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ISSUE 91 MAY 2013



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FIRST WORD

Kate Dunbar took this month's cover picture of our lovely Pat Richardson drilling the summer flowers on Redgate Hill. You can read about his Community Award on page 37.

Sometimes I'm sent fantastic stories for publication but they are just a bit too long to print in full. I've puzzled over how to overcome this and at last have found the solution - Dropbox. If you turn to page 41, there's an inspiring article about the Air Cadets and staff from 42F (Kings Lynn) Squadron ATC's trek in Iceland. At the end of the article you'll see my Dropbox link where you can view the complete story complete with photographs.

My thanks to everyone who has supplied copy and photographs for inclusion and apologies to those who didn't get into this issue because of space challenges. I tried to include everything that was 'timed', and have saved articles for next month.

Our advertisers make the publication of the magazine possible. Please support them if you can.

With best wishes for a good May

Elaine

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To Burn or Not To Burn – Waste That Is

By Dr Gordon Tanner

Prior to coming to work in NW Norfolk in 1987, three of my previous jobs had involved incineration of wastes, both municipal and industrial. Among these jobs I had been chief engineer for Heenan Environmental Systems in Worcester, one of the leading suppliers of municipal incinerators in UK in the 1970's, and I had been a consultant engineer to Cory who were planning an industrial incinerator which has subsequently been constructed at Seal Sands on Teesside. I'm only writing this to show that what follows is based on knowledge, not emotion. I have observed from the sidelines the emotion that has surrounded the opposition to the Saddlebow incinerator proposals.

At this point I would make it clear that I am strongly against the proposed incinerator. But the problem with incineration is not necessarily the process, but people.

Every incinerator is designed. Assumptions are made about what will be put into it to burn, and the design is generated based on those assumptions. It is possible to specify domestic waste as a mixture of chemical elements, with a defined heating capability. In the 70's we were faced with bins that got wet on rainy days and hence reduced the heat that would be released in combustion. It is easier to be more accurate nowadays with closed bins keeping the refuse dry. The point about this is that if the waste is not the same as the design waste, the incineration process will not perform the same as designed.

In the 70's good combustion was rated as 99.98% complete destruction to inert materials such as mineral ash, metals, water vapour and carbon dioxide. That means that for every 100 tons of refuse processed there were 20kgs of incompletely burned materials – primarily gases such as carbon monoxide, and other volatile carbon products. If the waste did not conform to the assumed composition, then the combustion process would be different and the efficiency would be lower, producing more incompletely processed material.

Modern incinerators are designed to operate at higher efficiencies. When I was last involved in the industry, I was quoted 99.99998%, by German and Swiss incinerator manufacturers. That would mean 20gms (less than 1oz) of incomplete combustion per 100 tons of waste. But the very high efficiency is only achieved when the waste is in specification. Also the high efficiency is achieved by having the combustion products held at 1200degC for 2 seconds. That involves big equipment – big money to build it – and the use of gas fired after-burners to get to 1200degC. Technically it is possible to build a high efficiency incinerator that would operate cleanly.

But as I said at the start the problem is people.

People think 'It's an incinerator' and expect it to burn anything! But every householder would have to be very conscientious about only putting specified waste in their bins. For instance I know from experience that a can of solvent based paint in an incinerator will burst open and release a sudden extra load on the combustion process, throwing the incinerator into inefficient operation temporarily, and a puff of smoke come out from the chimney stack. Too much PVC and there will be dioxins produced.

Every person operating the plant would have to be conscientious about their tasks to keep it at maximum efficiency.

No person should have any financial interest in the operation of the plant. The person who does a favour for a friend turning a blind eye to what is put in will cause it to operate inefficiently. I remember visiting an industrial incinerator at a blue chip company where they had a waste storage tank that was reserved for products to be burnt at night, because they caused black smoke. If the waste causes black smoke, then almost certainly many other incomplete combustion products are formed, some of which are probably noxious.

I'm sorry to say that people too often take the easiest path. At times

we will put the wrong things in the waste. The plant operators will take the expedient route even if it compromises the incinerator's efficiency. There will be times when the managers come under financial pressure to cut corners.

If the incinerator is to be built it should be in the optimum location. Part of my involvement with Cory was to recommend the location for their plant. The decision was based on a mix of geography and the waste origin, but my main recommendation was that it be built as close to the East coast as possible because the prevailing winds would normally take any emissions out to sea. Saddlebow is not a suitable site on this criterion. In Norfolk the best location would be Great Yarmouth.

Heacham plan: a village says NO!

Emma Jackson

MP Henry Bellingham this week described proposed plans for a major development in Heacham as 'complete lunacy'. Speaking at a packed public meeting at Heacham Public Hall on Saturday 20 April, Mr Bellingham spoke for everyone present when he insisted that Heacham 'must remain a village'.

Broadland Housing, together with property developer, Townsfolk Ltd of Brancaster, are proposing a development off the A149 that will include, amongst other amenities, 355 residential dwellings, a care home, business units, electricity substation, allotments and a community public house. Heacham Parish Council is vehemently against the proposal and is persisting in helping the village to oppose plans that will create a 'village outside of the village and place an unnecessary strain on the infrastructure'.

Mr Bellingham thanked constituents that had already written to him to register their disagreement and went on to state that he had never come across so much opposition to a planning proposal and accusing Broadland Housing, who declined to respond to an invitation to represent themselves at the meeting, of manipulation. He agreed that 'there is a need for housing in the village, but it is very wrong of Broadlands to say that if you don't get this development then you will not get affordable housing. 'It is appalling that Broadland Housing are ignoring public opinion,' he continued, 'and have made no contact with me, the County Council or the Borough Council. They are out of touch.'

Within the Governmental directive, Heacham has been allocated between 90 to a 100 new homes before 2025, which would be, according to Mr Bellingham, 'sustainable, reasonable and in line with public opinion, but going for the number of houses on this scale is unsustainable. 'You cannot ignore what people are saying', he told Broadland Housing, 'so go back to the drawing board'.

Mike Press, Chairman of the Patients Group spoke of the impact the development will have on the current medical service. The development will increase patients by 20%, he stated, 'and that will dilute the current good service we offer and put great pressure on the hospitals. Facilities, yes! Capacity, no!'

Heacham Parish Council, described by Mr Bellingham as 'never frightened to stand up and do what is right for the village', were thanked by the public for their commitment, and supported in their belief by County Councillor Michael Chenery. 'I will go against any recommendation,' he insisted, 'if that recommendation is not what we want. Everybody must write to the Borough Council in their own name.'

Parish Council Clerk, Mrs Sewell informed residents that each person must write an individual letter or e-mail to the Borough Council before April 26 to log their complaints, as this would be the only way that planners would take the opposition seriously. Meanwhile, a village awaits a decision that may have a huge and unwanted impact on their everyday lives.

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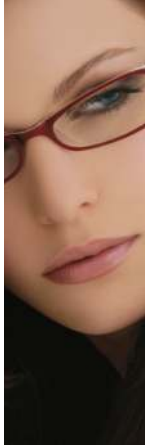
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TAX AND ALL THINGS WISE AND WONDERFUL

NICKIE BANTOFT, FCCA

So 'How was it for you?' The Budget, that is.

By now you will have been totally swamped with that endless bumph on the latest Budget. Tables, statistics and the like. 'Who gains and who loses'.

Each newspaper putting it's spin on things and none actually telling you what you want to know that question that we all ask of a Budget: 'How does that affect me?'. If you think you have the answer, I would really like to know!!

There is only one way to cope. That is to get into the detail of it all and see where we can use their new rules that might open up any ways to make the best of a bad job. Of course, the real meat of a Budget is going to be in the Finance Acts that will follow in due course, and they are not for faint hearted. Indeed.

Payroll work is worrying for a lot of people in view the new system now unfolding. RTI (aka 'Real Time Update'). This is one more step forward in total computerisation of information between businesses and the government. The system now says that if you employ someone, each time a payment is made it will be reported on-line.

Payroll work is now something for the experts and not the task of a retired bank clerk earning a bit of pin-money from you. Sadly.

The other topic that people have been hearing about is this latest crusade by the Revenue they call 'Business Records Checks'.

They say it is to see that a trader is keeping 'sufficient' (don't you love that word?) records to calculate their profits accurately. Now the snag is that you have to look back to see what they really mean by 'proper books of account' and on what basis you may be completing final accounts to go in a Tax Return,

Anyway, these visits will be selected by a computer. The basis of selection has not been exactly explained. But if it did happen,

then, in theory, the visit is supposedly to be of an advisory nature.

The HMRC agent will then come along and then tell you if things needed to be improved. Three months later the agent will come back again. Now if you do what you were told to do, then you will get a smack in the hand by way of a fixed fine of £500 (assuming you have been trading longer than one year).

This all seems pretty straightforward until you just might wonder where all this could lead to. However, they do say that a 'Business Records Check' is just that and no more. I think that to be right as it happens as I cannot see full Inspectors trailing after every case where a lower (Executive/Clerical Officer level) has had some trouble with some corner shop not keeping their petty cash in good order.

This brings book-keeping topics into focus and there is now a need to ensure that you do know that your books are what they should be and that you are going about things in a way that avoids. Once again the world is moving on and so very sadly you simply cannot rely using the services of poor old Fred round the corner who just might not be doing things as they should.

So, there, I have spared you all the statistics and tables.

You can always call me at my Wisbech office on 01945 581102 where amongst many other things we have a team of payroll specialists on board to help you sort out this wretched RTI problems.

You can also call Bob Jolly (in Holme-next-the Sea) you may wish to have a word with. Bob is pretty good on limited company matters. He is 01485 525880.

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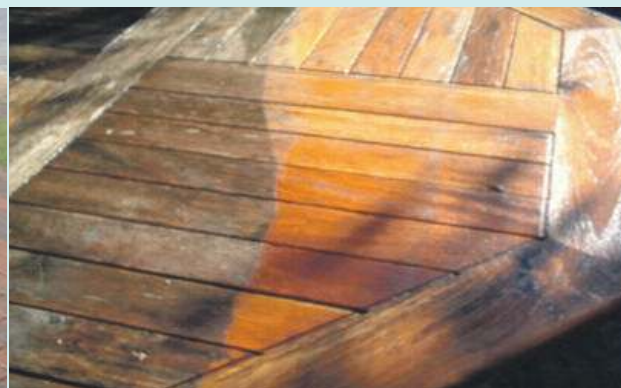
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WW1 Soldiers/Sailors/Airman from Hunstanton area (Part 3)

Tony Armstrong (further information Email: a.armstrong116@btinternet.com)

Address when joining up	Name	Post War Status	Occupation – Pre WW1
Markinch, Hunstanton	Cmdr John Jackson R.N.	KIA	Royal Navy
May Cottages, No1, Hill St, Hunst'n	L/Cpl Edward Frost	DoW's	Butcher
Midhurst Cottages, Hunstanton	Pte Frederick Framingham	Returned	House Painter
Newmarket House, No1, Hunstanton	2nd Lt Arthur Langford	KIA	Regular Soldier
Norfolk House, Hunstanton	Spr Walter Reynolds	Returned	Ass't t Postmaster General
Northgate rd, Shaftesbury House, H'n	Pte Samuel Marshall	Returned	Apprenticed Fishmonger
Northgate, Bluntisham House, H'n	Bdr Albert Frost	KIA	Not known
Northgate, Bluntisham House, H'n	Cpl Alfred Gentle	Returned	Auctioneer's Clerk
Northgate, Bluntisham House, H'n	Cpl Bernard Gentle	Returned	Apprenticed Outfitter
Northgate, Bluntisham House, H'n	Dvr Albert Gentle	DoW's	School pupil
Northgate, Bluntisham House, H'n	Dvr Cecil Gentle	KIA	School pupil
Northgate, The Glebe Hotel, Hunst'n	? William Lane	Returned	'Boots' in Hotel
Old Coal Yard, No37, Old Hunstanton	Pte George Andrews	Returned	Porter at Wine Merchants
Old Hunstanton, Caley Farm Cottage	Pte William Melton	KIA	General Labourer
Old Hunstanton, Ivy Cottage	Pte Arthur Melton	Returned	Farmer
Old Hunstanton, Neptune Hotel	Pte Frederick Laws	DatSea	Carpenter
Old Hunstanton, No10	Pte Sidney Richardson	Returned	Bakers Assistant
Old Hunstanton, No29.	Pte Robert Allsopp	KIA	Farm Worker
Old Hunstanton, No33	Pte Victor Dade	n/a	School pupil
Old Hunstanton, No58,	Gnr Robert Lake	n/a	General Labourer
Old Hunstanton, No60	L.S. William Newstead R.N.	KIA	Royal Navy
Old Hunstanton, No60	Pte Alfred Newstead	KIA	Not known
Old Hunstanton, School House	A/Sgt Ronald Lockwood	n/a	Pupil Teacher
Old Hunstanton, School House	Pte Julian Lockwood	Returned	Clerk to Magistrates Court
Old Hunstanton, The Lifeboat Inn	? Victor Green	n/a	Apprenticed Wheelwright
Old Hunstanton, The Lifeboat Inn	Gnr Harold Green	n/a	School Pupil
Old Hunstanton, The Lifeboat Inn	Pte Horace Green	n/a	Bricklayer
Old Hunstanton, The Lifeboat Inn	Pte Hugh Green	Returned	Bricklayer
Old Hunstanton, The Victory Inn	Cpl William Proudfoot	Returned	General Labourer
Old Hunstanton, The Victory Inn	Dvr John Proudfoot	Returned	Groundsman and Groom
Park Rd, Austin House, Hunstanton	Pte Eric Seaborne	n/a	School pupil
Park Rd, Austin House, Hunstanton	Pte Frederick Seaborne	Returned	Apprenticed House Painter
Park Rd, Dundee Villa, Hunstanton	Gnr Stanley Clarke	n/a	School pupil
Park Rd, Lindley, Hunstanton	2nd Lt Reginald Heygate	KIA	School pupil
Park Rd, No1 Langham Cottages, H'n	L/Cpl George Dove	KIA	Gardener / Domestic
Park Rd, Sandringham House, Hunst'n	Cpl William Traylen	Returned	Butcher
Park Rd, Skopelos, Hunstanton	Capt Herbert Durrant	n/a	Student
Park Rd, Skopelos, Hunstanton	Lt Charles Durrant	n/a	Student
Park Rd, The Homestead, Hunstanton	Lt John Hampson	n/a	School pupil
Post Office, High St, Hunstanton	Lt Samuel Belderson	n/a	Sub Postmaster
Railway Terrace, Hunstanton	Cpl Arthur Cremer	n/a	Restaurant Car Attendant
Raymond Villa, Hunstanton	Spr Arthur Hall	Returned	Sorting Clerk/Telegraphist
Richmond Villas, No1, Hunst'n	C.Q.S Reginald Roythorne	KIA	Gardener / Domestic
Rocksands, Hunstanton	Cpl Percy Palmer	KIA	Shop Assistant
Rocksands, Hunstanton	Drv Horace Palmer	n/a	Post Office worker
Rocksands, Hunstanton	Pte Basil Palmer	KIA	School pupil
Roseneath Terr', No5, South Rd, Hun'n	Pte William Crown	KIA	Butcher
Roseneath Terr', No5, South Rd, Hun'n	Spr Charles Coe	n/a	Painter then Carpenter
Roseneath terrace, No2, Hunst'n	Pte Cecil Purdy	PoW returned	School pupil
Roseneath, No6, Hunstanton	Cpl John Herring	DoW's	Carpenter
Royal Parade, No4, Hunstanton	Pte Ashley Willoughby	Returned	Grocers Apprentice
Royal Parade, No4, Hunstanton	Pte Robert Willoughby	Returned	Grocer
Royal Parade, No4, Hunstanton	Pte Stanley Willoughby	KIA	Publican
Salisbury House, Hunstanton	C.P.O. Herbert Begley R.N.	Returned	Royal Navy
Sandringham Hotel, Hunstanton	Lt John Hewlett	Returned	Sand'ham Hotel Manager
Sandringham Hotel, Hunstanton	Sgt A.S.Chapman	n/a	Not known
Sandringham Rd, Valuna House, H'n	Dvr Alfred Hobart	n/a	Clerk in Land Agent Office
Sea Lane, No30, Old Hunstanton	Pte William Richardson	KIA	Clerk/B'kp'r at Land Agents

ARTHUR'S MINIATURE WORLD

Stephen Dance, the Archivist of the British Model Soldier Society, is seeking information on and recollections of one of the Society's early members, a resident of Hunstanton from the 1920s until his death in 1950.

Mr Arthur Leicester Hewitt lived in Northgate and was known to many people locally for his extraordinary 20,000 strong display of model soldiers, kept in an outbuilding and open to visitors young and old. The display was designed to illustrate "the Army of Today", that is to say the British Army between the two world wars.

Stephen is keen to hear from anyone who may have seen the display as a youngster, or met Mr Leicester Hewitt. He is also looking for any photographs of the collector and his collection, and a copy of a 12 page leaflet produced on the display in 1934.

Stephen can be contacted on 01727 837786 or by email at stephendanceslcn@btinternet.com

ARTHUR LEICESTER HEWITT

Researcher (Archivist of the British Model Soldier Society) would like to hear from anyone with memories of, or information on, this gentleman who lived in Northgate, Hunstanton.

In particular, any recollections of his model soldier display.

Also seeking the leaflet that was produced.

STEPHEN DANCE

1 FLORA GROVE, ST. ALBANS

HERTS AL1 5EW

stephendanceslcn@btinternet.com

01727 837786

PTE ARTHUR LEICESTER HEWITT

From a few 'sketchy' details to a 'big picture'

By Tony Armstrong

Firstly I wish to thank all those people that have contacted me regarding Hunstanton Armed Forces personnel who fought in WW1. Its restores faith in human nature, that they are not forgotten. If I haven't already, I will answer your questions as soon as I can.

