

HUNSTANTOWN and AROUND

ISSUE 103 MAY 2014

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FIRST WORD

There is so many events in and around the area during May that there wasn't enough space to include all the individual adverts for them. Instead I've compiled a diary that can be found on pages 58-59. This is something I'll do each month, so if you have an event that you'd like included in the June issue, please send me the details by 12th May.

Now that the Hunstanton Town Council has co-opted four new councillors, I've put an updated list of names and contact details on page 59.

Thank you to all our advertisers who provide the revenue to produce the magazine; there are new ones again this month. Please consider supporting them when making your purchases.

Thanks also to everyone who has contributed editorial and the fabulous delivery team. Is there anyone out there who lives in Old Hunstanton or Holme who'd be prepared to deliver door to door to residents? Please get in touch; you are needed!

Have you looked at the Town and Around website recently? I post stories on a regular basis and I also 'tweet' both stories and event information. The details of how to access both are below.

See you next month.

Best wishes

Elaine

Elaine Bird, Editor, Hunstanton Town and Around

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COMMERCIAL ADVERTISING RATES & SIZES

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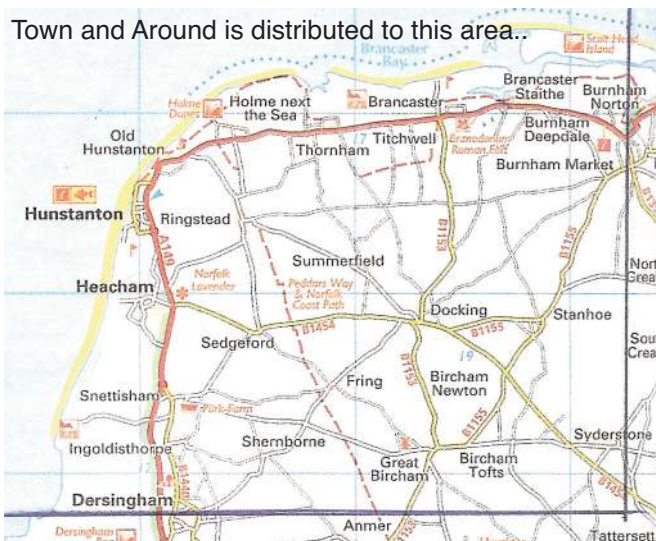
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Advertising copy is needed by 12th of the month preceding publication. The copy date for items for inclusion is also 12th.

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Town and Around is distributed to this area..



Football Club & Lifeboats

Hunstanton Football Club joined forces with their sponsors, the Wash and Tope Hunstanton, to raise money for the Hunstanton Lifeboat station.

A pool knockout competition that was won by Lifeboatman Dave Eastwood, the cash in the bottle competition and a magnificent prize raffle raised £400 on 14th March and on Sunday morning before the regular Lifeboat training exercise, a cheque was presented by representatives of the football club and Jayne Hall of the Wash and Tope to the Lifeboat Station.

Secretary of the Football Club Dave Baxter said: "We are very grateful to all the local businesses that donated prizes for our raffle and especially our sponsors who hosted our fundraising evening. It is wonderful to be able to support the Lifeboat Station because it is such an important part of our local community."



Pictured back row from left: Ed Napolitani, Dave Peppercorn, Victor Day, Gordon Wilkinson, Brian Penty, Ken Gregg

Front row: Dave Baxter, Jayne Hall, Carl Howe,

Dave Morton and Robin Rafferty

Recent match results:

15.03.14 Castle Rising 4 Hunstanton 0

22.03.14 West Winch 1 Hunstanton

05.04.14 Smithdon Hunstanton 3 Hunstanton 5

12.04.14 Dersingham 6 Hunstanton 0

15.04.14 Hunstanton 0 Birchwood 7

League positions:

10th Flitcham & Hillinton Played 19 Won 4 Drawn 2 14 Points.

11th Hunstanton Played 19 Won 4 Drawn 1 13 Points.

12th Denver Played 19 Won 2 Drawn 0 6 Points.

With the help and support of our 2014/15 Kit Sponsors The Wash & Tope Hotel, Hunstanton Football aims to become part of the local community and support local events details of which will be announced in the local press.

Old Tin Can: I would like to thank all who responded, we have many leads to follow up and hope to arrange and meeting for all interested, I apologise for not contacting all who phoned, emailed and wrote to me, I will be in touch.

If you are interesting helping Hunstanton F.C. please contact Dave Baxter. Tel. 01485 534213, Mobile. 077756 28255. email.david.baxter123@btinternet.com

If you interested in playing or getting involved with team matters next season please contact Carl Howe: Mobile. 078257 12337

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Have you ever walked on Snettisham beach? Do you want to keep doing so?

There is to be a Public Inquiry held in Snettisham Memorial Hall, commencing on 10th June and expected to last some 6 days. The purpose is to have a decision made on the beach footpath, from the car park and south to the RSPB reservation, being recognised as Public Right of Way (PRoW).

In December 2010, Snettisham Parish Council (SPC) made an application to Norfolk County Council (NCC) to modify the definitive map and statement for this area, adding the footpath. In April 2013 NCC agreed the evidence provided and decided an Order must be made to have the beach footpath recognised as a PRoW.

Following this, there were objections from certain Beach residents and the Sailing Club. NCC referred their decision to central government; a Public Inquiry will make the final decision on the beach footpath being recognised as a PRoW.

If you support the beach footpath being a PRoW, and have often walked the beach footpath unchallenged during the period 1979 to 1999, we would be most grateful if you could contact any Snettisham Parish Councillor or the Clerk at the SPC Office at 73 Lynn Road, Snettisham (01485-543721) to add your evidence for possible use at the Public Inquiry.

Glebe House School donates to the Foodbank

This year rather than giving up something for Lent the children at Glebe House School in Hunstanton decided to do something positive for their community.

Having learned about the work of the Hunstanton and District Foodbank this term, they organised their own food collection that was blessed by Fr John Bloomfield on 31st March. The youngsters visited the Foodbank in the afternoon.



Pictured from left: Piers Henderson, Lucas Triffitt, Fr John Bloomfield, Headmaster John Crofts, Sammy Tyler, Daisy Waddison and Molly Sisman

THE HUNSTANTON FUN DOG SHOW - Sunday, 18th May

Greetings to all my canine pals out there! I thought I would take this woofing good opportunity to let you know that my annual Fun Dog Show at Glebe House School is taking place on Sunday, 18th May. Entries are from 11.30am and judging will begin at 1.30pm. This is one of my favourite times of the year when we can all have a great woof and bark together.

It's going to be a great day out for us dogs and the good news is we welcome well-behaved humans, so why not bring them along with you! For us doggies there is have-a-go-fly-ball and 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, and a Galen Myotherapist. The fun starts off with a doggy dancing display starring The Barking Bugle K9 reporters namely Chase, MacKenzie, DC and Josef!

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 winner. So come along and enjoy yourself and give your human a nice day out.

Classes are £1.50. On site car parking and refreshments available for dogs and humans.

A big woofy thanks to my pals Chris and Claire from Coastal Vets for sponsoring the show.

For the latest Norfolk doggy news visit our website www.thebarkingbugle.co.uk

Sunday 18th May, entries from 11.30am - judging from 1.30pm at Glebe House School, Cromer Road, Hunstanton PE36 6HW.

Enquires to Frodo Cavalier at newsdesk@thebarkingbugle.co.uk

THE HUNSTANTON FUN DOG SHOW SUNDAY 18th MAY GLEBE HOUSE SCHOOL Cromer Rd • Hunstanton • PE36 6HW



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- 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 11.30am
Judging from 1.30pm
Have-a-go flyball from 12.00pm
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Gracie's Hair Donation

On the 13th February 2014 Grace Penty, a 7 year old who attends Hunstanton First School made the difficult decision to have her hair cut much shorter than she was used to, having had her hair long for most of her life.



Having made this decision the next thought was how to make best use of this and do some good for someone less fortunate than herself. After consideration by her and her family she decided that it would be nice to help another child and that by donating her excess hair it could be made into a children's wig. She went to Auntie Anita at Anita's Salon who quickly gave the assistance she needed and restyled her then shorter hair which she was very pleased with.

The Little Princess Trust provides real-hair wigs to boys and girls across the UK and Ireland that have sadly lost their own hair through cancer treatment or other illness.

Donated hair is collected and checked for suitability and then made into specialised children's wigs which are given to children free of charge.

She has received a certificate from the Trust in recognition of her donation

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1914

THE MAN BEHIND THE NAME

2014

100 YRS ON – TAKE A LOOK AT THAT SOLDIER WHO ‘GAVE HIS LIFE’ - FOR US!

Soldier article No. 3

On the Hunstanton Cenotaph are 52 names of Soldiers who fought in WW1 and who sadly, paid the ultimate price and would never return to their loved ones, or Hunstanton.

To most visitors, and I dare say residents now after 100yrs, they are just a name, that is very sad, we should remember them more – Lest we forget !. There are still some residents who are related to those names living here, many of those have helped me research the soldiers behind the name, for which I am very grateful. I am not going to name them, they know who they are and all have agreed to having their relative written about and ‘remembered’ especially this year being the ‘Centenary of the start of WW1’.

This month’s article is about 2 separate Hunstanton connected Soldiers:

Pte Claude Victor Emmerson S/n. 40674

Claude was born and raised in Cambridge, his connection with Hunstanton started with the Great Eastern Railway Company. He had worked for them for 16 yrs and was now a Conductor of a Luncheon car which was attached to the train which ran from Liverpool Street station to Hunstanton. He met his wife to be, Agnes, whilst boarding here at Hunstanton when he ‘stopped over’ here. Agnes Dewsbury was the daughter of a Boarding House Keeper, her mother’s name was Elizabeth

Dewsbury and a widow. The boarding house was Cranmer House, Belvoir Terrace, Westgate, Hunstanton. It was sad that Elizabeth, the mother, was made a widow at about 35yrs old, husband Fred had been a Coal Carter in Hunstanton. When he died she kept the boarding house and raised a family of 4 children on her own. Agnes and Claude married about 1910 and lived at 2, Charlbury Buildings, Hunstanton.

Claude joined the Army in October 1916, he became Pte 10th Bn. Lancashire Fusiliers. S/n. 40674. Once trained, he awaited a posting which was to France and Flanders. He sadly hadn’t been there very long when he was killed instantly by Shrapnel fire on October 27th 1917. A letter to his wife Agnes from Sgt P. Dolan gives some information and adds that the soldier was buried very quietly and respectably and that a cross marks his last resting place. The writer adds that Pte Emmerson was well liked by N.C.O.’s and men. The deceased who was 30 yrs old, and leaves a widow (nee Dewsbury) and 3 children, had only been in France 5 weeks and “up the line” but 2 days.

Now Agnes, the youngest sibling, only married 7 yrs with 3 children under the age of 6 – is now a Widow herself – like her Mother Elizabeth. So sad !

Claude is buried in Grave Ref: I. K. 3, at the Cement House Cemetery, West Vlaanderen,

Belgium. (of the 3,592 graves – 2,405 are unidentified, so bad were these Battles).

The second soldier this month is:

Lieut. Percy James Deane Flecknoe.

Percy was born in Peterborough and was educated at King’s School, Peterborough under the Rev E. J. Bidwell, but moved here with his parents Mr & Mrs James Flecknoe, he was the only child and they lived in 6, Victoria Avenue, Hunstanton. He had worked in the office of English Bros, Timber Merchants before moving, and after a while, in 1910 he went to Johannesburg to join his Uncle, Mr W. E. Horter who also was a Timber Merchant. When war broke out he immediately joined the Imperial Light Horse and went into the campaign in German South-west Africa, coming through it unscathed.

A short time after the disbanding of the Light Horse, he again joined the Army and with 6 of his friends landed in England in December 1915, and spent Xmas at Hunstanton. He was promoted and mentioned in the London Gazette in January 1916, now being in “C” Battery, 64 Bde Royal Field Artillery and then went off to France. He went into the fighting at Loos followed by the Somme, Arras, Messines, Ypres and Passchendale, so was well and truly ‘battle hardened’. He came home on leave to Hunstanton in early October 1917, returning to France in early November.

He rejoined his unit and now found himself fighting in the 1917 Battle of Ypres, where sadly on the 25th November 1917 he was severely wounded and died from those wounds at a Field Hospital, most certainly the 44th Casualty Clearing Station near Poperingue, he was just 29 yrs old. He is buried and remembered in Grave Ref: IX. A. 11 at Nine Elms British Cemetery, West Vlaanderen, Belgium.

