistic Director, Brenda Blewett.*

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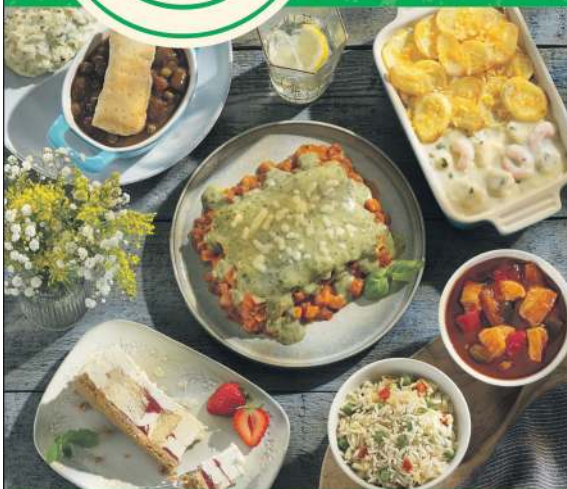
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## July Events - Full listing at <https://townandaround.net/whats-on/july>

### Monday 1st

Anmer Social Club Bingo night  
Club opens at 7.00p.m. "Eyes  
Down" at 7.30 p.m.  
Fully licensed bar and Raffle –  
For information email :  
anmer.club@outlook.com

### Tuesday 2nd

Wereham Village Hall PE33  
9AP Pop -up café 10.45am-1pm.  
Quiche, salad & Coleslaw £3.  
Details Doreen: 01366 500218

### Thursday 4th

Stanhoe & Barwick WI. The  
Reading Room, Stanhoe at 2pm.  
Matt Curtis of British Divers  
Marine Life Rescue. Visitors are  
welcome. Our charge is £5,  
which includes refreshments.  
Please contact Valerie (01485  
576261) for further details.

### Friday 5th

Snettisham Memorial Hall PE31  
7LX Coffee morning 10am-  
12noon

Fincham Memorial Hall PE33  
9EJ Quiz night 7.30pm Entry  
£2 per person. 50/50 Raffle.  
Bring your own refreshments.  
Come join the fun - all welcome.  
Up to 6 in a team, either bring  
your own team or help make up  
a team on the night.

### Saturday 6th

Anmer Social Club Retro Games  
Night with fish and chips supper.  
Club opens 7.00 p.m.  
Admission for games free. Fish  
& Chips served 8.00pm. £10.50  
per person. To book  
07899872351 by Thursday 4th  
July or visit website  
<http://www.anmerclub.com>  
Fully Licensed Bar

### Sunday 7th

Wereham Village Hall PE33  
9AP Indoor Car Boot Sale  
8.30am. Café open from 8am £5  
per table. Enquiries: Philip  
01366 501330 or 07759 033492  
rosemary.pease@btinternet.com

Holme-next-the-Sea Open  
Gardens 11am-5pm £5 covers  
all locations (children free).  
Help Holme Church group. Free  
parking and a bus to get around  
and see all the gardens.

Hannah's Roses Annual  
Sponsored Dog Walk in aid of  
Children with Cancer. 2pm  
walking from Hunstanton

Lighthouse via the promenade to  
the Fairground and back. Entry  
£5 per dog. Collect sponsor  
forms from Monica or Hannah  
at the Tuesday Market, Town  
Hall Hunstanton or call 01485  
535095 / 07980229256 e:  
monipooh@btinternet.com



The King's Lynn & District  
Motor Club 46th annual Classic  
Car Rally. Cars of all ages on  
display on The Green PE36 6BL  
3-5pm. To take part in your  
classic car email:  
kldmc.classic@btinternet.com

### Tuesday 9th

King's Lynn Community  
Cinema Club presents the  
Finnish comedy drama 'Fallen  
Leaves'. St Georges Guildhall on  
King Street at 7.30pm. Day  
memberships are available on  
the door for £5 cash.  
[www.klccc.uk](http://www.klccc.uk)

### Thursday 11th

Stanhoe and Barwick WI Beetle  
Drive The Reading Room,  
Stanhoe. 2pm. Visitors are  
always welcome. Our charge is  
£5, which includes refreshments.  
Valerie (01485 576261)