Back to Pte Arthur Leicester Hewitt – after my last article printed in March's issue of T & A, I only knew his name as A. Hewitt and it was published in 1919 that he had returned from the war back to Hunstanton, that was it!

After being contacted by an Archivist in St Albans, Herts. (How the Town and Around travels) requesting what I knew of Arthur, I had to come clean. He then told me what he knew, which was mainly from Arthur's Obituary in 1950 following his death, this included some seemingly 'insignificant' comments. Things like 'the deceased fought in East Africa in WW1' and that he was a founder member of 'The British Model Soldier Society' plus of course his full name and an address in Hunstanton where the Society sent mail to. The cogs started turning.

From this I managed, by means of contacts and Military databanks. To get his Rank, Regt and his Army Pension paperwork and Medal Card, alas his Service History was destroyed in the London Blitz.

Next I trawled the Genealogy sites and came across a 'Private family Tree' – these are tree's that are not in the Public domain being kept 'private'. I sent a very polite message to the holder and it paid off. He had the family history and I had the Military history, so we swapped so to speak.

He had some more 'insignificant' details too, but once again the cogs started turning together with the first set of cogs.

All these 'sketches' were now making up a 'full page picture'.

Arthur 'Leicester' Hewitt was born in 1883 near Leicester, his father was the Mayor at that time, hence his middle name. His father Francis was a Bookseller and owned The Leicester Mercury newspaper, he had two children with his first wife Katherine who sadly died in 1869. One of these was Kate Mary Hewitt.* In 1871 Francis married again, this time to Elizabeth Cook who was from Kings Lynn, and they had five more children, Arthur being the youngest and the last.

When Arthur was of sufficient age he went to a Private school in Somerset before becoming a Journalist on his own account (self employed).

Francis the father, bought a large house in Hunstanton called Woolaston House (now The Shellbrooke) in Cliff Terrace, using it as a 'summer' retreat, but by 1891 he resided there until his death in 1897.

Arthur also moved to Hunstanton and between 1911 and 1914 he moved into 'Lyndewode' at 39, Northgate. His occupation was now Newspaper Director, presumably carrying on the family business.

Then WW1 came along.

Arthur joined up and became Pte Arthur L Hewitt, S/n M2-227031, Army Service Corps (Mechanical Transport), after a number of years on home soil, in 1917 he embarked for the journey to German Occupied East Africa. Within a short time after landing he was plagued by 'tropical' ailments which caused him to have several stays in Hospitals, mainly in Dar es Salaam. His health didn't improve sufficiently for Army duties and he was evacuated back to the U.K. for further Hospitalisation in Oxfordshire in spring 1918. His health was thought to be sufficient to be assessed for an Army Pension, but the

treatment was working and he finally got back to good health and no Pension was thought necessary. He was demobilised on the 19th February 1919 and considered healthy enough to be put on Class 'Z' Army Reserve. He received The Victory Medal and the British War Medal.

Now back to Normality.

It is believed by the family, that Arthur "Retired" from the business when he joined the Army (1916) which would make him just 33 yrs old.

His passion at that time was 'New Cars', and would you believe 'Model Soldiers'.

He amassed a collection of some 20,000 Model Soldiers and displayed them at some very prestigious venues and Exhibitions. He had a large shed in his back garden where he displayed dioramas, mostly with a Logistic theme, perhaps in memory of his time in the Army Service Corps. This was known locally as 'the Soldier Museum'.

He was a founder member of The British Model Soldier Society which still exists today. He had many foreign V.I.P.'s visit his 'museum' over the years and also wrote a booklet titled 'The Army of Today', A Scale Model Collection of Twenty Thousand Pieces, Representing every Feature of Life in the British Army. It was printed by the local Witley Press in 1934.

It is also thought that at one time he was a 'Military Correspondent' for the Times newspaper.

Arthur died on the 14th June 1950 at Hunstanton, as did his Father Francis on the 25th October 1897, both are believed to be buried in St Mary's Churchyard (I have spent an hour looking but failed to spot the grave – perhaps someone out there may have knowledge and can help me locate it ?).

There is a Memorial Plaque up high on the end of the roof of the first Pavilion going towards the Lighthouse to Francis Hewitt (Arthur's father). The Pavilion was built in memory of him.

*Kate Mary Hewitt (Arthur's older Sister) was down as Arthur's Next of Kin in his Army paperwork, she also lived at Woolaston House. But in 1894, she married the well respected local Architect Herbert George Ibberson and set up home in 'The Gables' at 28, Austin Street.

It's a small world.

By the means of communication, 3 people who only had 'sketches' on their own – now have a much bigger 'picture' to keep. And Hunstanton has another record of one of its Soldiers.

LEST WE FORGET.

Email : a.armstrong116@btinternet.com

Mayor's Scone Recipe

Cllr Elaine Clutton

I am being continually asked for my recipe for cheese scones, which when asked to make something for Council events these are what I make because they take 10 minutes to make and 10 minutes to bake.

So here it is why not try them for yourselves.

Cheese Scones

60g (2 oz) butter, plus a little more to grease baking tray
250g (8oz) self-raising flour
2 tsp baking powder
125g (4oz) grated mature cheddar
half tsp of mustard powder
1 egg
150ml (1/4 pint) milk

1. Lightly butter baking tray.
2. Sift flour, baking powder and mustard powder into bowl. Rub in butter with fingertips until like breadcrumbs and add grated cheese.
3. Break egg into measuring jug and make up to 150 ml (1/4 pint) with milk and beat lightly to mix. Add to bowl and mix to soft dough.
4. Lightly knead dough and roll out to 1cm (1/2 in) thick, cut into rounds with pastry cutter and put on baking tray. Brush with milk and sprinkle with finely grated cheese.
5. Bake in preheated oven 220C or Gas 7 for 10 minutes until risen and golden.

Makes 12 scones if using 2 inch pastry cutter.



Thoughts on Aesthetic Nursing & Patient Safety – Part 2

The Patient Journey

The journey starts with how one finds information about cosmetic procedures that may be of interest. This may be by searching the web, an article or an advertisement in a magazine or personal recommendation. If by web site, was it easy to navigate? Did it offer the relevant information; was Initial contact with a clinic by phone or email? How informative and knowledgeable was the response to questions asked? Clinic location is also important, as well as being able to find it? Or is it too prominent? Is it in view for all to see? Not always desirable post treatment. Is there adequate and accessible parking? All are important questions worth asking prior to the first step into the clinic.

Once at the clinic consider if it is welcoming? Who owns it? Is it clean? Is there sufficient privacy? Finally is it the right one for the job?

At Initial and subsequent visits it is essential that adequate information and literature is provided. Appropriate certificates authenticating the correct training and medical registrations and insurance should be available to see or on display. Ask plenty of questions; an all-important one is how long have the professional clinic team been in practice?

Always discuss realistic expectations; it is vital that one feels comfortable with the person who is providing the treatment. Assured in their knowledge and finding them both pleasant and presentable. A feeling of confidence and trust should be apparent, remember this is ones 'only' face or body. There is no dress rehearsal.

At Cosmex Clinic there is always a 'cooling off' period, there is never any pressure to administer a treatment. In fact patients may be turned away if we don't think treatments are suitable. Sometimes a referral to a more appropriate medical profession may be suggested. A post treatment review appointment will be recommended, enabling the practitioner to check the result of the

previous treatment also to ensure that the patient is happy and has the desired outcome. At this point a future treatment plan could be discussed. Future plans are have a place as nothing we provide in the aesthetics industry be it Injectable, laser or otherwise? Will last forever. It is therefore essential to be prepared for a future plan of aesthetic maintenance; this insures best results by far.

Finally Lou Sommereux is an experienced and expert aesthetics nurse who provides treatment only within her scope of competence. Speaking as a fellow practitioner I can only add that I have worked alongside of Lou for three years, she is an exceptionally professional lady who is passionate about her work and patient safety. I am proud of our association and for Cosmex Clinic to be under the SLCC umbrella once a month.

SLCC also offers a full range of laser therapy for all kinds of skin and unwanted hair problems as well as laser teeth whitening. All of our treatments are administered by individual practitioners specialising in their own specific field.

We are also currently running a successful Advanced Laser Skills and Laser safety course, suitable for the novice laser technician with a responsible outlook or the aesthetics nurse/medical practitioner who has recently purchased an aesthetics laser and would like to offer patients the most from laser therapy in all components of IPL, E-Lite, NdYag and Q switched tattoo removal, this is a demanding and comprehensive one day course, qualification essential.

A registered CQC clinic, our aim is creating perfect skin our strength is that we care.

For further details contact Lou Sommereux on 01223 846363 or email lou@cosmexclinic.co.uk For any other enquiries contact Neen Riseborough at SLCC 01485542143 text 07766476354 email neen@newface4u.co.uk... feel assured that you will speak only with a professional practitioner.



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Kings Oak Quality – priceless.

It is a common myth that bespoke fitted furniture for bedrooms, bathrooms, media rooms, home offices, kitchens and children's rooms costs a small fortune and that off-the-shelf units from Retail Park outlets are an economic alternative. Actually, that notion is completely wrong on several levels. So, let's start by taking a reality check on the facts behind depot-based purchasing of flat pack or semi-made units.

Myth 1: Mass produced units can be as good as hand-crafted ones. Actually, mass produced items with a low price tag are usually based on buying the cheapest possible materials that people are prepared to accept – a case of style over substance. If you are going to the trouble of installing a fitted furniture project, you need to be sure the units will look great but last, too. Only top quality materials used by skilled craftspeople can achieve that.

Myth 2: Saving money by taking advantage of heavy discount offers makes sense. No,

it probably doesn't in the medium to long-term. To offer high percentage discounts, the units are likely to have cost very little to manufacture in the first place and corners will have been cut to keep prices unrealistically low. Materials which will not stand the test of time; bowing, bending and generally having a relatively short 'working' life.

Myth 3: There isn't much difference between mass produced and bespoke fitted units, except the price. How wrong could you be? Bespoke and hand-made fitted furniture is built specifically to last and to cope with all life-styles from bohemian to boisterous, calm to careful, and everything in between because every home is different. Mass produced units have a lower life expectation due to lower standards of materials and construction – so you will have to replace it more quickly!

Myth 4: Only 'big' houses have specially-made fitted furniture. As a matter of fact, having specifically designed units that fit

precisely into the space you want to transform, regardless of how oddly shaped a room is and in whatever type of flat or house, is what makes Kings Oak a better alternative to trying to make standard sized units fit into spaces which are, well, not standard. From the largest mansion to the smallest maisonette, quality fitted furniture makes the very best use of every square inch of space and if done correctly, as Kings Oak always does, this actually saves you money and gives a better looking, lasting result.

One trade secret that Paul is happy to share is this, "The big, impersonal, off-the-shelf suppliers of units operate on making people's homes and ideas fit what they want to sell – instead of the other way around, which is how Kings Oak approaches its work with clients. It says it all if I tell you that these type of suppliers are referred to as 'sheds' in the trade. I know I can help people make the best of the space and money they have available and still revel in creating a style which they can love and enjoy for

years. No one going to a 'shed' will get genuine value for money because the products just don't have the lasting power that a Kings Oak unit does."

Kings Oak prides itself on the superior standards the company has adhered to throughout its thirty years operating in the region. Clients return time and time again, to have additional projects undertaken by Kings Oak because their first experience has been so good. Kings Oak puts quality and customer satisfaction at the very top of its business principles list.

If you would rather work with people who genuinely care that your fitted furniture installation exceeds your expectations, have units that will stand the test of time and at a price which will surprise you by how reasonable it is, speak to Paul Barnett or a member of his team at the Hunstanton Showroom opposite the High Street (at the Barclays end) or visit the Kings Lynn showroom at 48 Bergen Way on the North Lynn Industrial Estate.

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Hunstanton Town Hall

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www.spiritualflowevents.com

MIND BODY SPIRIT FAYRE - HUNSTANTON TOWN HALL

Steve Hudson

The Spiritual Flow Roadshow is coming to town in May when Swaffham based Steve Hudson promotes a two day Mind Body Spirit Fayre at the Town Hall, on Saturday 18th and Sunday 19th May.

The event features some of Norfolk's finest mediums including International Psychic Medium Shirley Cimelli who is travelling across country for the two-day event. Norfolk therapists will be on hand to ease the stress of the week with beautiful soft or deep tissue massages, whichever suits your needs. Usually at these events the energy levels are through the roof with a beautiful soothing ambience to help you through the day.

It's not all about therapy treatments and clairvoyant readings as we can expect some of the finest Crystal pieces to be seen in the area. Whether it's a lovely crystal pendant or a beautiful crystal cave there will

be something to purchase to suit everyone's pocket. Also on display and available to purchase will be recently imported North American Indian jewellery, Indian Chief feather headdresses plus some beautifully crafted wooden items hand picked and brought back to Norfolk by Kokopelli. Local Norfolk based potter Kate Fisher will be selling her exquisite chakra based ceramic ornamental drums.

If it is remedies you need then look no further than the homeopathy stand that seeks to highlight the wonders of Bach flower remedies and whilst we are on the remedies you will find Neal's Yard at hand for those soothing oils and ointments. Every roadshow features healers, they are always a popular choice at these events, and this year we have Cranio Sacral, Reiki, Seichem and Spiritual healers to help relieve some of those annoying aches and pains we

sometimes get. If you are out of balance try the newly developed 'Balance Procedure' you'll be amazed how it works.

So why not pop along and indulge with some inexpensive life helping treatments. There is always something for everyone.



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Changes at 'Serendipity'

The month of March saw the end of ladies clothing and accessories being sold at 'Serendipity', and the start of our new venture into children's clothing.

After stocking a small amount of children's items over the winter period, we had found there was quite a lot of customer interest, so decided to make the change.

We would therefore like to thank all our regular customers for their support in the past, (and hopefully the future), but also apologise to all the ladies who have come through our door recently, expecting to find a M&S bargain!

We are now, very pleased to offer baby and children's items

consisting of - end of sale, discontinued lines, store returns, over orders and slight seconds, all priced at 50% or less of the r.r.p. from famous names such as Mothercare, John Lewis, Joules, Fatface and Yumi to mention but a few.

We have all sorts of everything for children of all ages including swimwear, school uniform, underwear, nightwear, party and casual wear, bridesmaid dresses, christening gowns, coats, jackets and accessories.

Pop in and see us, (opposite Sainsburys) you won't be disappointed.

We are open 10am - 4pm Monday - Saturday.

Norfolk Home and Garden

Debbie Harrington

Our long-awaited Summer is just about here at last and we have some lovely things in stock to help you enjoy it. To make your Summer Dining on the patio really special we have a new range of table linen in blues and blue and white stripes, this includes co-ordinated table cloths, napkins, aprons, tea towels, seat pads, cushions, and throws to either cover a chair or use as a wrap on a chilly evening.

Our selection of lanterns, tealight holders, and string lights with either flowers, butterflies, or dragonflies will help to give Summer evenings a wonderful atmosphere.

Look out for our Town and Around offer for May!

To decorate the garden we have a new range of resin planters, and our popular wooden windchimes with a nodding dragon, heron, or duck. Those of you who use Facebook can benefit from our special offers and competitions. Just 'Like' us at www.facebook.com/norfolkhomeandgarden.

A selection from the shop is also available from our online store at www.norfolkhomeandgarden.co.uk

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Beauty Therapist Sue joins Derek John

Sue is joining the Derek John Team from Wednesday 24th April as a Beauty Therapist she is fully qualified in both beauty and holistic treatments with over 10 years experience. Initially Sue will be here on Wednesdays from 10 - 5p.m and some Saturdays.

As a welcome to all new customers there will be 25% off your first individual treatment (Term & conditions apply) There will be fantastic monthly offers; May being all manicures or pedicures buy one get one half price. Sue will be using Luxurious Ahava Essentials Dead Sea Products, which have been tried and tested over many years.

Also available are Pamper Parties for a minimum of 6 people in the comfort of your home encompassing various treatments, ideal for hen nights or with family & friends. There are too many treatments available to mention so call in and discuss your requirements with Sue.



Old Hunstanton Social Club

Our Easter weekend was very successful, with lots of new members signing up and lots of activity in the bar.

As the evenings become longer more people are using the club and the garden. Our renovations are still proceeding, albeit slowly (volunteers still urgently needed!) and our karaoke evenings have been really popular - well done to Reg and his team.

Karaoke dates for May are Friday 3rd, 17th and 31st, starting at 730pm.

This month's Bingo is on Friday 24th at 7pm. There will be a Quiz night in May - see the notice board for details.

Our family room is busy every Sunday; we have lots of toys and games and everyone is very welcome. We see the club as a central part of the local community and all are welcome - it costs only £10 a year or £5 for seniors.

Our big event for May is our beer festival from 3rd to 6th when we will have a huge selection of real ales on sale and live music and food every day.

Come and join us - you will be made very welcome.

New Meditation Classes at Serenity & Crystal Cave, 34 Westgate, Hunstanton

Local yoga teacher Val Rybak will be running two new classes of meditation, which would be suitable for both beginners and those with experience. The first class will commence on Thursday afternoons and will run for six weeks - 16th May to 20 June. A deposit will be required to secure your place. Val prefers to work with smaller groups so places are limited, please contact us on 01485 535321 or pop into the Cave.

As the nice lighter evenings are here we will also be running an evening meditation course from 25th July for six weeks again please contact us register your interest. 01485 535321 www.serenitynaturalhealing.co.uk

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News from Hunstanton Lifeboat Station

Geoff Needham

With no shouts to report this month, the usual activities, crew training and general maintenance is on going.