Posthumously he was awarded the 1914/15 Star, The Victory and British Medals, he had already received the Sth Africa Medal for his earlier fighting.

I will just mention the untimely sequence of mail at his parents home reporting his death. Mr and Mrs Flecknoe received a Telegram a Monday, informing them of his death the day before. On that Monday morning in the Post was a Christmas and New Year card from his Battery, and on the Wednesday they received a Field Card from their Son, written 2 days before his death – stating he was fine and well. We can only imagine how that felt. R.I.P.

Research by Tony Armstrong.
a.armstrong116@btinternet.com
I HAVE COPIES OF ARTICLES FROM THE LOCAL PAPER ABOUT THESE SOLDIERS, THEY CAN BE SEEN (BY REQUEST) IN THE SOLDIER BOOK IN THE HUNSTANTON HERITAGE CENTRE.

N.B. Limited access times.

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Incinerator defeated

I am very pleased to say; on 7th April 2014 the incinerator was finally defeated. Stopping it was the difficult part however; we still need to ensure Norfolk implements a sensible waste strategy. KLWIN and Farmers Campaign acted as a catalyst but the campaigns' success depended on active community involvement and a core of outstanding politicians. When we asked you to write letters, thousands responded making the difference between success and failure. West Norfolk Borough Council has been exemplary by standing up to County Council pressure. Henry Bellingham led Norfolk's MPs, effective lobbying on our behalf. Fortunately in 2013 many pro incinerator Councillors lost their seats. April's victory at County Hall was due to the cross party 'gang of six'. They are: UKIP leader Richard (Toby) Coke, John Dobson Conservative, Alex Kemp (now Independent), Andrew Boswell Green Party, Richard Bird Independent and Tim East LibDem. They set aside party politics to work together on our behalf. All UKIP and Green Party Councillors honoured their manifesto promises to stop the incinerator. The incinerator could be described as a 'near miss' in many ways; if it had continued regardless of the public mandate to stop it, voter participation in future elections might have collapsed. After all, why bother voting ever again, if politicians working together cannot stop the incinerator? Thankfully they did stop it, underlining just how important it is, to consider your vote carefully at every election.

If we don't vote or don't bother looking at the candidate behind the rosette it is easy to get 'stuck with' a second rate politician. Encouraging more people to pay attention to local government politics will help protect our future; we ignore it at our peril.

Lastly, Michael de Whalley deserves special recognition for his part in starting the campaign; and Richard from Burton Environmental Consulting, for providing his vital support entirely free of charge, Thank You. Mike Knights, Fairgreen Farms, Hill Road, Middleton

Hunstanton Lions Club

Jane Scott

Hunstanton Lions were able to help to more local good causes this month. We held a Race Night at United Services Club on the 28th March which proved to a great success. Thanks to all who supported this event?

On Saturday 29th April Hunstanton Lions did a bucket shake for the Marie Curie Daffodil Appeal. We raised £456.99 for this good cause. Thank you to Tesco for letting use their store and thank you to all who donated to this appeal.

Our Golf Tournament takes place on Friday 23rd May at Heacham Manor all enquiries to Gerry Desroches 07836750296

Car boot: The next car boots at Glebe School supporting our club are Sundays 4th & 18th May, 8th June

If you would like more information about Hunstanton Lions please

Caley Hall News

Macmillan Pamper Evening

Sunday 18th May from 4pm -8pm. There will be lots going on during the evening including gel nails, hair up do's, reflexology and Indian Head Massage, eye brow threading, mini massage and spray tanning. We also have a tarot card reader, a cake stall and a great prize winning raffle will be held on the night. Open to all so please come and join us at Caley Hall Hotel for a really good night in. Entry is free and all treatments are sold at discounted rates.

Fundraising Quiz Night For Hunstanton Carnival

In support of this year's carnival Caley Hall Hotel will be holding a 'Musicals' themed quiz night on Thursday 29th May from 8pm. Entry is £2 per person, minimum of two per team and no maximum so bring along your friends, family or work colleagues and let's all help to make this the best carnival yet! Team bookings now being taken - reserve your table now!

DUKE OF EDINBURGH'S AWARD SCHEME IN WEST NORFOLK.

We are looking for new Committee members for this very worthwhile Charity in West Norfolk.

The voluntary committee supports young people who are undertaking the Bronze, Silver and Gold Awards by providing help with expedition costs and training and by overseeing their progress. These Awards are of huge value to the youngsters on their CV's when gaining University entrance or seeking work.

We are looking in particular for a new Treasurer or members of the Fund Raising Committee although a general interest is also most welcome. Meetings are held four times a year in Castle Rising.

Please contact: Rosalie Monbiot 01328 738 316

I look forward to hearing from you.

Information and Well-being Day - 17

May 2014

For those affected by long-term health issues and life limiting conditions

WISH is a collaboration of local charities and statutory providers in West Norfolk. We comprise of staff from Big C, Norfolk Hospice Tapping House, Macmillan Information Centre, Swaffham & Litcham Home Hospice and Cancer Support Team

We invite you to an information and wellness Open Day to be held on Saturday 17th May at Knights Hill Barn, King's Lynn from 10am- 3pm. Anyone is welcome; just turn up. There will be lots of local agencies that offer support and information and short talks full of useful help. You can also experience some taster sessions from our complementary therapists on the day, all free of charge.

To find out more about the day please contact Big C's, Kings Lynn, Centre manager, Tonia King, on 01553 818737 or email Tonia.King@big-c.co.uk

Sunday, 15 June - Father's Day at The King William IV, Sedgeford: Full menu, Sunday Roast and Specials available served from 12 – 3pm and 6 – 9pm. Book now!

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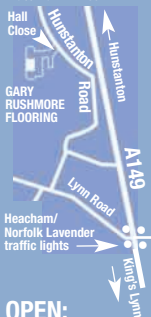
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As above, plus a glass of sparkling wine and a splash of Crème de Cassis.

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*1 Course £9.95, 2 Courses £13.95, 3 Courses £17.95

All offers subject to availability and cannot be used in conjunction with any other offers



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Bliss with sugar on!

Joanna

This was an expression that my mother coined to describe the ultimate pleasure! That is what I felt yesterday (10th) as I spent an hour in the Island hide at Titchwell. I arrived about 6.50 and potted along the path to the hide, there was plenty of bird song to exercise my ears, the smell of foxes at times, plenty of plants to name and very few people! En-route I watched an Egret being bombed by two Blackheaded Gulls, a pair of Great Crested Grebe doing part of their courtship dance, a Bittern was booming in the distance, the sky was busy with fly overs of Brent Geese, waders and duck, there were also a couple of Swallows and the noisy Greylags. It wasn't very warm but was manageable and the breeze was only just beginning to strengthen.

Once in the hide I opened a window and there just outside on the mud was a beautifully marked Snipe, it was so close I couldn't use my bins. I watched it probing the mud and from the number of small worms it pulled up I reckon it was getting a pretty good breakfast. The smell of the damp marsh was gentle and I found it pleasant. The mixture of sight, sound and smell was all part of the bliss. There were plenty of Avocets water scything up to their stomachs in the water, several

pairs of Gadwall, these are understated Drakes but once you get them in close up the patterns in their wings and bodies are beautiful and intricate, all done in buff, brown and dark brown patterning. They are the sort of bird that I love and they do tend to point to a creator with a love of the fine detail. The flock of 'Godwits' Probably all bar-tailed were sleeping quietly at the back of the pool seemingly undisturbed by the 3 or 4 Ruff that were scurrying among them.

As I eventually left the hide the Snipe was still busy feeding away within inches of where I had first seen it. Life was beginning to get busy so I headed back to get a drink and then up onto the top ridge, the coast road might have been busy but I saw only a handful of cars and more farm machinery than anything else. A movement along a road edge caught my eye and as I stopped a cheeky Stoat stuck its head up to see what I was doing. It looked in superb condition with its pale creamy front and chestnut brown backed ears and back of the head. Its beady eyes were very bright; I don't know if it was on the hunt for food or a mate, it was well enough polished to be off on the razzle!

Around the Newmarket Gallops was the usual heavy crop

of Hares and one or two of them looked to be on the change from Leveret to Hare. There was boxing on the horizon, ears poking up all over the crop of cereals, much chasing and one or two fabulous shots of close up Hares, unfortunately I hadn't got my camera!!

Flowers are getting more prolific with the white whorls of the single flowers of the White Deadnettle looking particularly bright and up standing. Have you been to the Cowslip fields this year? I think they are even better this year and certainly worth a look, people travel miles to see the carpets of snowdrops, but this is I reckon as good as those. Large parts of at least three big fields that you can walk through, on sunny day I think the perfume will be fantastic.

I was watching the night sky last Tuesday, I thought Orion had really left our hemisphere for the summer, however there he was just 3 stars of the belt and 2 or 3 for the upper part of his body, so not quite a holiday abroad yet.

The sun we have been having has brought out the Butterflies and I have seen Small Tortoiseshell, Peacock, Brimstone and Whites in quite good numbers, there are also good numbers of Bumble Bees about, not as many as could be wished but more than this time last year. The trailing Rosemary

in my front patch is in full flower and is host to Bumbles and Butterflies, even as I write there has been a scrap between a Bee and a Small Tort both of which have cleared off and now there are two smaller bees and Hover Fly over the splash of blue.

The blossom trees have been great so far; in fact I did toy with the idea of calling this article 'The Yellowing' after last months "Greening" in honour of the Forsythia, the Gorse and the Dandelions that have been blooming so well. A Peacock has just joined the Rosemary rush, luckily not the bird!! In comes a White to join them. Its good value this bush and I do love blue flowers, not the easiest to find but luckily both Rosemary, Lavender and Ceanothus grow well in this part of the world, it was much more difficult to find blue for the 700 contour line opposite Pendle Hill that I used to garden. As I write the front garden is becoming more and more like a battle zone. There is plenty of room and lots of flowers to go at but a Tort and a Peacock both want the same flower and the Hover Flies are trying out their 'I'm bigger than you' attempts on each other's spaces. It really is another case of 'Bliss with sugar on'. And me being me puts it down to a joyful God and I say thank you.

God Bless if you can accept it.

INSPIRATION

When I arrived I felt relief, I finally had some help.
I came and looked around the home, I knew by how it felt.
Inspiration filled my heart, I felt a comfort here.
Family ties are very strong, it keeps them close and near.
This place is small and feels a lot, like friends I've left behind.
Everyone is really nice, and all are truly kind.
Encouragement is always there, inspires me through my day.
I know that I can do the things, I wish too in my way.
They offer choice in everything, our views are listened too.
We have our say in all that happens, choose the things we do.
I know at times it won't be fun, after all I'm ill.
But in my heart I feel a trust, I think I always will.
Instinct carried me throughout my life, it never let me down.
So I believe I've chosen well, I'll never need to frown.
I've made some friends we talk a lot, we understand the plan.
We also know that times will come, we will not understand.
But at this time we live our day, as well as we can.
Not to worry, for whatever comes, they've made a caring plan.

Somerset Villa Dementia Care Home...Celebrates Dementia Awareness Week, May 16th to May 23rd. Look for Dementia Awareness Posters in windows around town. These will have the Alzheimer's website and telephone number, simply register to become a Dementia Friend. FIND THE LIGHT. SHINE THE FOCUS THAT PEOPLE WITH DEMENTIA CAN LIVE WELL:

Alzheimer's contact details to become Dementia friends are: dementiafriends.org.uk or 08453060898 or enquiries@alzheimers.org.uk



Thursday 22nd May – 7.30pm
The West Norfolk members' group invites you to:-
an illustrated talk by Nick Owens
Grasshoppers & Crickets of Norfolk
Hunstanton Methodist Church Hall, Austin Street
Cost: £2.00 members / £2.50 visitors



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In Association with West Norfolk Academy of Music

A treat from our Community Choir

Max Dolby



On 29th March, in St. Edmund's Church, The Community Choir, with Simon Bower conducting and Derek Oldfield accompanying, presented a very varied and most enjoyable programme to a large and enthusiastic audience. It was a joy to see the delight on the faces of the performers (most of the time!); they were demonstrating exactly what a Community Choir should be. I was impressed by the various combinations of voices, resulting in many different sound textures and colours. I loved it.

