



HUNSTANTON TOWN and AROUND

ISSUE 125 MARCH 2016

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EVENTS & ACTIVITIES

Your calendar for the month ahead

THE GREAT OUTDOORS

Sport, gardening, farming, nature and wildlife

LOCAL NEWS

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- **WHO ARE WE?**
- **WHAT DO WE DO?**
- **HOW CAN I FIND OUT MORE?**



*Why not come along to our friendly informal Rotary Awareness Event on:
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Refreshments provided.*

Our aim is to improve local awareness of what Hunstanton & District Rotary Club do.

Local and International Charities benefit each year from over £21,000 in donations.

*If you would like to come along then contact Peter Atterbury (Tel: 01485 534820 or
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First word

Hello and welcome to the March edition of T&A.

Richard and I went to Lincolnshire earlier this month to see a state-of-the-art printworks that produces over 130 magazines a week. It was really impressive employing over 250 people in a rural location - and Lincolnshire's roads are very similar to ours! In any event, we picked up lots of ideas for improving this magazine that we'll be incorporating over the next few months. You might notice a few changes in this issue and your comments are welcomed; drop me a line!

Spring is definitely in the air and our 'Great Outdoors' section is full of news and ideas so turn to pages 22 to 27 for inspiration.

Sadly online fraud is a fact of life these days and there's a special warning to those who are approaching 70 and renewing their driving licences on page 10 written by my beloved, and also online security advice from Mark Kacary on page 42.

Thanks to all our advertisers, the distribution team and everyone who has provided articles and photos, you are truly appreciated.

Until next month....

Elaine

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HUNSTANTON TOWN AND AROUND

Advertising copy is needed by 12th of the month preceding publication.

The copy date for items for inclusion is also 12th.

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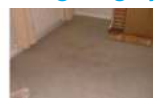
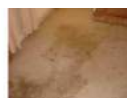
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Back by Popular Demand –

Wild Flower Seeds as seen on the A149 Redgate Hill

The past three years has seen the most spectacular display of wildflowers along Redgate Hill thanks to the sowing of Jour De Fête wild flower seeds.

This stunning mix of Cornflowers, Cosmos Sulphureus, Cosmos Bipinnatus Sensation, Sunbow Zinnia and Tithonia Torch give a long lasting show in any area. Growing to a height of 1m – 1.5m and flowering from the end of June to mid-November they give good coverage for wild habitat but are also ideal in floral arrangements. Sowing April – May with germination of 8-10 days.

These seeds are now in stock at Hunstanton Tourist Information Centre priced at only £2.99 a bag for a coverage of 6 square meters. Get yours now as they sell out very quickly.



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Ian Wells

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For further information:

Tel: 01485 297342

Mobile: 07766 561993

Email: iwells6@aol.com

Ian Wells



I have recently moved to Hunstanton from King's Lynn where I ran my successful holistic therapy practice. I am pleased and humbled to say that all of my clients, who travel from as far afield as Norwich and Cambridge, have continued to come to have their treatments in my new room, which has the same tranquility and calmness as before. I am looking forward to welcoming and helping new clients from the Hunstanton area.

I have been qualified for some years and continue to enjoy a great sense of achievement by helping people with a range of conditions to be able to lead their lives to the full. An individual's wellbeing affects every aspect of life and the techniques I use help to maintain good health and mobility as well as well being. With a range of techniques available I tailor treatments to the individual.

In the last few years Mindfulness has increased in popularity and as a qualified coach, I have enjoyed teaching this practice to support health, wellbeing and stress reduction. I feel pleased to have had the opportunity to train many in this practice, including teachers, healthcare workers and those looking for a better quality of life.

If you would like further information please contact me on 01485 297342 or email iwells6@aol.com



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Hello Sunshine!

With the promise of warmer weather around the corner, The King William IV country inn and restaurant will be launching its summer opening hours from Friday 25th March (food will be served Tuesday to Saturday, 12pm to 2pm; Sunday, 12pm to 2.30pm; and every evening, from 6pm to 9pm). Head chef Chris Marshall has been busy working hard on his inspiring spring/summer menu, bringing together his favourite seasonal ingredients, sourced locally where possible. Our customers have a great deal to look forward to." The new dishes will complement the restaurant's ever-popular pub classics, light bites and tasty vegetarian meals.

March marks another action-packed month for the team, with Mother's Day, Easter and Bank Holiday Mondays on the cards (The King William IV is open every Bank Holiday Monday, serving food between 12pm and 2pm, and 6pm and 9pm). Looking to spoil your Mum on her special day? Food is being served all day, should you wish to dine from the regular à la carte menu or tuck into a traditional Sunday roast. Go on, after all, doesn't Mum deserve it? Plus, as Easter is a great time for catching up with your loved ones, why not book a table for an informal family meal in the child-friendly restaurant? You're guaranteed a warm King Will welcome!

What's more, there's great news... The inn has received a brand new accolade, having been top-rated by LateRooms.com in the Simply the Guest Awards! A fantastic recognition, as the awards are based purely on genuine guest reviews. Congratulations go to all the team!

Foodbank launches café and support service

Hunstanton Foodbank launched its café and support service on 4th February at St Edmund's Church Hall.

Adjacent to the Foodbank the venue offers a relaxed setting for clients to meet the Foodbank volunteers for help and support services including referral to, and liaison with, government and local authority agencies, form filling and money management. They can also refer clients to debt counselling services.

Trustee of the Foodbank Richard Shaw said: "The need for some sort of support service to run alongside the distribution of food was identified some time ago and we are very pleased to be able to use St Edmund's Church Hall for the café that will be open on Mondays and Thursdays between 2pm and 3pm.

"We offer hot drinks, biscuits and the opportunity for people to get financial and debt advice. We can call benefit agencies on their behalf and guide them through complicated paperwork."

Right: Photo of some of the Foodbank volunteers from left Rev James Monro, Richard Shaw, Helena Blakeway, Sue Shaw.

Foodbank telephone no: 01485 298011

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What is a pre-paid funeral plan?

by Ryan Taylor, Inheritance Legal Services Ltd

FAMILY is an incredibly interesting word and has different meanings for different people. It can provoke a whole range of emotions from happiness to sadness, anger to pride and sometimes let's face it... just out right disbelief! I think it's safe to say that if you have family who you are in contact with, you would like to do all you can to protect them.

Inheritance Legal Services is a Family run business, set up in 2010, with the aim of helping families making sure everything they had worked hard to own was protected during their lifetime and when they died. Fast forward 6 years and Inheritance Legal Services Ltd have grown to 4 shop fronted offices and an incredibly strong team. On top of this, we have also been approved by Cambridgeshire Trading Standards under their 'Buy With Confidence' scheme as well as Norfolk Trading Standards 'Trusted Trader' scheme.

When people think about planning their estate they often think of making a Will. Sometimes they decide to include a Trust to protect assets further and those who have been well advised will be aware of Lasting Powers of Attorney. These are all services we focus our business on and deal with all day, every day. However, there is one area which often gets overlooked and could ultimately cause your family unnecessary extra stress and potential financial difficulty and that is funeral costs.

As a family run company, we know that helping people to pre-pay for their funeral is really important. You only have to look at the 'Sun Life cost of dying' report to see how much money can be saved by pre-paying for a funeral. In 2013 the average cost of a funeral was £3,456. In 2021 it is predicted to be £5,938 and by 2029 it is expected to rise to £10,203. Our funeral plans start from £2,075. The funeral plan we recommend guarantees that, however long you live and however expensive a funeral is when you pass away, there will always be sufficient funds to cover all of the funeral directors' fees.

Our chosen funeral plan provider is 'Safe Hands' who we felt was most fitting to our own company values. The plans are low cost (in fact they are one of the most competitively priced providers on the market), they are simple to understand and with no hidden fees or charges. Our provider is the only pre-paid funeral plan company officially endorsed by the National Federation of Funeral Directors - the UK's only funeral trade body dedicated to increasing consumer choice, transparency and pricing fairness within the industry. Dr Hilary Jones from TV is also an ambassador for the NFFD along with 1966 England World Cup goalkeeper, Gordon 'safe hands' Banks, backing the Safe Hands plans.

You can even pay for the plan monthly, with the first 24 months interest



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www.inheritancewills.co.uk

free!

A funeral plan is not about being morbid; it's planning and paying for a celebration of your life - something your family can only thank you for.

Inheritance Legal Services operate a low cost, fixed fee service and can arrange FREE, no obligation appointments at your home or in one of our shop fronted offices (King's Lynn is your closest) weekday's until 8pm or Saturday mornings.

If you would like the ultimate peace of mind, knowing that you have done everything to protect your family, please call 01553 860123 to arrange for us to send you one of our funeral plan brochures and costs.

Ray Butcher's Su Doku...easy first

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

...then more challenging

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

Over 70's beware the replacement driving licence website

Richard Bird

I know its hard to believe but yes I received notification from the DLVA that I had to renew my driving licence. Marked 70+ the document arrived recently informing me that I had to renew my driving licence.

They also explained that I could go on line and renew for convenience. As I spend about 5 hours a day on my computer, responding to and receiving council e-mails mostly but also doing research and other matters, I elected to use their address and use the on-line facility.

Now here's when the fun started, I know I put the correct address into the 'Google search', and sure enough up came a document, I thought identical to the hard copy received through the post. I didn't think anything of the notice that

came up asking me for my bank details for a 90 pence online admin fee, after all it was an 'official web site', and so I duly filled in my on line form as directed.

Only when I received an e-mail telling me that the form was not completed correctly from an independent company called Legalao did I start to become concerned. I went back to the web site that I had assumed to be DLVA and upon scrolling to the very bottom did I discover that this site was in fact an independent company that I had signed up to become one of their clients offering legal services to at the rate of £49 per two-month period ongoing.

There was a 0808 phone available and I duly called the number that turned out to be a company based in North Africa. I cancelled

the facility and in fairness to them an e-mail duly arrived confirming my cancellation, this from a company called Focusarea, this was closely followed by a receipt for £49, there was no receipt for the 90 pence.

I phoned DLVA who stated that they had no control on other web sites and could not assist me in the matter. I contacted my bank who have cancelled and queried the payment, the funds have been returned to my account pending an enquiry, however I am not convinced that a company based in North Africa that has been, in my opinion, established to fool people out of their money will not have thought this through.

It seems to me that this age group have been targeted purposefully, probably thinking that we

are an easy touch, when you consider the baby-boomer group there will be millions of people doing what I have just done. Some will tell you that I am not the brightest button, and they are probably right but none of us deserves to be targeted in this fashion, clearly, I would suggest, the company would never be able to sell these services in a traditional way.

For my part I have reverted to going back to the Royal Mail with a cheque, and I would recommend anybody to do the same, after all who benefits from on-line trading, in my opinion, only the organisation taking the money.

Constantly we are told to 'go on line', but I think I will stick with knowing my retailer, my bank, post office or using old fashioned cheques.

BARCLAYS TO HOLD FRAUD AWARENESS EVENT AT HUNSTANTON BRANCH

Barclays will be holding a Fraud Awareness event at its branch at 42, High Street, Hunstanton, Norfolk on Thursday 10th March 2016, from 10:00 am to 13:00 pm.

As well as raising awareness around fraud at the event, Barclays' staff, Norfolk PCSO, Nicola Biggs and Stephen Maunder, Trading Standards, will be able to provide advice about safe banking and measures that can be taken to avoid becoming a victim to fraudsters.

Refreshments will be provided and there will be a number of leaflets that people can take away to remind them of the crime prevention advice offered.

PCSO, Nicola Biggs, said: "This is a great opportunity for local residents to learn about a number of scams currently operating in the county and take sensible, yet simple, measures to help themselves avoid becoming victims of such crime. Not only is this an ideal chance for people to take advice on board first hand, they can also then go back to their relatives, friends and neighbours armed with the latest information and help them become fraud aware too."

Miranda Jeavons, Branch Manager at Barclays Hunstanton branch, said: "The Fraud Awareness event we held last September was well attended and given the number of requests we have received to run it again, we thought it would be a good opportunity to make people aware of the importance of keeping vigilant and understanding the range of scams that

are in existence."

Miranda continues: "We work closely with both the Police and Trading Standards and our branch colleagues continue to be vigilant and will often question customers if they feel they could be under duress when asking to withdraw large sums of money, especially the elderly."

Barclays is the first bank to commit to an above the line TV ad campaign to build consumer awareness of fraud. The advert can be viewed here: <https://bbhclientfileshare.chillivault.tv/p/79f13d9bbe37dd833f5f>.

Anyone wishing to attend the Hunstanton Fraud Awareness event can simply attend on the day.

Pensioners 'to gain' from new single tier state pension but younger people 'worse off'

A new single tier state pension is to be introduced for those reaching state pension age from 6 April 2016 onwards. According to research by the Department for Work and Pensions (DWP) many pensioners will receive a boost from the new single tier pension. Under the 'flat-rate' system, new pensioners could receive up to £155.65 per week, compared to the current state pension entitlement of £119.30.

The press release states: "The data shows the long-term impact of the new State Pension on people's pensions, with 75% of people set to gain in the first 15 years."

The move to the new system will provide a boost to the State Pension for many women, with over 3 million women receiving an average of £11 more per week by 2030 as a result of the changes, - helping to address the gender inequalities that have persisted under the old scheme."

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Pensions - all change!

In his 2014 Budget address, George Osborne announced some rather radical changes to the way in which you can take your pension, which came in to affect back in April 2015.

So what does this mean?

Well, in short, the rules surrounding how you can take money from your pension arrangement have changed. From age 55, there is more flexibility than ever before around how you can take your pension.

Depending on your pension arrangement, you may be able to:

- *Use your money to buy a regular income for the rest of your life – you can normally take up to 25% tax-free cash or*
- *Keep your money invested and have access to it - you can normally take up to 25% tax-free cash or*
- *Take all of your pension savings as a cash lump sum, or a series of lump sums. Please bear in mind that cash lump sums (after your 25% tax-free cash) will be taxed differently depending on your personal circumstances.*
- *A combination of these methods.*

Choosing what to do with your pension is a very important decision that may affect the rest of your life and future generations, so you are probably going to want to discuss your options with someone qualified to provide you with the advice you need.

Contact Allen Tomas & Co Financial Management Limited, 6 St Nicholas Court, Church Lane, Dersingham, PE31 6GZ on 01485 541998 or email info@allentomasfinancial.co.uk

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The article above is for information purposes and is not intended to be a recommendation of any kind. When making any financial decision we recommend seeking professional advice.

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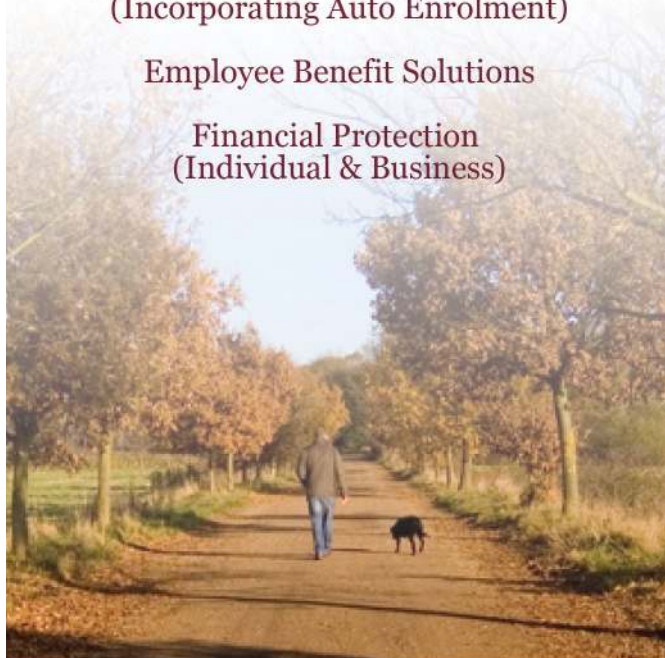
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How are you feeling?

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Do you suffer with depression, anger, guilt, have panic attacks or have problems with drinking, a bad habit, a weight problem, that you would like help with, or maybe there is something else that you would like to overcome?

These are just a few of what could be stopping you from living a happy successful life.

Please don't think you have to be strong and suffer in silence with your worries, because you can take control and overcome them.

I will give you the empathy, the



space, the time to open up and to express yourself in a private place, where you won't be overheard.

I will not judge you or tell what to do, so please don't be put off. Put a stop to this and get in touch with me, so we can start to put your issues in the past where they belong and create A New You!

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I am a mobile therapist offering clients treatments in the comfort of their own home in and around Snettisham, Heacham, Hunstanton, Ingoldisthorpe and Dersingham also covering a 10 mile radius from her home address in Heacham, Norfolk. With no travel involved either before or afterwards, the

benefits of the treatment are enhanced enabling deeper relaxation within your own surroundings.

I qualified as a Nurse gaining a BSc (Hons) in Adult Nursing in 2006 where I worked on an acute Medical ward for 18 months. I sustained a back injury at work during a manual handling procedure with a patient for which I was referred to physiotherapy. The injury took a while to get over and a fellow colleague was training to be a Reflexologist at the time and offered me a treatment. I was intrigued to learn what the treatment would entail and how what essentially a foot massage as I believed it to be could possibly help relieve my back pain. I soon discovered that Reflexology is so much more than just massage, instead being an amazingly beneficial treatment (for both relaxation and easing of my back pain). My fascination of Reflexology soon led to the reality that one day I hoped to train as a Reflexologist.

I completed my training in 2014 with Jackie Hamilton School of Therapy, gaining a Level 3 Diploma in Reflexology. I also attended workshops including Hot stone Reflexology and Advanced Techniques including Hormone rebalance, lymphatic drainage, pain relieving techniques and maternity reflexology. I then went on to complete qualifications in Indian Head Massage and Ear Candling. My knowledge of Anatomy, medical conditions and medication assisted me through my training and the two professions compliment each other in practice.

Reflexology

Reflexology is a complementary therapy that encompasses a Holistic approach during the treatment. It involves the application of finger and thumb pressure to reflex points on the hands and feet which correspond with the organs and structures in the body. There is a view that reflexology can aid relaxation, improve circulation, relieve stress and tension, improve mood, rebalance hormones, alleviate anxieties, ease digestive disorders and promote sleep.

Visit my website at www.shorelinetherapies.co.uk alternatively please contact me on 07917458019 to make an appointment.

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Win a pair of tickets to Back To Bacharach at the PRINCESS THEATRE on Saturday 26th March 2016

BACK TO BACHARACH celebrates the magical music of Burt Bacharach, one of the most accomplished popular composers of the 20th Century, who together with Hal David penned some of the most memorable and iconic hits that stand the test of time.

This exciting production is touring throughout the U.K. from September 2015 and is performed by three of the finest west end singers who have performed all over the world most recently seeing them perform on tours with Strictly Come Dancing arena tour, Jesus Christ Superstar, The Phantom of the Opera, My Fair Lady, Miss Saigon, West Side Story and Whistle Down the Wind. They are accompanied by a live ten piece band who are regular performers for BBC orchestras and various touring shows throughout the U.K. and internationally, as well as recording for many famous artists and together they recreate Burt Bacharach's timeless hits.