Easter Sunday the crew held their annual Easter egg hunt, specially organised by crew and their wives, this is a family event, the youngsters have to collect a number of different items listed, that can be found along the tide line, then they have to find the eggs hidden around the boathouse, the eggs are numbered, and whoever finds the egg, with the number that has been placed in a sealed envelope, wins the big egg, this years winner was young Charlie Kent, DLA. Rod Hicks presented him with a big box of chocolates as well as handing out the other eggs to all who took part, (photo's RNLI)

The RNLI have equipped boats with video cameras, this enables the RNLI to bring to the screen real rescues as it all happens, this brings us in line with the other emergency services, all footage is edited and is cleared by Headquarters before being shown. Watching the TV

programme the other day, called Real Rescues, there was some excellent footage from Bude in Cornwall, of their lifeboat, a D-Class boarding an unmanned runaway fishing boat going round in circles at speed, the helmsman did a good job, and though it wasn't a first for an RNLI crew, and reminded me of an incident in 1981. I was an auxiliary Coastguard at that time, the pagers went off, and I manned the C.G. lookout and VHF radio on the cliffs; Mike Softly took the CG Land Rover on to the beach at Heacham and relayed the incident back. The CG lookout acted as a relay to Yarmouth CG if communications were bad, and we played a vital part in all search and rescue operations carried out by the lifeboat. The following is a report of that incident.

August 1981 we had a D class D-126. On the 12th Aug.1981 at 5.15 p.m. Yarmouth CG requested the lifeboat to launch to an out of control speedboat, circling at high speed with just a dog on board, the owner was towing his son water skiing, when

he was thrown overboard his son had also fallen off his ski, the boat circled round and struck the father on the head with the prop causing severe head injuries, he was brought out of the sea by holiday makers bathing, the son made it to the beach, helmsman Alan Clark manoeuvred the boat avoiding the trailing ski rope, and managed to get inside the circle and get along side for a brief moment enabling crew member Arthur Osbourne to jump from the L/B on to the speedboat and bring it under control, he then beached the speedboat on the beach, the dog jumped out and ran off, later reunited with its owner, the father recovered, but not fully due to the severity of his injuries. The crew later received RSPCA-awarded certificates of merit, Helmsman Alan Clarke crewmembers Arthur Osbourne and John Connors, and just a little snippet from our history. If you google any RNLI station on your computer, there is a vast amount of information, history and video footage to be seen, just have click and see for yourself.

Guild News

Fish & Chips at Sedgeford showed a profit of £799.59

Curry Night at the King William Sedgeford showed a profit of £375.00

Well done all who took part and organised every thing and thanks for supporting Hunstanton RNLI

Date for Your calendar. The annual Film Show and Review of the Year will take place at Hunstanton Town Hall on Thursday 16th May at 7 pm where a film will be shown illustrating the work done by the crews together with a talk highlighting particular aspects of their role. Tea and coffee will be served from 6.30 p.m. and all are welcome to come along. We are still looking to recruit crew members to be part of a dedicated team to crew the lifeboat and Hovercraft, If you think that you would like to become part of that team, between 18yrs and 40yrs male or female and would like to find out more about the RNLI come along to the station any Sunday morning, we'd be pleased to show you around.

For information on the RNLI the Charity that saves lives at sea visit www.rnli.org.uk



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Glebe House School

John P. Crofts

As I write we are looking forward to the warmer weather promised shortly and being able to enjoy a wide range of outdoor activities.

Last term was a very full term and it started with the receipt of the report from the Independent Schools Inspectorate. We were delighted that the Inspectors were so positive about the school, describing the school as:

‘A model of working harmony where adults and pupils work extremely well together.’

The children and staff were frequently praised:

‘The pupils’ spiritual, moral, social and cultural development is excellent. Pupils are well mannered, considerate and delightful with each other; their behaviour is praiseworthy. They are genuinely caring members of their own community and understand their social responsibility to help others who are less fortunate.’

‘A particular feature of the successful teaching is the strength of individual teachers’ subject knowledge. Effective lesson planning ensures that a wide range of teaching strategies are used to interest pupils and create a love of learning.’

We are proud of the children’s academic achievements, but an important element of a Glebe House School education is the extra-curricular activity at the school, whether it is in individual and team sports, drama, art or music.

Last term our pupils competed against a range of schools in football, hockey, rugby, netball and cross country as well as successfully representing West Norfolk at the Winter School Games in cross country, tag rugby and sportshall athletics and we look forward to the start of the cricket, tennis, rounders and athletics seasons shortly.

We are delighted to invite any children between the ages of 7 and 13 to take part in our Quadkids athletics competition on Saturday 18th May. For further information and an entry form email : jpc@glebehouseschool.co.uk

In the Spring term we enjoyed an excellent art exhibition, raising money for charity through pupils’ work; our musicians performed in a lunchtime concert in the Town Hall and the term finished with our senior play ‘The Wizard of Oz’ in the final week of term.



The Wizard of Oz and featured Jemima Bostrom as the Scarecrow, Jack Reed as the Tin Man, Jazmyn Pesci as the Cowardly Lion and Rosie Gillett as Dorothy.

This term our year 3, 4 and 5 pupils will be staging their play ‘Porridge’ at the end of June.

Any parents who are considering Glebe House School for their children and warmly invited to visit the school by contacting the

Registrar, Bridget Crofts – bmc@glebehouseschool.co.uk, 01485 532809 ext 4.

We value our links with the local community and warmly invite visitors to the school for school events, car boot sales and particularly on the occasion of our Summer Fete and Dog Show on Sunday 12th May. Amanda and David Whitehill and friends have put together another excellent Dog Show, which always attracts a large field of entries. With the Hunstanton Concert Band, sideshows and refreshments it promises to be a great event again.

An increasing number of groups use the school as a base for their activities and we would be happy to pass on contact details for any of the following:

- John Giller’s Drama & Theatre Academy runs classes on Saturday mornings for children from the age of 5 (10.30 to 12.30) and for teenagers to adults from 12.30-2.30pm
- Aqua Zumba in the School Pool (Saturdays 10.00-11.00am)
- Sport Active Solutions offer Multi Activity sessions for children aged 5-9 on Saturday mornings
- There are classes for the martial arts of Tang Soo Do (Mondays 6.30-8.30pm) and Taekwon-Do (Wednesdays 6.00-7.30pm)
- Mother and Toddler swimming sessions with Jennifer Savage
- Eagle Sports Academy 3 day courses in most school holiday periods

Summer Fundraiser

Saturday 22nd June at
Old Hunstanton Social Club 10am-3pm

CAKE STALL - RAFFLE - JUMBLE STALL
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To raise money for and awareness of Charlie's Legacy:

Cords4LifeUK in memory of Charlie Harris-Beard
Come and support us, be a member of
Charlie's Army for a day!

For more information about the day, to set up your own stall, to donate to the jumble or if you are a local business wanting to donate a raffle prize please contact Michaela on 07788434542

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Hunstanton Infant School and Redgate Junior School

Nigel Harvey, Headteacher

We return after Easter all ready for the Summer Term. During the holidays we have had football camps at Redgate Junior School and we have had several of the corridors decorated at Redgate too.

It always amazes me how much we fit in to the Summer term. As well as working hard to motivate children in all areas of the curriculum and preparing children for their assessments, we have numerous events for children to engage with this term.

In April alone, we have a residential visit, Y6 children on a personal safety morning, football matches, a swimming gala, a 'bikeability' course, children involved in the 'Town Read', and a maths evening for KS2 parents. Our youngest children will also have the opportunity to share their work with parents at an assembly.

We say goodbye to our speed-stacking club for a term, but welcome a cricket club to Redgate Junior School and football will soon be replaced with athletics.

We are also beginning to plan for our Summer production at Redgate Junior School, a float for the Carnival and activities for our Conservation Panel, who work with the staff at the Sea Life Centre.

We are also planning for the pedestrian training we do with our Y2 children before they move up to Redgate and our annual whole school trip from Hunstanton Infant School.

This time of the year is also exciting as we wait eagerly to hear which children are going to join Hunstanton Infant School and Redgate Junior School in September.

As soon as we hear, we shall be writing to parents to involve them in activities at both schools this term.

Crafty Creations is Opening

Paint Me Ceramics is opening Crafty Creations gift shop full of unique hand made craft items. You are welcome to visit and browse our wide range of items, directly next door to Paint Me Ceramics' studio in Westgate just down the hill from the Library. You can find ideal presents or treat yourself to that special something which is one of a kind.

You may see a selection of what is to offer on our facebook page: Crafty.Creations.Hunstanton

Although Frances, the owner has been very busy she has not had time to make all the items herself! The shop is stocked on a rent a space basis. People with a skill for crafts, display items in the shop, paying a small weekly rent. Selling craft items in this way has become popular across the country, meaning many more crafters are able to sell their lovely items whilst busy making more!

Paint Me Ceramics is fully open and busy as usual. Have you seen the Decopatch Giraffe (a giraffe decorated with a collage of overlapping colourful paper). A full range of creative activities are available and please don't miss out on our great loyalty scheme. All the details are available on our website.

Calling all Crafters!

If you would like to rent some space in the new Crafty Creations gift shop, please call Frances on 01485 534340

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www.facebook.com/Paint.me.Ceramics
www.paintmeceramics.co.uk **T:01485 534340**

Pauline Lormor - Trophy Pet Foods

What others say...

First of all I would like to thank you very much for the excellent nutritional advice you have given me with regards to our rescued basset Tilly. She came to us somewhat overweight and sluggish, but with your advice and support has slimmed down, has a wonderful coat condition and full of energy. She really enjoys Trophy products and they fill her up which most shop bought varieties don't seem able to do. Second of all, but not least, I would thank you for your excellent service, nothing is too much trouble and even when I forget, you never do. You have looked after the nutritional needs for our Tilly for two years; long may you continue to do so.

Yours Billi Mundsley Norfolk

Just a few lines to thank you for the service and understanding we have received from your Business. As you know we have a young black Lab and an old German shepherd and until we met you they had been on a meat-only diet. It was with a certain amount of trepidation that we listen to your advice and put them both on solid foods but the results have been quite amazing. We appreciate the time you took with us to get just the right food for each dog and especially with "Roxie" the old shepherd who recently had to go on a specialised diet. Your research for her problem and the help you received from you nutritional experts at Trophy was exceptional. Since going on solids both dogs have never looked back, they have clean teeth and "Purdy" the lab has a beautiful shiny coat. We also appreciate the sensible prices free reliable delivery service and you always have time to take an interest in our pets. As you know we have recommended your products and service too many of our friends and the feedback we get is that they are extremely pleased with all aspect of your operation.

So once again thank you for your service, and we look forward to your next visit.

Janice and Derek Sellers East Winch West Norfolk

Trophy Foods have been our Pet Food supplier for over 18 months, after being introduced to Pauline by friends.

We have not only been impressed by how "Alfie" (our German Shorthaired Pointer) has enjoyed the food but by his overall health & appearance, we have noticed his coat is very glossy and in good condition

The Customer Service & Support received has been excellent. They have a prompt home delivery service and with what we consider a very reasonable cost. Alfie's lifestyle has changed during this period as he moved in with my daughter for six months, going from free run exercise to walking on a lead, he became too energetic. After a Consultation at home, his food was changed to a more suitable content to balance this out. Recently Alfie has gone back home to free run exercise and we have received a further consultation, he has returned to the previous food he was on and this has now balanced his energy levels again.

We seriously recommend you give them a try.

Aubrey Thomas Heacham Norfolk

I first met Pauline when I was looking for a rice free dog food. A friend gave Pauline's name and number to me. I phoned her and made an appointment for a visit. The following day Pauline arrived on time and introduced herself to me and my dogs. I found her to be very professional with a great knowledge of food available its contents and nutritional value and most importantly the right food for my dog that he loved. Pauline has since become a very good friend to my dogs and me.

Margaret Taverham Norfolk

When Pauline came to our door one day we stood and listened while she had her say. Trophy food it is the best, try our samples and put it to the test.

Pauline with her friendly smile will always go that extra mile.

At resolving our problems she's put to the test but our Pauline really is the best.

Always obliging, polite and more than helpful.

Our dogs now enjoy every mouthful.

Fay Bean Senior Trainer North Norfolk Dog Agility Group.

I was introduced to Pauline at Trophy foods about 2 years ago, having 6 rescue dogs ranging from 3 - 16 years, Pauline came and assessed what each of my dogs needed. My dogs all have various problems being rescues, but due to Pauline's knowledge and helpfulness we have found a happy medium with the food, all of them thriving and looking in fantastic condition. Being a dog groomer, I have put a lot of my customers 'Trophies way' with great success, all being very happy with the excellent service Pauline offers.

Sarah Dog Groomer Bacton North Norfolk

THE HUNSTANTON FUN DOG SHOW

Hi, Frodo Cavalier here and I am a dog! To be precise I am a Cavalier King Charles Spaniel and I am in charge of organising the Hunstanton Fun Dog Show, the only dog show that's organised by a dog, and I would like to invite all the doggies out there to come along.

It's going to be a great day out for us dogs and the good news is we have lots of attractions for your human, so why not bring them along with you! For us doggies there is have-a-go-fly-ball, a pet behaviourist who will answer questions on why our humans don't always understand what we are trying to say, there will be trade stands selling all our creature comforts including treats, a doggy masseur to give advice on our aches and pains, a mobile dog wash for the dreaded bath, also a doggy dancing display, heel work to music display, and one or two surprises to watch out for.

For the human family there is a bouncy castle, games, stalls, human food and treats, a fab water attraction, plus they can park their cars on site. It's going to be great fun; there are 12 classes to enter with loads and loads of rosettes up for grabs to a massive 10th place, plus a great big, enormous cup for the best in show. The press will be there taking photos.....so come along and enjoy yourself and give your human a nice day out.

Oh, and Chris and Clair from Coastal Vets are very nice to me when I am poorly. They even do home visits. They are our sponsors so thanks guys, you're great!

Any enquires give me a ring on: 01485 534481 ...I can woof in English. Please support me...it takes a lot of effort to type with paws! Don't forget this is the only dog show organised by a dog!!!!

Fun Dog Show & Car Boot Sale in aid of Guide Dogs' for the Blind

It's on Sunday May 26th at Smithdon High School, there will be Breed, Novelty, Obedience and Handling classes. Entries will be taken from 9.00am. Breed judging starts at 11.00am, Obedience judging at 10.00am and Novelty judging at 1.00pm. Entries are £1.50 per class.

Car booters can enter from 8.00am and buyers from 9.00am - £5 per vehicle.

Any enquiries to Cate 07815 443051/01485 541627, Denise 01485 532850 or Maureen 01485 532495 E-mail Poochcorner@aol.com



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Alternatively email your name, address, phone number & pet details to:

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We will then contact you to arrange to drop off these free samples for your pets to try.

No cash alternative. Trophy Pet Foods does not sell or pass on your details to any third party.

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Address:

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Type of pet(s):

Current food fed:

www.trophypetfoods.co.uk

www.facebook.com/officialtrophypetfoods

Pauline Lormor: 01263 824279

mob: 07769 187555

THE HUNSTANTON FUN DOG SHOW SUNDAY 12th MAY GLEBE HOUSE SCHOOL Cromer Rd • Hunstanton • PE36 6HW Held in conjunction with the SCHOOL SUMMER FÊTE



12 Novelty Classes

- Prettiest Girl
- Most Handsome Boy
- Veteran (dogs aged 8+)
- Young Dog (dogs under 3yrs of age)
- Dog the Judge would like to take home
- Waggiest Tail
- Best Rescue
- Boy with most appealing eyes
- Girl with most appealing eyes
- Fancy Dress
- Happy Families (2 dogs or more)
- Dog with No Rosettes
- Best in Show

Entries from 12.00pm
Judging from 1.30pm
Have-a-go flyball from 12.00pm
Doggy dancing 1.00pm
ENTRY FEES: £1.50 per class – Rosettes to 10th Place
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[www.facebook.com/
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26th MAY

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Searles Spring Classic 11th, 12th, April 2013

Mid-April saw the 15th playing of the Searles Spring Classic at Hunstanton and Kings Lynn Golf Clubs. This event sponsored by Searles Leisure Group and Heacham Manor hotel teams up a professional golfer with an amateur partner to compete in two rounds on the superb & challenging Hunstanton & Kings Lynn courses. Held over two days, the teams play a combination of stableford foursomes and stableford fourball better ball.

In this years event, 40 teams took part

coming from all over the East of England region.

Searles managing director Paul Searle said, "We are delighted to be sponsoring this event for the 15th time and very happy with the organisation by the East region professional golf association. Our objective is to offer professional golfers and their amateur partners excellent golf courses, good competition and a friendly atmosphere in this early season event. We also promote our North West



THE UNIVERSITY OF THE THIRD AGE

Monday 20th May 2pm

Gillian Southgate

'My Life with a Guide Dog'

Community Centre

Avenue Road

Hunstanton

Doors open 1.30pm

Visitors welcome

Norfolk Golf Tour which consists of golfers playing Hunstanton, Heacham Manor & Kings Lynn golf courses and staying at Heacham Manor with dinner, bed & breakfast."

This years winners were professional Murray White and partner Justin Saunders with a score of 77 points over the two days.

Photo: Kate Dunbar

MAGICAL MAY DAYS

AND A 10% OFF MAY SPECIAL

AT THE KING WILLIAM IV, SEDGEFORD

Relish the warmer days and lighter evenings and enjoy a leisurely lunch or supper at The King William IV Country Inn & Restaurant in Sedgeford. Choose a table in The King Will's sheltered garden with views across the soothing, surrounding countryside or dine in the pergola with its stylish Lloyd Loom seating and twinkling lanterns by night.

What's more - throughout May including both Bank Holidays, owners, Nick and Lili Skerritt, are offering readers 10% off lunch or dinner including drinks. This special offer is valid from Sunday to Thursday only - please see advert coupon for terms and conditions.

Lunch is served between 12 and 2pm and until 2.30pm on Sunday, and dinner from 6.30pm to 9pm with the exception of Friday, Saturday and Sunday when food starts at 6pm. Bar opening times are 11am to 11pm.