These notes of my impressions are necessarily brief, but they reflect what I heard. 'Cabaret' was a very good start, with plenty of zing and confidence. 'Dream a little dream' showed good tuning and clear diction, with well achieved dynamic contrasts – I just jotted down 'Yeah!' at the end. The unaccompanied 'Bridge over troubled water' soon settled and became pretty confident and was followed by 'An English country garden' full of complex rhythms and attractive

An evening of music at
St Edmund's Church Hunstanton
West Norfolk Jubilee Youth Orchestra
presents
'Classics to Queen'

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West Norfolk Jubilee Youth
Orchestra bring music to
Hunstanton

in a special concert at
St Edmund's Church

Saturday 31st May

7pm

Entrance FREE

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



Image from www.lineandwash.blogspot.co.uk.

harmonies.' 'Skye Boat Song' had really crisp rhythm and interesting contrast between separate men's and ladies' voices and the full chorus. 'Libera me' was a bold venture, well begun with John Steel's opening solo – I know very well how daunting that can be! When the chorus joined in, they kept the intense drama alive with good diction and dynamics. 'All that Jazz' was a really neat and nimble foot-tapper.

The second half began well with 'Va pensiero' convincingly performed. It was followed by a really lovely 'I dreamed a dream' and a well balanced and harmonious 'Ash Grove'. After a bit of a wobble with 'The sound of silence', the choir bounced back to full confidence with 'Hallelujah' and brought the concert to a very fitting end with a cracking, full-blooded 'Thank you for the music'.

We also enjoyed piano interludes from Derek and Simon and a splendid buffet feast at the interval. With music of this variety and performances of this standard, this happy band can confidently expect to draw good audiences to their next concert and, no doubt, many more after that. For myself, I can find no better words to praise the Choir than – from their last item – "Thanks for all the joy they're bringing".



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Tenacity Interiors, based in Great Massingham, is a company well-known for outstanding fitted and free standing furniture but rarely exhibit examples of their skills publicly. So, when Karl Andrews and Trevor Pragg decided to identify an ideal place to exhibit a specially designed and completely hand-crafted kitchen island unit, the Aga Shop in Holt was an immediate choice – bringing these two, made-in-Britain producers of life-style brands together for the first time.

Store manager Mary Bopst received the highly individual kitchen island unit recently and it has already attracted a lot of interest. From its base with concealed castors to the tough work surface, every part of the rich, walnut unit is hand-crafted. Yes, even the inlaid work surface was created in the Great Massingham workshops and demonstrates an alternative top, beyond stone or more traditional materials.

The kitchen island was designed to be visually stunning from every angle but particular attention was given to making the 'working side' of the unit safe for the person using it. Every handle was incorporated into the flat surface of the doors or drawers, so there can be no snagging of clothing or cloths. On the front facing side, leather-bound, chrome finished handles made a bold style statement on doors and drawers. Waste bins were built in on the 'chef's side', too, and every door and drawer has Tenacity's special soft-close

feature. There are even carefully concealed castors so the unit can be repositioned if the cook wants a change of view.

Karl and Trevor commented, "We make kitchens – and every type of fitted or free-standing furniture – that brings out the natural beauty of woods or can be finished with very high gloss or special effect paint or lacquer techniques. Our kitchens are always appreciated for the design and materials we use, but we also like to add those all-important practical touches. It was a real pleasure to make the island unit and then see it in place at the Aga shop in Holt. We are sure Mary will find it useful, too."

The kitchen is always important in any home, and Karl & Trevor's ability to work within virtually any budget, means costs can be carefully managed for large or small projects. How do they do this?

With decades of combined experience, the team can usually find a way to deliver exactly 'the look' the client wants but without necessarily paying high prices often associated with having a bespoke kitchen installed. Whatever the size of your kitchen or the style you would like, Tenacity will design, make and install it. If you have your own design in mind, they will work closely with you to deliver a perfect result. Alternatively, of course, if you want to add just a touch of the Tenacity Interiors' elegance to your kitchen, you could always have a single, gorgeous kitchen island made to match existing units or as a central, statement piece for your kitchen.

Call Karl or Trevor on 01485 521888 to find out how your home's interior design and lifestyle can be enhanced by the Tenacity Interiors 'touch of magic'.



INSPIRED DESIGNERS, HIGHLY SKILLED CABINETMAKERS, BEAUTIFUL MATERIALS – THE PERFECT RECIPE FOR YOUR BESPOKE KITCHEN



Tenacity Interiors has long held a reputation for being outstanding designers and producers of beautiful fitted and free standing furniture. Quite simply, the team at Tenacity puts the FAB into fabrication. When sheer style, luxury finishes and outstanding materials are a 'must have', only Tenacity will do. Having a Tenacity kitchen does not mean prices that will shock you or lengthy waiting times that will frustrate you or slow down your project. So, if you are living with a dreary, worn-out kitchen perhaps now is the time to find out more about the Tenacity touch of 'timeless style, endless elegance'.

Over recent months you may have read about the many different types of furniture the craftsmen at Tenacity Interiors produce. Everything from display cabinets to media centres, dressing rooms to fitted bedrooms and some interesting 'special' jobs too, such as the feature door shown this month or the transformation of a basement swimming pool into a gym without a single nail or screw going into the original tiling.

You may not know that Tenacity Interiors' design and create fabulous, bespoke, hand-made kitchens in any style. Whatever the size of the kitchen, the style of home it is in, or the design the client has in mind, Tenacity Interiors creates sheer perfection. The photos shown are actual, installed kitchens that are in homes across Norfolk.

Some kitchen designers use bought-in photos or their suppliers' stock images to 'indicate' what they can do; Tenacity Interiors' photos are entirely genuine and show what the company's kitchen-project clients now enjoy in their own homes.

The very different styles shown on this page offers just a small insight into how Karl Andrews and Trevor Pragg, and their team of specialists, create highly individual kitchens that reflect every aspect of what the client wants. No two kitchens are ever the same. For example, one kitchen- The Chatty Kitchen - has a window seat built in so everyone can enjoy being together while meals are being prepared or just have somewhere cosy to sit in and chat. The large Fingertip Kitchen was made to look elegantly minimalist with smooth, long lines - without a handle in sight - and with essential equipment cleverly hidden until needed.

From the strong carcasses to the finishes used to embellish every type of door or drawer surface, you can be sure that true craftsmen have created every element of your kitchen. Of course, granite or stone work surfaces are brought in but only from the best sources. Solid wood work-tops and even specially created work surfaces, such as the one shown on the kitchen island now installed in the Aga Shop in Holt, are always available – all you have to do is choose. In short, whatever you can imagine for your ideal kitchen can be made by the expert and inventive Tenacity Interiors team.

After all the excitement of having a kitchen made, one area that can prove problematic for those using 'other' local, high street or retail park kitchen makers, is the installation. Often this is sub-contracted and usually the date of installation is more about the suppliers' convenience than yours. Not so, if you are a Tenacity client - the team is so proud of their work they will personally take care of the installation.

Site visits beforehand will make sure every measurement is precise, so fitting is never a problem. Also, any information needed by tradespeople working on your project is always made available. In essence, the Tenacity Interiors team will work to the schedule of your project rather than, as is so often experienced, just giving a date upon which they WILL be arriving.

From historic houses to listed buildings, new builds to renovations, apartments to second homes, if you are looking for a perfect kitchen which exudes quality and style, you need to speak with Karl or Trevor. All you have to do is call 01485 521888 and prepare to be amazed.



Hunstanton and District Civic Society

Andrew Murray

John Smith gave our Talk in March, providing us with a detailed and fascinating insight into the mentality of our population during WW1, as told through cigarette cards. This even included children smoking – which goes to show how much attitudes have changed in 100 years. However, the very same day of that talk, two workers were killed outright at the Yser Canal in Ypres by a WW1 grenade on a construction site. This year, 2014, is proving every bit as challenging as 1914, with the Great Game still being played out in Eastern Europe. This time, there are no cigarette cards to reflect our modern pre-occupations. Is there nothing to be learned from history?

The history of Hunstanton has been delightfully encapsulated in Terry Ashworth's Local List of Heritage Assets, compiled partly with the help of the audience at a recent talk – for which we are very grateful. In all, there are 30 items – some of which are general items, like 'Arts and Crafts Houses', but some are intriguing. Without going into the list in detail, they include a large number of valuable green spaces – Lincoln Square, Astley Crescent Green and Nelson Drive, the old Central Garage site (now Witleys) with its' wartime associations, at least two pillboxes, James Jackson (the fossil and geology expert who

was the subject of a special event talk a few years ago), the Ibberson designed buildings, the list goes on. The Civic Society committee will be very keen to make sure that our heritage assets are transmitted to the Borough Council and included in their own lists. If anyone has any more that we haven't collected, please let us know at the next Talk.

For Britain in Bloom, The Civic Society has planted up the pier bed – that little bed down towards the Pier Entertainments, which has the relic of the pier as its focal point. Sadly the pier relic has not grown as fast as some might have liked, but it serves as a reminder that Civic Society members do get their hands dirty as well as have committee meetings!

For our next Talk, Libby Morgan remembers the American Army Air Force presence in Norfolk – 'The Friendly Invasion'. Town Hall, May 21, 7.30pm start, non members £3 on the door, tea coffee and biscuits included. Subscriptions paid during the Summer will be valid through to the end of September 2015. Any further suggestions for talks, please call Martin Chown (01485 532223) or Andrew Murray (01485 532376) or even better email: martin.chown@btinternet.com, or see us on the door.

Heritage Centre needs more volunteers

John Maiden

Hunstanton Heritage Centre is open between 1pm and 5pm every Friday, Saturday and Sunday, but we are running short of volunteers, so if anyone would like to help out by doing a two-hour shift on one of these days please contact Mrs Terry Ashworth at ashworth.terry@yahoo.co.uk

There were plenty of volunteers on hand for the visit of 100 pupils from Bishop Ellis RC Primary School at Thurmaston in Leicestershire. The teachers divided the children into three groups so that while some were being shown round the Heritage Centre; others were in the Town Hall basement enjoying fish & chips from Fishers restaurant in Greevegate; while Richard Webb was leading a third group on a tour of the town.

This included a visit to Boston Square Sensory Park and the Westgate Spinney, where the new performance area became the impromptu setting for a song from the musical 'Oliver'. Everyone who heard these young voices must have considered themselves very fortunate to be present.

After an encore outside the Heritage Centre, when the three groups had come together, the young choristers took the Searles land train to the ruins of St Edmund's chapel by the lighthouse, where John Smith was on hand to tell them about the

first patron saint of England and the legend of the Wolf, said to have guarded his head after Edmund had been martyred by the Danes for refusing to renounce his Christian faith...

The Heritage Centre will soon provide the setting for education of a different kind when a published writer and tutor, Sue Burge, holds a creative writing course in this inspiring environment on six Wednesday mornings starting at 10.30am on June 4th. The course fee of £48 will include historical fiction, short stories, poetry, memoir and travel writing.



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Photo credit: Brian Holmes



Renting Property

Written by Stephanie Connor –
Solicitor at Hayes + Storr

It has become popular to purchase houses as 'buy-to-let' properties. However, before renting out property a Landlord has a number of legal obligations to satisfy, some of which are detailed below.

Landlords are required to pay tenants' deposits into one of two available schemes: a custodial scheme where the deposit is paid into a designated account held by the scheme administrator, or an insurance backed scheme, where the landlord retains the deposit but takes out an insurance policy to protect the tenant's deposit. This is intended to safeguard deposits for the tenant and to help with the resolution of disputes arising in connection with deposits. If a Landlord does not comply with these requirements he then will lose the ability to obtain possession of the property on two months' notice under Section 21 of the Housing Act 1988, and can be ordered by the Court to pay back an amount equivalent to three times the deposit.

Landlords are also required to ensure that the tenants of their property are living in a safe environment and there are specific obligations relating to gas and electrical equipment, and furnishings. All furniture supplied by the Landlord must be fire resistant. Failure to comply can result in fines of up to £5000 and/or a prison sentence where death or injury to a tenant occurs. Landlords are required to have safety checks carried out on all gas equipment every twelve months. A copy of the up to date safety certificate must then be supplied to the tenant.

It is also necessary for Landlords to supply all prospective tenants with an Energy Performance Certificate, although there is no obligation on the Landlord to carry out any of the energy saving measures recommended in the certificate. The certificates are valid for 10 years. Failure to comply can result in a £200 fine through the Trading Standards Authority.