Songs featured in the show include Alfie, Anyone Who Had A Heart, Arthur's Theme, Always Something There To Remind Me, Close To You, I Say A Little Prayer For You, Magic Moments, Walk On By, What's New Pussycat?, 24 Hours from Tulsa, Raindrops Keep

Falling On My Head and many more; songs everyone will remember and fall in love with again.

Back to Bacharach have partnered with Breast Cancer Now, the UK's leading breast cancer charity. Breast Cancer Now supports world class breast cancer research across the UK and Ireland and believes that if we all act now, by 2050, breast cancer will have taken its last life. That's why Back to Bacharach are pleased to be supporting this worthy charity by donating £1 from each theatre ticket sold, and committing to raise a minimum of £10,000 by doing so.

To win a pair of tickets, answer the following question: How many West End vocalists feature in this show, is it:

a) 3 b) 5 c) 6

E mail: editor@townandaround.net with your answer, your name and contact details. Alternatively send details to Elaine Bird, Editor Hunstanton town and Around, Homer House, 21 Austin St Hunstanton PE36 6AN

The closing date is 16th February 2016 at noon. The winner will be contacted after this date and can pick up the tickets at the Princess Theatre Box Office before the performance.

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A Page from the Sage

WELL here we are again, a page from the Sage for March 2016, and there is plenty to write about.

Let's start with those sperm whales; mass strandings of whales are rare, but they have occurred off the British Isles for centuries. In 1762 more than 27 whales were found scattered across the coasts of the southern North Sea, East Anglia and Kent, 11 whales were beached at Orkney in 1994 and another 6 at Cruden Bay in Grampian in 1996. These five whales washed up at Skegness (3), Wainfleet (1) and Hunstanton (1) were from a pod of 6 that were first seen swimming off shore at Hunstanton on the morning of Friday January 22nd, so there is no doubt in my mind that the sixth one will be washed up before you read this. (Editor's note: see the end of this article for news of the last whale).

It is a lot more common to find single whales washed up around our coast and many have been washed up in the area of the wash over the years. In 1910 a sperm whale was washed up on Old Hunstanton beach near the lifeboat house, within 24 hours this whale had been stripped of all its meat and skin by the people of Old Hunstanton so that all that was left on the beach was the skeleton, in those days people would take the skin and meat home then first they would cut it in to strips then put it through the mangle (wringer) to get the oil out to use in their lamps. The rest would be hung out to dry, some of it would be eaten and what remained would be dug into the garden as fertilizer.

In 1933 a whale was washed up on the beach right outside the Kit-Kat, a gentleman from Hunstanton showed me a picture of this whale with his brother standing on it. Over the years whales have been washed up at Heacham Bay, Terrington Marsh, Sutton Bridge, Stiffkey, Thorham and many other places around the coast, the problem is when they get washed up how do you get ride of them? At Christmas time 2011 one was washed up on Old Town beach; it was on open sand so it was not difficult to dispose of but the cost was still a few thousand pounds.

The whale on Hunstanton beach was right up by the old keel of the Sheraton under the cliffs near to the lighthouse. This area is very difficult to get to, it is surrounded by rocks and can only be reached on foot, do they let it lay there until the next high tides on the 10th, 11th, and 12th of February and hope that it floats off or do they cut it up and man-handle it across the rocks, or could it be lifted by crane from the top of the cliffs or cut up and put in a boat, any of these three ways will cost a lot of money.

By the time you read this no doubt this whale will be cleared up and forgotten about; one good thing was that many people came to Sunny Hunny to see this giant of the sea and it put the town on the world news for a day or two.

Just to finish off this subject about the sperm whales many people ask how large these sperm whales can get well weight and

by
Dick Melton



length figures for whales are usually estimates, but in 1937 a pair of stranded sperm whales were measured and weighed intact in the Netherlands. One was 16 metres long and weighed 39 tons, and the other was 18 metres long and weighed 53 tons. They have also been recorded to live for as long as 62 years.

LIGHTHOUSE HISTORY

For my next bit I am not going far away from the whale I am going to the top of the cliffs instead of the bottom, in the 5th issue of the Hunstanton Newsletter, now Town and Around, March 2006 I wrote a report about the Hunstanton lighthouse and I am always being asked about its history so without boring all my readers hear we go again.

The first lighthouse was erected on the cliffs at Hunstanton in 1665 but before that a hermit by the name of John Puttock is known to have constructed a one hundred foot beacon somewhere in the same vicinity. The first lighthouse in 1665 was of a wooden structure, it was built by Alderman Everard of Kings Lynn at a cost of two hundred pounds and it was illuminated by burning coals in an iron basket at the top, this structure was burned down or deliberately demolished in favour of an oil-burning tower in 1777, and the patent was passed on to Trinity House to display the light in 1837.

In 1840 the structure was completely removed and replaced by the present stone one, across the Wash at the same time, St Botolph's Church in Boston, Lincolnshire displayed a coal burning light in the top tower which has since been named 'Boston Stump' this light shone in the same way as the Hunstanton light did out to sea across the wild and windy wastes of the Wash.

In 1840 the lighthouse was purchased by Trinity House. Two lighthouse keepers' cottages were built attached to the lighthouse and a prison cell built in the tower basement to house arrested smugglers till they could be removed to Norwich prison. The lantern of the Hunstanton lighthouse was twelve feet in diameter the light was 49 feet from the base of the tower and 120 feet above sea level. In 1922 the light house was closed down and the structure was sold to the Le-Strange Estate for

£1,300 after its closure in 1922 it was turned into a permanent dwelling and the cottages used as a cafe until 1939.

In the late forties it became almost derelict then in the fifties it was bought by a Dereham builder for £1,600 and made into a desirable dwelling and the light was removed then somehow it was taken over by Hunstanton Town Council then in 1964 it was sold to a Cambridge architect for £4,760 after being advertised in the 'Times' since then it has been sold a time or two fetching many thousands of pounds and being let for holidays.

After the lighthouse was closed down in 1922 a light ship or floating light was put on station out in the Wash twenty miles north from King's lynx, this came to be known as the Lynn Well Light Ship, this light ship had a crew of seven and they worked four weeks on and four weeks off; after the second world war the late Mr. Geoffrey Searle would go out to the light ship in his boat just before Christmas each year and take them a Christmas tree a turkey and bottles of drink, in the nineteen fifties a campaign was started by the Lynn News and Advertiser as it was then known to raise enough money to buy a television set, this was duly done and taken out to them.

In 1973 the old Lynn Well Light Ship was taken off station and it was replaced by a large automatic navigation buoy (LANBY) the 183 ton Lynn Well Light Ship LV89 was berthed on the river at Norwich; in 1974 a Cringleford potato merchant Mr. Dennis Smith bought her for £7,500 and let the Norwich Sea Cadets use her for training purposes.

So now when you walk along the beach at night or the cliffs and you see the bright light flashing, out in the Wash and hear the boom, boom, of her foghorn you will have some idea of what it's all about.

CLIFF EROSION

I read that three members of the Town Council are going to take photos of the cliffs once a month to see how much has fallen into the sea. Fifty years ago we were told that the lighthouse would be over the edge by the turn of the century (2000) but I see that it is still there and it is now 2016 so I reckon its got another 100 years at least and if the green along the top of the cliffs was to be land drained, as I have said many times, to stop the erosion by surface water then the lighthouse could stay there for ever.

Well now, since I started writing this Page from the Sage on 4th February the sixth whale from the pod was washed up on Old Hunstanton beach to the north of the lifeboat house. It was alive at first but despite great efforts to keep it alive and get it back into the sea, it has since died. This whale is on open beach so it is much easier to get to than the last one and I have been told that it will be removed today, 5th February.

Well that's about all for this month, let's hope the weather gets drier so you can all get a troshin' on your gardens and allotments. All the best, The Boy Dick, Sunny Hunny

Young musicians to play at St Edmund's

The West Norfolk Jubilee Youth Orchestra (WNJYO) was created with funds from the Queen's Silver Jubilee in 1977. From humble beginnings it grew to an organization large enough to support a full symphony orchestra and concert band. Numbers then dwindled to a critical point in 2014 when it was decided to re-form as just an orchestra with the intention to rebuild. This is happening and the orchestra now has twenty-four players, aged from 11-17, drawn from schools across West Norfolk who meet to rehearse at Springwood High School in King's Lynn.

The orchestra has a busy schedule of concerts with future events in Gressenhall, King's Lynn and Snettisham. On Sunday 20th March they will take part in the regional event of the National Festival of Music for Youth; performances there in the last two years have led to an invitation to play in the fringe of the National Festival in Birmingham.

The conductor would love to hear from any young musicians interested in becoming members (wnjyo.org.uk or email rob.galliard@wnjyo.org.uk).

Programme for St Edmund's concert

The programme is called from Norfolk to Outer Space because it features the Gressenhall Suite, written in 1915 by Francis Cunningham-Woods after a visit to the Norfolk village and orchestrated by the orchestra's conductor, and the Sci-fi Suite, which is film music without a film. Other items include classics by Elgar, Fucik and Pepusch contrasted with more modern pieces drawn from the music of Paul Simon and Harry Potter.

NEW DRAMA GROUP LAUNCHES

Would you like to be part of a new and interesting Drama Group?

The Hunstanton Community Players are just starting up with an exciting programme of plays and performances planned for 2016.

This new company launches on Friday March 4th at Hunstanton Town Hall at 8pm.

Plans so far include an entry to the HDFA's "Drama Festival of One Act Plays" at the Princess Theatre in July. There are several challenging short plays under discussion with lots of parts to choose from, and now is the time to come along and find out more.

If you have never acted before it doesn't matter. If you are experienced, they would love to see you. If you don't want to act then back stage help is also needed with scenery design, lighting and costumes. So if you have ever wondered what it's like to "tread the boards" now's your chance to start afresh with a new company.

The first meeting on March 4th is free with refreshments being served and starts at 8pm.

Call Mick or Sharon Yates on 01553 674218 or Mick Yates @ mick-mick@hotmail.co.uk for further information.

West Norfolk Jubilee Youth Orchestra bring music to Hunstanton in a special concert at St Edmund's Church

'From Norfolk to Outer Space'
Sunday 13th March 2.30pm

Entrance FREE

Refreshments will be served

(retiring collection for the WNJYO & St Edmund's)

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The Shakespeare Sonnet Competition

As part of the celebration of the life and times of William Shakespeare during this year the 400th anniversary of his death, The Hunstanton & District Festival of Arts is inviting everyone to take part in their Poetry competition to write a Shakespearian Sonnet!

You are asked to compose your own Sonnet. It can be as modern 'As you like it! But it must be bound by the shape of the English sonnet form. This is 14 lines of verse written in the iambic pentameter form: this is a rhyming scheme of -ABAB CDCD EFEF GG.

To write a sonnet: 1. Decide on a theme 2) Practise writing in the iambic pentameter form with ten syllables per line, sometimes described as very close to the natural rhythm of speech 3) Organise in three sections or quatrains, followed by a couplet (This is usually a summary).

Entries must be in by 4pm April, 30th 2016 and sent to:-

Angela Blenkinsop, at Oriel Lodge, 24 Homefields Road, Hunstanton, Norfolk, PE36 5HJ or scan to ablenkinsop@hotmail.com or handed in to the Hunstanton Tourist Information Centre.

A prize of £50 for the best senior and £50 for the best junior entries will be awarded by a panel of HDFA judges.

Cherry Tree Chocolates

The Easter and springtime tradition of giving and receiving decorated eggs is one we treasure. From a child's hand-painted hen's egg to the most elaborately wrapped chocolate confection, the message is one of renewal and good wishes. It is a happy way to usher in the new season, certainly. It is also a cue to abandon our winter hibernation and celebrate the moment with friends and family.

We are not alone. Egg traditions and celebrations can be found across the globe – Kolomyia, Ukraine, even has its own egg-decorating museum with the building itself shaped and patterned like an egg. We can't promise exactly that level of experience but at Cherry Tree Chocolates we are certainly packed to the rafters with beautiful chocolate Easter eggs and treats.

This year we have some new gifts. Norfolk-based Booja Booja creates exquisite dairy and gluten-free truffles presented in equally wonderful eggs, hand-painted in Kashmir (large egg, £25). We have also found traditional brightly patterned cardboard eggs, still made in Germany, and filled them with mini eggs. We have also introduced marzipan eggs, champagne truffle eggs and Jelly eggs. As ever we are offering Moo-Free and Celtic dairy-free eggs (suitable for vegans) and sugar-free eggs filled with chocolates.

All our house-wrapped eggs (from £6.95) are created using superb Belgian chocolate. We also use the very best food-safe packaging and ribbon so we can go to town on our creative schemes. This year each of the medium size eggs (available in white, medium and dark chocolate, £12.95) contain a selection of chocolates presented in a Belgian ballotin to make the experience even more special.

One of the benefits of this hand-wrapped approach is that we can tailor what goes into our medium and large Easter eggs to their recipients at no extra cost (48-hours notice required). Unusual requests have included Turkish delight, blow-your-socks-off chilli truffles and marshmallows. We have even enclosed a marriage proposal ribboned in a box with praline hearts! If you have a special surprise you want to spring on someone this Easter pop along to Cherry Tree Chocolates or telephone us to discuss it.

Cherry Tree Chocolates,
9 High Street,
Hunstanton
PE36 6AZ;
www.cherrytreechocolates.com;
01485 534992.



News from Alive Oasis

As the year got off to a cold, damp start **Alive Oasis** celebrated a fresh beginning with the A.L Team, an eclectic mix of talented individuals ready to serve your every fitness need. The Nutritionist, the Instructor, the Lifesaver and the Motivator encouraged the brave and the ready to get off the sofa and into the gym to gear up for a fit and healthy 2016.

Even though this particular promotion ended in February, the A.L Team are still here to guide you through your fitness programme, advise you on diet and motivate you through to the next New Year.

Elsewhere at **Alive Oasis**, the Aerobic classes have continued to be popular, with new instructors, times and formats adding to the attraction. Class times range from 9am to 8pm, from nice and gentle to a little bit harder so there is always something for everyone.

However, Oasis is not just for those workouts! As one of our customers commented: 'It is so wonderful to have somewhere to come, meet friends and keep fit when you are retired.' With our Over 50s Coffee Mornings on Mondays and Thursdays, there is no excuse not to escape to Alive Bites café, and have a good natter over a hot chocolate, perfect for those pre-Easter blues and post work-out refuelling!

Also in Alive Bites café, we have continued providing birthday parties throughout Christmas and the New Year. One satisfied customer told us that her children 'really enjoyed it. The kids had a great time. Happy kids, happy parents! At prices that range from £8.30 per child to £9.35 for two-and-half hours of fun then Oasis is the place to celebrate.

Of course, Easter is when the resort of Hunstanton really gets going and where better to start than the Roller Rink. Closed since last year for a good old clean up, the rink is now back up and rolling. There is no need to book, but remember, it is outside so keep an eye on the weather!

If, come rain or shine, making the most of the beach is your thing then why not take advantage of our chalets and hire yourself a base where you can store your beach balls and deck chairs or escape from the weather? Situated just yards from the beach and costing just £18.60 for the day, each chalet has a power point for that warming cup of tea and its own inclusive parking space. For availability and bookings, call **Alive Oasis** on 01485 534227.

For more information on all of the above see our website www.aliveleisure.co.uk or call 01485 534227

Alive Oasis HunstantonOasis

Alive Oasis, Central Promenade, Hunstanton. PE36 5BD

Swimming the English Channel and the Wash

By Ken Arnott

Considering the number of attempts made by swimmers to cross the English Channel it is perhaps surprising that the name of Mercedes Gleitz stands alone when it comes to swimming across the Wash. I certainly don't remember seeing any list of swimmers who have made the attempt but failed. Perhaps it is understandable, however, as the Wash is notorious for its severe currents.

I have often wondered why we claim Mercedes as a Hunstanton heroine. After all she landed at Heacham. There she was greeted by Squire Le Strange who reminded her that: "Anything that lands on these shores belongs to me" or words to that effect. However, then she was whisked off to Hunstanton by boat where she was greeted by local dignitaries and later invited to open the Blue Lagoon swimming pool.

I understand that Heacham did have a plaque to commemorate the event that was on display along the seafront, but if you wanted to see it now you would have to go to Heacham Parish Council offices where it is stored.

It was nearly twelve years ago that Jess Thomas, youngest daughter of showman and former Town Councillor Michael Thomas, swam across the English Channel in aid of Lupus UK and Shelter charities, achieving the crossing in just over sixteen hours, a remarkable feat for someone who was herself a Lupus sufferer.

As far as water crossings are concerned, one mustn't forget Major John Day, formerly secretary of the Hunstanton lifeboat station, who made a single-handed crossing of the Atlantic in his 44ft ketch 'Sea Soldier' in 1981.

I well remember when a Hunstanton skier became the first to water ski across the Wash, followed by a successful attempt at the double crossing – there and back – followed by the first water ski relay team to make the journey.

I also remember that a Hunstanton resident made a highly unsuccessful attempt to cross the Wash in a bath, while three hopefuls got themselves into terrible difficulties when they tried to make the crossing in a bath that they had surrounded with a form of raft. They got lost and it took the coastguards, the lifeboat and an air-sea rescue helicopter a couple of days to find them.

Perhaps one day we'll have a list of 'successful achievers' at the Heritage Centre. Any suggestions?

Editor's note: The first known crossing of the Wash by stand-up paddle board was achieved by a former pilot, Martin, in 2015.

New 2016 Photographic Competition

The search is now on to find 12 interesting and brilliant photographs taken in and around Hunstanton for the Town Calendar 2017.

Everyone is invited to send their entries in to the HDFA by the end of September, when the best 12 digital images, (in landscape form only please), will be judged by experts. The results will be on sale in Calendar form from the Tourist Information Centre from November.

Subjects may include, Interesting buildings, seaside fun, unusual angles on things and local events, all will be considered, but the scenes must be in and around Hunstanton to be eligible.

Prizes will be £50.-, for the Calendar 2017 cover picture and £25.00 each for the 11 other pictures. Chosen. Further details from: Steve Ellis at steve1961ellis@gmail.com Close of entry 10.9.16

Small grants

The 2016 HDFA small grants are again available this month. Grants range from £50 - £200, are on offer to local groups who need help with their NEW Artistic ideas and projects.

Application forms are available from The Tourist Information Centre or contact christine.earnshaw@gmail.com

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Drone flying rules in the UK

Tristan Haskins

www.dronevista.co.uk 01485 505 000

Last month we talked about the NO-FLY zones around Sandringham House and Anmer Hall. This month we'll look at the basic "rules of the air" for anyone wanting to fly an UAV (unmanned aerial vehicle) as a hobby. These same rules apply to professional drone pilots as well.

It's a common sense exercise and the priority is safety. The pilot responsible for the drone must ensure that no person, building or vehicle is at any times endangered.