Whether you choose to eat al fresco or in one of the Inn's delightful restaurants, there's an abundance of local, seasonal and vegetarian dishes to whet your appetite and a wide array of guest ales, fine wine and soft drinks on tap. The King Will's friendly staff are always on hand to assist with food selection, room bookings and all other visitors' requirements.

New soft seating in the cosy bar is proving a real hit. Curl up on the luxurious, leather sofas, sip a rich, hot chocolate and catch up on all the latest news from the excellent supply of papers and magazines. Make a morning of it, and sample The King Will's award-winning breakfast now available to non-residents.

For those who love a spicy dish, the £10 Curry & Pint offer continues throughout May along with the popular Friday Piano Evenings with music from 7 to 9pm in the Garden Restaurant. Looking ahead, tasty specials are planned for Father's Day on Sunday, 16th June - booking is recommended but not essential, call 01485 571765 for details.

There's always something happening at The King Will - keep in touch with the website's new News Blog where all winners from recent competitions are announced, and check out all other seasonal meal and accommodation deals at www.thekingwilliamsedgeford.co.uk

New soft seating at The King William



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KWHTAMAY2013

Hunstanton in Bloom

Max Dolby

As I wrote last month's piece, snow and gales were the order of the day. This time, there is talk of really warm weather soon. By the time you read this, we shall know whether the pundits were just leading us up the garden path.

As mentioned last month, the Front Garden Competition has been renamed the Festival of Front Gardens.

This year, the competition has been enlarged to include three classes:

- 1) Front Gardens (of any size or type)
- 2) Hotel/Guest House (can be any type of garden e.g. traditional border, containers or both)
- 3) Single container (can be hanging basket, tub or any kind of container). For the person who likes a small garden display.

Entry and completed forms can be obtained from and returned to either the Tourist Information Centre, Witley shop in the High Street or Oasis Leisure Centre. Forms will be available from the 1st May. The competition will have a closing date of 16th June with judging to take place between 8th and 12th July, by which time, hopefully, we shall have had sufficient sunshine to produce a colourful display. If you do not wish to enter your own garden, why not nominate another garden or container which you feel is a credit to our town.

On 8th April, the wiggly beds alongside the A149 were sown again with that wonderful French flower seed mix which produced such a terrific display last year. Keep your eyes peeled (well, perhaps not just yet!).

The Blossom Day is to go ahead in the Community Orchard from 11 to 5 o'clock on Saturday 4th May. There should be much to see, as several groups will have displays and stalls there and, with a bit of luck, there should be some beautiful blossom. Do go along to check!

On Wednesday 29th May, the popular 'Bug Hunt' will be re-launched in Boston Square. Experts will be on hand to help you find and identify the bugs that inhabit the Square and there will be picture sheets and quizzes.

Enjoy Hunstanton in Bloom in 2013.

2013 Blossom

Pat Richardson

The first blossom of 2013 in the Community Orchard,
Photo taken today Saturday 13th April of tree no 6 Japanese plum Satsuma.



OLD HUNSTANTON

FLOWER FESTIVAL & SUMMER FETE

St Mary's Church, Old Hunstanton

26th – 28th July 2013

Free Parking to all Events, Wheelchair Access

Three glorious days of Flowers, Music and Fun for Everyone!



29th July is a very Special Day when the Church is converted to enable people with special mobility needs to view the floral displays close up. (Please note there is no Fete on Monday).

Old Hunstanton Flower Festival & Summer Fete is an annual event which has developed since it started in 1970. It is held in St Mary's Church, a lovely 14th century Church set beside a duck pond in the village of Old Hunstanton. This year, the Festival theme is "Countries of the World" and we are anticipating some exciting, colourful and creative floral displays in the Church.

Our brilliant Summer Fete will be held in the lovely garden of nearby Park House (directly opposite the Church), including the refreshment marquee which is always popular serving morning coffee, light lunches and teas, all locally prepared. Come and enjoy a variety of stalls and attractions selling delicious home made cakes, crafts, plants, nearly new clothes, books, CDs and our famous well stocked Tombola and Grand Draw!

Concerts are held in the beautifully decorated Church on Friday and Saturday evenings. A popular feature of the weekend is the "Songs of Praise" concert on Sunday at 7pm with the Hunstanton Concert Band. Full details of this year's exciting events will be published shortly.

Come along and make it a Day Out to Enjoy and Remember

For further information contact:

Mike Tuffs on 07970 256080 or Email: momtuffs@hotmail.com



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Book a table to avoid disappointment!

Live Music at The Lodge

28th June - Billy the Kid
30th August - Jacen Bruce & Family



News from The Civic Society

Andrew Murray

Regular attenders of the talks evenings will know that the usual format is for a speaker to use a Power Point type visual aid. The original speaker for the March talk had to withdraw because of ill health and Mr Brian Hedge from North Walsham kindly stepped into his place. The style of his presentation deviated from the norm in that the large collection of old photographs of Cromer and Sheringham were individually dubbed with sound descriptions. Although this has the merit of identifying the photographs and their relevance, it did not make for the usual speaker - audience interaction and the talk failed to show how the transformation of those 2 fishing villages into flourishing resorts occurred in comparison to the development of Hunstanton during the same period. In April, Alison Gifford, the chair of King's Lynn Civic Society, kept the attention of her audience without either notes or visual aids about the scandals and complex lives of Lady Hamilton and Lord Nelson.

The final talk in this year's program is to be given on Wednesday 15 May at 7.30 by

David Summers. His title is 'Architects Skipper and Boardman' who were influential architects based in Norwich. This talk complements the recent publication of the leaflet about the Hunstanton houses that were designed by Herbert G Ibberson, a prominent member of the Arts & Crafts movement.

At the time of writing, negotiations are continuing concerning the development of a Heritage Centre, located on The Green, that would give the society a base and the ability to mount various exhibitions that should be of interest to both the town's residents and its visitors. The audience at the April meeting indicated their support for the scheme and many volunteered to offer some of their time to staff the premises and a few to also act as trustees.

The regularly updated website:

www.hunstanton-civic-society.org includes the minutes of our committee meetings, the programme for the talks and other useful information.

Looking back on another Jubilee Year

John Maiden

On May 6th 1935 King George V celebrated his Silver Jubilee and to mark the occasion numerous sports fields across the land became protected open spaces, which could not be developed for housing or industrial purposes. To the best of my knowledge, this corner of Norfolk does not benefit from the legacy of George V but 20 years later, on July 20th 1955, Hunstanton did benefit when Bernard le Strange imposed a legally binding covenant, designed to protect all the open spaces specified in the Conveyance as being parts of 'The Green' when large areas of his estate were sold to Hunstanton Urban District Council.

The effectiveness of this covenant may best be judged by observing the fate of land that was not subject to the covenant. The Westgate Gardens were bulldozed in 1963 to make way for the bus station and a library, formerly housed in the Sandringham Hotel, which within a few years went the same way as the Gardens.

In those days the field to the north of South Beach Road was known to locals as the 'sewer' field, because of its close proximity to the town's sewage treatment works, but in spite of the name given to it, the field together all the land to the west of South Beach Road, between the fair and what is now the powerboat ramp, was public open space.

Bearing in mind how that area has lost its open aspect over the years, we have every reason to be grateful to Bernard le Strange for his foresight in protecting Lincoln Square and all the grassed area between Cliff Parade and the cliff edge, from the bowling green to the lighthouse cafe; together with the upper and lower Westgate spinneys and the landscaped area to the south and west of what is currently known as O'Quigley's bar.

The freehold of the triangle of land in front of the Golden Lion and the Town Hall was retained by the le Strange Estate, but leased to the Council under the terms of a similar restrictive covenant. The only serious breach of the covenant occurred in 2003 when West Norfolk Council, in a moment of sheer madness, gave its consent for the building on The Green where our Pier used to be, and even agreed to lease further land to the misnamed "Hunstanton Pier Company" to construct an even larger non-pier that the 'Pier' entrance building erected in 1963 - destroyed by fire in May 2002.

But enough of all this wrong-doing, let's get back to May 1935 and recall how Hunstanton pushed the boat out to celebrate the Silver Jubilee. Courtesy of The Witley Press the following programme can now be revealed.

11.15 to 12.15 - King's Lynn Town Prize Band playing on The Green.

1 pm - Assembly of a Carnival on The Green with the procession moving off at 1.45, proceeding along le Strange Terrace; Avenue Road; High Street; Northgate; Victoria Avenue; Glebe Avenue; Church Street and Greevegat to the Recreation Ground; where prizes for 1st 2nd and 3rd place will be awarded in eight categories.

2.30 to 4.30 - children's sports on the Recreation Ground; also a Fire Brigade display; and at 5 pm tea in the Town Hall for children aged 5 to 15. Sports prizes will then be distributed on the Town Hall steps

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17th July BILLY ELLIOT

21st August HYDE PARK ON HUDSON



while the Lynn Town Band plays on The Green from 6 to 7.30.

From there, attention switches to the boating lake where the 'King's Speech' will be broadcast and races held for boats; skiffs; canoes and paddle boats.

9.30 pm - a torchlight procession sets off from there along the promenade to the cliffs, where a signal rocket will be fired, followed by a firework display.

The day is rounded off by dancing in the Town Hall to the 'Harlem Playboys Dance Orchestra', and this Carnival Dance - reminiscent of the TV serial: 'Dancing on the Edge' - goes on until 3 am.

Sadly, although our Town Hall still survives, the boating lake has gone, and the borough council offers no explanation for failing to give further protection to our potentially fantastic open spaces by nominating the whole of The Green as Queen Elizabeth II Fields.

The Recreation Ground would have qualified in 1935, but apparently it was not nominated then and appears to have missed out again in 2013, in spite of a plaque at the entrance proclaiming that the land was handed over to Hunstanton Council in 1949!

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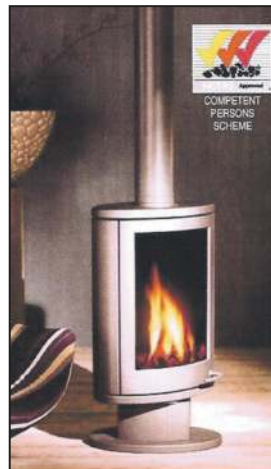
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Brancaster Camera Club
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Judge - Chris Holt

Tuesday, 21st May
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'Unusual Perspective'
Judge Malcolm English
LRPS

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210013 or Wendy Calow
on 01553 674725

Dates & Deadlines!

Supplied by Kathryn Gigg, Chartered Accountants

MAY 2013

1 May 2013

SELF ASSESSMENT: Start of daily £10 penalty where the 2011/12 personal or partnership tax return has not been filed (charged for up to 90 days).

3 May 2013

PAYE: Submit employer Forms P46 (car) for quarter to 5 April 2013.

5 May 2013

TAX CREDITS: last day to make a tax credits claim for 2013/14 and have it backdated to the start of the tax year.

7 May 2013

VAT: Filing date for March 2013 VAT returns if electronic payment is to be made.

14 May 2013

VAT: EC sales list for quarter ended 31 March 2013 due (paper form).

15 May 2013

FARMING: Deadline to make Single Farm Payment claims for 2013 without incurring a penalty (the absolute deadline is 9 June 2013 but claims submitted after 15 May 2013 may attract a penalty).

19 May 2013

PAYE: Employer's end-of-year returns for 2012/13 should reach HMRC by today. Returns will not be required for employers who adopted RTI reporting during 2012/13. For IR35 companies which do not have final figures for 2012/13, there will be no late filing penalties provided estimates are submitted now and final figures (plus payment of the tax and NICs) by 31 January 2014.

PAYE: Postal payments for month ended 5 May should reach your Accounts Office by this date. If you pay late, you may have to pay a late payment penalty. This includes tax and NICs due under the IR35 rules.

CIS: Due date for filing of monthly online CIS returns to 5 May 2013.

22 May 2013

PAYE: Electronic payments for month ended 5 May should reach HMRC's bank account by this date. If you pay late, you may have to pay a late payment penalty. This includes tax and NICs due under the IR35 rules.

31 May 2013

PAYE: deadline for employers to give employees their P60 Forms for 2012/13.

COMPANY ACCOUNTS: private companies with 31 August 2012 year ends should file their accounts at Companies House.

CORPORATION TAX returns for accounting periods ended 31 May 2012 should reach HMRC.

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

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Norfolk Wildlife Trust - Free Activities in May

Adult Wildlife Workshop Sunday 5 May 6am-10am Birdsong for Beginners. How to recognise some of the more common bird songs. Location: Reffley Community Centre & Reffley Wood. Booking essential – 01603 598333

Wildlife Talk Friday 31 May 7-8.30pm Capturing Wildlife through Photography. How to photograph some secretive and elusive animals. Location: Reffley Community Centre, PE30 3SF No need to book.



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The Wash Speedway

Jim Welham

In 1930 the term 'speedway' originally meant a straight track exclusively for the use of high speed cars. Noel Stewart Chedburn proposed that his company, the Automobile Racing Association, (ARA) should build the greatest sports centre in the world known as The Wash Speedway. It was to be situated on the tidal area of the north side of the Wash, between Gibraltar Point near Skegness and Clayhole near Boston. An area one mile wide by 15 miles long would be reclaimed from the sea, then protected for its entire length by an enormous breakwater 21 feet high. On that reclaimed land the main feature would be a Speedway, a perfectly flat and straight concrete track, 15 miles long and 200 yards wide. High-powered cars would be able to reach speeds of up to 400 miles per hour and create new world-speed records. The track was expected to be nearing completion by the end of 1931 at an estimated cost of £300,000. A subsidiary circuit, 8 miles long and 45 feet in width, would include replicas of the most famous corners of other circuits in the world. A grandstand 4 miles long would accommodate 200,000 spectators, in front of which, a canal one mile long and 100 yards wide would be dredged to allow motor boat races. Chedburn suggested that there might be a scheme for aviation in the future but that was 'up in the air.'

The ARA would pay the cost of improving existing roads to the proposed site and for a new road to be built from Skegness to Boston. All the materials required in construction would be brought in by sea and work would be provided for 3,000, mostly unskilled, men for 2 years. An additional benefit was that 10,000 acres on the landward side of the development would be reclaimed for agricultural purposes.

The ARA commenced negotiations with the Lords Commissioners of the Treasury, who were responsible for the

foreshore, in order to obtain a grant of 8,000 acres of tidal lands, and with 47 private individuals for a further 2,000 acres of their land.

The Board of Trade held an enquiry into the venture in Boston on 8 January 1930 and evidence in its support was given by several of the greatest racing drivers of the time. Captain (later Sir) Malcolm Campbell, was at various times, holder of the world land and water speed records in vehicles called Bluebird, and on 3 September 1935 was to become the first person ever to drive a motor car over 300 mph. He gave evidence that in the early days of motor racing, the vehicles were tested at the Brooklands circuit at Weybridge, Surrey, but that had opened in 1907 and was now unsuitable for speeds in excess of 110 miles per hour. Major Sir Henry Segrave had been obliged to go to Daytona Beach on 29 March 1927 to set a new world record by breaking the 200 miles per hour barrier. Cars could not be driven at their maximum speed on natural tracks such as the Verneuk, the salt pan in South Africa, nor on Dayton Beach because neither could be trusted to be perfectly flat and even a piece of seashell would result in disaster. He had searched all over Europe for a perfect site for the construction of a scientifically designed race track and had even been making enquiries about the possibilities of tracks in the Syrian or the Sahara deserts. He saw greater possibilities in the Wash site than any other location.

Captain Woolf Barnato, the owner of Bentley Motors and winner of 3 consecutive Le Mans 24-Hour races, said there was nowhere that the motor industry could test their vehicles under extreme conditions and they would support the Wash Speedway scheme which would be of incalculable benefit to the manufacturers.

Another well-known racing driver, Francis Curzon, the 5th Earl Howe and veteran of many international races and endurance

classics, said that motor racing was important since like all other forms of racing 'It improves the breed'. The motor car industry had been developed by racing as that was the only time when a car could be tested. Regarding motor boat racing, he said that racing in the deep water of Lake Windermere was unsuitable as it was not an uncommon occurrence for the outboard motor to fall off and it was an awkward job fishing it up.

The local authorities in Skegness and Boston and the chief drainage engineer for South Lincolnshire made no objections to the scheme, although 106 private individuals registered protests, mostly concerned with their grazing rights and frontage rights which they were assured would be respected to a reasonable extent.

The Board of Trade approved the scheme from an engineering standpoint and referred the matter to the Treasury for their decision regarding the sale of the foreshore.

On 1 April 1930 Lieutenant Commander Kenworthy MP raised the matter in Parliament and spoke of the apprehension of the fishermen of the Wash, particular those of Friskney and Skegness, regarding the potential disruption in the area from which they made their living.

On 31 August 1931 the ARA announced that the associate membership roll of the Wash Speedway had opened. The earliest applicants would only have to make a first payment of 10 shillings 6 pence, thereby saving themselves an entrance fee of one guinea, and would also have priority over those who joined later. Membership was expected to reach 100,000 within the first year. Full associate members would have many privileges such as free use of the 18-hole golf course, clubhouse, swimming pools, tennis courts, football pitch, caravanning and camping grounds and car parks. Other special benefits would include cheaper transport fares by rail, rebates on hotel and apartment rates, savings schemes

and holiday, sickness and accident insurance, the use of the children's nursery and even cheaper aviation rates.