There are other additional requirements for Landlords and it would be advisable to seek expert advice before letting your property.

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

If you require advice on this matter please contact our Conveyancing Department on 01485 524166 or email law@hayes-storr.com



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New facilities for the town?

At February 1/2 term my family visited the Canaries and came across the outdoor all weather gym on the promenade near to our accommodation in Lanzarote.



This seems to be a fairly common feature in many seaside resorts abroad.

We just wonder whether there is any scope for Hunstanton Town Council to apply for some funding (lottery?) to erect something similar on our promenade or cliff top to promote active living and exercise for all.

We think it would be a great addition to Hunstanton.

M. Shaw Hill Street

PS. we would also love to have new football goals erected at the community centre placed more centrally and away from the wonderful orchard. I know that the council are considering this and both my sons and other children locally in the south of the town are hopeful of a positive outcome!

Nature by night

Pernille Egeberg, Visitor Officer

Last year saw the first ever Big Wild Sleepout at RSPB Titchwell Marsh. In an exclusive event families camped out on the reserve and explored the wonders of the reserve at night.

As the sun sets and the day residents curl up in their nests, burrows and trees, the night dwellers wake up and take over the site. Explore the hidden world of owls and bats, disturb a hedgehog foraging in the undergrowth for juicy worms, and follow a frog hopping through camp. The reserve is a different place at night, but just as rich as during the day. Go to sleep listening to the owl hoot and see the bats in the light of the campfire as they hunt for the many moths swarming in the night sky.



Wake up bright and early to an orchestra of bird sounds. Identify the moths that have escaped the bats and have been caught in our trap. Hold the giant hawk moth as it warms up its wings for the first flight of the day. With the right weather forecast, watch as the warden captures and then rings birds, and if he is in a kind mood he may allow you to set one free.

If you would like to find out what goes bump in the night there are still spaces left on this years Big Wild Sleepout on Saturday 21 June. It is not normally permitted to sleep on the reserve, so this is a wonderful opportunity not to be missed. For full details visit rspb.org.uk/titchwell

THE NEW EMPLOYMENT

ALLOWANCE: EMPLOYERS – GET UP TO £2,000 OFF YOUR NICS BILL

By Kathryn Gigg Chartered Accountants, Hunstanton

At Budget 2013, the Chancellor announced the creation of a new Employment Allowance to come into effect from 6 April 2014.

The Employment Allowance will give eligible employers a reduction of up to £2,000 in their employer Class 1 National Insurance Contributions (NICs) liability each year, where they have employees, or directors, who earn enough to give rise to Class 1 NICs on their earnings.

All employers will have recently received a letter from David Cameron which states “[The Allowance] means £2,000 cash back on the cost of jobs, that you can choose how to spend. I hope that you will consider using it to take on more employees”.

Am I an Eligible Employer?

Businesses, charities and Community Amateur Sport Clubs can claim the Employment Allowance. In the case of a business, this could be a company, a partnership or a self-employed individual, if they have employees whose earnings give rise to an employer Class 1 NICs liability. The Employment Allowance is not available for those who:

- Employ someone for personal, household or domestic work, such as nanny, au pair, chauffeur gardener, care support worker
- Already claim the allowance through a connected company or charity
- Are a public authority, this includes; local, district, town and parish councils
- Carry out functions either wholly or mainly of a public nature (unless you have charitable status)

How do I claim?

The letter from 10 Downing Street states “Simplicity has been the priority in designing the allowance”. **You can therefore use your own 2014/15 Payroll Software to claim your Employment Allowance. It should be as simple as ticking a box** (see your software providers instructions). Otherwise you can use HM Revenue & Customs Basic Tools. Once made, HMRC will automatically carry your claim forward each tax year; so, at the start of each new tax year you should check that you remain an Eligible Employer.

You can check your eligibility and find more detailed guidance at <https://www.gov.uk/employment-allowance>.

If you need any assistance in running your payroll please contact either myself or my assistant Susan Fish FMAAT at Kathryn Gigg, Chartered Accountants, Hunstanton on 01485 534800/email kate@kathryngigg.co.uk.

Mrs K H Gigg FCA

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

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

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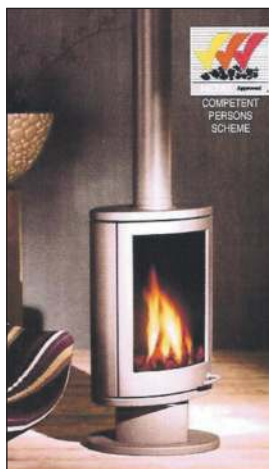
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Newly refurbished Hunstanton Bed and Breakfast GLENBERIS open

Following two successful years at Rose-Fitt House culminating in No1 rating on Tripadvisor and, maintaining over 18 months, 98 per cent on Booking.com, Paul and Barbara have now moved around the corner to Glenberis B & B at 6 St Edmunds Avenue Hunstanton and are hoping to emulate past performance.

Major renovations work installing modern and stylish facilities, yet retaining the lovely Victorian features such as cast iron fireplaces and beautiful Victorian mosaic hall tiles, are now complete. A new web page is also being built.

Glenberis now offers three beautifully appointed double en suite rooms, one with in room freestanding roll top bath.

Paul and Barbara would like to extend a special opening offer available on bookings of two nights or more in 2014 (excluding school holidays, Christmas and New Year) of 10 per cent discount to guests visiting friends and relatives in the local area.

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Lace Making

Lynn Hallifax

Have you seen lacemaking being done, items of lace being made, ever thought you'd like to have a go? You could.

Come and join us. We are a friendly group and we would make you most welcome.



I run two classes of Lacemaking, Tuesdays in Dersingham and one Saturday a month in Anmer, near Sandringham. Both classes are from 10am to 3pm. Bring a packed lunch, tea and coffee are provided.

To save you expense, I can loan you a lace pillow and bobbins to get you started.

If you are interested, please call me on 01485 533611.

Community choir news

Tony Bishopp and Liz Rogers

Following the successful concert at St Edmund's Church, the Community Choir donated the proceeds of £500 to the Hospice, and this picture shows Sue Perry, Treasurer of Hunstanton Community Choir, presenting a cheque to Richard Shaw CEO of The Norfolk Hospice Tapping House.



Hunstanton Community Choir would like to thank everyone who attended the concert for their generosity.

Mr Shaw said: "The Hospice costs £1.4 million per year to run so every penny collected gets used very quickly to help the terminally ill and bereaved in our area"

To further raise awareness of local groups, members of the Choir participated in a workshop session at Hunstanton Library on Saturday 12th April, led as usual by Simon Bower, our charismatic Choirmaster and music arranger. With an element of fun never far away, Simon began with a vocal warm-up using imitation 'gorilla' sounds. Anyone using the Library that morning who were unaware of the workshop may have been initially alarmed by such monkeying around! The songs that followed were just a small taste of what can be musically achieved in a short session.

Finally, just a small mention of the Choir's social events, which are becoming increasingly popular with this friendly, fun group; parties, karaoke, quizzes, Carol concerts and generally any type of get-together. We are also planning to sing in the Bandstand this summer, as well as at other local events. You can find out even more via Facebook on our "Friends of Hunstanton Community Choir"

Hunstanton Community Choir meet on Tuesday evenings from 7 to 9pm at the Town Hall. The first session is free and thereafter it costs £3 each week. Enjoying singing is basic, anything else can be learned! There are no embarrassing auditions; anyone can come along and simply blend in wherever they feel their voice fits, because in this instance there is proof that practice really does make perfect, as everyone gives their 'all' to make a great sound, ultimately this happens while enjoying the journey. Having observed the look of pleasure on Choir member's faces, there appears a satisfying blend of having fun, singing our hearts out and creating (most of the time!) a fabulous sound!

Editor's note: Please see Max Dolby's report of the choir's recent concert on page 15.

Katie moves around the corner

After ten successful years on the High Street Katie has moved her Heroes shop just around the corner to Tamworth House, The Green. In her new premises she will continue to sell the same brands that have proved so popular with both locals and visitors. She looks forward to welcoming customers old and new.



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My Long Route to Hunstanton

Jim Welham

Hunstanton St Edmunds was originally intended as a seaside resort for the more prosperous members of society. They became resigned to trains bringing excursionists to the town for the day which resulted in music, litter and broken bottles. Despite the Convalescent Home having been opened by the future Edward VII, they objected to patients who might be suffering from contagious or infectious diseases sitting on the Green.

For a century the Le Strange Estate maintained a high standard of building and insisted that no houses would ever be built on the inland side of the High Road, with the exception of the Glebe House School and Downsgate at the entrance to Downs Road.

Captain Stephen Van Neck MC, Norfolk's Chief Constable from 1928 to 1956, ensured that new police stations and police houses were built in towns and villages throughout the county. With a break in tradition, on 14 September 1946 Bernard Le Strange sold the Norfolk Constabulary 4.36 acres next to the fire station for £1,500. A pair of police house was built beside the fire station by F. Smalls and Son of Hunstanton for £4,602 and a detached house for the Inspector was built by AG Chadwick of Titchwell for £2,492. All were completed in January 1953. The police station was built by Potter Brothers of Dereham at a cost of £12,569. The police station was in the centre of the building with a police house on each side. Captain Van Neck kept meticulous records of every development and his final note was that the new Hunstanton Police Station had opened in June 1955.

The road behind the Police Station was officially named Downs Close on 2 September 1958 when another pair of police house was built, followed by a district nurse's house, another pair of police houses and the long-awaited magistrates' court. Smithdon High School was opened in 1954 and a further residence was that of the head master's house, opposite the

school entrance.

During World War 2 my father transferred from the Norfolk Regiment into the Corps of Military Police because their food was better. I however, can only blame John Thaw. Before he was Kavanagh QC, Inspector Morse or Jack Regan of the Sweeney, he played Sergeant John Mann in 'Redcap' which was shown on TV from 1964 to 1966 and with the folly of youth I enlisted for 6 years into what had become The Royal Military Police(RMP.)

The basic training of 18 weeks was carried out at Roussillon Barracks, Chichester, when any spare moment involved bull, Blanco and Brasso. Everything from boots to floors had to have a mirror-like finish. Even the insteps of boots had to be polished as a matter of 'personal pride.'

Running about over the South Downs was easier than completing drill movements at the same moment as the rest of the squad. One of the few printable threats by irate drill instructors involved their intention of pushing a pace stick up my nose and flicking me over Chichester Cathedral. Only ten of us eventually passed out and most were posted to West Germany where NATO faced the numerically superior communist forces, separated by 'The Iron Curtain.' The border between East and West Germany extended 858 miles from the Baltic Sea to Czechoslovakia. The space between two impenetrable fences was a heavily mined 'death zone' which was also monitored from watch towers by border guards who would shoot anyone attempting to escape. West Berlin was completely encircled within East Germany. A major conflict usually occurs when a country is artificially divided and for decades it seemed probable that World War 3 would commence between battle tanks on the north German plain. I was lucky enough to spend much of my service in the beautiful town of Celle which during World War 2 was only 16 miles from the horrors of the Belsen concentration camp.

The duties of the RMP were

similar to those of the civilian police, but when training for war their main task was signing routes for military vehicles and all forms of traffic control. Now with hindsight it seems that the Russians were only intent on preventing the mass migration of the population of Eastern Europe. The border eventually fell in 1989 and is now the largest and longest nature reserve in the world.

I always intended to join The Norfolk Joint Police and attended a month's course at Catterick Camp, North Yorkshire where members of the Royal Army Education Corps helped soldiers to pass the Police entrance examination. A perfect essay on 'Why I want to be a policeman,' had to be memorised. Basic English and Maths was revised and various IQ tests were taken, some more easy than others; for example: if the large hand of Big Ben weighs a ton and the small one weighs half a ton, what do the hands of Big Ben weigh? A more difficult question asked how a snooker match could be concluded with all the balls potted, but only 31 points scored. This seemed impossible as even if a colour is never potted after a red, the minimum score cannot be less than 42. The answers will be revealed later.