### Friday 12th

King's Lynn u3a Gaywood  
Community Centre. Annual  
General Meeting and election of  
Committee and Trustees,  
followed by a talk from John  
Marrow about the importance of  
wetlands. £3. Doors open 9.30.  
Snettisham Memorial Hall PE31  
7LX Music and Dance with  
Julie Dawn raising funds for  
QEH's Critical Care Unit. Doors  
6pm for 7pm start Call 07591  
732033 BYO Drink

### Saturday 13th

Burnham Marker Flower Show,

Fete and Carnival. Floats, sports,  
classic cars, entertainment,  
music, stalls and more.  
[www.burnhamsflowershow.co.uk](http://www.burnhamsflowershow.co.uk)

Yorke Trust Chairman's 80th  
Birthday Concert at St Mary's  
Parish Church, South Creake,  
NR21 9JF. 3pm Tickets £30  
from 01328 738482, Text 07899  
771366 or email to  
carol.jennings2@btinternet.com  
Hunstanton Voices and Coastal  
Vocals present Musical  
Mayhem, an homage to musical  
theatre. 6.00 pm St Edmunds  
Church, Hunstanton. Tickets £5.  
to book, text or call 07709  
986046. Tickets also at door,  
cash only. Refreshments  
available. Profits to Hunstanton  
Stroke Group.

### Sunday 14th

RAF Bircham Newton Heritage  
Centre, PE31 6RH open day  
10am until 4pm. Parking and  
entrance free. Disabled access  
and toilets available.

Coastal Vocals and Hunstanton  
Voices present Musical  
Mayhem, an homage to musical  
theatre. 6.00 pm St Mary's and  
All Saint's Church, Sculthorpe.  
Tickets £5 text or call 07709  
986046. Tickets available at  
door, cash only. Refreshments  
available. Profits to Hillside  
Animal Sanctuary.

### Tuesday 16th

Brancaster Camera Club 7pm in  
Brancaster Staithe Village Hall.  
Our topic for the evening will be  
'A glance at the past'. We  
welcome Visitors to our club so  
if you are staying in the area, or  
just have an interest in  
photography, please come along.  
You would be most welcome.  
Admission is £3 to include  
coffee, etc. Contact details:  
Wendy Calow on 01553 674725  
or Sue Till on 01485 210013.

### Wednesday 17th

Open Garden (National Garden  
Scheme) Lexham Hall, Litcham  
PE32 2QJ 11-5 adm £8.00 chd  
free. Home-made teas. Dogs  
allowed. Parkland with lake and  
river walks surround C17/18  
house (not open). Formal garden  
with terraces, roses and mixed  
border. Year-round interest with  
the walled garden at its peak in  
July.

### Thursday 18th

TechSkills for Life Team at Old  
Hunstanton Village Hall free  
drop in for tech support. Anyone  
with any queries about their  
computer, smart phone, or tablet  
is welcome to call in. There is  
no booking required or fee  
involved. 10am-12noon

Dersingham Choir's free concert  
at St Cecilia's Church Hall,  
Mountbatten Road, Dersingham,  
PE31 6YE. Beyond Borders' -  
songs from near and far -  
'Myfanwy' to 'Pokarekare Ana'  
and others representing nations  
around the world. 7pm. Doors  
open 6.30pm.

### Friday 19th

Fincham Memorial Hall PE33  
9EJ Bingo Night. Cash bingo  
with raffle and other games. Just  
pay for the games you want to  
play. Doors open 7.30pm with  
eyes down 8.00pm. Bring your  
own nibbles & drink.

Massingham Historical Society  
at the Village Hall PE32 2HU  
7.30pm Talk by Chris Boxall:  
Robert Walpole and Houghton  
Hall. Members free, visitors £3.  
Bar open.

### Fri 19th – Sat 20th

Last chance to see the  
magnificent, completed  
patchwork quilted hugs at St  
Andrew's Church, Little  
Massingham PE32 2JT.  
10.45am-4.30pm each day.

### Fri 19th – Sun 21st

A feast of amateur entertainment  
from local theatre groups as they  
present a series of One-Act  
plays over 3 days. £7.50 per  
session (£2.50 for Gala Award  
Ceremony) or £20\* Weekend  
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Gala Award Ceremony at the  
theatre on Sunday 21st July at  
7.30pm). Princess Theatre,  
Hunstanton PE36 5AH Box  
Office: 01485 532252

### Saturday 20th

North Wootton Village Market  
Priory Lane PE30 3PT 9am-  
2pm. Fresh, seasonal produce  
from local suppliers alongside  
hand-crafted products from local  
makers.