An inability to obtain the necessary funding prevented the start of any work, but in order to retain the interest of potential members, Chedburn decided instead to found a sporting country club. After inspecting a number of sites he decided the most appropriate venue was the 707-acre estate of Drakelow Hall, near Burton on Trent, which he announced would be the first of several similar ventures in England and Scotland. The 30-bedroom club would be run not for profit, but in the interest of sport and science and to uphold British prestige. Chedburn agreed to purchase the Hall for £15,000, but estimated the entire project would cost £45,000 to £50,000, all of which had been paid with money from Scotland, and double that amount was available if needed. He floated an auxiliary company The Drakelow Country Club (ARA) Ltd on 18 March 1932 with a nominal capital of £200. He paid a deposit of £1,500, but took possession of the Hall on 25 March 1932, before the date fixed for completion. Chedburn immediately ordered extensive alterations to the property. The existing park and woodland was to be preserved in their original state, apart from the building of a racing circuit 8 miles in length and a junior track of 3 miles. The River Trent, which flanked the western boundary of the estate, would become a 2 ½ mile outboard motor boat course where races and regattas would also be held. An 18-hole golf course, bowling greens and squash courts would be built, and at the planning stage were a riding school and a 5 furlong trotting track. ARA members would be entitled to enjoy all the facilities of the club.

Canvassers were employed to recruit members prepared to pay an annual fee of 5 guineas a year, or £50 10 shillings for life, and succeeded in recruiting 76 people who paid a total of £401 8

shillings.

The official opening and indeed the only function ever held, was on 16 May 1932. The general public was allowed admission on payment of 1 shilling 3 pence, but attendance was low due to abysmal weather all day.

Chedburn attempted to complete the purchase of the estate by various dubious schemes, all of which failed. The Official Receiver was called in by the 69 tradesmen and labourers who were owed a total of £6,605. He found that the only asset of the club was £404 in a deposit account, there was not the slightest prospect of finances being raised and the management should not have allowed work to be started in the Hall when it was not their property. He ordered that the club be wound up and evicted on 16 July 1932, having forfeited their deposit.

Chedburn said that he did not think he was being over optimistic when he had expected the money to roll in.

On 1 June 1933 The Automobile Racing Association was also compulsorily liquidated by the Official Receiver who said the scheme was far too grandiose for a country in the depths of financial depression. The liabilities totalled £8,216, and the only asset was a claim, regarded as so doubtful as to be valueless, that £5,206 was owed to the ARA by Drakelow Hall.

Chedburn was made bankrupt at Windsor in 1934. He applied for the order to be lifted in 1937, but the decision was postponed for 2 years for evidence of good behaviour to be shown. Before that period of time had ended, he died of peritonitis at St John's Hospital, Lewisham on 1 October 1938 aged 59 years.

3rd Hunstanton Brownies

Sue Richardson

On 20th March, 3rd Hunstanton Brownies visited the community orchard with Kate Dunbar and Pat & Lesley Richardson. We learnt about the different trees in the orchard and found the cherry tree which we have sponsored (as you can see in the photo).



After our visit we returned to the Church hall for an apple tasting session. We tried to guess the varieties of different apples and rated each one for its juiciness & taste.

We are looking forward to the Blossom Day at the community orchard and hope to have a cake stall, come along & support us!

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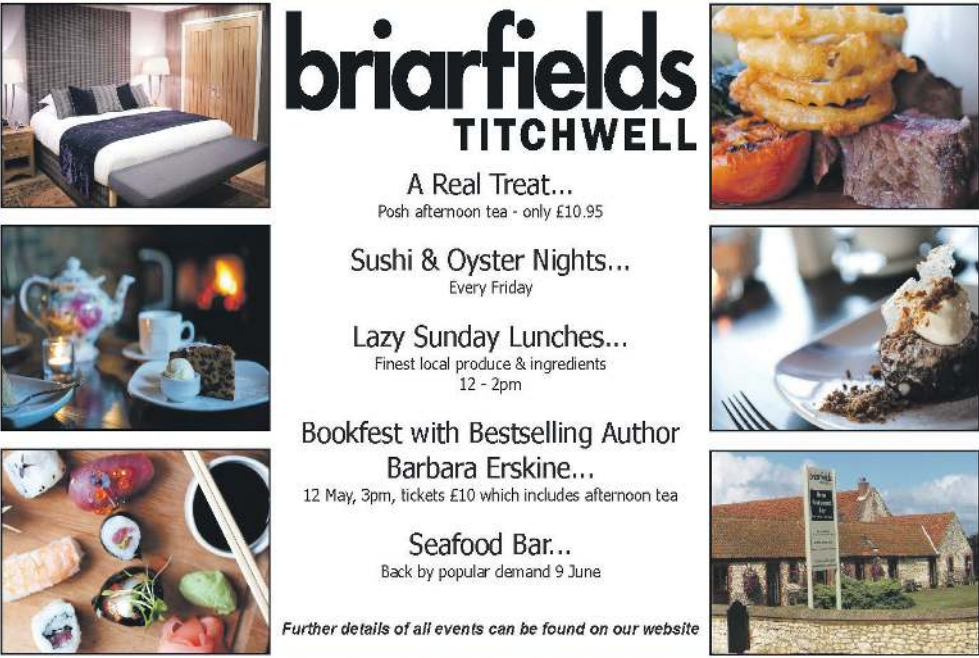
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Briarfields hosts 'an afternoon with author Barbara Erskine'

Grab a book, an autograph and hear what it takes to write a best-selling novel with Barbara Erskine at Briarfields' second Bookfest on 12 May

Best-selling novelist Barbara Erskine is set to speak at Titchwell's Briarfields this month, as the hotel hosts its second Bookfest on 12 May. The East Anglian historical fiction writer – whose latest title is *River of Destiny* – incorporates the region in many of her books.

At Briarfields' Bookfest, Barbara will talk about the inspiration for her novels – with each taking around two years to research and write – and her literary career, answer fans' questions and sign books, before the session concludes with afternoon tea. Tickets cost £10 per person and are limited.

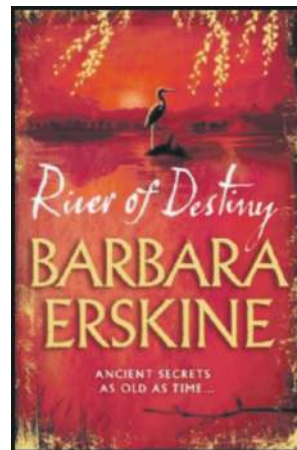
Speaking of her love of Norfolk and the upcoming event, Erskine says: "I fell in love with the Norfolk Broads after reading Arthur Ransom as a child and bullied my parents into hiring a boat to go sailing there one summer holidays. I remember she was a small yacht called *Halcyon* and we had the most wonderful time. That was the first time I went sailing and I adored it. It also appealed to me as a wonderful chance to watch birds, which has long been a passion of mine, and later we went to Blakeney and Cley on bird watching trips as well. Thetford Forest and Norwich with its wonderful history are also favourites of mine.

"I am looking forward to the Briarfields Bookfest enormously. I always relish the opportunity to meet my readers and if that combines with a visit to a beautiful place that is a wonderful bonus. We are having a teatime event and I am going to give a bit of a talk with a

reading from *River of Destiny*. I am hoping people will ask questions so we get the chance to get a discussion going – and of course, I will be signing books!"

"We are thrilled and delighted to welcome Barbara to Briarfields," says marketing manager Jac Sandy. "We are all huge fans of her work and will be listening to her speak with avid interest as we are excited to learn more about what goes in to writing such superb novels. Book clubs will find this an absolutely fantastic way to add an extra dimension to their group discussions. We anticipate a sell-out event, so we urge fans to buy tickets before they sell-out and to join us for a unique occasion to hear one of the UK's best novelists speak."

Tickets for Bookfest are available from Briarfields, Main Road, Titchwell, Norfolk PE31 8BB Tel: 01485 210742 briarfieldshotelnorfolk.co.uk



Town & Boro' Councillor's Notes

Richard Bird

I have spoken to you before about my forebears coming from Great Cressingham just outside Swaffham and that I have traced my family back, so far, 7 generations. Most were either publicans or tea-totalling preachers; I bet Sundays were fun! However my generation, my brother and cousins were born in N.W. London, in my case Harrow, Middlesex. As a baby boomer born in 1946 I was subjected to conditions that were quite different from those of you that were born and brought up here in Norfolk. I can remember being in classes at school with up to 60 children in a class, my infant and junior school was called Colindale named after the farm that once had been there.

The school had been built to deal with 2 classes per year of about 30 youngsters each. As baby boomers there were 4 classes per year and as already stated there were up to 60 children per class, so the school was asked to deal with about 4 times its pre-war capacity not 60 but 240 children per year. The not so bright kids like me were streamed as "C" and "D" and we were moved around to 'alternative' classroom facilities, normally these could be inadequate local Church halls or the like. So the day would commence with assembly and then we would be tied together with string for the journey to our satellite class rooms. At lunchtime and at the end of the day the same procedure, tied together with string and crocodyled back and forth to the main school.

So why were we tied together with string I hear you ask. Well in the winter months the smog was so dense that you could not see your hand in front of your face; we were tied together to avoid getting lost, something that had happened before the procedure had been introduced. Most children went to school with a torch or lamp.

One of my earliest recollections was the death of the old King, we had a T.V. and the programmes were off for the day to mourn his passing. Most of our entertainment was offered from our local cinemas and from our home in Colindale we could walk to about three. My Mum and Dad would take my brother and me to see things like All at Sea, St Trinians and many more about once a week. In the winter months we would prefer to walk because it could be quicker than driving in the smog and much safer. I do recall quite a few occasions when Mother would drive the car with the hinged front windscreen wide open for slightly improved vision while dad would lead the way torch in hand to get us home. I must say that cinemas were much lamented when they succumbed to the pressure of home entertainment in the form of T.V. and although programmes dramatically improved I believe one of the main reasons, certainly in London, was the smog inside, yes inside the cinemas. Having reached your chosen palace of entertainment, paid for your ticket, bought your sweet favourite, been shown to your seat, sometimes you couldn't see the screen, the smog had filtered into the building and your choices were: do your best to see or ask for a refund and go home.

I think the mortality rates were so high due to respiratory illness that official figures were not kept or were accounted for in a creative way. I don't remember and didn't care much at the time, as a very young child, when the Clean Air Act came into law, but I do remember people complaining that "this new smokeless fuel" didn't burn as well, didn't give out any real heat, was expensive to buy etc etc.

We all took it that Greater London was filthy, always will be, always has been. I guess it took several years for those dangerous smogs to start disappearing but without the Clean Air Act where would we be



now?

My Dad passed away aged 68 in 1974. He had suffered from emphysema, a lung ailment, that had become chronic and it brought on a heart attack from which he did not recover. He was an 'all things in moderation' man, hardly ever smoked and an occasional drinker. Emphysema was regarded at that time as a miner's disease. My Dad had never been near a mine. Some said as a greengrocer it was the dust off the potatoes. Who knows, but I believe it was 40 years of going to Covent Garden at 4 am in the worst fogs and smogs the world was experiencing at the time, filling his lungs with toxic rubbish for years that finally finished him.

My first adult job at age 15 was in a builder's merchants, Chas Bird and sons. (No relation) One of the wonder products of post war Britain was asbestos and part of my job was to handle, stack and cut with a hand saw the product to customers size and requirements, normally this was done by drawing in pencil the line and then carefully cutting down the line while breathing in and out with gusto to see the line and follow it. My bosses liked me, they didn't want to hurt me; they certainly didn't want to put my health at risk by exposing me to asbestosis. But they didn't know there was a risk. Time moved on and the risk became more and more apparent until today we treat the stuff as a toxic poison.

Some of you will know my passion for classic cars. I have a pair now and they will probably see me out. In the past I collected Triumphs, both roadsters and saloons but when leadless fuel was introduced they became impractical. We forget so quickly that leadless fuel was introduced to cut down toxic emissions from cars because cars were poisoning our youngsters, especially where there was heavy traffic. It was expensive and difficult to change, but quiet rightly considered essential for the wellbeing of the nation's health.

We are continually told that the demands for electricity are going up all the time and that we need renewable energy to fill the gap, at the same time the country is closing down solid fuel power plants because they are dirty and cannot be brought up to standard economically, my reading of that is that the filtering system would cost too much. Why?

This entire pre-amble is of course about the Incinerator my question is Why. Why, would we risk it? Would we take one step back? Have any amount of rubbish put into the atmosphere?

Now I have bared my soul and told you my thoughts about clean air. Perhaps it is emotional, perhaps it is not scientific, perhaps it is emotive, but you can see now why I have risked all my thoughts and political background to shout from the tallest tower to tell all who would listen, if not for yourselves then for future generations, don't risk it, please don't do it. **DONT BRING AN INCINERATOR TO WEST NORFOLK.**

I should like to tell you about the response I had to my question last month. If you remember I asked you if I should stand for the County Council Elections. I asked: do you want me to stand or not? Clearly the response was an overwhelming yes. I was stopped in the street and at school when dropping off the granddaughter; I was e-mailed, written to and telephoned by lots of people.

My belief has now changed from that of main party politics to the needs of local people; in other words one size does not fit all, and good ideas are not the exclusive domain of any one party.

Those of you that have received my brochure will have seen that I am standing as an Independent Candidate. A lot of very serious thought went into this decision as I have now resigned from the party I have supported for nearly 40 years; not a flippant course of action, but one agonised over and considered.

Well whatever happens, I should like to say here and now thank you. I feel truly humbled. Thank you for your confidence in me and for trusting me with your support and hopefully your vote.

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The event is part of the Royal Yachting Association's (RYA) 'Push the Boat Out Weekender' on 18th and 19th May when clubs, centres and marinas across the country will open their doors to their local communities and host a 'Push the Boat Out' event. This follows the huge success of last year's RYA Push the Boat Out Day, ahead of the 2012 Olympic and Para Olympic Games where the Team GB sailors put in a series of inspiring performances on the water.

Commodore Tim Adams says:

“We are delighted to be taking part in this national RYA initiative to promote sailing. It's an opportunity to harness and build on some of the enthusiasm generated by last year's Olympics. Anyone can come along to the free open day to enjoy a sail, get a taste for what we do and see why we love sailing at Brancaster so much.”

No experience is necessary and would-be sailors of all ages are welcome. Please contact the club to book your sail to avoid disappointment - email Mark Foley: m-foley@btconnect.com



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Poetry

I noticed an invitation to submit a poem about Hunstanton while visiting the library just before Christmas. The competition was national and over 2000 entries were received. I was delighted to find out that my poem had been selected for publication by United Press in a book called "Homeland a collection of poetry" and will be on sale in bookshops from the end of March.

I grew up in Hunstanton until in my late teens then my parents decided to move to Cambridgeshire. I hated it, and I vowed I would return to Hunstanton even if as an old lady!!! Thankfully I didn't have to wait that long and 20 years later I returned with my husband and family. I love it here, its good to be home. Here is the poem:

ANTICIPATION OF SUMMER....HUNSTANTON IN WINTER

Cutting winter like winds whip along a vacant shore
Serenading unsuspecting grains of sand
Up into the early morning air.

Mosaic patterns of pebble white and rustic red stones
Lie scattered by distant wave and tidal force.
Myriad salty grey-blue rippled waves gently pulsate
In subsequent time spanning the horizon of the sea
As the gustily chilled air breathes life into its vastness.

My watery eyes capture the regimented rows
Of finely honed seaweed domed rocks, evergreen fondant icing.
Sandy shades of taupe expand and separate
This childhood adventure land where crab and starfish
Shrimp and jellyfish apprehensively await their fate.

But for now the beach lies silent from the infant shrill
Of excited voices, the clink of bucket and spade,
The patting down of castles, melting dairy ice-cream
Running down tiny cone clasped hands and clown like faces.

Kaleidoscopic kites fly high into the blazing Hunstanton sun
As a rainbow stripped beach ball is carried along
By the breath of a hot summer breeze.

These are my seaside memories of sweet yesterday.

Louise Bish

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Cinema in The Creakes

On Tuesday 14th May in North Creake Village Hall at 7.30pm, Cinema in The Creakes will be screening the film "Skyfall" "Cert (12).

Sam Mendes directs the latest (and probably the best) James Bond film. Starring Daniel Craig, Judi Dench, Ralph Fiennes and Javier Bardem as the villain. Action packed from the word go and with

an unpredictable ending. Not to be missed.

Tickets (in advance only) are available by phoning 01328 738959 and cost £ 5.00 each. The price includes a complimentary drink from the licensed bar which opens at 7.00pm. You can now watch trailers of this and our other forthcoming films on our Website www.northcreake.org.uk by clicking onto our Forthcoming Screening page. We look forward to welcoming you at our Cinema in The Creakes.

Creakes Gardeners Club

On Monday 20th May The Creakes Gardeners Club have arranged an outing for their members to visit Lexham Hall nr Litcham. Members are invited to meet there at 2pm for a tour of the Gardens and to take tea & refreshments in the café.

On Saturday 25th May as part of The Creake Abbey Plant Fair, the members of the club will hold their annual raffle in aid of Wells Community Hospital.

Membership of The Creakes Gardeners Club is open to all local villagers and only costs £8.00 per annum, which gives free entry to all meetings including refreshments. For further information on the Creakes Gardeners Club please see their page on the North Creake Website www.northcreake.org.uk or call our secretary Doreen Crisp on 01328 738142

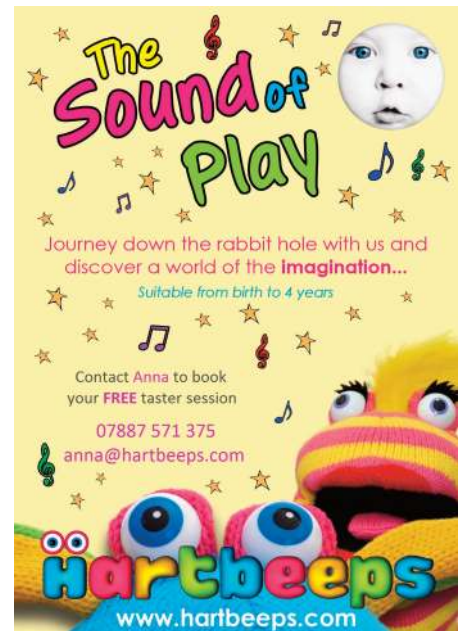


St Mary's Church Fete

This annual event will be held on Sunday 26th May from 2 to 4.30pm in the Glebe next to the Church. There will be many stalls and activities including, Plants, Cakes, Books and Bric a Brac for sale. A Grand Raffle & Tombola. Refreshments available in the Church. A Vintage Fairground Organ will provide background music. Admission is 50p for adults, 20p for secondary school children with primary schoolchildren free of charge. Parking is free in the Village Hall Car Park.