Distances and Altitude. You may fly your drone to a maximum height of 400 feet (120m) within a radius of 500m horizontally from the pilot.

VLOS -the drone must always be kept within Visual Line of Sight from the UAV's pilot. If your drone pops around the back of a tree, building or other obstacle you have lost VLOS and you've unfortunately broken one of the fundamental rules of UAV flight.

Restricted Airspace. There are naturally some areas where you must not fly your drone. One of these is active airports, aerodromes and airfields. There are several websites that can help in this matter, the best one I've used is <http://www.skydemon.aero/>. Also keep an eye on the NOTAM's (NOTice to AirMen) A NOTAM can be issued by anyone or any organisation who wish to inform other flyers of unusual air activity. They can be fairly informal like a parachute display or a model aircraft aerial display, or they can be very formal like RAF low flying manoeuvres over the

Brecon Beacons.

The drone must not be flown:

- over or within 150 metres of any congested area
- over or within 150 metres of an organised open-air assembly of more than 1,000 persons;
- within 50 metres of any vessel, vehicle or structure which is not under the control of the person in charge of the aircraft
- within 50 metres of any person except during take-off or landing, the aircraft must not be flown within 30 metres of any person except for the person in charge of the aircraft.

Data Protection. If you are collecting images of identifiable individuals without their permission, then this could be breaching the Data Protection Act. This is a complicated section of legislation and I like to keep it simple. Only include recognisable persons in your images if you have their permission. Further information about the Data Protection Act and the circumstances in which it applies can be obtained from the Information Commissioner's Office and website: www.ico.org.uk

And remember, if you are receiving commercial gain from your images or videos you need to obtain a PFAW (permission for aerial work) from the CAA. Expect to pay in excess of £3K to complete your training, obtain CAA certification and purchase the necessary insurance. At DroneVista.co.uk we've done the work and have the certificates to prove it. For all your aerial photography and image requirements please contact Tristan today."



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TRAVEL - MALLORCA

It's not full of stag parties and bare chested drunks!

FORGET all that you ever thought that you knew about Majorca – sure Magaluf can be a bit lairy. However if you're a cyclist, then Mallorca (Majorca) is a bit of a well kept secret.

Head 40 minutes north from Palma airport to Puerto Pollensa and you'll find this amazingly beautiful part of the island.

The coastal plains around the towns of Puerto Pollensa and Alcudia rise to the Tramuntana mountains – a cyclists' nirvana.

If you're at all serious about your cycling then this part of Mallorca really deserves a visit and you'll be well catered for. The local tourist board is doing all it can to encourage cyclists to visit their mountains. Much work is being carried out to the road network just to improve it for cyclists.

If you do give it a try you'll be in good company. The winter and autumn sees the return of the 'Pro' cycling teams, such as Team Sky, Lotto Soudal, IAM Cycling and many more training in and around the mountains range.

The Tramanuntana mountains are famous for its climbs; such as Sa Colobra and Puig Major, freshly laid asphalt switch back climbs.

When you're not pushing yourself to your limits, there is



plenty to do in the down time.

Restaurants and bars abound, but don't get the idea that this is going to be another Magaluf, far from it. This is civ-

ilized fun. Friday nights in the Irish bar are part of the training regime. Every week for over 13 years, there's a four piece band that belts out all your soft rock favourites and yes they serve the black stuff.

Stretch a leg down the sea front to Tolos Restaurant (booking recommended) and you'll find a shrine to 'Wiggo', his bikes, jerseys and other equipment adorn the walls of the place.

Back up the mountains – there are so many rides that confusion may take over and you may end up going nowhere and wasting time before getting to grips with it. This is when you might want to find yourself an English speaking guide.

Someone who knows the rides and of course the essentially important coffee and cake stops. Three time World Transplant Games' Cycling Champion Otilie Quince who lives permanently in the town, offers new visitors help and assistance with all things cycling related.

So if it's advice on routes, cycle hire, physiotherapy and more then Otilie will be more than happy to point you in the right direction.

Easyjet and Monarch all fly regularly to Palma from Luton airport during the season so it's easy to get there.

If you don't like flying you could always drive to Barcelona and catch the ferry!



Otilie Quince BSc (Hons) PGCE TOL Dip

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Do you really know Mallorca? if not you could be in for a surprise

Krystian Tatum, Destinations Travel Agency

The largest of the Balearic Islands, like its neighbour Ibiza, Mallorca has a reputation for being a party island however other than a small area to the South East this is not really the case and in fact it is really very diverse.

Measuring 100kms x 75kms Mallorca has fertile plains, a mountain range and fabulous sandy beaches.

As well as its fertile plains the interior of the island contains pine forests, olive and fruit groves with particularly good vineyards.

Walking and cycling holidays are extremely popular as there is so much to explore and the road network is very good.

An independent reviewer describes the South of Mallorca: "There is a secret to the south... those in the know love it and don't want to tell everyone else about it because, well, then everyone will know and it won't be the same will it. But we are here to tell you the secret and trust us when we say you won't regret a visit to this beautiful, rolling countryside. With some of the best beaches on the island, an outstanding choice of restaurants offering both fine dining and a family atmosphere (how refreshing!) and some of the best local markets on the island (Santanyi on a Wednesday and Saturday is our top tip)"

The diversity of the island is extended to the accommodation options on the island, from the major tour operators big brash All inclusive hotels to rural farmhouses and Villas.

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HUNSTANTON IN BLOOM

Christine Earnshaw



2016 sees Anglia in Bloom celebrating 20 years with several special events being held including two new judging categories added; Woodland Areas and Hotels, Pubs, Restaurants. At our February meeting Chris Durham reported on the pruning and other works completed throughout the town. Pat Richardson is seriously involved in selecting new bulbs and flowers for Redgate Hill so we can look forward to a glorious show again this summer, weather permitting. Look out for the Badge Bed on the Upper Green which will be designed for Guide Dogs for the Blind after the polyanthus have finished.

Sadly, or rather annoyingly, the football pitch had been churned up at night by cars so more bungs will be constructed to protect the area. Inevitable cut backs mean that the grass cutting schedule has been reduced which might benefit the bugs and birds and there will be only 2 additional seasonal staff instead of the usual four. So here is an opportunity for anyone who would like to help by looking after a flower bed on the Esplanade Gardens joining the happy team of Adopt-a-Bedders. It just involves weeding and dead-heading throughout the flowering season – and you get your own plaque with your name on! If you would like to be involved please contact Mr Pat Richardson, Tel 535236.

Sue Dickinson for the BCKLWN reported on the progress of the Heritage Esplanade Garden Project which is applying to the Heritage Lottery Fund to carry out work on the cliff tops, Esplanade Gardens, footpaths and play areas. The bid is ready to submit by the end of February but we won't know the result until June so at this stage we can just be hopeful. Meanwhile the work goes on to keep our town looking lovely and the newly planted polyanthus are now looking fresh and colourful for the Spring.



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Mudpies & Butterflies

Written by Louise Barby

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Spring is here, whether it's cold and wet or bright and frosty as you read this article, rest assured a blast of spring colour will adorn the gardens and hedgerow all around us. Take inspiration from nature and get gardening!.

Bare root plants & perennials

Ideally, March is the last month for bare root purchases, including roses, hedging, soft fruit and perennials. These can be purchased very frugally and planted out on a dry, frost free day.

With existing plants, if you start to see a bald spot in the centre of a clump of perennials, lift the whole clump, tease apart with two forks placed back to back. Take only the strongest and healthiest divisions.

Weeds

If you haven't been out in the garden this year, make this month the big clear-up. Dig out weeds by the root or hoe small seedlings. Cut perennials close to the base. A bit of work now will save so much time through the summer months.

Mulch

Once you've cleared the weeds, mulch the area with a good mix of compost and manure. Roses, soft fruit and perennials will benefit from a mulch.

Hedges

Elderly yew hedges can be renovated by pruning. Cutting back all in one go is only successful if your hedge is in its prime and can take it. Otherwise, do it gradually, March is the perfect month to prune hard. Learning to trim and prune hedges is best done now, the new growth with soon cover any areas, so have a go without worrying!.

Sowing time

I know how many people have enjoyed the various 'wild flower' borders in and around Hunstanton in past summers. Once the soil reaches 6C you can start to sow directly outside and create your own display for the summer.

You can also sow in little pots and protect the seedlings on a bright windowsill. In no time at all you will have seedlings galore, and lots of colour until the first frosts. Alternatively, go for salad crops and eat your way to a healthier you! What ever you choose to sow, just have a go.

If I can be of assistance with a new planting scheme or Spring time border revision, please do not hesitate to contact me.

Happy gardening!.




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HUNSTANTON GARDENERS

Winter is the time when most gardeners can forget hoeing and weeding and working in their gardens, and instead curl up in front of a fire with a selection of seed catalogues and dream of the floral delights to come in the spring and summer. Despite this being the closed season for gardening, the Hunstanton Gardeners' Association continues to provide a range of activities throughout the year, and January saw many of its members indulging in an excellent annual lunch at Caley Hall.

This month, the Association has invited Michael Perry from Thompson and Morgan in Ipswich to talk about his work in introducing new plant varieties to the market. Michael has a wealth of experience in this field of horticulture and has been described by the Royal Horticultural Society as one of the most influential plantsmen in British horticulture. We are sure to have a most interesting evening and the talk will be held on Thursday 17th March in the Hunstanton Community Centre starting at 7.30pm, and non-members will be most welcome on payment of a small entrance fee.

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Can you dig it?

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Starring musical comedians (and real-life allotment holders), Jo Stephenson and Dan Woods - the audience will delve into the mysterious and competitive world of vegetable shows, hear the story of an evil pigeon called Derrick (who takes over the world) and ask: John Innes - who is he? There's even a song for people who don't like vegetables, poor things.

As heard on BBC's Radio 4 Gardeners' Question Time. No filth, except mud! 'It is difficult not to laugh'. 'Highly entertaining'. - The Daily Telegraph

Blossom Day 2016

Kate Dunbar

kate.dunbar@btinternet.com 01485 534041

Come along to Blossom Day, which is being held for the fourth successive year in our beautiful Community Orchard, Hunstanton on Saturday 30th April 2016.

It is a really lovely, friendly community event with something to offer people of all ages.

There will be lots of things for children to do, including free craft activities with Norfolk Wildlife Trust, and Football Fun run by members of Hunstanton Football Club. There will be Punch and Judy, face painting, juggling, clowning and more!

Hunstanton Concert Band will be performing their amazing repertoire, and about 70 children from the John Giller Dance and Drama Academy will also be showcasing their

talent. Children from Redgate School will be performing fantastic Country Dances; they are a joy to watch!

Stalls are FREE to local community groups and crafts people/small businesses, so please contact me if you wish to have a stall.

Come and talk to our Orchard Warden and find out about all the different fruit trees, many of which are special heritage Norfolk varieties, all sponsored by people, organisations and businesses of the town.

Entry to the event is also free!

Contact Kate Dunbar
kate.dunbar@btinternet.com
01485 534041 or anyone on the Orchard Committee

Blossom Day

Saturday 30th April 12pm-4pm

Discover 101 different fruit trees *Punch & Judy*
Infant School Country Dancing* Scouts Fun*
Norfolk Wildlife Trust* **Rig-A-Jig-Jig**
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Robin Limb, Agricultural Consultant
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The UK farming industry is currently facing one of its greatest crises in more than a generation. Every commodity price is on the deck, and in most cases below the cost of production - even for some of the more efficient producers. The farming industry is frequently despised for receiving massive taxpayer handouts simply for being farmers. The reality is that so-called producer subsidies are actually consumer subsidies.

If farmers did not receive support - which now comes with a commitment to engage in environmental protection and improvement measures - their returns would need to be higher just to stay in business. The supermarket buyers understand this and factor in the subsidy payment to discount the price they pay their suppliers as a result. The ongoing price war between the four major food retailers therefore ensures that the value of farming subsidies actually translates down the value chain into lower prices for the consumer: hence producer subsidies are in reality consumer subsidies.

It is fashionable to advocate casting the farming industry to the vagaries of the free market, but this is potentially a risky strategy. The historical justification for farming support measures was based upon a reliable bread basket. By definition, if you rely on market economics to control your food supply, 50% of the time you will be in deficit.

The reason why the Common Market - as it was first called - was created, was due to the need to ensure that there was always a reliable food source. While post-war Britain was 'suffering' food rationing, large parts of mainland

Europe faced starvation. Little wonder then that the farming incentives designed to ensure this would never happen again were invented.

Unfortunately, to ensure that free market economics cannot play havoc with our staple food supply, there has to be an underpinning financial incentive to the farmer, otherwise he may just decide to stay in bed. Those who believe that food production should just be treated like any other industry need to think long and hard on an empty stomach. A man who has who has food has many problems - a man who has no food has only one.

Most of us living today cannot imagine going short of food. The supermarkets are open 24/7, and we have all become massively complacent about just-in-time shopping. A recent study of food distribution logistics calculated that, in the event of a transport strike, London shelves would be empty within 48 hours.

This is not an attempt at scaremongering, but just a plain and simple statement of the facts. Farming's ability to stay just one step ahead of global food demand has, so far, been a qualified success. Technological development in agriculture has an impressive track record, and there is no reason to believe it will plateau in the foreseeable future.

But, and it is a big "but", past results are no guarantee of future performance. We ignore the basic foundations of our food supply at our peril, and it is all too easy to assume that the supermarket truck will always turn up. As someone once said: "You will never know what you had until you've lost it..."

CALLING ALL WALKERS

The coffee and homemade cakes at St. Mary's Church, Old Hunstanton on a Thursday morning will be starting again on MARCH 31st. and subsequent Thursdays throughout the summer.

Anne and Julia look forward to seeing old and new friends who are walking through the grounds of Hunstanton Park or just visiting our beautiful church.

Coffee/Tea and cakes will be served from 10.30 till 12.30 every Thursday morning.



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Celebrate World Wildlife Day with a walk round RSPB Titchwell Marsh

The protection of wildlife is very much on the minds of all those of us who live in and visit North Norfolk as we watch with sadness the demise of whales on our coastline.

It is therefore timely that World Life Day on 3rd March should concentrate our minds on the value of wildlife and raise awareness of the multitude of benefits that conservation provides to people throughout the world. The Day gives focus to the need for protection against wildlife crime, which has wide-ranging economic, environmental and social impacts.

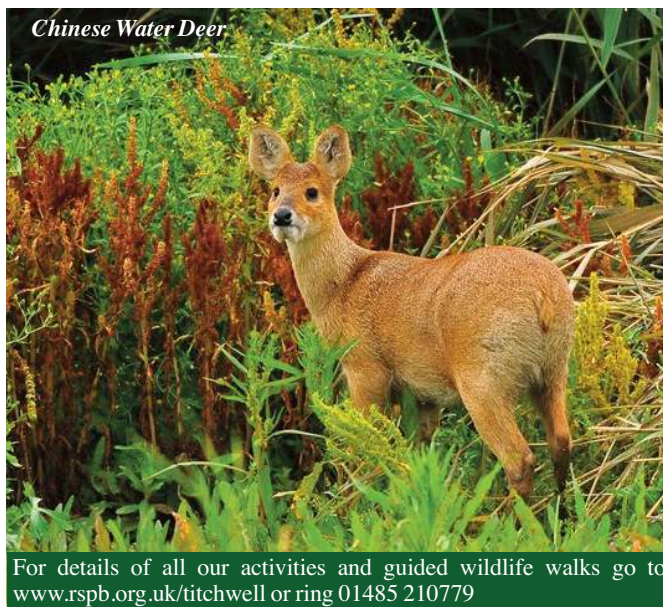
So, where better to celebrate the many beautiful and varied forms of wild fauna and flora than with a walk in the fresh air around RSPB Titchwell Marsh?

Every day offers a different

experience – you might spot a flash of white as a stoat in its coat of ermine crosses your path or during your bracing walk along the West Bank path towards the beach you can look out for water rail on either side of the path. Keep an eye open for a shimmer of azure and orange revealing a kingfisher arrowing along the edge of the marsh.

A special treat would be a sighting of the Chinese Water deer, a strong swimmer, on Titchwell Marsh which offers the deer a favourable wet, marshy habitat.

If you want to see the brilliantly coloured damselflies and dragonflies you should take the Meadow Trail, a peaceful 300 yard walk giving you photogenic views of the wildflower meadow.



For details of all our activities and guided wildlife walks go to www.rspb.org.uk/titchwell or ring 01485 210779

Nature notes with Joanna

Wind, Wind Blow away!!

I have a feeling that the quote should be 'Rain, Rain go away!' Either way some one in the country will agree! We have had a rare pasting of both in one area or another be it East or West!

A drive round in the wind recently gave me several big smiles. There were Rooks flying backwards as they tried to change feeding fields, some were blown into somersaults however they didn't seem too bothered and carried on tumbling across the road in front of me! The little birds didn't seem to have any control over where they were going, most of the Hares were resolutely lying backs to the wind even though it ruffled their fur and several fed up horses were standing backs to hedges even when they had coats on. They were standing in that 'fed up horse' way with one leg slightly lifted so that hoof was on tiptoe, and pained expressions on their faces.

It's still not been easy to find birds this month, well to find a variety of species. I have tried some new roads and found one that drives through a pig farm. That is incredibly busy with birds, hundreds of them and fascinating to watch, the but being that they are of 3 crow species (Rook, Carrion and Jackdaw) Starlings, Wood Pigeons and Stock Doves with a variety of gulls (Herring, Common and Blackheaded).

There are still good numbers of Pink Feet around, often on the grazing marsh at NOA and NWT, yesterday 2 thousand + had moved on to a field on the top ridge where they were picking at the final Sugar Beet remains. There were also several hundred of our old friends, the Wood Pigeons.

Down at Thornham Coal Barns I saw the flock of Twite that have been around most of the winter so far. They aren't the easiest bird to spot as they are small, brown and mouse like! There was also an odd white wader, at first I tagged it as a Little Egret and then realised that it was sweeping its head from side to side in the water, not stabbing at small fish as the Egrets do, luckily it confirmed my thoughts as it lifted its head high enough to see its spoonbill! Yes it was a tatty slightly grubby Spoonbill. It was a good tick to add to the months list. A trip to Brancaster Staithe proved quiet as regards people and good for birds with several Ring Plovers in evidence and one or two Herring Gulls trying the 'crack the shell' method by dropping shellfish from a height, some hadn't realised that dropping on to a hard surface works best. I also managed to find a small flock of Skylarks just before Great Massingham, they have been hard to find this winter. I could be looking in all the wrong places but I am not the only one to remark on it.

I have been looking for flowers since my last article, now we seem to be down to a few short hardy Alexanders, Daises and the blossom trees including the ever-faithful Gorse. In gardens and Church Yards the Snowdrops are fantastic and I believe that the display at Walsingham has come up to expectation.