*Continued on page 76*



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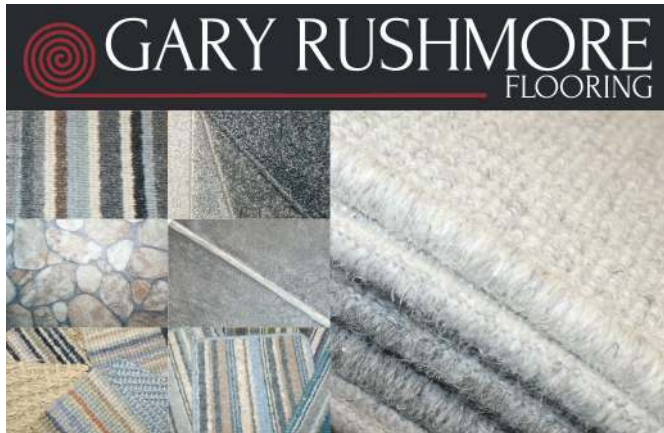
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### THE SUNDAY TIMES

The 10 best fish and chip shops in the UK



Fishers, Hunstanton

#### 6. Fishers, Hunstanton, Norfolk

There are newer, more fashionable chippies on the north Norfolk coast, but I've eaten at them all, and the best is the shop on the Green that has been serving since the 1950s. Most fryers make a big deal about their "signature batter", but Fishers is the lightest and crunchiest I've tasted this year. There's a charming restaurant, but unless it's raining you'd be mad to use it when you could sit on the Green overlooking the sea, or walk for five minutes up Cliff Parade to find a bench in Esplanade Gardens and watch the sun set over Lincolnshire. Cod and chips £9.70 ([fishershunstanton.co.uk](http://fishershunstanton.co.uk))



[www.fishershunstanton.co.uk](http://www.fishershunstanton.co.uk)

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**Saturday 20th**

Dersingham Choir's free concert at St Cecilia's Church Hall, Mountbatten Road, Dersingham, PE31 6YE. Beyond Borders' - songs from near and far - 'Myfanwy' to 'Pokarekare Ana' and others representing nations around the world. 2pm. Doors open 1.30pm.

Yorke Trust 40th anniversary concert at Houghton Hall hosted by the Trust's patron Lord Cholmondeley GCVO, DL. The evening includes a reception and access to Sir Antony Gormley's exhibition of 100 life-size iron statues in the grounds. Tickets £125 available from 01328 738482, Text 07899 771366 or carol.jennings2@btinternet.com

**Sat 20th – Sun 21st**

Docking Festival of Books at Docking Church 10am-4pm lots of books plus raffle and refreshments.

Folk in the Town, Tuesday Market Place, King's Lynn PE30 1JT Two days of traditional folk, Americana, folk rock, bluegrass and everything in between. Richard Tree from KL1 Radio will be compere on both days 10.30am – 5pm. Free

Hunstanton Music Festival on the Lower Green 12noon to 7pm both days. Free

Norton Hill Light Railway at Hall Farm, Old Church Road, Snettisham. Open 1pm-5pm each day supporting Hunstanton Rotary Club charities. 1km steam train ride, traditional fete, refreshments, music, fun games and stalls. Adults £2, Children free. (Cash only)

**Sunday 21st**

Dersingham Village Yard Sale 10am-3pm Dersingham Village Yard Sale. Maps available on the day from the Dersingham Co-Op and the Dersingham Village Centre for £1. No charge but donations to our chosen charities Safe Rescue for Dogs and Ryston Rachel's Hedgehog Hotel welcomed.

Open Gardens (National Garden Scheme) Castle Acre Gardens PE32 2AN. Egerton House and Highfield House both in Back Lane, Ormonde House, Stocks Green and Tudor Lodgings, Pales Green. 10.30 – 4.30 combined adm £10.00

Guided fossil hunting trip at Hunstanton Beach by the cliffs. 12 noon – 2pm. Parking at Cliff Top car park (chargeable) Book tickets

<https://www.fossilsgalore.com/book-form/>

London Road Methodist Church, King's Lynn. 2.30pm. The Mallard String Quartet. Light summer music, tea and scones. Free entry with donations for the Night Shelter.