Church Coffee Morning

Held in North Creake Village Hall on Tuesday 14th May from 10.30am till Midday. £2.00 admission charge entitles you to a coffee or tea (often refilled), biscuits and a raffle ticket. Bric a Brac. Friendly atmosphere and everybody welcome.



Community Awards

At the Mayor's Reception on 19th April, local people were recognised for their work in the community.

Pat Richardson won the adult section for his work as Community Orchard Warden, Anglia in Bloom and the flowers on the A149. He is pictured on the front cover.

Jack Savage is a year 11 hard working student at Smithdon High School and after Sixth Form hopes of to become a Pilot in the Royal Air Force. He wins for over 100 hours of community work with the ATC and sporting achievement.



Theo Bazeley-Smith is from Year 2 Hunstanton Infant School. He was part of the School Council last year and he represented the school in a number of community activities. He has continued his interest in the community orchard recently planting trees.

Owen Strawson

From Year 6 at Redgate Junior School:

Owen has been a regular contributor at Redgate Junior School, joining clubs such as gardening and cooking. He has continued his interest in the community orchard and recently attended the tree planting. He was one of four children who graduated from the Children's University in July 2012 for commitments to extra curricular activities. Theo (far left), and Owen (left) with the Mayor.

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Hunstanton Cubs learn about the new recycling system

Stella Gooch, Hunstanton-on-Line



*Hayley explains about recycling bins
photo by Stella Gooch*

On Monday, 15 April 2013, Hayley Kurt (Marketing & Development Manager from the Borough's Recycling and Refuse Department) visited the Hunstanton Scout Hut to talk to the local Cubs about the new recycling arrangements.

Hayley explained that we have a new food waste service in our area which has been in operation in other parts of the UK for some time. The children were told that we can now dispose of our food waste in a grey kitchen caddy (7 litres) which is then emptied into a grey outdoor food bin (23 litres). The grey outdoor food bins will be collected each week. Hayley brought a collection of the small grey bins with her for the children to see for themselves. The children were invited to ask questions about the new system which resulted in lots of discussion. There was a lot of interest in "where did the waste go?"

Hayley said that the food waste

will be transported to the Norse Environmental Waste Service facility (NEWS) at Marsham in North Norfolk where the food waste will be shredded, mixed with green garden waste and put into special tunnels with controlled air circulation. The Marsham site is capable of processing up to 45,000 tonnes per year of green and food waste, producing compost for use on local farmland. The process used there creates the perfect conditions for composting ("in-vessel composting") and the processed food waste is then sent to a maturation pad for the final stage of composting. From start to finish the process takes about eight weeks.

Once Hayley had chatted to the children they were invited to put their personal stamp on their own grey bin which they nosily set about painting them to colourful effect. I think it is safe to say that they all enjoyed their creative recycling project for the evening!

Pre Loved Art Sale

Pauline Seppings

I would like to say a big thank you to every one who donated pictures and who helped along the way and on the day. We managed to raise over a thousand pounds for Burnham Deepdale Church Roof repairs, which was beyond my wildest dreams. A very big thank-you to you all.

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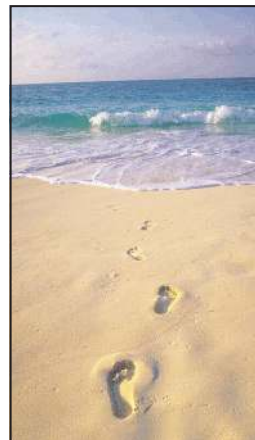
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Joanna

Where are we going? I had to crank up the heating again last night and throw an extra cover on the bed, as the strong Easterlies were creeping into the house, in spite of all the protection a modern house gives. As I hunkered down I thought about the trip I made yesterday, (today is the 9th of April) the countryside looks as if it has hunched its back to the wind, put its head down and holding tight to the earth whilst still wrapped in blankets of khaki. The fields are browns, duns even ecru in colour and the grasslands carry the same tones, where is the vibrant green of spring? As I drove round the hedges looked pathetic where they have been slashed with the flail cutters, raw wounds were very evident and also the lack of young trees allowed to grow on through the hedges to give us the future specimen trees that so grace the country side. I know it is easier, cheaper and much quicker to send out the heavy machines but in the old days the hedge cutter would select a few specimen trees to grow on through and work round them from year to year. The other shock I had was the hacking back of the Bridal Tunnel on the Holme road, each year I have delighted in the blossoms at this time of the year, but this year the Electricity cables were being threatened and so the bushes have had a very severe short back and sides. An Army cut!! Hopefully they will grow back and be a

thing of beauty again in a few years. The other thing that I have noticed since the Easter Holiday is the amount of discarded rubbish on the verges of the quieter roads!! Why oh why can't people take rubbish home with them. If you can carry food and drink when its 'full' can't you carry it on when it's empty? It looks awful, its dangerous to animals and other drivers and above all we don't get rubbish collections in the wild! I have also noticed that there are one or two cases of dumped paint, I know that you have to go to Lynn to dispose of paint, wouldn't it be better if we were allowed to dispose of it at any of the sites, also I suspect we will see more fly tipping with the restrictions on the amount of wood that can be disposed of at a site at one visit!! Having lived on a farm I know just how destructive and dangerous fly tipping can be, plus the fact that in the end it's the farmer who has to pay for removal. What happened to KEEP BRITAIN TIDY?

Sorry that's me on my soapbox again!! Back to the more positive things, I have been delighted this morning by the sudden and all too brief appearance of a Black Redstart at this end of the road, they are delightful Robin like little birds which seem to like the rough and more derelict ground, not that the road is derelict but it is bare and the 'Start' was picking up small titbits, I have seen them in the past on a derelict building site in Earby a small mill town close to my old home and I know they are found in the disused dockland areas of the Thames. I

still have some 6 Brambling in the garden feeding up on the seed feeders; they are getting much braver and are trying to be 'top dogs'. I also noticed yesterday that there were flocks of Starling on the move and that the Brent Geese seemed to be in denser flocks than of late, things are queuing up to leave they just need the Easterlies to drop and if we could have some milder westerly's the Summer Migrants would be able to find a way in to replace them. I have had several people mentioning that they have seen daytime hunting Barn Owls, lovely as that is I am afraid it means they are struggling for food, after a couple of successful years I fear that the hard winter is taking its toll and there have been reports of dead owls, dying from starvation rather than road kills etc.

This seems a bitty article but I have been thinking so hard about what to write about that I actually noticed several things for the first time, one is the number of Pill Boxes in the area, some hidden, some in eye view, some strong and whole and some dilapidated, I think its all the stuff about the war that there has been recently that rang a bell as I was searching fields for Hares and kept seeing the pill boxes. I drove round Holkham Park as far as the pay booth and as the trees aren't yet in leaf the shapes were very clear and again a reminder of the distinctive shapes that parkland trees have, with their neatly trimmed bases at Deer stretch height, or in some parks cattle stretch height, they look very trim the 'Sticky Buds' were beginning

to grow, Horse Chestnut, the old staples of the nature table in days gone by, are Nature Tables allowed these days? I can remember the joy of feeling the buds and the sticky traces left on ones fingers, and of looking closely at the stems to see the tiny horse shoe scars left by last years leaves, and with the Pussy Willows feeling the soft fur of each part!!

Back to the Birds, have you noticed just how smart the Cock Pheasants are, they are really 'strutting their stuff' as well, they seem to think they can take on anything and aren't too keen to allow cars through as they size each other up. They are real Regency Dandies, showing each other their brilliant silver coats, dazzling Waistcoats and pure white, well tied neck clothes. The Reed Bunting males are also looking very smart with their dark heads, white collars and brown backs and its time to check out any Starlings to see if they have blue bill bases (male) or pink bill bases (female), the Turnstones that are still about are also coming in to darker summer plumage. The Rookeries are busy with adults working fields and flying backwards and forwards; being early nesters I suspect they will have young in their nests, indicated by the amount of traffic. Surely by the time you read this spring will have arrived and we will be watching for House Martins, Swallows and Swifts and the countryside will be stretching tired aching limbs towards some well earned warmth. Please God!



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ICELAND 2013

Langjökull Glacier

A group of air cadets and staff from 42F (Kings Lynn) Squadron ATC have just returned from a fantastic expedition in Iceland. The team consisted of Flt Lt Pauline Petch OC of 42F Kings Lynn Squadron who organised the week long trip to Iceland Fg Off Chris Barrett and 8 cadets. A diverse trip with cultural visits of museums and activities such as horse riding and swimming and the main reason for the trip - a 4 day Nordic ski expedition crossing the bleak snow covered Langjökull glacier pulling pulkas loaded with all the equipment needed to survive in such a desolate icy place.

Nordic skiing on an Icelandic glacier is something to remember for a lifetime. Langjökull glacier is Iceland's 2nd largest and the one closest to Reykjavík. Three camps were made on the way across the glacier. On the first day the team met at the Trek base (the guiding company) to check equipment and fit skis and boots, also checking tents and experience. A two hour scenic truck ride up towards the glacier followed, stopping along the way to see the Hraunfossar waterfalls. At about 700m above sea level skis were put on and the pulkas attached for the first ski day up the west side of the glacier, about 1100 m above sea level.

With the skiing and the sheer weight of the pulkas this was very slow going. However we reached an area and camped for the night after about 4 hours skiing. On day 2 camp broke early in the morning and at a temperature far below what we were used to! - and skiing began towards the top of the glacier. At midday Þursaborg, a rocky summit protruding through the glacier at 1300 meters above sea level, was passed and the team carried on until light began to fade to put up the second camp with views towards Þingvellir and south Iceland. The third day began with icy snow falling and a complete white-out where the camp was. All that could be seen was the tents - no horizon, no sun, no sky - this was a very challenging day. On Day 4 the weather improved with bright sunlight glimmering on the snow and the crossing of Langjökull was completed by descending all the way to the glaciers edge on the eastern side, where we were met by the trucks that brought the team to the glacier.

The next 3 days were spent visiting Blue Lagoon, trying out Icelandic Horse Riding and visiting the National Museum of Iceland, before making our way back to the UK.

There are no words that can really express the experiences that the whole team had. This was just a trip of a lifetime and all team members have come back with renewed enthusiasm...this more than lived up to the corps motto.....'Venture Adventure' and also the motto of 42F King's Lynn Squadron - 'Determined to Achieve' Read the full story about this trip and view the fantastic photos at: <https://www.dropbox.com/s/guicgujxm1p3lmq/Iceland%20%20all.pdf?v=1rc->





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An apologia from an ex-councillor

Richard Webb

They say a week is a long time in politics, and that has certainly been true for me, and this one has come to a close with my decision to resign from Hunstanton Town Council. There are two main reasons.

The final design for the enhancement of the Spinney area has now been disclosed. Despite nearly half of those responding to the recent consultation being against the proposed design, it will go ahead nearly unchanged. Suggestions that would make it more acceptable and cheaper have fallen on deaf ears. Some mature trees will be felled before the replacements have been given time to see if they will thrive. The path to nowhere will still thread through the trees despite the Spinney being surrounded by pavements. I understand there are people who support the plan, but I meet with many who are not so enthusiastic. Only time will tell now if the end result will be good value for the quarter of a million pounds it will cost or even if it will enhance that end of the High Street. The irony of spending such a sum on a prestige project will not be lost on many at a time when others in town are meeting to see if the demand exists for a Food Bank to help people unable to provide adequately for their families.

Last year the Community Orchard brought together a diverse group of people to create a beautiful and practical addition to our town scene. The management of the Community Centre has passed to the Town Council from the beginning of this month. I had hoped the arrangement that allowed cars bringing shoppers to the car boot sales to drive between the orchard and the Sure Start Centre and so onto the field to park would no longer be allowed. The mixing of vehicles and pedestrians visiting the Community Orchard on summer weekends is not a good idea, and there are alternative arrangements that could be considered. However, it seems this is a minority view and cars will continue to use this part of the field as a car park. To be a member of a group making decisions that were so strongly opposed last year when taken by a different group is too close to Orwell's Animal Farm for comfort. It is good that the orchard warden has been able to move a tree to a more secure position and has plans to put up some posts so that cars cannot drive amongst the fruit trees. Perhaps my difficulty has been that I'm not very good at making the best of a bad job; why can't we make a good job?

I would like to take this opportunity to thank those of you who voted for me in May 2011. I have done my best to help further the ideas I wrote about last year in my vision for the town which, when printed in "Town and Around", seemed to strike a chord with many residents.

I find I must leave it to others to help realise our dreams and aspirations for Hunstanton.

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Veggies and Fish at the Deli

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Hunstanton Lions Club

Jane Scott

At the April Lions Business Meeting, items discussed included the Golf day, Hunstanton Carnival, Bowls Tournament, and helping good causes.

Friday 24th May There is still time to register to take part in our Golf day taking place at Heacham Manor. Please contact Gerry Desroches on 07836750296 for more details.

In June we will be holding our annual Fun Fair Day. Hunstanton Lions invite children from local schools with special needs to join them for a fun day at the funfair and a fish & chip lunch, come rain or shine.

Sunday 30th June, Hunstanton carnival. Please look out for us on the green where we will have our gazebo set up.

Sunday 28th July, 2pm Hunstanton Lions Club Open Charity Bowls Drive taking place at Heacham Social Club. More details to follow in June's newsletter.

We have also given donations to Fan (Families against Neuroblastoma) and Hunstanton Youth Café. This is made possible from the generous donations you give so generously.

There was no 200 club during April; the next one will be drawn on May 13th.

Car Boot:

At last the weather has improved enough for the car boot sales to start.

Dates: June 9th & 23rd, July 7th, September 8th, October 6th & 20th

If you would like more information about Hunstanton Lions please contact Peter Sutton 01485 570030

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Changes to Legal Aid

By Neale Grearson

Partner and Collaborative Lawyer at Hayes + Storr

As from April 2013 there have been major changes in the public funding of legal costs for family work. The availability of legal aid has reduced over recent years with less people being financially eligible and the number of firms of solicitors offering legal aid reducing. The further cut backs mean that as from April 2013 legal aid as we have known it is no longer available.

Up until April 2013 those people financially eligible had been entitled to advice from a solicitor on such things as divorce and separation to include financial disputes and arrangements for their children on a relationship breakdown. As from April 2013 only those cases involving domestic violence will be granted Legal Aid. This will leave a large group of people that had previously been able to receive legal aid not able to receive this. The situation has been deteriorating with the number of firms offering legal aid reducing so that it has been very difficult for even those financially eligible to find a local solicitor able to offer them legal aid. From now on very few people will qualify for legal aid.

The government has stated it is committed to individuals finding alternative ways of resolving disputes rather than the courts being involved. Mediation will continue to be funded under the legal aid system that remains and individuals are being encouraged to take more responsibility for their lives and the repercussions of a separation. Collaborative law and other methods of avoiding court involvement will become even more important. Collaborative law is one of the methods of individuals keeping control of the situation and in a more common sense way meeting and reaching decisions rather than these being imposed by a Judge.

The courts are expecting an influx of people representing themselves without solicitors

because they cannot afford to have solicitor act for them. This could cause a meltdown in the court system which is already under pressure from its own financial cutbacks. Relationship breakdown can be a very emotional time and if people are representing themselves they do not have the same objectivity and professionalism that a solicitor will bring to negotiations or any court proceedings. The courts and Judges are therefore expecting considerable problems.

The role of solicitors will be even more important especially in situations where both parties to a divorce are not represented. Collaborative law and mediation as means of keeping control of the process and reducing the legal costs involved will be increasingly popular. Alternative methods of funding legal costs will also become more common such as children asking their parents or other relatives to assist them.

The government's view is that in a situation where there are limited resources funds cannot be made available for legal aid to cover an individuals divorce. This competes with the provision of other public services such as hospitals or schools. However, the knock on effect is that many people experiencing the most difficult period of their lives may find themselves without legal advice and making decisions that will have massive long term effects on their lives. Not taking legal advice is a big decision that someone could regret for a long time as you only get "one bite of the cherry" in dealing with the repercussions of a separation or a divorce.

"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 you can contact Neale at our Hunstanton office on 01485 524166. If you require advice on any other legal matter please telephone our Hunstanton office on 01485 524166 or email law@hayes-storr.com



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Heacham Songsters

The Heacham songsters are a small group of singers who meet weekly to sing for pleasure. However, we do go out to care homes and social groups to entertain for a small donation.

This year we are donating £350 each to three chosen local charities: Families against Neuroblastoma, The Heacham Branch of Mind and Little Discoverers, West Norfolk.

We would like to take this opportunity to thank those we have visited for their generosity to enable us to do this.

If anyone would like us to sing to them please ring Janet Joyce on 01485 570291.

THE RAGING TORRENT

Ken Arnott

Much has been written in both local and national newspapers about the 60th anniversary of the 1953 flood disaster and I am sure that there will have been much re-reading of the numerous factual books published over the last sixty years which contain full details and graphic pictures of the event.

But I wonder how many people know that Graham Fisher, correspondent for the Lynn News and the EDP who covered the story for both local and national newspapers, wrote a novel about the floods which was published in 1980. I knew he had done so but completely forgot about it until a few weeks ago.

The title "The Raging Torrent" and the picture on the dust-wrapper depicting huge waves, set the scene for a dramatic story which, despite the name "Shingleton-on-Sea", is clearly set in Hunstanton.

The characters are fictitious but both the disaster scenes and the dramatic rescue attempts involving both British and American personnel, are pretty authentic. After all Graham was there.