There are a goodly number of sparring Cock Pheasants in the roads and I have spotted a lot of 'Silver Backs' among them, they shine particularly well in the sunshine and along with the silver backs of the Bramble leaves, can be an eye-catching

display. One of the new roads I have investigated has several Tumuli near the fences; many of these man made structures have piles of Mole made tumuli surrounding them. It was quite a sight with the identically shaped heaps of fresh earth like a necklace round a green neck!

What will March throw at us after this so far mild wet and windy weather? I've probably said this before, but I never trust March, living up the hillside around 600 feet it could be a cruel month with snow making life difficult. I am fairly sure the Pinkfeet will start to desert us and Curlews will be heading up to the hillsides of the Dales. We used to see the males arriving in late February.

It will be interesting to see what does happen as spring approaches, birds and insects seem to be somewhat foxed by the last 3 months. Keep watching, the Hares are already boxing when they aren't dodging the wind and as I said earlier the Cock Pheasants are in gladiatorial dispute, usually in the middle of a road! They reckon they can take on all comers when the hormones are zipping through them. There have been a good number of reports of Golden Pheasant on the Wolferton triangle, south side so maybe it would be worth a detour, they are gorgeous birds to watch.

We can also hope that there won't be any more whale strandings, sad to see and expensive to clear up

Enjoy the wildlife around us, things are changing and may be there won't be as much to see in the future.

On that note I'll wish you well.



The West Norfolk Members Group invites you to:-
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Norfolk Seniors Cricket

Geoff Harris

It is often said that cricket, like most sports, is a young man's game, that is not the case here in Norfolk. Norfolk Seniors Cricket consists of teams for the over 50s, over 60s and over 70s; cricketers who have never fallen out of love with the game and eagerly await the start of a new season.

Whilst the running in the field may not be quite as quick, the standard remains high with batsmen still getting big scores and the bowlers continuing to take wickets. The competitiveness associated with the game does not diminish, the desire to win, and win well remains.

2016 for the Over Seventies is a rather special year, in July they will be entertaining a senior side from Australia. The date is:-

15th July at Cromer Cricket Club

All are welcome to come along and enjoy a splendid day, watch some enjoyable cricket with "the old enemy" and get to chat with players from both sides.

It is quite remarkable that these guys are coming all the way over from Australia to play us, it just shows that whatever your age you never fall out of love with the wonderful game of cricket.

New owners take on Lavender Field's famous Tea Room

A brand new menu was launched on 6th February at Norfolk Lavender in Heacham when Debbie Harrison and her team took over the venue.

With head chef Liam Nicol, Debbie has introduced new breakfasts, snacks and afternoon teas including the very tempting Champagne Cream tea alongside restaurant favourites all of which feature local produce and flavours.

Debbie Harrison said: "The staff worked really hard to get everything ready for this weekend; we only had a few days to get everything done and that included decorating, but with their efforts everything was completed on time and we were able to launch a full menu on our opening day."

Liam uses his late mother-in-law's recipe for lavender scones and he has devised a delicious lavender cake to keep with the theme of 'all things lavender' at the Heacham site. He said: "The whole team is really excited about the future and we are ready for the season ahead."

"It was gratifying on Sunday to serve over seventy roast lunches without a hitch." He added.



Photo from left: Lyn James, Liam Nicol, Ellen Bix, Tony James, Debbie Harrison, Richard Watkiss, Toni Finch-West, William Reed and Catherine Waterhouse.

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From Norfolk... to France

Good food, good wine and a gorgeous location – this is the month to head to Briarfields for a very special evening

Briarfields in Titchwell is celebrating its new look with a special event on 18 March. At the start of the year, the hotel and restaurant underwent a major refurbishment which has added a new reception area, cosy wood-burners and comfy booth seating, plus a central bar area within the dining area. The changes include a reconfiguration of the restaurant's open dining room, creating a flexible space that can be intimate or open, according to the hotel and guests' needs.

This month the hotel will also hold a new event, A Taste of France,

which will see Norfolk wine expert and gourmand Graham Donaldson share his advice on wine pairing alongside a French-inspired menu from Briarfields' chefs. He will match six wines with five courses including pan-seared foie gras, lobster bisque, sous vide 17-hour belly pork, cheese and a chocolate pear bourdaloue tart. Tickets for the event, which starts at 7.30pm, cost £50.

"We're delighted to be holding our first wine pairing event which is a fantastic opportunity for people to enjoy Briarfields' new look and dining room," says Briarfields' marketing manager Jac Sandy. "Graham will share his fantastic knowledge and we're looking forward to learning why certain wines work with particular flavours – and enjoying some fabulous food too!" To book tickets for A Taste of France call 01485 210742.

The Barking Bugle - Have you lost a dog?

Wow, what a privilege it was to attend a talk given by the Loki Wolfdog K9 Tracker team! I was chosen to attend as I was by far the most likely Barking Bugle repawter to need Loki's services - my Mum knows only too well that heart wrenching feeling when a beloved family member (me) goes missing.

The Loki Wolfdog K9 Tracker team consists of three dogs and one human (Sam). Loki is currently the main tracking dog, he is a Czechoslovakian Wolfdog, which were originally bred from crossing European wolves with German Shepherd dogs. The Czechoslovakian Wolfdog is now a recognised breed, the wolf breeding occurred many generations back. They are highly intelligent and active with a strong work ethic and a fantastic nose. Loki is amazing, he can scent individual dogs and has proven his talent by tracking a dog on a two week old scent!

Loki started his training by doing Talking Dogs Rally and Talking Dogs Scentwork courses, he then went on to train with an ex-military scent dog trainer. Loki gave us a demonstration of his abilities, scenting rags under boxes. He works for treats and when the hotdogs came out, I thought I might like to take up scentwork too!

Sam and Loki travel around East Anglia helping people find their lost dogs, they do not charge a fee, just ask for a donation towards travelling costs. They have many success stories and love reuniting dogs with their

owners. Sam gave us some great advice on what should be done when a dog goes missing: The owner should leave some clothing at the spot the dog was last seen. As soon as possible report it to everyone – call Sam; the Police; the dog warden; local radio; contact PetLog (with the dogs microchip number); put it on social media; register with DogLost (www.doglost.co.uk); put posters up everywhere and accept any offers of help. Ask for sightings – get time, exact location, direction of travel and plot these sightings on a map or through google and look for a trend. Don't give up! Sam has not found Loki's limit on time of scent line yet and is willing to try many weeks after the dog has gone missing.

Sam also requests that people contact her straight away so she can give advice and spread the word to maximise your chances. Due to work commitments she may not be able to attend immediately but she will be able to put the wheels in motion to give you all the help you need. Sam is in contact with many other dog trackers all around the country and will be able to put you in contact with someone that can help if she is unable to.

I hope you never need Sam and Loki's services but if you do, or are interested in becoming a dog tracker yourself, please contact them on 07810 641818 or check out their website www.lostdogtracker.com. The talk was organised by The Barking Bugle and entirely for charity; £40 was raised to go towards Wolfdog Rescue UK. More information can be found on our website www.thebarkingbugle.co.uk

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Cheese please!

The Norfolk Deli in Hunstanton has always been proud of its cheese counter. With a specific focus on Norfolk & British cheeses customers can always find a choice of approximately 50 – 60 cheeses to taste and buy. Towards the end of 2015 the deli received an increasing number of calls from people who had visited Norfolk, tasted the cheeses but couldn't find them where they lived. "so far we've send cheese to Norwich, Bournemouth, Southampton and the Buxton said Mark Kacary Managing Director.

Over the Christmas period the deli took a look at how hard it would be to source cheese from Norfolk and whilst a number of producers offered an online service, it wasn't that easy to find a business which could not only offer a range of Norfolk Cheeses, but a range of British and continental cheeses too. The decision was made to make the Norfolk Deli cheese counter available online.

The Deli has launched its online cheese counter and is delighted to say that customers can go online www.norfolk-deli.co.uk/cheese and choose from over 50 different cheeses. Norfolk cheese, British cheese, French, Italian, Spanish or cheeses from around the continent. Customers can search for cheeses which are made from pasteurised milk, raw/unpasteurised milk, cow's milk, goat's milk and ewe's milk. As well as cheese the deli has included a range of wonderful Norfolk made accompaniments including Candi' and Jubberwacky chutneys and relishes as well as chilli jellies from Chillies Galore. "it's our intention to be seen as the number one destination for buying cheese online in Norfolk" said Mark. Customers have a variety

of ways in which they can discover the many wondrous flavours of cheese, for example the deli has also introduced a "cheeseboard of the month" which features a blend of seasonal cheeses ideal for a dinner party. Or if you want to be a little more creative have a go at the monthly cheese recipe where the deli takes a classic recipe and gives it a Norfolk twist. Check out the Norfolk Tartelette <http://www.norfolk-deli.co.uk/categories/cheese-Recipes> for example.

For adventurous cheese lovers, there surely isn't a better present than either the Anglophile or Europhile Cheese Clique, a subscription gift idea which sees cheese sent to the recipient at the start of each month. However, rather like most things, The Norfolk Deli gives the cheese club idea its own unique twist. "join us on a voyage of discovery" says Mark, using the Anglophile Cheese Clique as an example a year's membership would allow somebody to taste 24 different cheeses from 12 different counties. "every county in the British Isles produces cheeses and we wanted to show that there is more to cheese than cheddar and stilton (even if you can't beat a good example of either). Clique members will experience two cheeses from a different county each month. There will be some great discoveries along the way" said Mark-

"If you want to taste some of the cheeses on the Norfolk deli Counter, look out for details of our 'Cheese & Wine Evenings' Combining cheeses and wines, with the opportunity to purchase your favourites. Details will be published on via Twitter and Facebook so you will need to follow us on either or both sites to hear about these first."

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YOU COOK can be found at 7 The Green; its products are beautifully displayed and there's plenty of room to walk around too.

Richard said: "We have been really busy since we opened and from March we will be open seven days a week; we are introducing new products all the time so come in and see us."

"In June there will be a new range of Paul Hollywood bakeware too - just in time for the new season of Bake Off!"



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David Reeve is a native of Norfolk and served for 34 years in the Norfolk Constabulary. Much of his career was spent as a detective, but he ultimately commanded the Royalty Protection Department based at Sandringham. He attained the rank of Chief Superintendent and in 1999 was made a Member of the Royal Victorian Order (M.V.O) for personal services to Her Majesty The Queen.

He is currently a member of the Residential Property Tribunal Service and is Chairman of the Sandringham Flower Show.

David has also given many talks for charity and in 2012 was awarded the M.B.E for his services to the communities of Norfolk.

Tickets can be purchased from
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St Patrick's weekend at The Wash & Tope

Celebrated each year on 17th March, St Patrick's Day is just a few weeks away. And this year the Wash and Tope in Hunstanton is dedicating the weekend of 17th-20th March to Ireland's much loved patron saint.

But how much do we really know about St Patrick? For a start, he wasn't Irish. No one knows where he was born or indeed if his parents were Roman or Celtic, it is believed he was captured at about 16 years old in 416 AD and taken to Ireland as a slave. He escaped and later returned to convert the Pagans to Christianity wearing his blue (not green) vestments.

People wear green on St Patrick's Day, a tradition perhaps that developed from the wearing of a shamrock as far back as the 1680's. It is understood that St Patrick used the shamrock to explain the Holy Trinity with each part symbolising the Father, Son and Holy Spirit.

So, what's happening at the Wash and Tope? Manager Lorry

Aslin said: "we are celebrating St Patrick's Day with a special offer on the Guinness; giving away some promotional themed items and serving up some special Irish cuisine."

Our staff will be dressing up for the occasion and we'd be pleased to see you in your best Irish costumes. You can also enjoy some fantastic Irish music while you dine.

Guinness

Did you know that more than 13m glasses of Guinness are drunk around the world on March 17th, according to the drinks company, which, as one glass contains 330ml, adds up to 4.29m litres or 7.5m pints consumed in one day and that's almost twice the amount of Guinness consumed on an average day. And despite its Irish origins, only one of Guinness' five breweries is in Dublin, with the others brewing in Malaysia, Ghana, Cameroon and Nigeria - which is the biggest market for Guinness in the world.



We look forward to welcoming you at the re-styled and renovated Wash & Tope

Mother's Day 6th March
Please call to book your table

Guinness Weekend 17th-20th March
celebrating St Patrick's Day

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Memorial statue to Henry LeStrange, founder of Hunstanton

William Searle

William Searle is leading a project to erect a larger than life-size statue to the founder of the town, Henry LeStrange. Brian Holmes, local historian and lead member of the town's Heritage Centre has been instrumental in promoting the idea for several years and is working with William.

The intended site (subject to agreement from the relevant authorities) is at the top of the Green, outside the Golden Lion hotel facing out to sea.

Chris Bamfield, Director of Leisure Services at BCKLWN has given practical support in obtaining quotes and generous time and help.

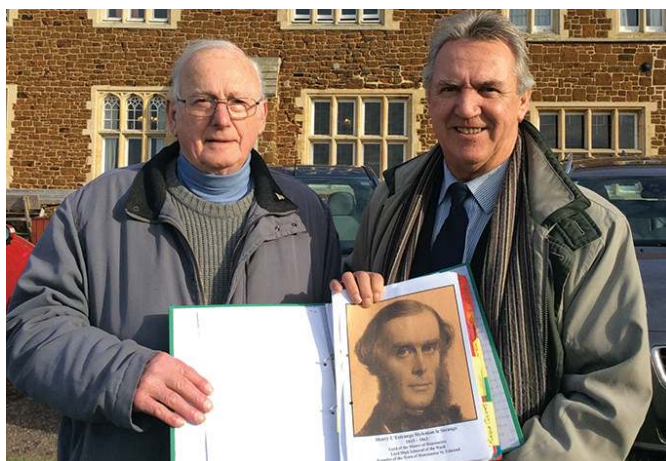
The cost is c£40,000 and at least £12,000 needs to be raised

locally.

If this is done, Cllr. Alistair Beales, Portfolio Holder for Regeneration, has pledged £8,000 from BCKLWN and the help of his officers in applying for grants for the balance which is gratefully acknowledged.

Donations and pledges are sought. The Chamber of Trade is supporting the scheme and it is hoped that the Civic Society, Town Council, local businesses and private individuals will commit. It is understood £4,000 has already been pledged within the first week.

Please contact William Searle by email at searlesseatours@aol.com to make your pledge or by phone on 07831-321799.



Brian Holmes with William Searle

A VISITOR WITH HISTORIC CONNECTIONS

Tony Armstrong and John Smith

On Sunday 6th February the Civic Society welcomed at the Heritage Centre a family party with unique connections to the history of Hunstanton. The visitor was Jill Durne from Cambridge, who was celebrating her 85th birthday, with her son Christopher and grand-daughter Heather. They were staying appropriately at the Le Strange Arms, which was owned for many years by her grand-father, Captain Charles Gray. She had also arrived to see the Mercy Gray shelter, originally erected as a memorial to his wife, in Chapel Bank, in its new position close to the lighthouse.

Jill was borne in the Glebe Hotel, at the end of Northgate, long since demolished and replaced by flats. The daughter of Douglas and Violet Gray who kept the Glebe Hotel and then the Golden Lion. Douglas was the son of Captain Grey, who died in 1952 and was one of Hunstanton's great characters in the past. His family owned the four great hotels - The Le Strange, The Golden Lion, the Lodge and the Glebe Hotel. Amongst the many positions he held in the town, including being Council Chairman four times; he was a prominent member of the Hunstanton Advancement Association, which organised the publicity of Hunstanton, including the railway posters which were displayed in

stations all over the UK. He was the commanding officer of the Old Hunstanton Training Corps during WW2, and was for many years the Chairman of Hunstanton British Legion.

Also, in her possession are some important Hunstanton documents, eg. the Lease of the Golden Lion, her mother's scrapbook, with mainly cuttings from the 1930s, and a unique voice recording on an old 78 r.p.m. record, on which the whole family, who came to Captain Gray's 80th birthday celebrations at the Le Strange, are recorded. Amongst the many items in her collection is a unique hand-drawn Christmas card, made by Sir Alec Guinness, who became a friend of Charles Gray when he stayed at the Golden Lion during the filming of *Barnacle Bill* in the 1950s.

To have three generations from such an historic family to visit was an important occasion and they were welcomed at the Heritage Centre by Andrew Murray, Terry Ashworth, Brian Holmes and Tony Armstrong. It is hoped that copies of her historic items will be available to see in the Heritage Centre this summer.



Jill Durne, her son Christopher and grand-daughter Heather at the Heritage Centre on Sunday 7 February.

Lovat Scouts

Almost exactly 100 years ago Mr. Geoffrey Drew was on a hospital ship the 'Brittanic' from Malta to the UK.

Mr. Drew is interesting as he was a former Glebe House School pupil and was determined to join the Lovat Scouts, a Scottish regiment, whilst they were at Hunstanton. He was friendly with a Major Allhusen who had also attended Glebe School, and who was Lord Lovat's friend and adjutant. Despite a medical problem Lord Lovat pulled a lot of strings and finally Mr. Drew was given the rank of Lieutenant and joined the Scouts.

When the Scouts left Hunstanton for Gallipoli, Lieut. Drew went



Gathering of the Drew family descendants for the commemorative breakfast at the LeStrange Arms Hotel

Heacham History Group

Linda Nudds

For the January meeting of the Heacham History Group we had an informal arrangement, sitting in groups and talking about the village. There was a local picture quiz with photos of places in Heacham for us to identify and a general knowledge quiz. Mavis Windibank gave a short talk on the Hatchments in Heacham Church, which many of us have seen but not realised the meaning of. We enjoyed homemade cakes and looking at pictures which we'd been loaned to copy for the group archive. Some people brought in items, including some really interesting albums of pictures and memorabilia of Heacham, beautifully presented, and some fascinating items related to the railway.

The talk in March will be by historian and author Neil Storey. An author of over 30 books, including social, military and Norfolk history, Neil helped Mary Berry find her ancestors in the BBC programme "Who Do You Think You Are" and is one of the military experts at the show's annual event at the NEC. His talk will be "The King's Men – The True Story of the Sandringham Company and the 5th Battalion, The Norfolk Regiment in Gallipoli 1915". Last year Neil worked with the children of Sandringham and West Newton School on a lottery funded project to remember the men of the Sandringham Company.

The talk will be on March 21st and as usual at the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DX. 7.30p.m. All are Welcome.

Snettisham Village Fete

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with them as a logistic expert in the Army Supply Corps. Unfortunately, like many other soldiers he caught dysentery and was evacuated out to a hospital in Malta.

Fortunately Lieut. Drew possessed a camera and his photos from Hunstanton and Gallipoli, especially those from Hunstanton, are exceedingly rare and provide the only photos we have found from the Lovat Scouts visit to Hunstanton.

Whilst on board the ship he was served a magnificent breakfast which the Le Strange Chef recreated for a special event at the Le Strange Arms attended by nine direct descendants of the Drew family including nine year old Elise Barber, Drew's great, great, granddaughter, on Saturday 6th February.

Even during a war, the breakfast was a sumptuous affair and included bacon, ham, sausages, kidneys fritters, scrambled eggs as well as platters of cold meats, breads and tea cakes!