Shortly after leaving the army I was one of a crowd who arrived at Eynsham Hall Police Training Centre, near Oxford for 13 weeks training. It was back to basics again, "Suitcases to your rooms, back here in 2 minutes. Go!" There were instructions that even the army had not thought of such as requiring pure white plimsolls to be Blancoed even whiter. When not attending lectures or participating in practical demonstrations, most waking hours were occupied with repeating numerous legal definitions in the hope of committing them to memory. With initial training completed, as I was from West Norfolk, I was posted to Norwich for 2 years. Those young in service were expected to learn the good habits of their more experienced colleagues which were often difficult to separate from their bad ones. I was lucky with my beat which was steeped in history and

contained buildings as diverse as the Cathedral and the Night Shelter, from the Grab-a-Grannie nights at the Sampson and Hercules Night Club to the recently opened Hofbrauhaus, where litres of strong German Lager replaced Watney's Red Barrel to the accompaniment of an Oompah band. The Hofbrauhaus was soon shut down due to the amount of trouble.

When the streets had calmed down at night I should have been able to wander round areas such as the Lollards Pit in Bishopgate where the Lollards were burnt to death for believing that the Catholic Church had become corrupt. However it was the Winter of Discontent and the city was in total darkness unrelieved by street lights or illuminated shop windows. Petrol rationing was believed to be imminent and the few vehicles in use at night were usually Hillman Imp Pandas. They could be heard from a distance due to their heaters roaring, but the drivers would never pick up their wet and cold colleague as he would steam up the windows.

Two years later I was posted to The Sandringham Sub-Division, which extended from Hunstanton to the walls of Holkham Estate, down to Castleacre and across to Blackborough End, then north bordering King's Lynn, including Castle Rising, and back up the coast to Hunstanton. The Sub-Division was commanded by a Superintendent and was divided into two, Hunstanton Section to the north and Dersingham Section to the South. Dersingham was probably the most heavily-policed area in Norfolk due to the royalty protection commitments. In addition to the responsibilities for safeguarding the Sandringham Estate, the Duke and Duchess of Kent lived at Anmer Hall and the Queen Mother often stayed at Hillington. I lived in the single men's accommodation at Dersingham and one night I walked to the Feathers with a vague sense of foreboding, possibly caused by my last visit. The landlord had refused to serve me with a pint of Adnams as I was wearing a Greene King Tee shirt. I should have relied on my instincts as that evening I was introduced to my future wife

Veronica, a teacher at the Primary school, by an ambulance man to whom I had done no harm.

Extensive alterations to Sandringham House were being carried out at that time which caused members of the royal family to stay occasionally at an isolated farmhouse named Wood Farm, once used as discrete accommodation for the epileptic Prince John, the youngest son of George V. After several nights of stupefying boredom, standing without shelter, in total darkness and being forbidden to walk on the gravel path in case anyone was disturbed, I requested a transfer to Lynn and as a punishment was sent instead to Hunstanton. The town was in a poor condition as the American Servicemen from Sculthorpe and the railway had both gone. Many villages in West Norfolk were even worse, particularly Docketing where most cottages were semi -derelict as they were not required by young people, many of whom had left the village to find work. Burnham Market was far from being dubbed 'Chelsea by the Sea.' Captain Sir William Hoste was like Lord Nelson, the son of a local vicar. The Hoste Arms, named in his honour was dilapidated. The owners, Watneys Brewery attempted to make it a theme pub by almost filling one room with a part of a plastic hull surrounded by plastic waves purporting to be one of Hoste's ships the 32-gun frigate, the Amphion.

West Norfolk was only transformed when thousands of people of unimaginable wealth flooded in mostly from London and the East Midlands buying any type of property available.

My first Hunstanton duty was that of foot beat from 2pm to 10pm on a Sunday. In the absence of any form of briefing I asked "Is there anything I should know?"

"Just remember the town's motto," was the reply.

"What's that?"

"We rob the tourists in the summer and each other in the winter."

I commenced the patrol by crossing the A149 on which the traffic would be stationary from the Dersingham traffic lights to Old

Hunstanton by teatime. I walked between the Driftwood Hotel and Mann Egerton's Austin Rover Garage, turned right at Rogers' Builders yard and Birds buses then left into Westgate near Duckers Vauxhall garage behind which were lockup garages. In St Edmund's Terrace the Buckingham Palace Hotel to the south and the Windmill Hotel to the north were dilapidated and the Capitol cinema was closed. A large wooden building named the Harlequin Bar stood on the site of the Sandringham Hotel, behind which the Stars and Stripes flew over the stockade named Fort Mohawk. Several derelict cottages lined the sea front. I went through the fairground and stood beside Seagate looking at the caravans which showed the signs of being moved at the end of each season to be stored on the old railway line and then returned the next spring.

Then the first incident occurred, to be followed by numerous others over the years which made Hunstanton such an interesting place to work. At that time there were two metal-framed exits for traffic near the fish and chip shop, a large one for coaches and a smaller one for cars. A coach was about to leave the car park, but was approaching the smaller exit. I signalled to the driver to stop, but he had already braked and was hardly moving when the windscreen hit the barrier. The driver suffered superficial cuts and a nearby drunk was convulsed with laughter. Immediately several elderly female passengers charged out of the coach and started to flail at him with walking sticks and umbrellas. I herded them back onto the coach. The drunk who wanted to make a complaint was told to try and keep some self-respect and clear off. I patched up the driver, he taped up what was left of the windscreen and away they all went.

The answers to the IQ questions are:-

One Snooker player breaks off and with that shot pots all 15 red balls and the white. His opponent therefore scores 4 and then pots all the remaining colours.

The weight of the hands of Big Ben is, of course, 6 tons.



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ONE-ACT DRAMA FESTIVAL 2014



The popular Hunstanton One-Act Drama Festival will take place once again this year from Thursday, 10th – Sunday, 13th July at the Princess Theatre.

Performances will take place at 7.30pm each evening and there will also be matinees on Saturday, 12th and Sunday 13th July at 2.30pm. Each performance will consist of different adult and youth Drama Groups from throughout the District performing one-act plays of their choice. Each session will usually include three different plays while the last evening will include special entertainment and the presentation of awards.

Closing date for entries is April 30th, 2014.

After each session, the adjudicators will talk briefly about each play and how well each team achieved their objectives. Full written adjudications will be issued to

each Group after the event.

The event is also a competition and trophies will be awarded within ten different categories including Best Original Script, Best Play and Best Actor/Actress at the end of the last Sunday performance. These will be presented by the Mayor of Hunstanton. A full list of participants and plays will be available at a later date.

The adjudicators are: Mr Michael Williamson, NODA., and Mrs Ann McKimm, LGSM. P.Cert LAMDA.

Tickets cost £8.50 per performance (Festival Ticket £25 which includes access to all performances) and are available now from the Princess Theatre Box Office on 01485 53 22 52 or on line at www.princesstickets.co.uk

Come along and support your favourites!

SAVE the CHILDREN

Christine Earnshaw

We have organised two events that I hope will appeal to lots of you.

On May 23rd we would like to invite you to lunch at Old Hunstanton Golf club followed by a talk from our guest speaker, Martin Kirby about Extra Virgin Spanish Olive Oil. He was an oil producer from the Priorat Mountains of Catalonia and will give a cookery demonstration with opportunity to taste and sample his canapés. The cost will be £16 and the menu is Supreme of Chicken with lemon tarragon hollandaise sauce followed by vanilla panna cotta, berries and fruit coulis, coffee and mints. I have heard that his talks are very entertaining and the oil is just amazing with many of his customers being top chefs – you certainly can't buy it at Tesco's!

Carole Best has tickets – Tel 525141 and so do I - Tel 533367 but mainly answer phone in May.

On June 17th we are holding a Coffee Morning in the foyer of the Princess Theatre from 10 to 12 noon with some interesting things to sell. Please call in. All profits of course go to help Save the Children at home and abroad.

The Antiques and Soup day raised £250 with many interesting items being brought in for valuation by David Israel. He was particularly interested in two very old oil paintings on copper of Henry VIII and Anne Boleyn which he thought were contemporary to that period and some rustic cudgels one of which had the warning words "forget me not" rather threateningly carved on! I hope no one has been at the receiving end! All sorts of treasurers found their way to the hall and I believe people went away quite pleased to hear David's opinion.

In the last year we have been able to send £3,000 to Save the Children from various events that include sale of Christmas cards and the map tombola. If you have any foreign or old coins we can pass them on to HQ raising yet more money so please bring them along to any event. Many thanks to all who give our local branch their support – please be one of them!

Mayor's Mindfold Walk

Cynthia Easeman



Left to right: Richard Brinkley with Guide Dog Uri, Cynthia Easeman with Olivia, Mayor Elaine Clutton (wearing a mindfold) Pauline Parker with Guide Dog puppy Rusty, Gill. Southgate with Yasmin and Genene Henshaw with Susan. Kneeling Helen Sismore Guide Dog Engagement Officer; who conducted the guided walk.

On Monday 14th April, the Mayor Elaine Clutton kindly and bravely

undertook to be blindfolded, be guided around Hunstanton and to experience the hazards blind and partially sighted people face every day.

A blind fold presses against the eyes and actually the brain turns off and you find it difficult to concentrate, a mindfold is a specialist mask which sits away from the eyes, so all you see is pitch black. Using this you become more aware of the sounds around you, the texture of the surface under your feet, the echoes that you get from your environment and even smells. All your senses are heightened.

Helen Sismore engagement officer for Guide Dogs, an experienced guide took Elaine around Hunstanton, the shops in the High Street, along the main road and back through some of the residential streets leading back into Hunstanton. They experienced many hazards and had some incidents along the way, which made Elaine realise just how visually impaired people struggle to get from A to B.

Elaine is going to write an article on how she felt and how it changed her perception of traversing along a seemingly easy route. This will appear in the next edition of Town and Around along with views of one of the Guide Dog Owners who accompanied her. There will be some photos too to, so please look out for it.

Keep up to date with the latest local news at:

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Beaver group leaders needed

Many of you will be aware of the expanding scout group in Hunstanton incorporating Scouts, Cubs and Beavers.

Originally this started with only the younger Beaver group but it has been able to grow with additional leaders who have committed their time and skill to starting up our Cubs and Scouts too.

But our two wonderful Beaver leaders are moving on after over 16 years each of wonderful service. A baby to delight us for one, and a new career for another which will mean no weekly evening travelling from Peterborough to enjoy and teach the Beavers. Thank you Michaela and Charlotte for more than we can say. And never forgetting our original leader Suzanne.

So therefore we are looking for new leaders to join our group. We meet on a Thursday evening. Any interested people we would enjoy talking to. Contact me Anne on 01485 532395

1st Hunstanton Scout Troop

Scouts is a fun and enjoyable experience for both boys and girls aged ten and a half to fourteen.

From Camping to meeting the Queen, 1st Hunstanton Scout Troop takes part in activities that are exciting for all. Anyone is welcome, the only rule? To have fun and be enthusiastic.

At the moment, our Troop consists of 5 girls, 17 boys, 2 young leaders and 3 leaders. Our camping weekends have themes such as The Hunger Games, WW1 or just improving our knot-tying skills. As well as lots of amazing activities including air rifle shooting, archery, cookery and camping away, we spend a lot of time out in the community.

In the summer we took part in the local carnival by dressing up as characters from Alice in Wonderland. Just before Christmas, we planted a tree called The Christmas Pippin in the local orchard and sang carols at Tesco's. After the holidays, we took part in Chinese New Year themed nights, including cooking (spring rolls), lantern making and a sleepover where we all enjoyed Chinese food and fortune cookies.

We meet every Wednesday from 7pm to 8:30pm, please come along and enjoy a fun-filled adventure!

We are planning a night hike from Brancaster Staithe to Hunstanton Scout Hut.

Contact Liam Nicol at l.nicol1@icloud.com or ring on 07825 348565

1st Hunstanton Scout Group Cub Section

We have been busy making and doing seasonal activities, badge work and crafts. We have been working to gain the home help badge, so far we have been making food to eat during Cub meetings also as part of this badge the Cubs took an active role in cleaning cupboards at the hall.

Cubs have enjoyed working towards the global challenge badge, researching about endangered animals finding out about their habitats and the problems the animals are facing.

We recently invested nearly 10 new Cubs most 'swam' up from Beavers. We have also invested a new leader, and welcomed a young leader from the Scout Section.

Cubs have the opportunity to attend many District events where they

can meet with other like-minded youngsters to make new friends and learn new skills.

At our group we have a strong leadership from our Sixers and Seconders, they have the opportunity to help plan with the programme, games and visits to various places of interest.