I am surprised that the publishers have never thought of a re-print. I wonder how many local people have a copy.



Thursday 23rd May – 7.30pm
The West Norfolk members' group invites you to
an illustrated talk by Glyn Ingram
Deer in Britain and at Holkham
Venue: Hunstanton Methodist Church Hall, Austin Street
Cost: £2.00 members / £2.50 visitors

News from the Undercroft

We are very pleased to announce some NEW exciting youth activities available in the Town Hall basement.

Sundays - Tang soo do

Martial arts drills and skills

10-10.45 Mini Dragons 3-5yrs, 11-12 Little Dragons 6-9yrs

Call 07806 622158 for details

Tuesdays

4pm-5pm Pom-Poms, cheerleading style class for all ages

Call 07709 795891 for more details.

Wednesdays

4.30-5.15 Ballet Tap and Modern for all 6yrs and under

5.15-6.15 Ballet and Modern over 12yrs

6.15-7 over 12yrs Street Dance

Great classes for anyone who likes dancing call 579074 or 07585002124

Thursdays

4.30-5.30 Musical Theatre School

Each term we will be working on a musical to perform a show at the end of each term. We will be working on singing, dancing and acting. It's going to be a great class for all interested in musical theatre. We will also include guest teachers actively working in the profession!!! It's open to all ages; call 579074 or 07587002124 for details or to join!

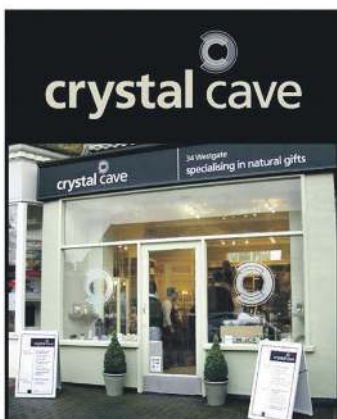
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Beetroot and Apple Chutney

Gerarde Ellis

Beetroot has a higher sugar content than most vegetables. It is rich in vitamin C, fibre, potassium, magnesium, manganese, and folic acid. The leafy tops are an excellent source of beta-carotene, iron and calcium, and can be boiled or steamed in the same way as most green vegetables.

Beetroot either fresh or juiced and preferably organic is a brilliant immune booster, helping cell oxygenation. With such varieties as Ruby Queen, Bulls Blood, and perfected Detroit. When purchasing look for clean scar free beet with green healthy tops, avoiding large old beet more than 6cm

Wash and scrub the beetroot being careful not to pierce the skin, cutting the tops off not closer than 3cm above the beet and leaving the tail intact. Place in a pan of barely simmering water, replace the tight fitting lid and simmer for about an hour

FOR THE CHUTNEY

Chop and mix in a heavy bottomed pan, "preferably not aluminum" the following.

300g of cooked and peeled beetroot

150g of onions

150g of apples

150g of raisins

1" of root ginger finely chopped

60g of demerara sugar

1 tsp of salt

100ml of vinegar

Bring the mix to a simmer and stir regularly for about one hour, then put in sterilized jars and store for about four weeks before using

For roasting beetroot, carefully wash the beetroot under cold running water and pat dry with kitchen paper. Cut away the leaves making sure you leave at least 1" of stalk, preferably a little more.

Place the unpeeled beets in a large, roomy roasting tin, sprinkle with olive oil, roll the beetroots in the oil to make sure they are well covered. Sprinkle with salt and thyme.

Bake in the preheated oven at 200c for 40 - 45 minutes or until the beets are soft but not shrunken. Leave to cool, rub the skin away with a piece of kitchen paper, cut away the root and stalks and use as desired.

Happy cooking!

A new face at Barclays

Barclays Hunstanton have been joined by Cathy Ashby. Cathy will be available in the branch Tuesday Wednesday and Thursdays, and looking forward with the rest of the branch team in joining in community and local events to raise the profile of the town



A page from The Sage

Dick Melton



In the papers and the press it says that the quality of sea water along Hunstanton beach is not as good as it was last year, that is 2012, these reports and tests are just nonsense. For a start these tests were done last year, therefore they are not up to date, the quality of the sea water and the state of Hunstanton beach changes every day on every tide, this winter the water has been very clear and due to the easterly winds most of the rubbish has been left on the tide line after each tide and not floating about in the sea. For the Marine Conservation Society to get an accurate report of the quality of our sea water then the tests need to be carried out every day not just now and again, I don't think these reports will put people off coming to Sunny Hunny to bathe in the sea and sit on the beach just give us some sunshine and warm weather the people will use our beaches whatever these reports say.

Staying on the beach Richard Bird says in the Town and Around that the annual recharge of Snettisham, Heacham and Hunstanton South Beach has been going on since 2006, in fact it was started in 1990 and during that time two major recharges took place when sand, shingle and silt was brought in from an area near the mouth of the Humber River, Mr Bird also says that the secondary earth works, old sea wall, was created around 1957, in fact most of this bank that stretches from Hunstanton to Kings Lynn has been there for over 150 years, it was strengthened and built up in

places after the 1953 floods, the concrete road way over the hump, Heacham/Hunstanton boundary was laid down in 1981 and apart from the grass on it being cut every year nothing else has been done to it.

Now then, many people have said to me, hey Dick the date on the sign to mark Reis Leming way in the Esplanade Gardens is wrong it says 1952 it should say 1953, well it is not wrong, I will explain

The sign along the path way is not there to mark the anniversary of the floods it is there to mark the 60th anniversary of the 67th Air Rescue Squadron that was activated at RAF Sculthorpe on November the 14th in 1952 and played a major part in the rescue of flood victims in Hunstanton on January 31st 1953.

In the Lynn News on the 12th of March, Turnstone in his column mentions the closure of the Blue Lagoon swimming pool at Hunstanton in 1967, at the time the best swimming pool in East Anglia.

At the time, 1967, I lived in Seagate, right next to the Blue Lagoon. On a Friday night in October of 1967 a public meeting was held at the Kit-Kat public house, also in Seagate, to discuss the closure of the pool, the place was packed with over 200 people all of whom wanted the pool to be saved, the Chairman of Hunstanton UDC got up and said that the council would do all they could within their power to save the pool for the people of Hunstanton and the holiday makers.

On the Monday morning I looked out of my window and there were the bulldozers moving in ready to demolish the Blue Lagoon, the council had taken no notice at all of what all the local people had to say, and the meeting at the Kit-Kat was just a waste of time as it was all cut and dried. Will the same thing happen with the top Spinney in Westgate? Is the future of this 170 year old spinney all cut and dried? Will the area be made into a concrete

jungle and some of the trees cut down? A majority of the people in Hunstanton want the Spinney left just as it is; let us hope that the powers that be listen to the people of Hunstanton for once and not do what they did to the Blue Lagoon in 1967.

Lots of people keep saying that this is the worst winter that we have had for many years, well I tend to disagree with this, 1947 was a very hard winter with lots of snow, here in West Norfolk it started snowing on the 23rd of January and it then snowed most days until the 15th of March. A lot of villages were cut off by the drifts, Hunstanton was cut off for three days in the middle of February that year, then on the 17th of March when the thaw set in and a lot of places in the Fens were flooded, one thousand men including German POW's were employed to close a breach in the bank of the Little Ouse near Hockwold.

1963 must go down as the worst winter it was certainly the coldest, there has only been two recorded winters colder and they were in 1683-4 and 1739-40, snow lay on the ground in West Norfolk for 66 days but it was not so heavy and it did not drift like in 1947, in 1940 the sea froze over but not like it did in 1963; there was a solid wall of ice on the foreshore from Holme right through to Kings Lynn and on Hunstanton and Heacham beach it was up to four foot thick so I don't think these last three winters have been as bad as people made out.

The Hunstanton Town and Around is now available in many villages around Hunstanton so this month I thought I would write a bit about Heacham in the period of 1918-1939, between the two world wars.

First the old water tower on

Redgate Hill was used to supply Heacham with water and it held 45,000 gallons it has since been converted into flats.

In 1925 the three main land owners in the village were Holcombe Ingleby, Sir Edward Lycett Green and Caius College Cambridge, the population of the village in 1921 was 2,248 the population of Heacham today is around 5000, the American Oil Company had a depot in the railway goods yard, Miss Hilda Brown lived at Manor Farm and she was a poultry farmer and breeder of Light Sussex chickens, canaries, parakeets and foreign finches.

Horace Callaby was a carter, horse breeder and he also ran a riding school, the Kings Lynn and District Working Mens Co-operative society had a grocers shop in Caley Street and also in Caley Street was a fish and chip shop run by a Mr Fred Leedham, In the village there were four butchers, four bakers, thirteen farms. Mr Percy Moulam was a hay and straw dealer. There were five public houses - that's two more than there is today. Mrs Ebba Roofe was the proprietress of the White Heather Cafe where she had refreshment rooms, a circulating library, dancing room and a boarding house. On the beach the refreshment rooms where owned by Mrs Florence Pratt. Heacham at one time had a harbour where at one time ships would bring in coal and take grain back, it got very silted up and was shut off from the sea around about 1938.

So there we are, most people know the main history of Heacham, this is a bit of trivia that you might not know.

We just cannot get rid of that old east wind, let's hope it will be gone by the time you all read this in May. All the best.



An explanation of Periodontal (Gum) Disease

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 - It is the main cause of tooth loss
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 - Regular dental examinations are of utmost importance so we can detect any problems in the early stages
- You are more at risk of developing gum disease and periodontitis if you:
- Smoke
 - Genetic Predisposition (Hereditary)
 - Have diabetes – a long-term condition caused by too much glucose in the blood
 - Have a weakened immune system – for example, due to conditions such as HIV and AIDS, or certain treatments such as chemotherapy (powerful cancer-killing medication)

Below is a picture of gum disease before and after treatment.

BEFORE



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What does a Hygienist do?

A Dental Hygienist is skilled in the treatment and prevention of Periodontal (gum) Disease and with your co-operation can maintain a healthy mouth and reduce the chance of tooth loss. One of the most important things the dental hygienist will do for you are to take the time to demonstrate tooth brushing technique and cleaning- between the teeth for effective removal of all of the plaque on a daily basis. It is the plaque that causes the periodontal disease and if the condition is to be stabilised, then this is an essential step.

In more advanced cases some patients require additional treatment from a Periodontist.

What is a Periodontist?

A Periodontist is one of the nine specialties recognized by the General Dental Council. From the Greek word "peri" meaning "around" and odons signifying "tooth," a Periodontist deals with the gums and supporting structures around your teeth. A Periodontist can be seen in conjunction with your regular dentist and hygienist for the treatment of gum disease.



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NORFOLK BUSINESSES' SHOPPING EVENT RAISES MORE THAN £2,000 FOR PARALYMPICS HOPEFUL DANIEL BULLEN

Thursday 18 April 2013: Dedicated Paralympics hopeful Daniel Bullen has received a significant boost to his training funding today, with £2,000 raised at a shopping event organised by local woman Penny Downen with Norfolk businesses Briarfields hotel and fashion retailers Artichoke and Hotfooted. Local silversmith Catherine Downes showcased her handmade jewellery on the day.

Daniel lives with cerebral palsy but table tennis has helped him to improve his co-ordination and balance. Daniel has recently been shortlisted to compete in Europe and will play at the Disability Sport Event (DSE) Table Tennis 2013 event to be held on 15-16 June in Nottinghamshire organised by the English Federation of Disability Sport. With a grueling daily training programme, he frequently competes at events across the UK, helped by his mother who drives him more than 600-miles each week to support his schedule.

The shopping event attracted strong support from Norfolk residents, inspired by Daniel's

commitment and dedication towards his Paralympic dream, and Briarfields sold morning coffee and afternoon tea throughout the day to those who attended the retail extravaganza.

"Today was just amazing," said Briarfields' marketing manager, Jac Sandy. "We had so many comments from those attending that this was a great way to boost one young lad's dream of competing for his country."

"We are passionate about supporting local charities including the RNLI and Norfolk Super Heroes events last year, but Daniel's efforts to become a future Paralympian really stood out to us as a positive and inspiring story that Briarfields wanted to be part of."

"We were delighted to lend out support, and we are grateful to Penny for leading the event and Sarah Simmonds of Artichoke and Jo and David Lewis of Hotfooted for their participation too."

Pictured from the left: Penny Downen; Nicky Massey; Jo Bullen; Yvonne Fuller; Jac Sandy

Middle: Daniel Bullen photo T&A



Wheely good cause

Local cyclist goes the distance with 485km London to Paris ride to raise funds for Macmillan Cancer Support



Dersingham resident Matt Davis is set to undertake a four-day cycling challenge covering 485km on 3-7 July, to raise much-needed funds for Macmillan Cancer Support. Having previously undertaken the long-distance ride in 2011 for the charity, he is preparing with plenty of training, which he began in earnest at the beginning of the year.

"After the last London to Paris ride, I vowed I would never do this again as it really is a grueling experience but, two years on, the memory of the physical pain this kind of distance puts you through has faded and I wanted to raise more money for Macmillan Cancer Support.

"My father and stepfather died

of cancer and both had amazing help from Macmillan Cancer Support during the last few months of life. Most of us have lost someone close to cancer, and I hope North Norfolk residents looking to support a cancer charity might consider sponsoring me to raise money for Macmillan."

Matt will set off from London before cycling to Dover, crossing the channel by ferry before continuing his ride from Calais through Arrais and Picardie before arriving in Paris.

Anyone wishing to support Macmillan Cancer Support by sponsoring Matt Davis on the London to Paris Cycling Challenge can donate at www.justgiving.com/mattdavis12p



Keep up to date with the latest local news on Twitter: @hunny_bird

Tea Dances at the Community Centre

Hunstanton Town Council is pleased to announce that it has now taken over your Community Centre on Avenue Road.

One of the main events will be the Tea Dances every Thursday and the first and third Sunday of each month 2 – 4.30pm.

What can be better than spending an afternoon floating around the dance floor stopping only to sample the refreshments? Couples and singles welcome. Help is always on hand for beginners.

Come and join this friendly group, photographed here, who will always make you welcome. Only £2.75 a session, with a loyalty card that gives you the tenth session free.

Ample free car parking available. For further information contact Angela on 01485 532402.

Norfolk at War - Wings of friendship

£14.99 New Release
By Frank Meeres

During the Second World War, Norfolk was truly on the "front line". Being so close to the continent, air raids were frequent-Norwich in particular suffered badly-and invasion was a real and persistent treat for the people of the county. The men and women of Norfolk took up positions in all branches of the forces to fight for their country. The civilians also did their bit -Norfolk's agricultural output increased dramatically during the war, in response to the urgent need for home-grown provisions.

The American presence in the county was strong, and has left a rich archive of personal papers and photographs, which are now being held at the Norfolk Record Office, along with many diaries

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BOOK OF THE MONTH

Norfolk at War-
Wings of friendship
By Frank Meeres
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This book is in stock

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and letters of Norfolk people.

This book draws on the material and on the reminiscences of those in the country during the war. The book is beautifully illustrated with contemporary photographs, and these enhance the enthralling story being told of what life was like during the Second World War.

This book is now in stock at the TIC, for you to purchase.
Tel 01485 532610.

Tea Dances

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Also 1st & 3rd Sunday of each month
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What Tec Tamers think of Windows 8 against Windows 7

With Windows 7 Microsoft really developed a fast and efficient operating system. Windows 8 continues to build on that. Tec Tamers found Windows 8 faster than Windows 7 on startup time, shut down time, multimedia performance, web browser performance e.g. Internet Explorer, transferring large files and excel performance but slower in 3D graphic and high resolution gaming performance. Improved battery life is noticeable. Windows 8 is significantly more secure than Windows 7 and is designed to take advantage of touch screens. Tec Tamers advice – if you are running Windows 7, then there is no urgency to upgrade your computer just to run Windows 8. For further advice visit www.tectamers.co.uk or call 0800 8806609

Smithdon boys tour in Barcelona with Kings Lynn Community Football



Alex Haver and Lewis Jeavons (third and fourth in from left of picture) travelled to Barcelona with Kings Lynn Community Football that was established in 2002.

They have 1000 youngsters from the age of 5-19. The club has had numerous tours in England but have started touring Europe again.

Dan Buhleman from KLCF was proud of all the lads said they were a joy to be with and exceptionally well behaved.

The lads from many surrounding schools played RCD Espanyol and Deportiva de Belvte losing one game and winning the second.

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Norwich Under 18's reach the FA Youth Cup Final

John Maiden

Under the guidance of their coach, Neil Adams, the Norwich City Under-18 side beat Nottingham Forest over two legs in the semi final of the FA Youth Cup. Both games were shown live on ITV4 and still drew a crowd of over 10,000 fans for the second leg at Carrow Road.

With a player sent off after receiving two bookings, and the aggregate score at 1-1, the young Canaries showed great composure when the game had to be settled on penalties, which Norwich won 5-4.

It was good to see Grant Holt and other first-team players in the stand at Carrow Road to support the Under 18's; and there is no doubt the character shown by the youngsters will have to be more than matched by the First Team if City are to avoid relegation, which is a real threat following defeat at Arsenal, where bad refereeing decisions deprived Norwich of a priceless double over the Gunners.

Sea Cadets visit Sailing Club

Cllr. Elizabeth Watson

On Sunday morning April 14th fourteen of the King's Lynn Sea Cadets visited Hunstanton Sailing Club for a day of sailing instruction from members of the Sailing Club. The Chairman of the Sea Cadets, Bob Panrucker together with some of their leaders and also the Commodore of the Sailing Club Mick Ford and other members gave them instructions on many topics including safety at sea, rigging a boat etc. Sadly there was such a strong wind and a very high tide they were unable to go on the water but they all had a turn at feeling the strength of the wind with a windsurfer sail. Other days are now in the pipeline and it is hoped that there will be a lasting connection, with ongoing activities throughout the year.