The hospital ship is also of historic interest as it was the sister ship to the Titanic. Despite its hull being strengthened after the Titanic disaster it hit a mine in the Aegean Sea and sunk on its fifth trip to bring home the wounded from the Gallipoli campaign.

Richard Bayes, the Pipe Major of the City of Norwich Pipe Band played a selection of tunes from the concerts the Lovat Scouts organised at the YMCA marquee in Park Road (Lieutenant Drew took part in these concerts) and also piped the guests into the function that was organised by John Smith and Tony Armstrong.



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Gentleman on Manorfields

Richard Bird

Dear readers this is a cry for help. A gentleman who I think may be in his 90's phoned me asking for some help in taming his garden. Apparently his back garden is adjacent to the Manorfields caravan estate, and he is struggling to cope with the thorns and weeds of adjacent land.

He left a message with the current Mrs Bird and I made some inquiries as to how he could be helped, at the time the local scout group volunteered to try to civilise the offending forestry. In

any event in one of my massive clean ups our gentleman's name address and 'phone number were lost, entirely my fault.

Last week the gentleman 'phoned the town hall enquiring what had happened, unfortunately once again, the name and details were not sought or given and so we are all 'none the wiser', does anybody know our gentleman? If so could they give us at the T&A his details so that we might help him.

He must think I/we are a very selfish lot.

Goodbye to the man who tried to shrink our Green

John Maiden

Nick Daubney is stepping down as leader of the Borough Council in April. News of this kind is often followed by a flurry of congratulatory comments on his achievements while in office. Unfortunately, all I can say is that I always found him affable but ineffective, especially when it came to Hunstanton.

It goes without saying that his handling of issues relating to The Green and Pier was abysmal. By purporting to take the 'Pier' out of the 999-year lease for Hunstanton Pier he undid the hard work of his predecessor, John Dobson and the late Bryan Bullivant, Ward Councillor for Hunstanton, who deplored the fact the 'Pier' tenant was being allowed to run rings round the borough council.

Mr Daubney then added insult to injury by offering the town council joint management of 'The Green', but then reducing the area so that it did not include the 'non-pier' or the promenade. At the time, I remember writing an article under the headline: "Hunny I've shrunk your Green!" And, during my time as a town councillor from 2010 to 2015 I was a member of The Green Joint Management Committee, but failed to convince the borough members that 'The Green' should include the whole of the area defined as 'The Green' in the 1955 Conveyance, by which ownership passed from the le Strange Estate to Hunstanton Urban District Council.

Of course it was a mistake for the borough to get its hands on The Green, or the many other assets that should be owned and managed locally, but in 1974 we thought we were becoming an equal partner in West Norfolk District Council. By the time the name changed to The Borough Council of King's Lynn & West Norfolk, it was too late for Hunstanton to recover the assets it had given away too cheaply. Let's face it, our town has never recovered from local government reorganisation and 'Localism' counts for nothing in spite of promises by central government.

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NEWS FROM HUNSTANTON CIVIC SOCIETY

Margi Blunden

EXCURSION

With the unseasonably mild winter our thoughts have been guided to thinking about an excursion in the late spring. Not far away but offering a host of delights is the town of Wisbech. Its setting on the River Nene shaped its development and provided the opportunity for 18th century merchants to grow wealthy, building their elegant houses along the river banks. The finest of these is Peckover House owned by the Quaker banking family.

The town's history goes back to the earliest period of Anglo-Saxon immigration and has flowered to such an extent that it can boast nurturing people who have had huge impacts on our national story.

We are organising a coach trip on Wednesday 11 May providing a taster of what we hope will whet your appetites for more. The trip includes a visit to the Wisbech & Fenland Museum where you can see the manuscript of Great Expectations. One of the men who helped the museum set up its coin and token collection was a greatly talented Victorian business man called Sam Smith. He was one of the first documentary photographers of the Victorian age. There was also a female photographer, Lilian Ream born in 1877, who documented Wisbech and the area with her photos.

Lunch will be at the Rose and Crown (the building dates from 1435 and has a certificate of excellence on Trip Advisor) followed by a guided tour of the Octavia Hill Birthplace. She was a social reformer and was the founder of modern social work. Her vigorous public campaigns to save recreational open space accessible to all led to the creation of the National Trust in 1895.

We will also take in the

Thomas Clarkson Memorial. He was an early abolitionist who devoted his life to campaigning against slavery and it was due to his endeavours in his support of Wilberforce that Parliament was finally persuaded to abolish slavery. His memorial was designed by George Gilbert Scott – if you have been to St Pancras then you have seen an example of his work as a designer!

Wisbech has many literary associations apart from Charles Dickens. John Clare paid a brief visit looking for work, William Godwin the husband of Mary Wollstonecraft was born in here, William Hazlitt's father was a pastor in Wisbech and Eleanor Farjeon visited friends here. And no doubt there are more! To book a place or find out more contact Margi Blunden on 01485 532223.

TALKS PROGRAMME

In January, we enjoyed a fascinating talk about witches and witchcraft. The February talk was given by Mr Brian Holmes who used to work for the engineering giant of Boulton and Paul. On 16th. March, Mr Dave Loughlin will be talking about Egyptian pyramids and other ancient stones. Admission £1 members and £3 visitors includes refreshments.

HERITAGE CENTRE

The Centre, at 15 The Green PE36 5AH, reopened on 19 February. A number of new and updated displays have been prepared over the winter months. In March the opening hours are 12 noon to 3 pm on Saturdays and Sunday and Bank Holiday Monday.

For further information, please see web-site www.hunstantoncivicsociety.org.uk or phone the chairman, Andrew Murray on 01485 532376

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Deepdale Spring Market 2016

Friday 25th to Monday 28th March

www.deepdalespringmarket.co.uk

Spring is such a glorious time to be on the North Norfolk Coast, and Dalegate Market is the place to start Spring. With an early Easter, the fact that Dalegate Market has its 10th Birthday in 2016, and so many independent artisans and producers ask for opportunities to trade at Dalegate Market, we felt the Deepdale Spring Market was the natural addition to our event programme.

This year you'll find home furnishings, upcycled furniture, delicious food and drink, glass, clothing, jewellery, books, plants, gardening items, photography, wildlife watching equipment, planters and much more. The stalls will be hosted in the Dalegate Tent, a large marquee at the front of the Dalegate Market site, and in the beach hut Pop Up Shops at the rear of the site.

Of course the permanent shops of Dalegate Market will be open throughout the weekend, while Deepdale Café will supply lovely food and drink.

The focus of the Deepdale Spring Market is different and we are hosting only Norfolk artisans



and producers. Look out for Marsh Pig, Hazel Millington Glass, Nelson & Norfolk Tea Co, IzziRainey, Pebbles Photography, Paper Story, Capricorn Crafts, Smock, Dandy Lions Apothecary and many others. Even Tom Jones will be making an appearance, Tom Jones The Woodworker. The full list of Norfolk artisans and producers attending the Deepdale Spring Market can be found online at www.deepdalespringmarket.co.uk

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Pride in our Neighbourhood 15

Andrew Murray

Whilst I was delivering the February edition of this Town & Around magazine to various outlets, I was very surprised to note how much investment is coming into this area of North West Norfolk. The restaurant and bar area of Briarfields Hotel has been reconfigured, major rebuilding work is progressing in Thornham at the Lifeboat and the Chequers as well as at the Hero in Burnham Overy Staithe.

The development of land by Hopkins Homes to the south of the Manor Fields estate with access form a new roundabout on the A149 was approved by the Planning Committee in November subject to a number of conditions. (14/01022/FM) A legally binding section 106

agreement has now been signed to enable the building work to progress.

Mr Barber's plan (15/02026/FM) to erect four poultry buildings to house up to 180,000 young chickens at Whin Close, Docking Road, Sedgeford has met with strong opposition from all the parish councils in the area on the grounds that it has the potential to harm the valuable tourism industry, the possible environmental hazards of dust, odour and the development of antibiotic resistant organisms as well as the fact that it will not bring benefits to the area.

Applications have now been submitted for the development of two parcels of land on the east of the A149. The first (16/00082/OM) for up to 120 homes opposite Old Town Way

and the second (16/00084/OM) for a Care Home, housing with care and some open market housing to the south of the Industrial Estate. Both to have access via 'T' junctions from the A149. Both of these two applications are for outline permission, meaning that they wish to establish the suitability of the land for development and the access but details of the design of the buildings will be considered at a later date.

The proposal by Lidl (15/02004/FM) to build a new store on the site of Reg Stainsby's garage in Heacham has been welcomed by many residents but the parish council is concerned about the appearance of the building, water run off, traffic access off the A149 and possible congestion along the Broadway. The application (13/01541/OM) to build a

Care Home, housing with care and open market housing on the land to the west of that area with access from School Road, Heacham will be the subject of a second public enquiry to be held in May.

Following the examination in Public that concluded on 17 November 2015, the Inspector, Mr. David Hogger sent the Borough Council on 5 February 2016, a tabulation of 53 main modifications that he requires to be made to the Site Allocations and Development Management Policies in order for them to be considered 'sound'. These include two relating to F2.3 and F2.4 in Hunstanton. The modifications will require further public consultation before the final version of the document can be agreed.

Mayor's Notes

Andrew Murray

ONE OF THE PRIVILEGES OF BEING ELECTED MAYOR is to attend ceremonial events around the area. On Saturday 13 February, at the invitation of Cllr. Colin Manning, Mayor of the Borough, I participated in the formal opening of the 812th Mart in the Tuesday Market Place.

The various dignitaries, from surrounding areas and some from further afield including Bristol, assembled in the grade 1 listed Stone Hall. Led by a bearer of the King John sword and 4 mace bearers, the procession made its way from the Saturday Market along the High Street and congregated on the platform of the dodgems. The fair, the first of the year in the showman's calendar, was established in 1204 AD during the reign of King John although its nature has changed considerably since that time. After the proclamation authorising the fair was read out, Cllr. Manning welcomed the showmen to the town and duly declared the Mart to be open. John Culine, President of the Showman's Guild of Great Britain responded and thanked the town for its support and emphasised the concern of operators for the safety of the event.

The Mart is packed into the whole of the Tuesday Market place. The enormous caravans which are the homes for the showmen and their families for most of the year takes over all the car park behind the Corn Exchange.

The showmen are not to be confused with travellers. They have many anecdotes to recount of their life in various venues around the country. Most of them have been in the business for generations and are keen to continue to provide pleasure and thrills for children and adults.

Perhaps Hunstanton is fortunate to have its own permanent fair and resident showmen and not to have car park space taken over when the Mart comes to town.

Thinking of ceremonies, I am reminded of the very splendid occasion in October 2014 when the 67th Special Operations Squadron of the United States Air Force marched from the United Services Club via



the regenerated spinney to The Green and had the Freedom of the Town bestowed upon them. As a follow up to that event and to formalise the bonds of friendship formed between the people of Hunstanton and the 67th, proposals are being drawn up to for the town to twin with the 67th in order to maintain and extend those 2 way links in the years to come.



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Hunstanton Eyecare Blog The Risk of UV Light

March is a lovely time of year, spring is well underway, the daffodils are bright and beautiful and the lambs in the fields are a joy to behold. In the optical world we are concentrating on SUNSPECS. Not only looking forward to holidays in warmer climates, but in "Sunny Hunny" by the sea you probably find yourself reaching for Sunspecs quite frequently.

We are frequently reminded of the risk of sun damage to our skin, and the same applies to our eyes. UV exposure increases the risk of premature ageing of the eye and the onset of ocular conditions such as cataracts and macular degeneration. Our eyes are constantly exposed to UV light no matter what the weather conditions, and from reflected light from buildings, water and even a cloudy sky. To be sure that your spectacle lenses give you effective UV protection, look for the E-SPF, Eye-Sun Protection Factor rating. We are familiar with the SPF in sunscreen and it is the same idea for spectacle lenses. So an E-SPF 25 means that your eyes will receive 25 times less UV exposure than unprotected eyes.

"Transitions" is the trade name for latest photochromic (light adaptive) lens manufactured in a plastic lens material. Are there others, you ask? I have to admit that I am old enough to remember the introduction of plastic photochromic lenses in the late eighties. What great excitement! Previously, if you wanted a photochromic lens it had to be glass which weighed a ton and was not comfortable to wear in the large frames of that era. The first lens materials were quite sensitive to temperature, unfortunately they went darker in the cold and didn't darken much in a hot climate. So if your holiday was skiing in the Alps, fine, if it was the beach in the Caribbean you were probably disappointed. As with all new lenses, research and development improve the product over the years, and now we can offer the seventh generation of this versatile material. "Transitions" is available for all lens designs, single vision, bifocal and varifocal. It has an E-SPF of 25 and can be anti-reflection coated for stunning visual performance.

There are two types of Transitions, the "Signature VII" for everyday use, and "Xtractive" which as the name suggests, goes darker and therefore more suited for those who are very light sensitive.

Whilst photochromic lenses are very versatile and can be worn all day every day, they do not perform quite so well in the car as the windscreen absorbs much of the UV light that they react to. For driving in bright sunlight a separate pair of sunspecs are very useful. Here at Hunstanton Eyecare we carry a large selection of sunspecs all year round. Lenses may be dyed with a dark tint, colour and density of your choice. The tints we provide are specially treated to give 100% protection against the harmful UV rays without altering colour perception.

Polarising lenses eliminate glare, enhance colour and contrast, whilst protecting our eyes from damaging UV rays. These lenses have an E-SPF of 50+. They are great for driving as they totally eliminate reflected glare, so on the days when it has been raining and then the sun comes out you will not be blinded by the glare from the wet road. Also as we are by the sea, reflected glare from water is a thing of the past. Does anyone remember the advert on TV where the girl dives into the swimming pool? The polarising lens cut the reflected glare so you could see her swimming under the water. Oh dear, showing my age again! Any fishermen around? I'm sure you will appreciate polarising lenses too. Lenses come in a choice of colours, grey, brown and grey/green, and are available in single vision and multifocal lens designs.

We are very pleased to be able to communicate with you through this lovely magazine, and if anyone would like me to expand on an optical or ocular subject then I would be very pleased to hear from you. You can email us on info@eyecarenorfolk.co.uk, phone on 01485 532326, or just pop into the practice in Church Street. We look forward to seeing you soon.

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Tech talk with Mark Kacary

7 Things Security Experts do to stay safe

By writing a monthly article like this I am sure that some people would consider me to be a Cybersecurity expert. I am nowhere near an expert but do experts do anything significantly different to you or I when it comes to ensuring they are secure online? In fact researchers at Google interviewed more than 200 experts to find out what security practices they actually carry out online, and then spoke to almost 300 non-experts to find out how they differ.

Perhaps unsurprisingly, the security experts practice what they preach – or, at least, they tell Google they do. They're more likely to use two-factor authentication, to install software updates, and avoid visiting shady websites. Even for practices that are subject to healthy debate within the security community, actions speak louder than words: the experts are more likely to run anti-virus software and to use password managers than non-experts.

So what do the experts do?

1) Yes, you do want to install updates

Possibly one of the first things we can all add to the maintenance of our IT systems to is to "Update all the software and firmware to fix any possible vulnerability." "Patch, patch, patch." Experts never turn down a security update. The researchers found that not only was installing updates the most commonly cited practice that experts do to keep safe online, it was also the largest difference between experts and non-experts: 35% of the former mentioned it, while only 2% of the latter. And a further 2% of experts also mentioned turning on automatic updates as one of the top three things they do, something no non-expert mentioned.

Non-experts, are typically worried that the updates could themselves lead to an infection: "Automatic software updates are not safe in my opinion, since it can be abused to update malicious content," said one. And they were also worried that the updates would lead to new problems, with one saying that "there are often bugs in these updates initially".

Software updates are usually the only way to combat actual security vulnerabilities – those bugs in software that let malicious attackers do things they shouldn't. For

instance, the recent Adobe flash vulnerabilities opened a user's computer up to hacking if they continued using the software: until patches were issued, there was little option but to simply stop using Flash to stay safe online.

2) Use antivirus software – but don't bank on it

In recent years Antivirus packages have developed a poor reputation for, in their desire to add functionality and features for slowing down computers whilst doing little to actually protect the computers in the first place. But despite all that, a majority of experts said they use the software.

Antivirus software is vastly more favoured by non-experts than experts, and barely 60% of the experts actually used it. Users in the know said that "AV is simple to use, but less effective than installing updates," and that the software "is good at detecting everyday/common malware. But nothing that's slightly sophisticated". In contrast, 70% of non-experts thought the advice to use AV software was likely to be "very effective", and more than 80% of them had it installed.

So, while you shouldn't uninstall your AV software, don't get lulled into a false sense of security about it. Oh, and like everything else, always install the updates.

3) Keep your passwords unique

Password security online is frequently summed up as "strong, unique passwords" – but it turns out one part of that might be more important than the other. Non-experts tend to focus on the strong part, with 30% of them picking that as one of their top three tips against 18% of the experts; conversely, 25% of the experts pick "unique", against 15% of the normal users.

It's easy to see why. Using a strong password (that is, one that uses a good mixture of case, letters, numbers and symbols, as well as steering clear of dictionary words) requires a one-off feat of memory, and can feel very much like the sort of security procedure one should carry out, while avoiding password reuse is an ongoing hassle, requiring a new password for every site.

But in practice, most people are unlikely to face a brute-force attempt to break into their account by simply guessing their password, and even if they do, it doesn't take

much to render such an attack unsuccessful. But most people are likely to be the user of at least one service which gets hacked, as Adobe, Playstation and Ashley Madison users have all learned to their disadvantage. Having a unique password can prevent that misfortune compounding.

4) Use a password Manager

So assuming that you decide to act more like a security expert and you create a strong, unique password for every application, website you are signed up with or have access to. How do you remember all those unique passwords? The answer would be to use a Password managers. The idea being that you can store all your passwords in a secure location. This is the virtual equivalent to a lockable key box where you keep your household keys, car keys etc. There are a number of solutions available on the market including 1Password, Lastpass and Keepassolve

In principle they are a good idea, it enables a user to create a unique password for every application store them securely in an encrypted vault and more often than not you don't actually have to remember them because when you access i.e. Amazon the browser will ask if you want to access the website via the saved unique password stored in your vault.

Such software is used by more than three times as many experts than non-experts, and experts are four times more likely to name them as one of the most important things they do online. On a personal note I have a few issues with password managers. Firstly whilst not expensive there is a cost involved, secondly it does require a little bit of techie knowledge, but it's also the fact that you are securing all of your password behind one password. Imagine if a thief had the key to your key box. They have access to all your keys.

5) Use two-factor authentication

I have talked about two-factor authentication (2FA) in previous article and some of you may have noticed that companies such as Google or Twitter being increasingly pushy about trying to encourage users to switch to two-factor authentication (2FA) – where a password is backed up by a code

linked to a specific mobile phone – almost two-thirds of non-experts say they use the security system on their accounts. Those rates still lag behind the experts, but the high numbers suggest that the message is getting through.