King's Lynn Festival Chorus conducted by Ben Horden at St Nicholas' Chapel, King's Lynn 4pm present Rossini: Petite Messe Solennelle. Tickets £20, under 16s free. Box Office 01553 764864 [kingslynncornexchange.co.uk](http://kingslynncornexchange.co.uk)

**Tuesday 23rd**

An evening of Midsummer Music to celebrate the extensive restoration of the organ at St Mary's Church, Flitcham, Sandringham Estate with Julian Hagggett organist at St Peter Mancroft, Norwich, Céline Saout, principal harpist Opera North, Leeds, and the Fring singers. Recital 6.30pm -

8.30pm with Crémant and canapés served at the interval. Tickets £16 apply to [b.tweddle@btopenworld.com](mailto:b.tweddle@btopenworld.com)

Snettisham Memorial Hall PE31 7LX Bingo. Doors 6.30pm, eyes down 7.30pm

**Thurs 25th – Sat 27th**

Art 21 Exhibition Finale at The Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. 10am-4pm daily. Entry and parking are free of charge.

**Friday 26th**

Anmer Social Club Quiz Night Club opens 7.00 p.m. Quiz starts 7.30 p.m. Entry £2 per person. Licensed bar - Raffle

**Saturday 27th**

Craft Fair at Hunstanton Town Hall PE36 6BQ 10am-4pm Free entry.

Rock Choir on The Green Hunstanton PE36 5AH fundraising for the RNLI 2pm-4pm.

Syderstone Village Screen Cinema presents Wonka (PG) Amy Robsart Village Hall PE31 8SD £4 on the door or advance booking at [syderstonecinema\\_ARVH@outlook.com](mailto:syderstonecinema_ARVH@outlook.com)

**Sunday 28th**

RAF Bircham Newton Heritage Centre, PE31 6RH open day 10am until 4pm. Parking and entrance free. Disabled access and toilets available.

Open Gardens (National Garden Scheme) Woodford Lodge, Tittleshall, Kings Lynn PE32 2PF. 2-5pm Combined opening with Cokesford Farm, adm £6.50 chd free.

Snettisham Hoedown Barn Dance at Park Farm PE31 7NG Raising funds for Snettisham Memorial Pavilion Fund. Adult £12.50, under 12s £7.50 incl food. Bar & BBQ from 5pm, love music and dancing from 7pm Tickets: Kerry 07702 266526

**Tuesday 30th**

Village Cinema at Dersingham Village Centre 7.30pm The Miracle Club. £6 and under 16s £3 incl tea/coffee/squash. Licensed bar.

**Wednesday 7th August**

Hunstanton Lifeboat Sandcastle Competition Old Hunstanton Beach in front of the RNLI Boathouse. Registration from 1.30, start 2pm. Entry £1

**Hunstanton Lifeboat Sandcastle Competition**  
**Wednesday 7th August 2024**

Start 2pm, registration from 1.30pm. Entry £1 only. On the beach at Old Hunstanton in front of the RNLI boathouse and shop.

Everyone welcome, especially families with children. The competition lasts for about an hour (weather permitting) and is in three age groups. Prizes will be awarded for the RNLI shop. Parking available at the Le Squer car park.





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# Behind the scenes

Hello and welcome back to the next edition of Behind the Scenes! Although June started off rather rainy, we hope to now see the summer sun! This edition will cover July, so let's take a look at some of the great performances you can expect to see over the course of the month.

But first, don't forget that currently we have DJ Zola with some summer soul grooves, here on Wednesdays from 6pm throughout the summer (weather dependent), outside on our Sunset Wine Bar terrace. Zola has done his great DJ set for us many times, and if you came down last summer, then you would know it's an evening with great music, great sunset views, and a great atmosphere. So don't miss Soul at Sunset with DJ Zola!