The next event we are attending will be St George's Day parade, this is an important celebration within the Scouting movement, which is held this year at King's Lynn Minster (St Margaret's Church). Hopefully we will have some photos to share with you in the next report.

The Cubs at Hunstanton will be assisting with the planning of Cub Camp and further badge work when they return from Easter holidays so we have a busy schedule ahead.

Look forward to sharing our adventures, photos and mini reports from the Cubs themselves in the next issue.

Happy reading

BE PREPARED

All the Cubs and Akela, Rama, Chil, Bagheera and Baloo

3rd Hunstanton Brownies

Sue Richardson



During the last weekend of March, 3rd Hunstanton Brownies had a mystery to solve; a picture had gone missing, they had to find it and decide who had stolen it! We started with a night walk around the town to solve clues to find where the picture had been stolen from, this was followed by a well deserved hot chocolate back at our base for the night, The Way Christian fellowship building.

We enjoyed watching a Dvd before trying to get a bit of sleep (at least 5hrs, a record for a sleepover!) After breakfast the girls had a number of fun sensory games to play in order to gain pieces of the stolen picture. Mid morning, 2 very helpful policemen took the girls and the suspects to Hunstanton Police station to question the baddies and take fingerprints, leading to the arrest of Naughty Nora (Tawny Owl) and Burglar Bill (Brown Owl). After lunch the girls all made a heart shaped necklace with their fingerprint on as a souvenir of the sleepover.

The Sleepover was part of the Big Brownie Stay Away, to help celebrate The Big Brownie Birthday, 100 years of Brownies. We will also be celebrating later in the year with planting flower beds in the town, taking part in a Division sleepover and holding a coffee morning at Union Church on Saturday 14th June.

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Dementia Awareness Week 2014

18th - 24th May

If you're worried that you, or someone close to you, may have dementia, it can be difficult to talk about. You may feel scared, confused or even ashamed. You may also be hoping that the problem will go away so you don't have to deal with it.

We all bury our heads in the sand from time to time. But if you're seriously concerned and the problem continues it's important to talk to someone about it. The sooner you know what you are dealing with, the sooner you can get on with your life and feel in control again.

That's why this Dementia Awareness week (18-24 May 2014) is all about opening up. The Alzheimer's Society want anyone who is concerned about dementia to stop bottling it up and talk to them.

At Extra Hands we are totally committed to providing the best quality dementia care possible and as such we have taken the 'Dementia Pledge'.

The Dementia Pledge was created when a group of employers came together with Care England to develop four key principles that care providers could use to nurture their whole workforce.

A commitment to the Dementia Pledge will mean a care provider will work towards demonstrating that they can meet the four principles of the Dementia Pledge. This commitment shows that a provider really cares about developing their workforces understanding of dementia and adapting the service to meet the needs of the person living with dementia.

We provide carers that are Dementia trained so that they can care for the person and not the condition. This training has made an enormous difference to our Care Staff's approach to our Service Users with Dementia, treating the person as an individual with a lifetime of experiences and knowledge and not treating them as a child. It has made such a difference to the lives of our Service Users as all staff trained have undertaken an activity within the Service User's home such as reminiscence, singing, dancing, knitting, baking cakes, puzzles, painting and looking at photographs.

At Extra Hands we focus more on what the person CAN still do and not on what they CAN'T DO, treating the PERSON not the disease.

At Extra Hands not only do we train our own care staff we can also provide training for external customers be it an individual or multiple company staff. Family members may find the course beneficial in helping them to understand more about the illness that they are dealing with.

If you would like to find out more about our dementia training or care services offered then please do not hesitate to contact us on 01485 570611 or visit our website www.extrahandshomecarenorfolk.co.uk



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Garden jobs for May

April was a great month for sunshine, hopefully your garden is flourishing as a result!.

Flowers - There is still plenty of time to direct sow annuals. Sow weekly or fortnightly to ensure a long season of interest. Try cosmos, cornflowers or even night scented stock for a speedy and stunning display.

It's also time to start to fill pots and hanging baskets with annuals, plug plants are very effective and can be planted in sheltered areas or protected in the nighttime from frost. Try popping some water retaining granules in the compost mix as this ensures the baskets won't dry out if you forget to water them!

Bugs - Keep an eye on new perennials and annuals, wash off bugs with your hose or treat with chemical spray before they consume all the new growth.

Lawn - It's the time to address moss by scarifying or by chemicals, use lawn sand, sow lawn seed and start to mow every week. You can leave an area of your lawn and sow with a wild flower mix. Alternatively, change the height of the mower blade and create some patterns or even a maze. I noticed St. Edmunds church grounds tried this last year with great success!.

Vegetables and fruit - Beetroot, spinach and similar, should be thinned out. Small plug plants of cut and come again crops can be purchased at this time of year as well as strawberries plants. These can be planted in pots or directly in the ground.

Ponds - If you have a new pond, wait at least six weeks prior to introducing fish.

Lift and divide overcrowded pond plants and introduce water lilies



now for a great flower display.

Finally, it is good practice to liquid feed your plants weekly from May onwards, this ensures strong growth and flowers throughout the summer. Support and tie in new vegetable and flower growth for a successful summer display.

If you need any help with soft landscaping or maintenance, please do not hesitate to contact me.

www.balanis.co.uk, email:

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HUNSTANTON GARDENERS' ASSOCIATION

In March we had an excellent illustrated talk by the owner of Thorncroft Nurseries, Peter Skeggs-Gooch, on the many different varieties of Clematis and their cultivation. At the time of writing, the gardening broadcaster Ian Roope from Norwich is scheduled to talk to members at the end of April on the subject of plants for the winter garden, and this will bring this seasons talks programme to its conclusion.

On June 18th, members will have a private afternoon visit to the gardens of Lexham Hall near Litcham. Tea will be provided during the visit, and the coach will depart from Hunstanton. There are still one or two seats available to non-members at £14.50 per person, and anyone interested in joining us would be most welcome, and should contact Mrs June Hammond, tel 01485 535763.



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FRONT GARDEN COMPETITION

Once again it's the time of the year to make plans and prepare your garden for the annual Hunstanton Front Garden Competition, organised, as usual, by the Hunstanton Gardeners' Association and sponsored this year by Thaxters Garden Centre.

Entry forms will be available from the 1st June from the Tourist Information Centre, The Oasis Leisure Centre and Witley's Shop in the High Street. The closing date for entry will be 30th June with judging to take place in early July.

This year there will again be three classes. 1. The front garden competition for any size garden, large or small. 2. Any single container or hanging basket. 3. Front forecourt/garden display for guest houses and hotels.

We hope to attract even more entries this year than the record number we received last year

HIS Gardening Club

Alison Tisshaw

Teaching Assistant and gardening club organiser

The children at Hunstanton Infant School would like to say A Big Thank-you to Stuart Poore at Poppyfields Garden Centre Snettisham for his very generous donation of amongst other things, compost, canes, pots and planters, garden tools, plant food, string, and many many packets of seeds which have greatly helped us to set up an after school Gardening Club. The club has proved very popular and the children are really enjoying themselves. Also thank you to parent helper Katie Heasman for her help and knowledge.



Jacques and Alex preparing the vegetable beds.



Jessie and Phoebe planting up the pots

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Old Hunstanton Social Club

Greetings from the Social Club, I hope you are all enjoying the fine weather and longer days, a good excuse if any were needed to have a sit out the back of the club with a fine ale.

This month we have our early May bank holiday mini beer festival. 8 real ales from East Anglia and Norfolk cider all for less than £3 a pint. There will be music and BBQ across the weekend, we would love you to come and join us. We plan to hold a 'no reserve' auction very soon. If you have any useful but unwanted items that you would like to part with then get in touch either through our Facebook page or website or by coming into the club itself, anything is considered as long as it's in good order. Sellers will receive 90% of the sale price with 10% going to the club to help with the upkeep.

The bowls season is nearly upon us, if you're interested in playing with the current champions then please get in touch at the club.

On a sadder note we have, very reluctantly, had to increase the price of our beer, This has been avoided for the past 18 months but has had to be done, A pint of Real Ale will now be £3 with IPA at £2.60. You must admit, that's got to be the cheapest beer in town. Remember, we rely on members using the club to keep going. New members are always welcome and temporary memberships available if you are here on holiday. Cheap beer, free WiFi, pub games, table tennis and more.

It's your social club, so please come and see us.

Clare's Cattery News

For those of you who regularly read my news, I have news about "JR" a visitor to my cattery.

Sadly, his owner is moving house and is unable to take JR with her, so he is looking for a new home.

JR is a pedigree Birman cat, he is semi long haired and likes to be brushed regularly. He is 11 years young, no health issues, and his vaccinations are up to date.

He needs to be the only cat in the household, and would need access to a safe and secure garden.

All prospective new owners can contact me, at the cattery, where JR will be staying for the time being.

All homes will be checked for suitability, as he is a beautiful boy, special to me too, and I want to help his owner find him a special home.

Please contact me for further details.

Clare

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CLARE'S CATTERY



WE SPEAK MIAOW!

George and Munnelly in Spring Classic triumph

Ely City professional Andrew George and 16-handicap partner Mick Munnelly stormed to a convincing success in the Searles Leisure Group PGA in England (East) Spring Classic.

The duo recorded a stunning tally of 88 Stableford points - six more than their closest rivals - after two days of competition at Hunstanton and King's Lynn.

Daniel Barton (Waldringfield) and James Tyler (4 handicap) tied for second place, alongside Stuart Brown (Orton Meadows) and Edward Peggs (7).

The opening round, staged on the renowned links at Hunstanton, saw George and Munnelly dovetail perfectly under the foursomes format to secure 40 points.

That was good enough to share the lead going into the second day at King's Lynn where their better ball combination netted no less than 48 points.

In particular, they lit up the back nine with five birdies between them. Munnelly made a major contribution to the pair's overall points tally with birdies on two par-fives and signed off by draining a 25-footer on the final green for a net birdie.

The final results suggested a straightforward victory but George revealed a different story.

"Before we started on the first day, Mick said to me that he was not feeling very well and asked if I'd be okay to play the four ball on my own if he was too ill," explained George.

Happily, the Ely vice-captain was able to battle through the two days and savour an emphatic win before embarking on a course of antibiotics.

George added: "On the first day, we just played so sensibly and thought about every shot. Then at King's Lynn, I thought we had to get to 44 points and after nine holes we had 21. So, I said we need to push on and make some birdies and Mick played out of his skin."

It was the 15th year of Searles sponsorship of the seasonal curtain-raiser for the PGA in England (East).

Searles' managing director Paul Searle said: "It has been a brilliant two days. The weather couldn't have been better and the courses were in great condition. So we are very pleased with how the tournament has gone.

"The main reason that we do this is to promote our North West Norfolk Golf Tour. Staying at our Heacham Manor Hotel for two nights, golfers play Hunstanton, Kings Lynn and Heacham Manor over three days.

"We hope that some of the professionals and amateurs that play in the Searles Leisure Group PGA Spring Classic want to come back with societies and groups and stay with us."

Searles PGA in England (East) Spring Classic: (First day Stableford foursomes at Hunstanton, second day better ball at King's Lynn), leading scores: 88: A George (Ely City) and amateur M Munnelly 40 48. 82: D Barton (Waldringfield) and J Tyler 39 43; S Brown (Orton Meadows) and E Peggs 37 45. 79: R Gray (Thorndon Park) and P Millett 37 42, M Kierstenson (Penfold Park) and Ross Lear 40 39. 78: R Hurd (Essendon) and Ron Lear 36 42; 76: R Pritchard (Crettingham) and C Lewin 37 39.

HUNSTANTON ROYAL BRITISH LEGION

Please note that there will be a Branch Meeting on Wednesday 7th May at 7:00pm in the United Services Club.

Please note the 30 minute time difference.

Colin Toule, Secretary



Pic supplied by Tony Rushmer: Paul Searle (Searles Leisure Group) congratulates Mick Munnelly (c) and Andrew George (r) on their convincing victory

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Ingoldisthorpe CE Primary donate to the Foodbank



The children in Oak Class (Year 5/6) started their Foodbank project by looking at how Christians can help others in their community. The children looked at parables from the Bible where Jesus talks about giving and caring for others, and one of the quotes they looked at was the story of the rich man and the poor widow.

Head Teacher Keith Twaites saw the weekend collection for the Hunstanton & District Foodbank at Sainsburys when he had been shopping and thought he would like his school to help.