It is clear that over the next 12 to 18 months there will be an increasing use of 2FA or of businesses demanding that customers accept using 2FA to access their accounts online.

6) Visit secure websites, even if you don't recognise them

Non-experts tend to claim that they keep safe by only visiting websites they already know about: "Visiting websites you've heard of doesn't mean they are completely safe, but there is a higher chance of this," explains one. But they might be exaggerating slightly: while 21% of non-experts said that not visiting unknown websites was an important safety practice, only 7% of them claimed to never visit unknown websites.

Even though 32% of experts said they "rarely" visit unknown websites, the more important piece of advice – and the one where the experts differed from the non-experts – was to check for HTTPS. In other words when you access any website which uses a Secure Socket Layer Certificate (SSL) a small padlock will show in the top left hand side of the browser. Please don't expect to see this within every area of a website for example you should only see this on our website when you are about to pay for something. What the padlock means is that the data will be encrypted and that the page is secure. If you are about to pay for anything on any webpage and you fail to see a padlock, my advice is shop elsewhere.

7) Do as I say, not as I do

Security experts are brilliant at giving advice and not always brilliant at following their own advice. That much is probably clear when taking a look at the various 'hacks' which take place. It's an unfortunate truth, but many a hack is the result of a security expert failing at times to do exactly what they tell others to do.

If nothing else it just goes to show that we are all human and where IT security is concerned it's our humanity which is the single biggest security threat.

Beware of Zombie Attacks

How many of you read the terms and conditions? Come on be honest. It is unlikely that many people would have fully read all of the terms and conditions (including the service agreement when signing up to the Amazon Cloud also known as Amazon Web Services (AWS)). There are a vast number of businesses who use this network allowing them to offer their customers access to web services including businesses like Pinterest, Expedia, Novartis, Pfizer, Netflix and Nasa to name a few. But how many of them are realised that AWS is prepared for the possibility of a flesh eating zombie attack? I kid you not the following clause come directly out of the AWS Service agreement.

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New Fraud Taskforce.

As of today 10th February 2016) has created a new Fraud Taskforce. The aim is to improve the intelligence between banks and police and to name the 10 most wanted fraudsters.

The creation of this taskforce is in response to the increasing levels of fraud. For example In the 12 months ending in March 2015, 230,630 fraud offences were recorded by police in England and Wales, an increase of 9% on the previous year.

A further 389,718 fraud offences were reported by industry bodies, 17% up on the year before.

Figures from Financial Fraud Action UK, the body which co-ordinates the finance industry's response to fraud, show losses from online banking fraud rose by 48% in 2014 compared with 2013.

Overall losses on UK cards totalled £479m in 2014, up 6% on 2013 - the third consecutive year of increase.

New figures also show a surge in what is known as CEO or "bogus boss" fraud over the past six months.

From July 2015 until January 2016, 994 reports of CEO fraud were made to Action Fraud, the UK's national fraud and internet crime reporting centre.

The fraud will typically start with an email being sent from a fraudster - pretending to be a senior figure in the company - to a member of staff in its finance department. The member of staff will be told that they need to quickly transfer money to a certain bank account for a specific reason.

The largest reported amount of money given by a member of staff to a fraudster was £18.5m at a global producer of healthcare products - but the average amount is more in the region of £35,000.

It's great that the government is taking internet fraud seriously (finally), but please don't sit back and rely upon the government to always be there for you. Prevention is better than the cure. If you take the measures to prevent being defrauded it will be far better than having to get yourself out of a financial hole.



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March Madness and a Paring Knife

Dean Baker

The current Mrs B' likes me to be home on a weekday evening by 5.30pm. Firstly, because, this is the set time of the one and only sitting of the evening meal and secondly because she likes me to help marshal the troops. To remind me of my dinner time duties she offers up such phrases as "Ask Daddy about the extinction of the british bluebell" or "Daddy would love one of your swirling ink tattoos" and if all else fails "Help me, Dean, I'm exhausted ...", said in the style of Bette Davis at the end of 'Dark Victory'.... So, the scene is set, its a humdrum Tuesday evening, its 5.30pm by the kitchen clock and pound to a penny its macaroni cheese.



I arrive home to a strangely quiet kitchen - "Where's Mummy?"

"In the larder mending the boiler" "What!"

"The house went cold and all the water in the tap is freezing, so Mummy looked on the computer and now she's doing a repair, all by herself"

I too go cold. I approach the larder, gingerly, I go inside and

perhaps foolishly I shut the door behind me. I am now in a confined space with the household's tinned food collection, our fridge, freezer, combi boiler and the current Mrs Baker.

Mrs B wheels round, we are now very close and Mrs B is very angry. "It's showing a fault code so I looked on the net and its gone to lock out because the pressure has dropped."

"And" ...I'm quaking in my boots

"Well it said to use a flat headed screw driver but I couldn't find one. This is just the same"

She's brandishing a victorinox paring knife!

Fear is a enigmatic emotion. I search desperately in the gloom of the larder for a guiding light. How do I stop my, momentarily, crazy wife from taking a knife to our expensive, and most importantly, gas powered boiler? There's nothing for it but to go for broke - "I'll do this - you slip away to the front room and put the telly on. I'll do baths and stories; you can have the night off."

Almost there, but there's one more hurdle "there's half a PE kit to wash, two shirts to iron and" she glares at me through the gloom "the book bags."

"Consider it done" I've gone dizzy.

Then I'm alone in the larder....

Re- pressurising your boiler is something that can be done safely and relatively easily at home. If your central heating is not working it is very possible that its a loss of water pressure. The water pressure indicator on the boiler should read

between one and two bars of atmospheric pressure. If its below one then your boiler pressure is too low. To top up your system and increase the pressure, you will need to locate the filling loop. This is usually a silver/grey coloured, flexible hose with a small valve at each end, and you'll find it either underneath your boiler or nearby. The Corgi website recommends that you turn the boiler off and make sure that the system is cool, however if you are calling out a plumber to do the job this isn't necessary. The hose will have a valve at both ends- make sure both ends of the hose are securely attached to both valves, these valves can be opened by tap handles, or by using a flat headed screwdriver (not a knife!). Open both valves to allow the cold mains into the water system. You should now hear the water filling the system. Keep an eye on the pressure gauge until it reaches the 1.5 bar, then close off both valves, one after the other. It is very important that the pressure doesn't go to high. Switch the boiler back on and if required reset the boiler.

If you are having to top up the pressure more than once a month call in a plumber as its very likely there's a fault in your system. Check your boilers handbook if in any doubt. All the boiler manufacturers have a Q and A section on their websites and phone numbers. Don't be afraid to call, they are there to help.

Now I have to adapt an Andy Pandey and Teddy bedtime story along the lines of 'Always use the proper tools for a proper job.'

Until next month....

Tuesday Club

Keelie Brown

Harry was 92 in January and celebrated it at the Community Centre at the Tuesday club with all his friends.



Entertainment and a cake was organised by Gill. He had a lovely day, and let there be many more Grandads.

And at another meeting Ron Coggins organised a quiz at the Tuesday club, arranging all the prizes and questions himself, well done Ron for entertaining the members, he will be 90 soon you know!!!

Brancaster Camera Club

Tuesday, 8th March 'Along the Coast' with Chris Holt

Tuesday, 15th March An evening with internationally recognised Author & Wildlife Photographer David Tipling. A treat for anybody interested in wildlife. Entrance will be £5 to include refreshments. 7.30 pm. Doors open from 7 pm

Wednesday, 16th March Battle vs. North Norfolk Photographic Society At Holt.

Tuesday, 22nd March Digital Competition 1 x 'Transport' 2 x your own choice.

Our meetings are held in Brancaster Staithe Village Hall at 7.30 pm. Visitors are always welcome. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725



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A Bright New Future for Hunstanton?

John Freestone

Having just read the latest Hunstanton Prosperity Economic Plan from KLNWBC for the future Hunstanton I was disappointed at the apparent lack of vision or desire for growth and change. Could this be another missed opportunity for a town suffering high winter unemployment, a lack of opportunity for its young and inadequate provision for its older residents?

The report commissioned by the council that extends to over 40 pages and must have cost a small fortune but it's long on analysis and short on vision and proposals that will secure the future of our town.

The report starkly identifies the major issues confronting us and considers Hunstanton's exceptional assets but although it's a wonderful part of the world, we also know that it's over-reliant on seasonal tourism. Our winter jobless are greater in number than the average and our education has not the developed skills and qualifications that are required today and of course, we are an ageing population with little work to attract and keep the young and their skills in the town.

More of the same is the proposal! Extend the season so visitors stay longer and spend more, to seek modest investment for improvements to the beachfront and town centre in the hope that visitors will be attracted; all of this is good but what about the over-reliance on tourism itself which cannot provide year round jobs for the population. Here, little or nothing is proposed!

There is a desire to build more homes, presumably to be snapped up by the older and retired generation like me but what about encouraging new commercial activities so that we attract younger entrepreneurs who can bring new investment to our town and encourage our home grown youth and their families to stay in the town? Little is suggested, although there is a passing reference to the fact that fast broadband is now available and the hope that a large hotel group, which will demand high year round occupancy rates which are unlikely to be achieved from tourism alone, if it is to invest! We need to wake up, the modern world is here!

Surely, we need a real change in our approach, a leader and team

who want a strong and mixed economy, one with the facilities to care for older persons, providing good education and skills for the young and progressive jobs where they can prosper and develop. Of course, we also need to continue to attract visitors and develop our tourism income but we also need to have effective road communication so they don't spend hours in traffic jams between Kings Lynn and Hunstanton – how many of us have said “never again” when returning to Hunstanton on a sunny Sunday! You can imagine what our visitors think!

Above all else, we need a council which is committed to expansion and will drive change, seek to use the money the town generates to the benefit of the town and its future, with a real focus on the whole and not just tourism.

With employment a key issue, let's see some real investment initiatives as, although Lidl's store and training centre can help to lift the profile of the town and perhaps encourage investment in hotels and leisure, with care homes continuing to generate valued and worthwhile jobs from which we can all benefit, commercial activities with incentives, such as, dare I say it, call centres, designers, and start-up production units, possibly even a science park in conjunction with UEA, could all bring good, steady and permanent jobs.

The question is – do we have the vision, the drive, the energy and a leader and council with a growth clear vision for broader economic activity and desire for positive change to the benefit of all who live and work in Hunstanton both now and in the future? It's clearly an opportunity for change and I hope that the new KL&WNBC leader will take note please note.

It's clearly a major decision for all of us and I hope residents and others will contribute to this debate as it will condition the future of our town and ensure that this good work doesn't sit on a desk and gather dust!

Faster buses from King's Lynn to Hunstanton are back!

Bus passengers in West Norfolk will soon benefit from new direct buses operating between King's Lynn, Heacham & Hunstanton.

From Tuesday 29th March Lynx will launch new Service 36 which will be timed to meet trains from Cambridge London at King's Lynn Railway Station (leaving the railway station eight minutes after the train arrives) and then after the

Bus Station continue direct to Heacham and Hunstanton. (On the return the bus arrives about 35 minutes before the train departs. This is to allow for unpredictable summer traffic which can delay buses by up to 15 minutes) while also allowing time for people to buy a ticket and drink at the rail station before the train departs.

The new hourly service will

compliment Lynx' existing 35 route meaning that the company will operate three buses per hour each way between King's Lynn and Hunstanton.

Julian Patterson, Director of Lynx said “We've been inundated with feedback from customers since Stagecoach Norfolk Green withdrew their direct service to Hunstanton last year, so we've

listened to their feedback and I'm pleased to announce that we'll be providing a new service that takes just over 35 minutes to reach the seaside”.

Lynx also recently introduced an Oyster style smartcard named holdall, meaning that customers receive discounted travel when they top-up online before travelling.



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Glebe House School News

GLEBE SWIMMERS AT THE SSP CHAMPIONSHIPS

Well done to all seven swimmers from Glebe who took part in the SSP championships on 8th February at the St James's pool in King's Lynn. Some really good swimming with several 2nd and 3rd places. Pride of place goes to Isabella whose 1st places qualified her for both the freestyle and breaststroke County Finals in early March.



GLEBE'S FIRST ELY GIRL CHORISTERS

I am delighted to announce that following a stressful day of assessment on 6th February and against considerable competition, Grace Owen and Poppy Robinson have been offered places as Choristers in the Ely Cathedral Girls' Choir from September 2016. Well done girls and congratulations to Claire Stewart and Bridget Crofts for their support of the girls.



FEBRUARY WALK - THURSDAY 11TH

What a day! What a walk! Weatherwise this must have been the best day for a long time and so, after an early crispness, we set off from Holme-next-the Sea and some even went in the right direction! However all of us were soon back on track and the 96 children (including the very impressive Hawkins brothers, Freddie and Max, from Nursery, who did the whole morning's walk) 43 parents and grandparents, 15 dogs and 10 members of staff strode out towards Thornham. Lunch was taken at Eric's Fish & Chips at Drove Farm Orchard - many thanks to the hard working staff - and great fun was had in the playground. Pre-Prep were taken back to school and the Prep School set off back to Holme and most of the children in the top four years carried on all the way to school and hot chocolate!



Well done to everyone, with thanks to the Parents' Committee. Over £130 was donated, largely by the parents who walked, for the School Charity 2016, which is the Hunstanton Foodbank and hopefully more may come in from those who couldn't join us!

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500 children attend LIFE Exhibition

Children from nine schools in Hunstanton and the surrounding area visited the multi-media experience designed for youngsters at upper Key Stage Two at The Way Christian Fellowship in the town at the end of January.

The exhibition encourages youngsters to question, challenge and form their own opinions on the story of Jesus and uses interactive tablets, graphic panels, quizzes, films, songs and a discussion café that complements the guidelines for Religious Education in the United Kingdom.

Life Exhibition National Co-ordinator Kevin Baldwin said: "The exhibition consists of series of pods that the children visit in groups of up to ten and they focus on the historical background, what Jesus said and did using a mixture of old and new technologies.

"A film covering the death, burial and resurrection of Jesus is shown in the last pod and a discussion and voting café follows where every child gets an electronic voting keypad to register their opinion on a number of questions."



Visiting with his Year 6 class from Hunstanton Primary School Mr Todd said: "It has been very interesting and when we are back at school we will be having follow up sessions in our RE lessons."

NEWS FROM SEDGEFORD SCHOOL

We are pleased to have welcomed some new children to our school. They have settled in very well.

We have also had a student teacher Miss Briggs, who is going to another school for a while then coming back. While she is away, Mr Rudd, our other student teacher, is coming back. It is nice to have extra teachers.

Tracy Bower, the Smithdon Cluster sports coach, has been coming in ever fortnight and teaching us sport so that we will do well in all the competitions. We have been to the swimming gala and our team came third which we were really pleased about.



On Monday, Class 2 are going to Norwich Castle Museum. We have been learning about the Egyptians and we are going to a special Egyptian Day there. We have made little mummies and we all made a sarcophagus. It is a really good topic and we have learnt a lot.

On Tuesday 9th, Rev Peter is coming in to our RE lessons to explain about Ash Wednesday and give us ashes and our Y5s are going to Smithdon for a science day about pancakes.

We are planning to celebrate World Book Day (3rd March) and also Sports Relief (18th March).

Our Mothers' Day Service will be on Monday 7th March at 2pm. It will be in our school because the Church is still having work done. Everyone welcome.

Term finishes on 25th March and starts again on 11th April.

NEWS FROM DOCKING SCHOOL

Amazingly, we have just realised we are now half way through our first year as The St Mary Federation – time has gone so quickly! And we are delighted that at this point, we have something to celebrate – we had a "teaching and Learning Audit" (like a mini inspection). We had three inspectors in and a very intense day, but the final feedback was extremely positive and they did agree that we are now "good" in Ofsted terms. We are awaiting the final report and look forward to sharing their findings. Well done and thank you to all the staff who have worked so hard to bring this about – and to all the children for being their usual, wonderful selves and impressing the inspectors!

It has been a busy term so far. We have become part of the "Open The Book" Assembly scheme so, once a month, members of the community come in and lead an assembly. This time they are looking at Jesus' life and caring and sharing.

Golden Eagles, Nightingales and Inca Jay classes all went to the Green Britain Centre in Swaffham. Some of us climbed the wind turbine. It was a bit scary and lots of steps but it was really good.

We have done lots of sports and we won the small schools swimming gala and Ella went to the third round in Cross Country, at Greshams, competing against runners from all over Norfolk.

We have just finished a project for the NSPCC number day. We had to design vehicles that could be moved by wind. We had races and the winners got certificates. Then the staff had to race their cars! It was very interesting because the ones that did best didn't have wheels.



This week, the Y5s are going to Smithdon for a science day; the whole school will be making pancakes and Rev Peter Cook will be coming in to give us ashes for Ash Wednesday.

Kingfishers will be going to True's Yard on the last day of this half term – Fri 12th Feb. School starts again on Monday 22nd Feb.

On Thursday 3rd March we will be celebrating World Book day; on 18th March we will be raising money for Sports Relief; on 23rd March, we will have our Easter Service in the Church at about 9.15 and our drama club performance in school at about 3.45.

We finish for Easter on 24th March and term starts again on Monday 11th April.

NEWS FROM BRANCASTER CE VAP SCHOOL

We have had a very busy half term and have lots of things planned for next half term.

We have also had three new children start in Sapphire Class and our new student teacher, Miss Matless.

We have started a film club and so many people wanted to do it, we have two clubs now! Rev Susan's Thursday Club has begun to learn about news in the world and every Friday assembly they do The Story Club News for us. We have learnt lots of different things like protesting against cheap child labour and what is happening in Syria. Our values for the term are caring and sharing and the Club tells us about how

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Jesus was caring and sharing and how people are now. We also have a sports club, choir club, fencing and SATs club.

Samphire Class went to The Life Exhibition in Hunstanton, teaching about the Life of Jesus. We thought it might be boring but it was really good. You went in pods and had tablets and music and things. The staff there said we know a lot about Jesus so we were very proud.

Samphire Class have been learning about the Romans as our topic and we have found out so much, including about what the Romans have done for us and all about Roman Soldiers.

We have been entering sports events with Sedgeford school and our joint team came third in the swimming gala. We will soon be entering the QuickSticks Hockey tournament and some of us will be going to the sports day at Lynn Sport after half term.

On Tuesday, our Y5s are going to Smithdon for their science day and on Ash Wednesday, Rev Susan is coming in to do ashes for us.

Half term starts on Friday 12th and we come back on 22nd February. On March 3rd we are joining in World Book Day and we are going to dress up and bring a cushion and our favourite book to share. Maybe some of you would like to let us know your favourite books?

Our Mothers' Day Service will be on 7th March at 9am in St Mary's Church, Brancaster. Everyone welcome. On Mothering Sunday there will also be a Benefice Family Service at Thornham at 10am which anyone can join in.