Towards the start of July, we have the return of two shows that have visited us a number of times. Whether you're looking for Rock and Roll or a night of Motown, these are two that you all know and love. This is of course *Marty Wilde and The Wildcats* on Friday 5th, and *American Four Tops* on Saturday 6th. Both performances bring great energy, Marty Wilde performs alongside his 5-piece band, and the show will include many of his hits, celebrating his impact on Rock'n'Roll, and his career which began in the 50s. *American Four Tops* celebrates Soul and Motown classics in tribute to artistes such as the Four Tops, the Temptations, the Drifters, the Stylistics and more. Their powerful vocals and energetic choreography create an upbeat evening that you don't want to miss!



*'The Magic of the Bee Gees'*

Towards the middle of July on the 13th, we have another returning act, direct from London's West End, The Magic of the Bee Gees. This tribute to the Bee Gees ensures that their incredible legacy continues, celebrating three decades (60s, 70s, and 80s) of their music, including hits they wrote for artistes such as Celine Dion, Diana Ross, and Dolly Parton. Experience the unique sound of the Bee Gees in this unforgettable celebration!



Jemma

Continuing, on Thursday the 18th of July, we have an afternoon performance at 2.30pm. The well-known Norfolk performers Olly Day and Nigel 'boy' Syer join us again for their show *If It's Laughter You're After*. An afternoon of comedy, music, and maybe even magic, alongside special guest Eve Bridger, the brilliant Welsh songstress. Don't forget we also have a group booking offer. For more information on this please contact the Box Office.

Finally, towards the end of July at a slightly later date than previously, we have *The Hunstanton One-Act Drama Festival* here Friday 19th – Sunday 21st (see also pages 42-43). This festival celebrates the performing arts, as a variety of amateur drama groups are welcomed to the stage. Coordinated by Festival Director Stephen PE Hayter and the Hunstanton One-Act Drama Festival Committee, along with the support of the Borough Council of King's Lynn & West Norfolk, and with the event taking place at our theatre. The festival will run across 3 days, where a number of plays will be performed. As always, there is a season ticket which can be purchased for £20 to receive entry into all sessions.

The festival comes to a close with the Gala Awards Ceremony, where in an exciting conclusion, the adjudicators hand out a number of awards across the performances seen over the past few days. After watching some of the festival's acts for the past couple of years now, it is such a great time, and it's inspiring to be in a space where this creativity is celebrated and supported. More information including the current programme of performances throughout the event can be found on the One-Act Drama Festival website.

That brings us to an end. Thank you for reading through July's edition, and for the support you continue to show the Princess. Please look to the back 'What's On Page' for the full list of performances this July.

We hope to see you again soon, but until next time, break a leg!

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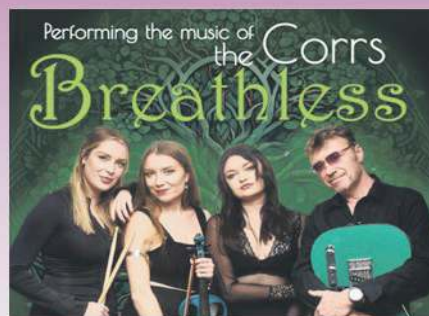
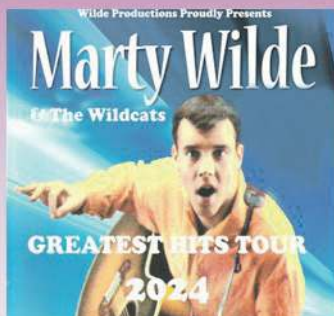
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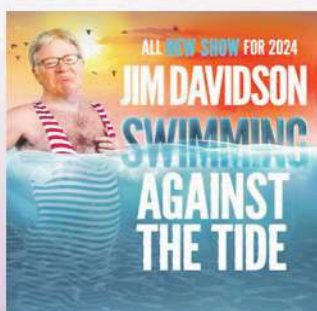
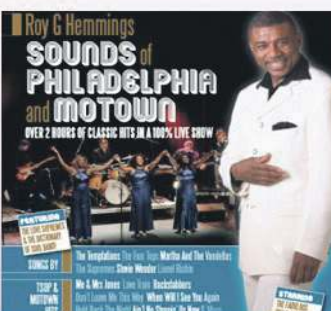
**Sunday 7th**



**Friday 12th**

**Saturday 13th**

**Thursday 18th**



**Friday 19th—Sunday 21st**

**Friday 26th**

**Saturday 27th**

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