From that Oak Class developed the idea; they produced posters and information for parents asking for donations. The children publicized the event in a Sharing Assembly with parents present.

On 2nd April, Fr John Bloomfield, The Revd. Geoff Suart Rector of the Benefice of Snettisham with Ingoldisthorpe and Fring, and Richard Bird visited the school and the work of the Foodbank was explained at a special assembly where Alec Chalmers played the keyboard, Teddy



Adams read the prayers and Alfie Holmes was the Bible.

Happy 18th to a very special young lady

The shock of discovering that her twin brothers have been diagnosed with autism prompted their sister to complete a fundraising triathlon; swimming, biking and running more than 20 miles in aid of the National Autistic Society.

Emily Crown from Heacham celebrates her 18th birthday on 10th May. She has raised hundreds of pounds for the charity that has helped her family so much.

Currently Emily is studying for her A Levels at The Leys in Cambridge and her Nan Pam would like to wish her great success.



Sea Defences

Dick Melton

Of late many people have asked me about the sea defences along the east shore of the wash, so here is a history of what has been constructed in the way of hard and soft sea defences over the last 100 and fifty years.

The first section of the promenade from Johnson's slipway to the cliff was constructed in 1870 the same year as the pier was built, then in 1925 a section of promenade was constructed from the old kit-kat site to Johnson's slipway. Up till then the beach covered the A car park up as far as Beach Terrace Road. In the same year a seawall and promenade was constructed from the north end of the site for the boating lake (which was constructed in 1934) as far as the end of the fair ground constructed in 1938). A gap was left between the Kit-Kat and the boating lake so as the fishermen that lived in Seagate and Beach Terrace could

get their boats and bathing machines on to the beach.

In 1928 a better promenade and a higher seawall was constructed right through from Johnson's slipway to the fairground. After that in 1946/47 a low seawall and promenade was built from the power boat slipway as

far as the 'Kalajuggah' slip way (Heacham) to do this a small railway was built along side this wall to transport the men and materials for this new stretch of seawall and promenade.

After the great flood of 1953 when most of the seawalls and promenade was damaged or washed away the whole lot was re-constructed including a new seawall and promenade from the fair ground to the power boat slipway where up till then there had been no seawall or promenade at all.

Once again on the 11th of January 1978 we had another very bad flood

when we lost the pier. It also took away a length of promenade from the Kit-Kat to the boating lake and washed away some seafront bungalows at Heacham along with many caravans.

Since then over twenty million pounds has been spent on sea defences at Hunstanton, Heacham and Snettisham. In 1984 steps were put in all the way from the power boat club to Kalajuggah slipway. Steel piles were put in from the powerboat club to the hump and in the same year (1984) the beach road through to Heacham was realigned. From 1990 each year there has been an annual recycling of beach material by recovering any drift material from Snettisham scalp and returning it to beaches to the north. Also during that period 1990 to 2014 there has been three major recharges of these beaches with material obtained by dredging from licensed offshore sites and pumping it onto the beach.

In 1996 holes were drilled into the sea side of the promenade from Johnson's slipway to the Kit-Kat and cement was pumped in under pressure to strengthen the promenade. In 1997 it was proposed to construct a new wave return wall from the Kit-Kat to the fairground; this did get done but not until 2002, then in 2003 a higher wave wall was constructed from the fairground to the hump also in that year the promenade was extended and steps put in from Kalajuggah through to Jubilee Bridge Heacham.

What is really needed now is a large and extended slipway at the end of Seagate as these slipways break up the waves as it has been proven since the power boat slipway was improved and surrounded by rock armour.

The late Richard Searle and myself were members of the Wash Estuary Group from 1986 till 2006 during that time we saw many improvements and new sea defences along our side of the Wash.

Baptism



Max James John Maiden was baptised into the faith by Father John at St Edmund's Church on Sunday April 6th.

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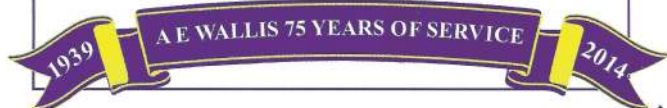
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Councillor's Notes

Richard Bird

Recently I have had many enquiries about the 21% increase in the precept for Hunstanton residents, the increase is not really complicated, but in my view, this is the reason: Our rates bills will show NCC and Boro' rates - these remain unchanged as the national government has capped or frozen them, they can be raised but its difficult, grants can be lost and there could be the need for a referendum. The special expenses are also capped so they cannot be hiked. That leaves the precept, that's the price that a town or parish's residents spend specifically on their local resources. In the case of Hunstanton that's the Town Hall the Community Centre the Tourist information Centre its staff and other local costs. These costs have gone up, more staff equals more pay and more equipment. There are other factors and this is a very simple explanation but that's the gist of it.

Hunstanton now pays the second highest amount of domestic rates in the Boro' second only to Downham Market and much higher than surrounding villages; clearly this is something to be monitored and worked on. When the cap comes off the special expenses they could go up dramatically, and in my opinion, the more that the Town Council controls the less expense there will be overall, although 21% looks bad, it is a big percentage of a small amount. When special expenses are unfettered we could see some real money increases, dramatically effecting overall payable amounts.

I should like to report that four new councillors have been co-opted to Hunstanton Town Council. The four elected were: Glynis Thompson, Michael Ruston, Daniel Parton and Terry Light. There were seven candidates for the four spaces and I hope the three that were not selected will stand again, if not before, then certainly at the next full election in May 2015.

While on the subject I have recently read a report that states that the public believes that all M.P.s are, how should I put this, 'economic with the truth' with only 28% of us believing them. Local Councillors fair much better with 68% of us believing them. My response is always the same if you don't like what they do, you should do it yourself. More of that later.

The Incinerator has dominated my activities for many months now and I should like to thank a whole raft of people for winning this crucial piece of local policy, led by John Dobson (con) the all party gang of six has fulfilled its promise to get rid of the wretched thing. More comment on page 12.

Inquiry talk about the incinerator now abounds; my personal thoughts are that at this time we at NCC need to: (1) Conclude the legal side of the termination to the best effect for the county.(2) Do all we can to negotiate the best possible financial settlement for the rate payers of Norfolk.(3) Fulfill the requirement to supply the greenest and most cost effective method of disposing of the county's waste.

Coastal erosion and flooding are now very much on the agenda, recently, accompanied by Andrew Murray of Hunstanton Town Council, I went to the operations room for emergencies at the Valentine Road offices in Hunstanton. Now I don't know if any of you knew that there was such a facility, but I can tell you that although a Town Councillor for nearly 10 years, 2 of which were as Mayor and Chair of the Hunstanton Town council, having now been a Boro' councilor for nearly 3 years and a County councilor for nearly 1, I didn't know such an office existed, what's more I can't find anybody who did or does.



The idea that local people should be involved in any emergencies, all long the coast, seems to have been of secondary importance. In fairness I was told that Old Hunstanton Parish does have a plan and has been involved in the emergency process, however I can find no evidence of any involvement with any of the other parishes between Hunstanton and the Burnhams, something I intend to address with the help of those parish's chairs. I have packs of literature that will enable communities to help themselves in times of crisis, these packs will be given out to the local parishes, if they want them, and they will in turn be used to create emergency plans in advance of any crisis that may occur.

The form of governance is ready for discussion or approval at County Hall, The cabinet system that helped to create the problem of the Incinerator and other major blunders was voted out last year and the new committee method is about to go live in May. The old governing party, that lost overall control at the last election, has done its best to stop this change and has dragged its feet at every opportunity; they even walked out of the working party that was providing the new system last December. Clearly they believe that they will be in power again very soon and they would prefer to have the cabinet system, as it is less democratic and more streamlined. I believe that we, the population of Norfolk should have the most democracy possible, but others don't think that way preferring the so-called efficiencies of the cabinet system. What do you think?

Political comment

The next general election is in one year's time. Some of my colleagues at County Hall will be standing as M.P.'s currently sitting as County councilors they will, if successful, leave vacancies for their seats at County. All the Boro' Councillors will have to stand down for a general election, some will not stand again, leaving empty seats to be filled, Towns and Parishes will also be subject to a general election where all current councillors stand aside and start again, many will retire not to stand again. Generally speaking you must live or work within 3 miles of the Town or Parish you would wish to stand in, you can live anywhere within the Boro' or County to stand for them. The Towns and Parishes are not normally affected by political parties and are described as non-political, they generally use a basic committee system allowing good debate and free voting. Boro' and County are political and some find it easier to be a member of a party however you can stand as an Independent member. At Town or Parish as a rule you would get no stipend/expenses/salary whatever you want to call it and rarely if at all any travelling or other expenses. At the Boro' Council you are given, if successful, a basic stipend of about £5k P/A plus travelling allowances and some other expenses. At the County Council you would receive a basic stipend of about £10k P/A plus expenses. At the Boro' and County, if selected you would receive special extra stipend for more responsibility, so for example more money for being a committee/cabinet leader. Stipends are taxable at source. All details of these monies are available on the websites of the Councils. If you think its time you had a voice for your community please make a start, you can contact me, I will help all I can referring you to the right people if you want to join any political party or help steer you towards the Independent route if that's what you want. Local politics is rewarding and satisfying. You now have one year or less to realise that you want to do it, get organised, possibly join a party, go out with leaflets to tell your story, be prepared to be rejected and win or lose. Don't complain about what others do, stand for yourself, what have you to lose? Good Luck. My website will give more in depth information and views locally.

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New line-up at Hunstanton & District Probus

Hunstanton & District Probus Club was founded in November 1976 and currently has over 52 members, most of whom were present on Thursday March 13th for their monthly luncheon at the Le Strange Arms Hotel in Old Hunstanton.

At their AGM that morning the following members were elected to the committee: Mike Pearson (President) Eddie Rix (Vice President) Ken Lawson (Hon Secretary) Ian Milligan (Hon Treasurer) David Kent and Geoff Hoy.



Pictured from the left: the Rev Alan Warren, Eddie Rix, Mike Pearson, Tony Prior (outgoing president) David Kent and Geoff Hoy.
Photo taken by David Jones

SWEET AND SOUR CHICKEN CURRY

Gerarde Ellis

I generally try to avoid recipes with more than 6 ingredients as I find I have better things to do during my busy day than collect, chop and prepare a long list of ingredients, however this dish is well worth the little extra time that it takes to prepare and can be frozen in batches for a quick meal when required. Just remember not to use an aluminum pan for cooking this dish instead using a stainless steel pan or a cast iron coated pan.

Heat your pan to a medium heat and add two tbs of vegetable oil and to that you need to add:

5 cloves, 2 crushed cardamom pods, 1 large finely chopped red chili, 5 black peppercorns 1 large cinnamon stick and cook gently for about one minute.

Next you need to add to this; 2 large chopped red onions, 1 chopped red pepper, 2oz of freshly chopped root ginger, 4 cloves of garlic and cook for about 5 minutes until the onion is soft.

Then add to the pot 2tsp of chili powder, 1tsp of ground turmeric, 1tsp of garam masala, 1tsp ground coriander, 1tsp ground cumin, 2 tbs of brown sugar, 3 tbs of white wine vinegar, a good handful of freshly chopped coriander, 350ml or 12 fl ozs of tomato passata sauce, four chicken thighs or legs with the skin removed, season with salt. If the chicken is not covered just add some water until it is, then bring to a gentle simmer cover with a lid and cook for about 60 to 80 minutes. By then the sauce will have reduced and thickened and the chicken will be off the bone.

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Sainsbury's Fundraisers

Sainsbury's Hunstanton have been really busy Raising Money for Sport Relief and over the course of Sport relief weekend they held several different events.

It started on Friday the 21st March when colleagues went to work in sporting clothing and by doing so donated a pound to sport relief.

Alexis Stokes and Darren Burrows joined the year 10's at Smithdon High School to complete a mile walk and three other colleagues: Helen Tagg, Daryl Beason and Dawn Standstevan, bravely had their hair shaved off by hairdresser Mel and barber Jack of Hunstanton.



On Saturday afternoon three colleagues took a trip to Cambridge where Jason Drewery completed a mile run with CEO Justin King and on Sunday, Ben Aldous, Peter Mallum, Craig Woosley, Jason Drewery, Frank Tims, Scott Heffer and Edward Pitcher went to the Olympic Park to complete a sponsored three mile run.