On 10th March we are having a Magic Maths day when we will learn some magic tricks that are all about maths as well. Sports Relief is on 18th March and we are going to dress up and have fun sports races and then we will be wearing our Silly Socks on Thursday 24th March for Autism Anglia.

We are also going to hatch out some eggs in an incubator and we will have the baby chicks for a while before they go to new homes. That should be really exciting!

Term finishes on 24th March and starts again on April 11th.



Library news

Alison Thorne

Knit and natter at Hunstanton Library

Thursday 10th March 10.30-12

Colour yourself calm at Hunstanton Library

Monday 14th March 10.30-12

Community Learning (formerly Norfolk Adult Education) drop-in

Monday 14th March 10-12

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An introduction to Excel

Monday 14th March 2-4pm

Learn the basics of creating workbooks using Excel, adding and organising data, formatting cells and simple formulas. You'll also be directed to websites where you can learn more. Experience of using a computer is essential. Tickets are £5 per person payable in advance. Please book by calling the library on 01485 532280.

Email beginners session at Hunstanton Library

Monday 21st March 2-4pm

Set up an email and learn to send, reply and add attachments. Previous computer experience essential.

Places are limited so please book by contacting the library on 01485 532280

Big Read Coffee morning at Hunstanton Library

Monday 21st March 10.30-12

Help us celebrate the launch of Norfolk's Great Big Read

Hunstanton Library Book Group

Monday 21st March

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Hospice officially opened by Her Majesty



Her Majesty The Queen meeting Glenda, Richard Shaw and Tessa

On Thursday 4th February staff, patients, volunteers and Hospice supporters welcomed Her Majesty The Queen to open the new Norfolk Hospice, Tapping House facility in Hillington.

The Queen was welcomed by Patricia Broke, Chairman of the Trustees at the Hospice, and was then taken on a tour of the Hospice by Lyndsay Carter, Chief Executive.

During the tour supporters, including some of those who helped raise the £3.4m needed to build the new Hospice, were presented to The Queen. Amongst those she met were Valerie and Diana Ford, the wife and daughter of Dr. Hugh Ford, the founder of Tapping House. Also presented to Her Majesty was Pin Armitage, a founding member of the Hospice in 1984 and former Chief Executive of the Hospice Richard Shaw.

Nicholas and James Crane of Crane Garden Buildings, along with their Head of Sales Peter Martin, showcased the Courtyard Gardens generously donated by them to the Hospice, featuring plants from the company's award winning displays at Chelsea and Hampton Court Flower Shows.

The Queen spent time with Day Therapy patients who were participating in some of the various therapies provided at the Hospice to help people manage symptoms caused by their illnesses. Christine Hutson presented Her Majesty with a plant from the Patient Therapeutic Gardening Group.

Volunteers and staff from the Hospice's bereavement service spoke to The Queen about the support they provide in the local area and their partnership with Nelson's Journey, a Norfolk charity that provides bereavement support to children and young people. Jack Plummer and his grandmother, Rachel Walker, who have received support from both charities, presented The Queen with two Nelson's Journey Worry Bears for Prince

George and Princess Charlotte.

Before leaving The Queen unveiled an official plaque marking the occasion. She departed to loud cheers from the volunteers, supporters and Hillington residents standing outside the Hospice.

Reflecting on his time as Chief Executive Richard Shaw said: "It is interesting to look back at a job that nobody wanted and there were many times when I wondered why I had said yes. The key was to succeed on a number of competing fronts all at the same time. Hospice services were good but limited, income was low, our reputation with the NHS was not as good as it needed to be, the new hospice design was extravagant and expensive and we didn't have all the clinical skills we needed for an expansion of true hospice palliative care services. The trustees agreed a plan with me that could easily take 4-6 years to implement but we didn't have the luxury of time, or more importantly our patients and their families didn't. That was always the biggest challenge as we would see them daily and often didn't have good progress to report.

"The first challenge was to substantially increase our revenue income which very largely came from local supporters and events as we had to keep services maintained and introduce the much needed Hospice at Home Service. At the same time the new design had to be radically changed to bring it in line with modern hospice services (more in peoples homes and fewer in-patient beds) and at a sum we believed we could raise, having failed with the capital appeal once already. More of this later. The third element was to change skills in many parts of the hospice so that we could deal with the complex clinical and emotional needs of our patients and their families including expanding the Family Bereavement team which was our founder, Dr Ford's original plan. This would make a big difference in the

confidence of our NHS partners and ultimately new funding. There was always going to be a forth element but that would have to wait until we had a new building and finances to recruit a new leadership team to take us forwards.

"I've been asked to reflect on the £4m capital appeal rather than the other elements. Having said that I do need to say that we would not have gained the financial support we did without success in achieving all the other goals and as Chief Executive it was my job to bring it all together but also to lead on the design and the capital appeal. We couldn't afford a full senior team and we all had to help out in many areas. Fortunately I had some experience of capital appeals from a previous life and knew how to go about making that sort of sum. The difficulty was to grow our revenue income and make sure we didn't divert it into capital. We didn't want a new hospice that we couldn't afford to run. This cut down quite a few traditional fundraising options of public appeals as are commonly seen. We had to run what is known as a Private Appeal. In other words asking for donations from trust funds and major donors which would be largely invisible to the public. As money came in we decided to put in a new sewage system and all the groundworks. Everything you can't see once its built. However, it did give me the opportunity to walk potential donors around the site and point out all the rooms and tell the story of what they would be used for. We had a local team of Patrons who focussed on generating income from Norfolk based major donors whilst I concentrated on the national trust funds and Norfolk based grant giving organisations. There was a lot of collaboration with Patrons and the hospices senior team. The hospice trustees, basically a group of people (volunteers) who are responsible for the good governance of the charity, really waded in and helped me in actual terms and in the emotional support I regularly needed to keep this impossible task on track. I would love to thank all those that helped, including our very loyal and capable volunteers but a list of names seems inappropriate and they know who they are and I have had the opportunity to thank them.

"Well, we did it. Not just build the building but all the other elements even though there is still a way to go on fully funding the in-patient unit the new leadership team has done a great job in taking services forwards, funding and making the building into a real hospice. I do feel immensely proud and walking into the building for the opening by H.M. the Queen did remind me of so many patients and their families. Their words of support, advice and friendship carried me through many difficult days. It is possible to do things incredible but always with the help of others, my wife Sue in particular.

"We only have one hospice in the West and in recent years many of our neighbours have realised just how important this is. Please keep supporting them".

From St Edmund's parish church

Dear friends,

I love buying little bits and pieces which probably are just clutter, and not worth a great deal, I just like things which are a bit unusual. The other week I bought a "Campaign chair" a portable armchair which folds up and can be easily carried around. The style looks as if it could have been used during the Boer War, though I'm guessing it isn't as old as that. In fact when I first saw it for sale I didn't realise it did fold up, but having made the discovery I thought how useful it would be when an extra seat is required at the Vicarage for a study group.



When I was in Sussex I had a retired priest colleague called Father Reg, he always came to the Eucharist on a Tuesday rather than a Sunday as he had a wife who lived with Alzheimer's and was also physically very poorly. One of our parishioners used to sit with her so Fr Reg could go out occasionally. After her death he continued to worship on a Tuesday and found himself free to go out and about on Sunday. But one Tuesday he wasn't in church. A couple of days later he phoned me to tell me, that like "a wandering Aramean he had rolled up his tent and moved on." He and his wife had been living in retirement in Littlehampton in a bungalow belonging to his wife's niece. As he had got to the age of 88 and widowed he decided to take himself into a clergy retirement home, and so with only a few possessions to call his own (he had been a missionary in India for almost all of his active ministry) he moved to Worthing. However a few months later he once again 'rolled up his tent' and came back to us as communal life in a house of other retired clergy drove him to distraction.

We shall be celebrating Easter towards the end of the month, and it reminds us, if we need reminding, that life isn't permanent and we are always moving on. After the death on the cross Jesus returned to his friends and disciples, showing us that death does not have the last word, showing us that life with God continues through and beyond death; but that Easter life, is a new life, totally brand new, Jesus was raised to new life, he wasn't resuscitated to the old life. In the course of a life time I haven't met that many people like Fr Reg who was quite happy to roll up his tent and move on; most of us, regardless of what we believe, become attached to the things of earth. I might have just bought a very portable armchair but I have a house full of clutter, bits and pieces, and shelves full of books. Yet deep down I know that Fr Reg's attitude is a real living out of the Easter faith, ready and above all content to move on. The day will come to all of us when we have to 'roll up our tent and move on.' None of us can get out of it.

So how ready are we to do just that? Believing that Jesus, the God of Easter will come to us, as he went back to his disciples, and will ask us to go forward with him and leave behind all we've collected in life? An adventure with him into God's closer presence. When we come to the boundary of this life we step forward into resurrection life which will be something new and glorious, not an imitation or repetition of this life.

With prayers and good wishes for a glorious Easter, your parish priest and pastor,

Father John, Vicar of Hunstanton St Edmund and Ringstead St Andrew. Tel 532531

Mothering Sunday, March 6th: 4pm Bring and Share Tea followed by a simple act of worship in St Edmund's church hall

Worship for Holy Week which begin on Palm Sunday March 20th:

Monday, 21st and Tuesday, 22nd: 7pm Eucharist in St Edmund's

Wednesday, 23rd: 10.30am Eucharist

Maundy Thursday, 24th: 10am Eucharist at Ringstead & 7.30pm Eucharist of the Last Supper at St Edmund's

Good Friday, 25th: Liturgy of the Passion, 10am at Ringstead & 3pm at St Edmund's

Easter Eve, 26th: [Decoration of the church for Easter at 9.45am to which everyone is welcome to come and decorate the church] 8pm The Easter Vigil at St Edmund's

Easter Sunday, 27th: Parish Eucharist 9am at Ringstead & 10.30am at St Edmund's. 5pm Evening Prayer at St Edmund's



The Pancake supper on the evening of Shrove Tuesday at St Cecilia's was, as usual, a very enjoyable occasion. Thanks go to the volunteers who made pancakes or helped in any way. This year's 'Women's world day of prayer' service will be held on 4th March at St Mary's, Old Hunstanton and is led by the Christian women of Cuba. The topic of this year's service is 'Receive children, Receive me'. This is an ecumenical service and all women in the area are invited to join in. For more information search the website www.wvdp.org.uk.

The next social event is a St Patrick's Day Quiz at St Cecilia's, Dersingham on Saturday 19 March (St Patrick's Day plus 2!) at 7.00pm. A light-hearted event with a vaguely Irish theme. Bring your own bottle and a plate of something for a 'shared table' buffet. £3 per person. Teams of up to 4 or make up a team on the night. There will be a prize for members of the winning team. There is also a Raffle. All proceeds to the parish church Development Fund. Book a place by calling 01485 570229. All are welcome.

Foodbank supplies are still required, items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support of the scheme.

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

All social events will be well publicised on the website and in the weekly bulletins. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. Our daily Masses at Hunstanton, will be advertised on the notice boards and in the weekly bulletins, Wednesday mass is usually at 10.15am at St Cecilia's, Dersingham. Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675

The ecumenical Stations of the Cross followed by a simple Lenten lunch is again being celebrated every Friday starting at 12 midday during Lent. This year ours will be at St Theresa's Convent 27 Sandringham Road, Hunstanton, alternating with St Edmund's Anglican church, Hunstanton. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Website: www.hunstantoncatholicparish.org Email: parish@hunstantoncatholicparish.org

THE REAL McCoy

Daniel Holland Pastor www.thewaycf.org.uk

I'm not a fan of cover versions in music. I think that the best person to sing a song is the one who composed it; normally they felt the feelings and had the experiences. Endless cover versions on the radio are a frustration. To me no-one else, no matter how talented can do the song justice. Rather like Chinese whispers water down a message, someone singing another's song dilutes the impact. In fact I like most those with questionable voices but considerable soul like Bob Dylan, Leonard Cohen and Shane McGowan, much to my wife's chagrin.

The real McCoy is the purest form of a thing, the genuine article. My theory is that the biggest turn-off from the 'real McCoy' is not the opposite, but a counterfeit. Nothing put me off ham so much as spam! The good is the enemy of the best. Sometimes the devil is most deceptive as an angel of light. There are so many cults and counterfeits of Christianity that for someone who is genuinely seeking for Jesus it is really hard to separate the real from the spurious, and indeed, dangerous. Even then in mainstream Christianity there are so many denominations that it's hard to know where to start.

Atheists and secular humanists are anxious to tell us at every opportunity that Christianity is finished. They say we have evolved past such medieval mumbo jumbo, and people are leaving the church in droves. We are in a post Christian era. When I studied Nazi Germany for GCSE history my teacher insisted...if you're going to tell a lie, tell a really big one, tell it often and people will believe it. We can't always believe

the propaganda that is fed to us, but must investigate for ourselves. The church could retort like Mark Twain....

'The reports of my death have been greatly exaggerated'

Perhaps people have been leaving Church but the times have changed enormously. In the middle ages you could be fined by your feudal master if you didn't show up at church on Sunday, too many weeks absence and you could lose your job. Talk about financial coercion! The days of church being a good place to be seen for business contacts and respectability are gone. There are very few social benefits to church-going now, and if we have lost numbers at least we know who our friends are. In that sense, nominal Christianity is over, but real Christianity is in fine fettle. Most churches now only have people attending who love God and are committed to following Jesus, there are few hangers on. Those along just for the fringe benefits can't be seen for dust, but God has always preserved a strong remnant.

We don't need more denominations (God help us, we are amply supplied!) but to see the real McCoy in those we already have. Church should not be like the world but radically different, in as much as we are like Jesus. People who love Jesus and love people, becoming more like Him daily. My personal challenge is, do people see Jesus in me? If the answer is yes then even if they don't like it, it's ok. If the answer is no, then I have a problem, especially if I am upsetting them. I need to change fast. Most people have an inbuilt hypocrisy sensor and have had enough of manmade religion with its collateral damage, they need Jesus. We need more of Jesus and less of man. As this happens Jesus gives His Church a superlative promise...

'...the Lord rises upon you,

And his glory appears over you.

Nations will come to your light,

And kings to the brightness of your dawn.' (Isaiah 60v 2b-3)

In closing I would like to ask those who haven't seen enough of Jesus in the Church to forgive us, and give Church another chance. And those who have never even looked, why not try it, you might find the real McCoy?

UNION CHURCH

As I begin writing this article I am aware there will be plenty of other articles within this edition of T&A reflecting on the two whales stranded on our beach, but I thought I would share my experience and reflections after visiting one.

I like many others couldn't resist seeing the first whale that was stranded on our beach. I made sure we had a decent camera so we could get some pictures of it and I was excited (though also saddened) to see such a creature.

When we arrived at the scene (up-wind thankfully) there were crowds of people gathered around taking pictures. I also took the opportunity to take some photos but as I got closer to the whale I had an increasing sadness as I began to see the suffering it had endured in its final hours. After spending a little time closer to the whale we left and made for home.

As we were walking back, I began reflecting on the experience, it began with such excitement but had left me deeply saddened. When I got home and started to upload the photos I found it difficult to look at them. So much so I had to delete all but two longer distance shots. This led me to reflect again about God's care of creation and what He thinks about its current state.

In a short passage in the Bible book of Romans a number of comments are made about the general state of creation:

'The creation waits in eager expectation for the children of God to be revealed.'

'For the creation was subjected to frustration.... in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.'

'We know that the whole creation has been groaning...'

For me these verses captured not just my experience of the whale but so many other problems we are facing across the world; floods, droughts, blizzards, gales and that's just the weather! It seems the creation is more than groaning, it's crying out!

The good news is that God cares for all of creation not only humanity. He loves all of it and He came in Jesus Christ to rescue and restore the whole of creation as well as people.

As we approach Easter it is a great time to reflect on the story and

message of Jesus Christ's death and resurrection; that God is rescuing this world and inviting us to be a part of this work.

When Jesus died on the cross it was to get rid of our sin and to defeat evil. When Jesus rose again we see that He even defeated death and offered us all the opportunity to enjoy new life with God that lasts even beyond death, when God will 'make everything new'.

At Union we will be exploring Jesus death and resurrection in more detail throughout our Easter services and we'd love for you to join us. Please contact me on the details below if you'd like to know more.

My hope is that as we enjoy this new relationship as God's children, we will take up a renewed responsibility to look after God's beloved creation, to liberate it from decay, because it has been waiting and groaning for help, even on our very own beach.

Easter blessings,

Rev. Sam Abramian

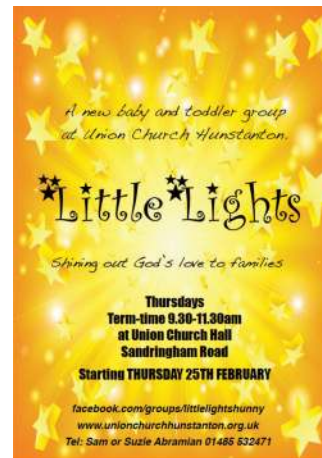
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Church website: <http://www.unionchurchhunstanton.org.uk>

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Just a thought.....

"Jesus Christ is risen today", words sung and said throughout the Easter period, but what does it mean?

It is hard for us to understand how Jesus rose from the dead. We know what happened...the stone was rolled away, the burial clothes were left inside, and an angel was awaiting those who searched.. We know that when the women ran to tell the disciples Peter had to be the first to put his head in to see if it was true and after that we know that Jesus appeared to Mary in the garden. These facts we know, but what happened inside the tomb before the stone was rolled away we will never know.

Of course that leads us to a dilemma, because those who doubt need physical proof, and unfortunately we cannot offer it them. But we can tell them what it really means to know that Jesus rose from the dead, to know that death has no more hold over us and that eternal life in the love of our Lord awaits us.

That knowledge is not about physical proof, but about faith; it is not about the mental capacity to think but about the capacity of the heart to believe and to love. Our faith in Christ is heightened and strengthened by the words He spoke to Thomas when he said "Happy are those who did not see and believed". And it is to those words we turn to show those who doubt that we do not need to feel the hands and feet for His wounds because we are His hands and his feet here on earth. We believe in Him because of what He did for us at Easter; the cross was supposed to be the end, but it was only the beginning and now we share in the glorious moment of new life in Christ.

As the Lent season closes and the Easter celebration begins let us all rejoice in that the Lord has done and shout with joy that in His resurrection unquenchable love flows in streams of living water from his heart into our very lives.

I wish you all a joyous and blessed Easter time
Steve, Methodist Church

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This year I noticed that the birds had started singing again. I hadn't realised they had stopped, until there they were again! -only one or two initially, but ever more and more. The peak bird performance is late next month when the 'dawn chorus' reaches sleep-banishing heights, but I am enjoying the increasing morning music.

Similarly the light is back! I love the variety with which we live here in Britain, the fluctuations and cycles of weather, tides, birdsong and light.