Ben Colson of Norfolk Green very kindly agreed to bring the cadets and accompanying adults from King's Lynn bus station to Hunstanton and collect them for the return journey. It was a delight to see them make their way from the bus station to the Sailing Club in formation and all wearing their navy blue uniforms.

Although they all brought packed lunches there were also barbequed sausages and burgers laid on to keep up their energy levels! I look forward to their next visit.





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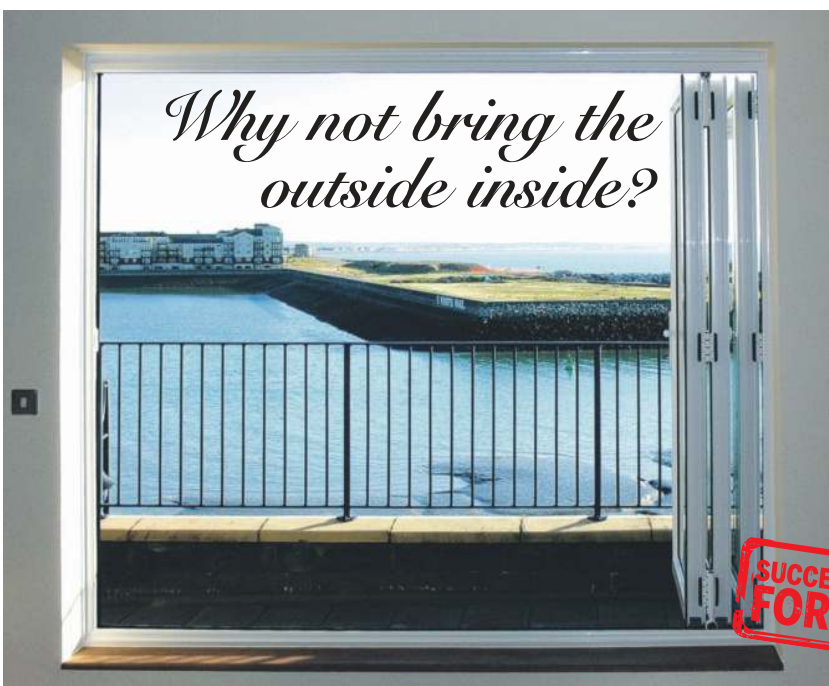
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Ray Butcher's Su Doku for May

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

then the easier challenge

	4		2		9		1	
	1	7	3		6	9	2	
		2	9		4	7		
	7		5		8		4	
		9	1		7	2		
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Next door to the Pavillion Toymaster on the Green, there's an amazing selection of ice creams and sorbets that are all made on the premises by husband and wife team Ian and Jane Wallis.

Mrs Wallis said that this new venture means that they are offering the most extensive range of home-made ice creams and sorbets in the area. She and Ian travelled to the Italian home of ice cream in Bologna, and with the help of the Gelato Chefs developed their own secret recipes for their Hunstanton ice cream.

Made from cream, milk and sugar, the ice creams can be eaten in or taken away and as well as the standard cones, waffle and gluten free cones are available too. For vegans and the lactose intolerant Ian and Jane also make delicious sorbets.

Purely in the name of research you understand, the Editor needed to sample the products; and the verdict? Delicious. My particular favourite is the almond and pistachio.

87th birthday sing-a-long for Ron Coggins



What better way to celebrate a birthday than with friends? Ron was joined by his family, guests and friends from the Day Centre on Tuesday 16th April at Hunstanton Community Centre.

He is pictured here, far right, with the team who led the highly enjoyable sing-a-long.

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Community Payback

Richard Bird



Town and Around magazine has been reporting the ongoing situation regarding the play area at Hunstanton recreation ground. It is with great pleasure that I can report the commencement of redecoration of the play equipment by members of the Community Payback Squad.

Under the supervision of Natalie Bullock representing The Norfolk and Suffolk Probation Trust, the works started in mid April. When visited by the Editor, the squad of about six were doing the preparation work of taking off the many layers of paint previously applied.

Natalie said that the squad were pleased to be doing useful work in Hunstanton and also to be doing something meaningful for the community.

While there it was noticed that a person who had been on community payback in the past, arrived to encourage the squad and ask if there was anything he could do. Natalie explained that many of the people doing community payback had very little purpose in life and that in many cases the people really enjoyed doing the work.

The average age of this squad was probably early twenties and apparently most don't have jobs, hence the comment "no purpose" clearly they had all transgressed or they wouldn't be there, lets hope our society can find a way of incorporating these people into a proper lifestyle.

In the meantime the children's playground should be all the better for their efforts. Any other jobs that need doing? Of course they cannot clash with the private sector.

Greetings from the manse

This month the Christian Church celebrates the festival of Pentecost. This is sometimes referred to as the birthday of the Church. The setting is the small core of Jesus followers, probably no more than 120, who after the resurrection and ascension of their master and friend, were gathered together and awaiting the gift of the Holy Spirit to empower and guide their future mission to the world. These timid followers of Jesus, whose track record up until then had included a near complete lack of understanding and desertion to boot! Now they would be witnesses and proclaimers of the Good News, the Christian Gospel of God's love and mercy revealed in Jesus was for all. They were to be missionaries, sent by God to do his will in telling others this marvellous Good News. In the Hebrew Bible there is a famous character who was also sent by God with a message to a people who needed to repent and believe in God. This character was Jonah and in the book of Jonah, especially remembering how beautifully and dramatically David Kossoff told it, Jonah was a very reluctant missionary indeed.

Having felt the call of God to go to Nineveh Jonah first tries to evade the call, then he sets off but sails in the opposite direction. But he couldn't escape and ends up as a result of his disobedience inside a great fish, the bit of the story most people know about. Here he has time to think and asks God for a second chance. He gets to Nineveh, evidently not convinced really either about why he was preaching the God of the Hebrews to a bunch of sinners, nor about his prospects of success in so doing. To his great surprise

the people listen and repent. Jonah's reaction displays a self-satisfied attitude that religious people can mistakenly take up towards others. He thought that God's judgement would fall upon these others. However from the old prophets of Israel through to John the Baptist and Jesus, the message was clear. All stand before God in need of a change of heart, a turning in repentance from sin to grace. Jonah and his people had conveniently forgotten how many second chances God had given to the people of Israel. The book of Jonah speaks of God's redemption and mercy coming even to these others who heard the message and repented. For Jonah the penny eventually dropped when a plant growing beside him taught him about the mercy of God. The plant grew quickly and provided welcome shelter for him from the sun, but not for long. He got angry when such a promising plant could be destroyed by a worm attacking its roots. Then he realised that this is what he wanted God to do to Nineveh. If he could feel concern for a mere plant, how much greater must be God's mercy towards the thousands of his creation in Nineveh.

Pentecost is a festival for a missionary people who want to share their conviction that God loves and cares for everyone because of what he has done in Jesus for us, undeserving as we are. It's not because we are right, or good, or better than others. Not at all. It's because God is loving and forgiving and wishes all to know his love and in this love to prosper and flourish.

Rev Kim Nally
Hunstanton Methodist Church

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Rector's Letter

Do you ever begin to doubt things that you were once certain of? Do you find yourself asking "why?" when what you really mean, with barely suppressed anger is "this should not be."

The month of May opens in the Christian calendar still in that curious season which rejoices in the Resurrection of Jesus Christ and yet is still awaiting his return to his heavenly Father which we mark at the feast of the Ascension. We marvel at the reactions of those who met the risen Christ: Mary who realised the truth when he spoke her name; The followers who only understood when he broke bread with them; St Thomas, who for all his faith is remembered because of his doubting that Jesus really could have returned.

All of these things happened to people who had heard Jesus say many times that he would return. But faith is not the same as fact. It is not certainty. We feel sure, but it is in the nature of our humanity that we are weaker than we realise, and faith is a living, developing thing. Those who defend a thousand and one Christian certainties as though it were a fortress haven't quite got the point that only by living your faith can you understand and

deepen it.

From financial investments right through to the unpredictable weather, we are aware that we live in uncertain times. But before we get upset that things haven't gone the way we planned we should consider the uncertain nature of life's journey. The pilgrimage of life was summed up well by J.R.R. Tolkien in a verse you will find in his famous book "The Lord of the Rings." The road goes ever on and on Down from the door where it began Now far ahead the road has gone, And I must follow, if I can, Pursuing it with eager feet, Until it joins some larger way Where many paths and errands meet.

And whither then? I cannot say.

That is all the certainty there is yet still we can and must go forward. For the believer the real strength comes from the knowledge that faith means knowing that we do not travel alone. The final departure of Christ at his Ascension is the necessary preparation for Pentecost later in May when God's Holy Spirit comes to those searching for strength and guidance. He brings real life to those wavering in faith. It happened 2000 years ago..... ..and it happens still.

Rev'd Christopher Wood.

Union Church

Miriam Hodson

Once again an advertisement caught my eye for this month's letter!!

It was an advertisement for furniture that would "make room for life" - in other words "a place for everything and everything in its place" as my Mother used to say!!

The decision was how to choose the furniture to suit your space and lifestyle. (Mine is how many Hat Boxes I need !!!)

We all have to make decisions in life - some small and some very significant, but we should all MAKE ROOM to make the most important decision, not just for this life, but for Eternity.

The Bible tells us that we are all spiritually dead because of our disobedience to God - "all we

like sheep have gone astray - we all have turned, everyone to our own way", but the Lord has laid on Him the iniquity of us all".

So, that one verse tells us how we have all turned our backs on God, but God has made a way for us to be reconciled to Him.

As John 16 tells us "For God so Loved the World that He gave His only Son that whosoever believes in Him should not perish but have Everlasting Life".

So we must all make the decision to believe and receive God's forgiveness and MAKE ROOM not only for God in this life but for Eternity, or to reject the Greatest Gift we will ever be offered.

Although the alternative is not often spoken of, I think we all know the alternative to Heaven!!

Are you ready to make the most important decision you will ever have to make?

Hunstanton

Catholic Parish

The Mass with anointing of the sick was a great success and Father Michael received some very nice comments, not least of which from the Society of St Vincent de Paul included the following comments; "On behalf of all of us in SVP and our sick and housebound I offer you my heartfelt thanks for a very special Mass on Wednesday last. From the amazing reports that have come back to me I know that the Mass with the Anointing of the sick at St Cecilia's was a most uplifting and joyful celebration for all who attended. Father, not only do I thank you for all you did to make Wednesday's Mass so memorable and worthwhile, I offer heartfelt thanks for your support of the Society of St Vincent de Paul".

We have a few upcoming events planned for the next couple of months, all of which you are welcome to attend, including: An English/St George themed Quiz night on 24th April, at 7pm at St Cecilia's, Dersingham. A Ladies Shared Lunch, a very popular event,

starts at 12 noon on 11th May also at St Cecilia's, Dersingham. A coffee morning with a talk from Eric Rhodes about the history of the Parish will start at 11am on 21st May at the parish room, Hunstanton.

During the summer we have our annual delicious Strawberry fair, which includes not only strawberries and scones, but also various stalls. The fun starts at 12noon on 22nd June at St Cecilia's, Dersingham. Then on the evening of 20th July is our annual Parish barbecue at the grounds in Hunstanton. Please see the bulletin, notice boards or website for further details.

On bank holiday Monday, 6th May, there is the East Anglia Diocesan Pilgrimage to Walsingham. The Pilgrimage theme for 2013 is 'Mary, Woman of Faith'. This is part of the 'Year of Faith'. The procession usually starts at the Church of Annunciation in the village and the pilgrims walk the 'Holy Mile' to the shrine, praying and singing along the way.

The Bishop of Northampton, Peter Doyle, will preside at a Mass at Northampton Cathedral on 11th May to celebrate the links between the National Shrine of Our Lady of Walsingham and the



at the top of Austin Street.....
aims to be an attractive, gracious
Christian Community
connecting people with Jesus
Each Sunday morning we meet at 10.30
for all age, contemporary worship
COME AND JOIN US

Special events in MAY 2013:
Sunday Worship 12th May at 10.30 focussing
on Christian Aid
Guest Speaker: Rev. David Tate
followed by A FRUGAL LUNCH in support of
Christian Aid
Tickets priced £7.50 available from the
beginning of May.

Please contact Richard on 532144

or e-mail steward@hunstantonmethodistchurch.org.uk

Sunday 19th May CHURCH CELEBRATION DAY

Guest Speaker: Rev. Nutan Suray

For full details of the day look out for posters or look on
www.hunstantonmethodistchurch.org.uk

Hunstanton Catholic Parish

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The Bishop of Northampton, Peter Doyle, will preside at a Mass at Northampton Cathedral on 11th May to celebrate the links between the National Shrine of Our Lady of Walsingham and the Diocese of Northampton and East Anglia. For further details contact the Walsingham Association on phone; 01328 820217.

Our daily Masses are usually held at 9am at St Theresa's Convent, 27 Sandringham Road, Hunstanton on Tuesday, Thursday, Friday and Saturday and at 10.15am at St Cecilia's, Dersingham on Wednesday. These are subject to change, so please check Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

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 10.15 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. Telephone: 01485 543818.

'THE TIMES THEY ARE A-CHANGING'

Daniel Holland Pastor The Way

As long as I have known his music I have been a huge fan of Bob Dylan; although I have learnt to play my CDs when my wife is out to spare her the 'caterwauling'. Dylan had, and still has, an ability to capture the zeitgeist like no-one else I can think of. His song which entitles this article is a classic sixties anthem but it is still ringing truer than ever. I wonder when he wrote it 50 years ago if he had any vision of the world as it is now; the 'freedom' of the sixties has not solved the world's problems.

Even in sleepy Norfolk times are changing so fast; the winds of change are blowing hard. Our information age with its technological 'advances' has opened up unforeseen worlds and drives our society forward at breakneck speed. Somebody described the internet and social media as the new Wild West where it's the survival of the fittest. Privacy, compassion and confidentiality are under attack. Our old boundaries have been ripped down. We live in a global village where we can sample all cultures, cuisines and ideologies. The way we think, how we look at the world, and our perception of ourselves is all changing. There's a trade off of pros and cons, and even the experts can't predict where it will take us. Change is often unprecedented, it's never happened before, and it's hard to prepare for something we've not seen. Good or bad, change is stressful, and that's why it's instinctive for most of us to fight it tooth and nail.

Children in particular are thrust into pressures that were not faced by previous generations. As Dylan understood, change will 'shake our windows and rattle our walls'. How do we hold on to our

values and integrity when the goalposts keep shifting? Every time we think we have a handle on life there is a big leap forward and we have to adjust again. Constant change is here to stay, there's no stopping it. Dylan advised 'You better start swimming or you'll sink like a stone'. It's not healthy to pretend that change isn't happening, and to stick our heads in the sand like the proverbial ostrich, however tempting that might be.

In the bible there is a passage in Hebrews often called the 'heroes of faith' chapter. It catalogues how the patriarchs and prophets from the Old Testament passed through great changes to be obedient to God, allowing him to bring great good through their lives. It has been pointed out to me that all of their adventures were unprecedented; no-one had done the same thing before. They could not look back and say, I know what to do because my grandfather went through this. Maybe God designed it like this because He wanted them to trust in his character. They could know that he would not abandon them because He had never left those who took risks before.

I take great encouragement from that. I might change, the world around me will certainly change, my friends and family may change and my enemies may change, but my God never will. I can rest in his changeless character and know that he will always be full of love, kindness, wisdom, grace and truth. He will help me through the relentless changes in the world and will be my anchor when they threaten to sweep me away, and He will help you if you ask too;

'Jesus Christ is the same yesterday and today and forever.' (Hebrews 13v 8)



**** ADVANCE NOTICE ****
St EDMUND'S CHURCH SUMMER FAIR & TABLE TOP SALE
Saturday 20th July 2013
on the Church Greens from 10 a.m.
£5.00 per table, to book your space ring
STEPHEN ANDREWS 01485 532167.
~~~Please bring your own tables~~~  
NO CATERERS Thank you



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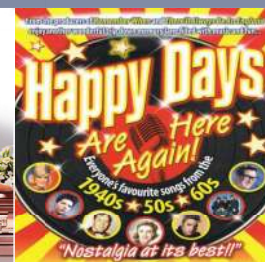
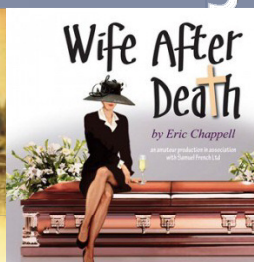
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# What's on

MAY through AUGUST 2013



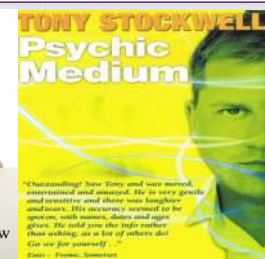
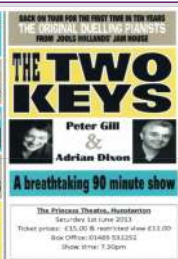
4th May

11th May

17/18th May

22nd May

26th May



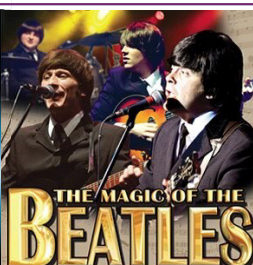
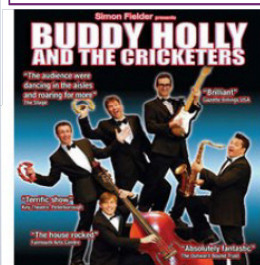
1st June

8th June

15th June

18th June

22nd June



6th July

20th July

21st July

27th July

28th July



1st Aug

3rd Aug

4th Aug

starts 5th Aug

8th Aug

10th Aug

Ticket Booking Hotline:

01485 53 22 52

Website & Online Bookings:

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

Box Office opening hours:

7 Days a Week- 10:00am to 4:00pm

Box Office email enquiries:

[boxoffice@princesshunstanton.co.uk](mailto:boxoffice@princesshunstanton.co.uk)