In our season in the church we continue in Lent. Unlike Christmas the preparation is less external, rather it should be what happens inside our own minds and hearts. If we have given up something significant, we will really be noticing it now. I have limited myself to tap water and three cups of black coffee a day. It doesn't sound too much of a change, but it is. I rarely drink tap water, but in solidarity with all those in the world who only ever drink water, I am drinking it too. I resist reaching for juice or tea, and in each denial I feel in my body the point of my faith: that I don't always do what I want and that I do walk with others.

Please come along and experience our Lent activities: come to the Tuesday soup lunches in the village halls and hear about the Matthew Project helping those in Norfolk who have problems with addiction; find out what Tapping House are hoping to be doing with their new building; and learn about Bishop Jonathan's cross cultural experience in Papua New Guinea where he wants to build a school. Come to the services in Holy Week, the last week of the month just before Easter, they're all different that week. On Good Friday join us on a walk from Titchwell Church to Burnham Deepdale with a half an hours pause in each church on the way. And come and experience 'from darkness to light' on Easter Saturday at Deepdale with a bonfire and refreshments after the short service.

Then after the light of Easter has dawned on us, there are two things I am really looking forward to. Firstly Joel and I will be doing our next challenge. In aid of the Matthew Project we will be climbing Ben Nevis (together with a guide for the wintry conditions at the top!) I've not climbed this early in the year in Scotland and I'm really looking forward to the challenge. If you'd like to sponsor us and raise money for this worthwhile local charity do get in touch!

Secondly, on the 9th April there is a rare opportunity to hear some world class music at Thornham Church. (Hopefully in celebration of the completion of the roof repairs!) We are hosting, for one day only, the Hermitage Ensemble from St Petersburg. This is your chance to come and lose yourself in the rich Orthodox Acapella, and Russian folk song that they bring. Tickets are £10 from myself, do spread the word to music lovers you know.

Meanwhile, as our Lent journey goes on it is my prayer that you will be able to experience something of the wonder of this season of the year. I pray that the hope encapsulated in budding branches, in birdsong and in early sunrises, will fill not just your senses, but your whole being with an understanding of the goodness of God.

Bless you :)

Susan

Rev'd Susan Bowden-Pickstock, Rector of the Saxon Shore Benefice
Ordained Pioneer Minister revroses@gmail.com

EASTER TIME

Easter time - a time from gloom to glory.

Easter is a time of promise, expectation and renewal. After the crucifixion and Jesus' 3 days in the tomb, he arose to life to show his disciples and the world that life is eternal.

We all love the lighter mornings and evenings, the spring flowers, the brighter sunshine – it all points to the promise of good available to each of us.

We'd love you to join us at our church services on Sundays at 11am; and on the first Wednesday of each month at 12 o'clock, at 10 Queens Drive, Hunstanton.

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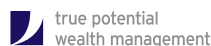
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Rotary Matters

Phil Newell and Rene Rooth

Just inside the front cover of the magazine you may have seen our invitation to our Rotary Awareness event. We are getting near to Wed, 9th March, 7.0 to 8.30 pm at the Golden Lion Hotel. Just let Rotarian Peter Atterbury, tel 01485 534820 know (or look at the other information on the Rotary Awareness website for other ways of letting us know. There will be refreshments (no charge). I remember a friend saying to me once, "Well, What do you do in Rotary? I suppose you just go along and collect some money." Well, to tell you the truth, we do a lot more besides and if you come to our evening event you can learn all about it. You would be quite surprised! In particular we have fellowship and fun and we help people who need it.

We had a most interesting and enjoyable Partners' Social Evening on 27th January as well as an excellent supper. Mr. John Smyth came to give us a talk on transporting the wounded from Europe and Egypt during World War One.

There were two million injured, not forgetting the eight million who were killed. Ambulances had to be found so 1000 London buses were immediately commandeered and a Red Cross painted on. The first shipment was for seventy five buses. They had open tops and a speed of twenty five to thirty miles per hour. To keep the fleet of vehicles moving, a team of back-up buses with mechanics were essential for the ambulances as no spares were available. The actual car bodies were changed over as all engines and chassis were standard.

As the number of wounded increased, alternative contraptions were used. Horses and dogs as well as bicycles were equipped to hold one or two patients. When the wounded arrived back in England, hospital trains were ready to transport the patients to various places. Anyone who had spare accommodation would take a dozen or more of the wounded. Even Hunstanton played a part. This was for the fund raising. One could view, for sixpence, inside the hospital trains once the wounded had been taken to their destination. This was very popular as trains had all the facilities including a pharmacy.

Don't forget to look on the website: www.hunstanton-rotary.co.uk

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SUNDAY, 19TH JUNE.
1.00 PM – 5.00 PM

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Pimms and plants in church.

Councillor's notes

Richard Bird - richard@richardbird.me.uk 01485 532565

Last month I attempted to explain about increases in domestic rates, since then there have been a couple of changes occurring. The P.C.C. (Police and Crime Commissioner) has, it would appear, been able to get more money out of central government, this led him to say that he didn't need to increase the precept, as he originally thought, that's the local taxation you and I pay. However under pressure from political activists he was accused of trying to win over the public in the forthcoming P.C.C election by not increasing the tax. Damned if you do, damned if you don't. As an independent I don't think the office of P.C.C. should be political at all and I am disappointed in the situation. More money has come from central government to N.C.C. apparently about £6 to £7 millions depending on which report I read. The debate has now started; should the money be spent now? On what? By whom? What are the greatest priorities? When you are dealing in £1.4 billion P/A it all becomes difficult. In any event I expect the figure I quoted last month of about £1 a week for a band D house is still about right. The NCC debate and vote on the budget will be held on Monday 22nd I hope and pray there isn't too much 'blood on the carpet'.

I with other NCC and KL&WNBC councillors attended a briefing about Devolution, now up to now I have not been a fan, I am still undecided, but this lecture was inspirational. Without any visual aids we were told all about the leading politicians Greg Clarke & Michael Heseltine, with more than a hint that the whole thing was actually the brainchild of George Osborne and that he was the driving force behind the scheme. The message then went on to explain that there was a need to de-centralise government quoting that 98% of finances were collected by central government with them spending 72% of it. Apparently this is not considered good governance and is not replicated anywhere else in the

western world, hence the need for devolution. The explanation of why the Conservatives had selected the Labour strongholds as the 'Northern Power Houses', with using elected Mayors as the spokespersons, suddenly became crystal clear. You really had to be there to understand the logic. The presentation went on for about an hour completely unscripted and with incredible knowledge and flair. Up to now I had considered that devolution was in fact just a title for cost saving, indeed I believed it to be in competition with the much more understandable and tangible Unitary option, now I have seen the argument properly I am not so sure, I will keep you posted.

The much enthused KL&WNBC temporary freeze on overnight car parking charges in Hunstanton are to be reinstated very soon, I am afraid it was inevitable, what would you have more domestic rates or parking increases for visitors?

The final draft of 'Hunstanton prosperity Economic plan', is now freely available. www.coastalcommunityalliance.org.uk. East of England. I will send you a link if required. While not a complete set of answers, it's a great start. Most will know that I am all for re-vitalising the coastal area with jobs and prosperity, to this end on Thursday the 28th of January I, with other independent colleagues put forward a motion at KL&WNBC the wording as follows: 'The Council resolves to initiate with appropriate other bodies, a comprehensive study of Hunstanton and the adjacent area. This should lead to the formation of a plan for the economic and social development of the area, focused upon local needs and potential'.

The leader as normal said he would take the motion to cabinet and come back to council in due course.

It's up to all of us to make sure the leader doesn't get side-tracked and put our priority to the bottom of his priorities.

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Why English law is good

Written by Miranda Marshall
Director at Hayes + Storr

Two recent but very different events have led me to write this article on how lucky we all are to have the English legal system. The first was, prosaically, a seminar on European succession law (in Norwich) and the other was reading an article on current problems with the Indian legal system (in India).

Let me start closest to home. The European Succession Regulations, which came in this August, and to which the UK has not signed up, allow a national of an EU state to choose the law which should govern the administration of their estate upon death. In addition to the forced-heirship rules, other foreign anomalies worth noting are: that marriage does not revoke a Will (including in Scotland, where the birth of a first child can do so); that in Italy lifetime gifts to children must be brought into account in distributing the estate upon death; and, that one can sign to forgo one's inheritance (never straight-forward in fact and law, especially where some time has elapsed). Whereas one can request that English law applies to one's assets in other EU countries, because many civil law countries do not recognise trusts, seeking to apply an English Will containing a trust to EU assets may be complex and incur a double tax charge.

So, what about India? Well, when the British left India in 1947, amongst the systems and structures that 'we' left behind was that of the English legal system. However, in the 69 years since then there has been much divergence. The legal principles remain but the Indian Courts and the implementation of the decisions, apparently, leave much to be desired. On the principle of 'justice delayed is justice denied' the Indian system would appear to be failing. It takes years for a case to be heard and the system has become unwieldy and inefficient. Nine judges sit on cases heard in their Supreme Court and all nine of them give a judgement. Such judgements, when published,



are sometimes as long as 900 pages for a single case. As cases take so long to be heard and even longer for the decisions to be enforced, there is a tendency for litigants to take matters into their own hands rather than wait any longer for justice to be delivered.

The English legal system is a high earner for the English economy. Litigants and companies from overseas come here to use our legal systems and our Courts. Rather than the codified rigid laws of Civil Law countries, we have the concept of 'equity', which combined with our law of trusts and flexibility in relation to Wills and property management, make our system highly desirable.

Yes, there is much to improve here in England. Our legal system is creaking with antiquated IT in the Courts and the threat of closure of our some Courts (King's Lynn, being our local cause célèbre). However, we should appreciate what we have: it could be infinitely worse.

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

If you require advice on this matter please contact Miranda on 01328 710210. If you require advice on any other legal matter please telephone our Hunstanton office on 01485 524166 or email law.hunstanton@hayes-storr.com.

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Hunstanton FC

Paul Shanks - Club Secretary

Unfortunately our Under 15's team are struggling at the moment, we have lost about half of our team, some of the lads got frustrated that they were losing and have jumped ship rather than fight to make it work. One of those being Ben (my co-managers) son, this has led to Ben no longer being involved. So now yours truly has taken sole charge, another Hunstanton FC job for me! I'm determined to make it work though. If it's ok with you, I'd like to use this edition to make a plea for new players. I don't know whether you saw our social media pages and the EDP newspaper but in January we had some very nice people vandalise our pitch at the Recreation Ground, if you want to use any of this info or the pictures that I took at the time then I'd be happy to pass it all on to you. Our groundsmen have done a fantastic job making it a fantastic surface to play on once again.

Anyway, I shall post below the January details..

1st team:

16/01/2016 Ingoldisthorpe Res 1 Hunstanton 0

23/01/2016 Terrington 3 Hunstanton 1

Reserves:

02/01/2016 Hunstanton Res 2 Springwood 3

30/01/2016 Upwell Town 3 Hunstanton Res 2

Under 15's: January was a mixed month, 2 defeats were followed by our first ever victory for our under 15's team which means we now also have a cup semi final to look forward to..

03/01/2016 Hunstanton 1 Fakenham 9

24/01/2016 Wisbech 6 Hunstanton 1

31/01/2016 Hunstanton 2 Terrington 1

Hunstanton FC Under 15's are recruiting new players. If you are in school years 9 or 10 and are looking to join a team and would be interested in playing for Hunstanton FC, please contact the club via the Facebook or Twitter pages or email the club on: hunstantonfc@outlook.com You can also contact the Club Secretary/Team Manager on: 07748881738

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EVENTS AND ACTIVITIES - YOUR CALENDAR FOR THE MONTH

- | | |
|---|--|
| <p>1 Lent Talk: 13.00 Brancaster Simms Reeve Hall. The Matthew Project in Norfolk: helping with addiction. £1 for soup and opportunity to give to the charity.</p> <p>1 Docking Walking Group Docking Circuit, meet at playing field 2pm Phone to confirm all walks: Helena Aldis 07769 850965 or Helen Hilton 07836 515236. All walks less than 5 miles.</p> <p>3 McCarthy & Stone public meeting. Town Hall 2-7pm</p> <p>4 Sir Henry Bellingham MP Open Surgery Town Hall Basement 2.30-4pm</p> <p>4 Hunstanton Town Council Children's Disco Contact: Cllr Elaine Clutton 01485 535915</p> <p>4 Can you dig it at Sedgeford Village Hall see p24</p> <p>4 Hunstanton Community Players 8pm Town Hall see page 15</p> <p>4 Hunstanton Conservative Club Quiz at 9pm after Bingo</p> <p>5 Coffee morning and cake stall at St Edmund's Church Hall 10am-noon. We would be pleased to see you there. See p13</p> <p>5 United Services Club entertainment Corey Lewis 8.30pm</p> <p>6 Docking Walking Group Sandringham King's Avenue, meet by Captains Close 11am</p> <p>6 United Services Club entertainment Karaoke 8pm</p> <p>7 Kit Holmes Bespoke Norfolk Ltd Golf Day at Old Hunstanton Golf Club, spectators welcome. Details on p61 of Feb issue</p> <p>8 Lent Talk: 13.00 Brancaster Staithe Village Hall. Tapping House: an update. £1 for soup and opportunity to give to the charity.</p> <p>8 BRANCASTER CAMERA CLUB Along the Coast with Chris Holt Brancaster Staithe Village Hall at 7.30 pm. See p 44</p> <p>9 Hunstanton Town Council Committee Meetings, Town Hall Chamber 6.30pm</p> <p>9 Rotary Awareness event see page 2</p> <p>10 Barclays Bank Hunstanton Fraud Awareness event 10am-1pm</p> <p>11 Docking Walking Group Walsingham Village Walk no 1 Meet Friday Market Place 11am.</p> <p>11 United Services Club Quiz night £2 entry + food 8pm</p> <p>12 Cinema in Syderstone presents THE MARTIAN (12A) Amy Robsart Village Hall, Syderstone PE31 8RX. 7.30pm Advance tickets £3.50 01485 578244 or 01485 578171</p> <p>12 United Services Club entertainment The Business 8.30pm</p> <p>13 West Norfolk Jubilee Youth Orchestra Concert at St Edmund's Church, Hunstanton 'From Norfolk to Outer Space' 2.30pm Retiring collection for St Edmund's and the orchestra. Refreshments will be served. Page15</p> <p>13 United Services Club entertainment Karaoke 8pm</p> <p>15 Lent Talk: 13.00 Thornham Village Hall. Bishop Jonathan's Lent Appeal - building a school in Papua New Guinea. £1 for soup and opportunity to give to the charity.</p> <p>15 Docking Walking Group Fakenham Town Walk meet by War Memorial 2pm</p> <p>16 Poetry morning 'Mad March and Nature 10.30-noon. Town Hall Basement £2.00. All welcome to read or listen.</p> <p>16 BRANCASTER CAMERA CLUB Author & Wildlife Photographer David Tipling See page 44</p> <p>16 Civic Society at Hunstanton Town Hall see page 37</p> <p>17 Hunstanton Gardeners' Association Community Centre p 23</p> <p>17 Gt Massingham Film Club Lady in the Van 12A 7.30pm £4 Gt Massingham Village Hall info: gtmassingham.net or 520912</p> <p>17-20 St Patrick's weekend at the Wash & Tope see p33</p> <p>18 Hunstanton Town Council Full Council Meeting 6.30pm Town Hall Chamber</p> <p>18 Anmer Village Social Club Film Night "THE LADY IN THE VAN" £3 at the door. Doors and bar opens at 7.30 p.m. films@anmerclub.co.uk or 01485 579465</p> <p>18 United Services Club An Irish night with Country Law 8.30pm</p> <p>19 Craft Fair at Hunstanton Town Hall</p> <p>19 Norfolk Goldwings 7th Light Parade raising money for the East Anglian Air Ambulance. Display noon-4pm. Parade 7pm</p> <p>19 Hunstanton Conservative Club St Patrick's Day Dance and Sing-along with Jim Bennett. Irish stew will be served.</p> <p>19 United Services Club entertainment Transition 8.30pm</p> <p>20 Docking Walking Group Castle Rising, meet by Almshouses 11am Please phone to confirm all walks: Helena Aldis 07769</p> | <p>850965 or Helen Hilton 07836 515236.</p> <p>20 United Services Club entertainment Karaoke 8pm</p> <p>21 U3A meeting at Hunstanton Community Centre Quacks and Quackery Dr. Somerville 2.00 p.m. Doors 1.30pm</p> <p>21 Heacham History Group, Old Friends Hall, Sunnyside Close, Heacham, PE31 7DX. 7.30pm. Talk by Neil Story, The King's Men, The True Story of the Sandringham Company and the 5th Battalion, The Norfolk Regiment in Gallipoli 1915.</p> <p>22 Amusing Police stories with David Reeve 2.30pm Holme Village Hall see page 32</p> <p>22 BRANCASTER CAMERA CLUB Digital competition See page 44</p> <p>23 Thornham Village Cinema 'FILM - 'THE LADY IN THE VAN' Call 07818 028687 for tickets, £5 each, pay for and collect at the door. Bar opens 7 pm, film starts 7.30 pm. View trailers on www.thornhamvillagehall.co.uk/cinema.html</p> <p>23 United Services Club Easter Prize Bingo All welcome 8pm</p> <p>25 Docking Walking Group Grimston-Pott Row meet by Grimston Clock Tower 11am.</p> <p>25 United Services Club entertainment Steve Perry 8.30pm</p> <p>25-26 HDFA Craft Fair, Town Hall 10-4pm Free public entry</p> <p>25-28 Deepdale Spring Market see page 37</p> <p>26 Hunstanton Conservative Club Easter Saturday Entertainment and Dancing with Lesley</p> <p>26 United Services Club Kenny and The Motives 8.30pm</p> <p>26-27 Arts & Crafts Easter Fair at Ripper Hall Docking. 10am - 4pm. A showcase of local talent. Free admission. Refreshments</p> <p>27 United Services Club entertainment Karaoke 8pm</p> <p>27-28 Royal Air Force Bircham Newton Heritage Centre open days The National Construction College PE31 6RB Come and discover the fascinating history of this former Royal Air Force station and its satellite airfields. Admission & parking FREE and Disabled access</p> <p>29 Docking Walking Group Gt Massingham Circuit meet by Dabbling Duck on green 5pm</p> |
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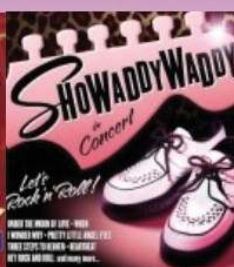
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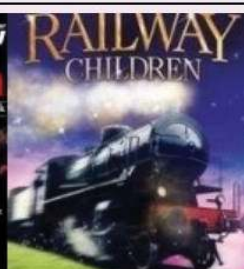
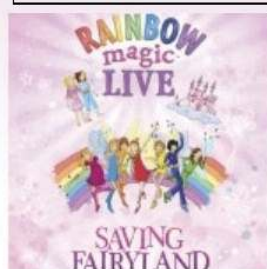


Sun 6th March

Fri 11th March

Weds 16th March

Fri 18th March



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Sun 20th March

Sat 26th March

Sun 27th March

Thurs 31st March



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