Ringstead Open Gardens

Sunday 29th June

Gardens open to the public from 11am -5pm. Attractions for everyone to enjoy, including Lunches at Hillside (12 - 2), Teas at East End Farm with music, crafts and various stalls plus raffle. Flower Festival at St Andrew's Church (Sat - Mon) with Ringstead String Quartet on Sunday, and Art Exhibition at the Village Hall (Fri - Mon).

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Historical novelist Barbara Erskine is to make a second appearance at Briarfields' Bookfest this autumn.

Having previously addressed an audience of more than 90 fans at a Bookfest in 2013, Erskine was tempted back to the hotel, a place she described as "inspiring" when she last spoke. On that occasion, Erskine read an excerpt from her yet-to-be-published novel, *The Darkest Hour* (due out July 2014) and shared insights into her writing and publishing career.

Due to appear at 3pm on Sunday 12 October, Erskine will give an author talk and then sign copies of her books before the afternoon concludes with Briarfields' Posh Afternoon Tea. At the session, she will once again share an excerpt from her latest work and invite fans to question her on her novels, writing style and the inspiration she takes from her surroundings and the spiritual world. Tickets cost £10 including Posh Afternoon Tea.

"We were completely bowled over by Barbara Erskine when she spoke last year," says Briarfields' marketing manager, Jac Sandy, "and so we were delighted when she accepted an invitation to return and repeat the session which was so successful and well-attended. We look forward to welcoming her many fans for a fantastic, fun and sociable afternoon."

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The Challenges of being online Social Media - what is it? Why do we have it? How can we use it?

Mark Kacary, The Norfolk Deli, Hunstanton

My last article looked at some ideas which, as a business owner, I believe I and others should be aware of when looking at combining a high street and online presence. I included a cartoon which perfectly outlined how during the internet's formative years, it was possible to setup a website and create a persona allowing somebody to be whoever they wanted to be. Bringing the cartoon up to date is an excellent way to demonstrate how our use of the internet has made the question of "who is sitting behind the computer screen/keyboard", far more transparent. Many of us live our lives on line far more than we could have conceived back in the 1990's, and much of this is as a result of Social Media.

A little bit of History.

Back in the 90's access to the "World Wide Web" was accompanied by the shrill of a modem as it connected your computer to this brave new world. It was painfully slow. The simpler the website, the less time it would take to download, hence the "Electronic Brochure" website so many business still cling onto today. In 2001 research showed that users (anybody accessing a website), would be prepared to wait for up to 8 seconds for a page to download, by 2008 as line speeds increased and patience decreased and users would only wait for up to 5.1 seconds. Current research suggests that a user is likely to be frustrated with a website after waiting for 4 seconds, although in many instances the patience threshold has reduced to only 2.

The faster the connection, the more demanding we get as users. We demand access pretty much wherever we go and the importance of being online was even discussed by the United Nations in 2012 where access to the internet was deemed to be a basic Human right. One significant change took place for the UN to come to this conclusion: the use and popularity of "Social Media".

What is Social Media & why should businesses embrace it?

The definition of Social Media is: "the interaction among people in which they create, share or exchange information and ideas in virtual communities and networks". In other words, it is an environment where you can share "things" be it information, photographs etc. with people who share a common interest. This could be family members sharing photos to keep in touch, or businesses maintaining, developing and protecting their brand and reputation.

All Social Media sites feature in the top ten of most used websites. The figures associated with Social media in terms of number of users, number of messages or videos being posted is simply mind-boggling. With an online presence there's the possibility that your website can be seen by more people within the space of an hour, than can walk past all the windows of stores like Harrods or Selfridges on the last Saturday before Christmas combined.

I used to be surprised if I came across a company without a

website, but nowadays if you are serious about selling anything online you need to have a Social Media presence too!

How does The Norfolk Deli use Social Media?

At the time of writing our website is being developed. An Ecommerce website will allow people to buy whatever we have in the shop online. This takes time as we need to take into account the patience threshold mentioned earlier. The medium people will use i.e. computers/tablets or phones, and whether the customer experience is everything we want it to be. We have therefore fully embraced Social Media and in particular, Facebook, Twitter, Pinterest and TripAdvisor.

Facebook.

This is very much a marketing tool. We use it to:

- Build Awareness – Informing people of products/services we offer. It allows us to....
- Launch Products – Generating excitement about a new product/service. This leads to...
- Increased Footfall – "build it they will come", but you also need to tell them too....
- Increase Online Sales – linking websites to Facebook (vice versa) will generate greater levels of online as well be in-store sales.

Twitter

Twitter is more immediate and conversational in tone. With Facebook you create a brand and an image, with Twitter you publicise it. Facebook & Twitter are an excellent double act. Like many other businesses The Norfolk Deli uses twitter daily to promote and advertise. With Twitter, a business becomes part of a community. A community of likeminded people who share the same interests and who will actively seek you out. Through Twitter that we have met some of our suppliers, been visited by several followers and that we have been featured in "Which" magazine, and The Royal Resident. Not a bad return for a zero financial outlay.

Google+

Google Plus is mentioned

because it is Google, the world's largest search engine and the authors of the world's most used Mobile phone operating system "Android". In time we may find a niche for this but currently (at the risk of upsetting somebody) I see this as an alternative to Facebook. It's like buying any other MP3 player when really you want an iPod. We do have a profile on Google Plus but currently for no other reason so as to ensure that we are placed on Google Maps and that it will enhance our visibility on a Google search.

Social Media sites worth mentioning:

YouTube – If a video is the most appropriate way of describing what your business has to offer, you need to ensure that you are on YouTube. In the majority of cases, your video will be used in conjunction with a Twitter and/or Facebook account. The Norfolk Deli will be introducing a YouTube Channel in the next few months.

TripAdvisor – A must for many Hunstanton businesses. If your business falls within the hospitality/catering/entertainment sectors then you really should be on here as this is where you can tell the world why they should be visiting you. It's where the world will praise you if you are as good as you say you are or crucify you if you're not. You "have" to respond to reviews though; good or bad.

As I end this article there are a series of do's and don'ts which relate to what you should or shouldn't use social media sites for. I intend to come back to this subject later. My background however was in IT security and I feel that I should cover some areas which may be of concern to people when looking at the cartoon above. What if my information is falling into the wrong hands? How do I protect my identity, and with something very much in the news right now, what do you need to do to protect yourself against vulnerabilities such as "Heartbleed"?

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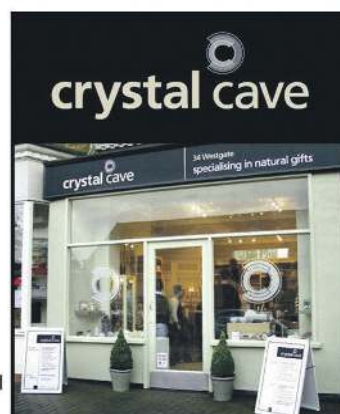
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News from Hunstanton RNLI

Geoff Needham

Wednesday 19th March at 3.15 p.m. Humber CG requested launch of Hunstanton Lifeboat to standby fishing vessel two miles north of the Sunk Buoy, while RAF Helicopter airlifted a crewmember from the MFV suspected of having a heart attack. H.LB launched on service at 3.25 p.m. on scene at 3.42 p.m. Lifeboat presence was requested in case any difficulties were encountered in removing the casualty from the fishing vessel due to rigging etc. and the possible transfer first to the lifeboat. Our crews train with the RAF Helicopters in the transfer of casualties. Rescue 128 airlifted casualty from the vessel and took him to the QE Hospital Kings Lynn. Lifeboat was stood down to return to station. Weather was cloudy wind W 3 sea state slight HW 8.04 p.m.

Thursday 20th March at 4.20 a.m. Humber Coastguard requested launch of Lifeboat to assist in search for missing person last seen walking out to the sea, lifeboat launched and proceeded towards Hunstanton, Humber CG informed the crew that the person had been located and was with the police, the boat returned to station at 4.45 a.m. HW at 8.25 a.m. sea state slight

Sunday 30th March members of the Hunstanton Football Club along with Jayne Hall of The Wash and Tope presented to the Hunstanton RNLI a cheque for £400.00 the money was raised in the Wash and Tope during the pool knockout competition, and cash in the bottle, plus a raffle, with prizes being donated by local businesses, well done all concerned and thank you. (See page 4 for photo & story)

When 72 year old veteran fund raiser David Foulkes of Hunstanton decided to raffle himself as a "Slave for the day" in aid of McMillan's fund, he had no idea where or what his tasks might be. David Jones our treasurer won him and decided to re-raffle him among his friends and lifeboat crew, with the money raised going to the RNLI On Sunday morning 30th March the extra draw took place at Hunstanton Lifeboat station, the winning ticket was number 55 bought by Geoff Needham, David already dressed for the occasion was set to work around the station. Picture show our slave for a day having a clean up. Credit RNLI.



So far, since David started raising funds in 1978 for various charities, He has raised £43,000. He had set himself a target of £40,000.

Hunstanton and West Norfolk Lifeboat Guild are seeking new members, to help in the shop attached to the lifeboat station, especially a Souvenir Secretary. Gilly Gutteridge who ran the shop for six years, has had to retire because of other commitments, We wish you all the best Gilly, you did a fantastic job. All enquiries to Guild Chairman Terry Morris on 01485 512005

Marco at the Chequers

The name has reverted to the Chequers after fifteen years as the Old Coach House, but the menu and the decoration at the Thornham hostelry are all new.

The Michelin starred celebrity chef has devised the new Italian menu and he has been working in Thornham alongside the Chequers resident chef to make sure everything is right. There is a new colour scheme and furniture and the garden areas have been improved.

Wednesday 9th April saw the launch of the new-look Chequers and the staff welcomed locals to sample the menu and meet the famous chef.

General Manager of the Chequers Samantha Trott said: "As a girl who grew up in the village it's great to see the pub name restored to the Chequers and with Marco Pierre White's name above the door it gives the area a real boost. After our complete refurbishment, we are all looking forward to the future and a busy summer."



Staff at the Chequers from left: Emily Morgan, Polly Clarke, Kelsey Culver and Assistant Manager Henry Navarro



Chefs in the garden: Marco Pierre White with Andrew Bennett



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NICKIE BANTOFT, FCCA

It strikes me that many still seem to expect us to be dull, bland and impersonal. Boring even. Well maybe this may have been true a few years ago, but today we have be 'proactive'. We have to be wired up and very alert to the changes going on all around him/her. This is the age of change and accountants have to live with that as much as anyone.

So, talking about 'change', I am going to discuss a few items of 'change' that will affect the tax situation starting from April, 2014. Hope it helps.

Corporation Tax (as from 1st April). Main rate settling down to 21% Small company rate 20%. Wonder why there is that 1% difference?

VAT (as from 1st April). Registration now at a level of £81,000 (in any 12 month period). Rate of tax the same at 20%. Looking at things as a consumer, it means that for every £120 you spend in the shops you are paying £20 to HM Government (1/6th). For the business person he has to add 1/5th. OK, that's the maths lesson out of the way!

Inheritance Tax. The 'nil' rate band remaining at £325,000. Rate of tax the same at 40%. Now this really needs some thought. A very complex subject, but it can be mitigated. Your solicitor is so much needed with this subject. Why not go and see him/her if you have any doubts? Have a look at that ancient Will to see if it needs bringing up to date.

Capital Allowances. You can

spend up to £500,000 on Plant and Machinery (as defined) and claim 100% allowances. As with all these things, there are some complex rules. This involves carrying forward the excess of unused allowance in any year. They don't make things easy, for sure.

Basic flat State Pensions. Amongst many other categories there is the single person's pension (basic and the flat rate) to £113.10. You may appreciate that this has to be aggregated with all other income to see if you need to account for any tax due.

Capital Gains Tax. No changes other than a slight increase in the 'exemption' level to £11,000. By the way if you are selling a trading business there is a delightful thing called 'Entrepreneurs Relief' (if you tick all the boxes).

Anyway that is just a taster of some of the changes that they love to inflict on us each year. Please note: All of these items (above) have a multitude of different amounts and more to the point methods of applying the rules. No-one is the same.

As I have always said, proper professional advice in all these matter is now essential. I will be pleased to do just that and chat things through with you.

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Hunstanton TIC BOOK OF THE MONTH

The Great Surge of 1953

By Mary Rhodes

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Mary Rhodes new book:

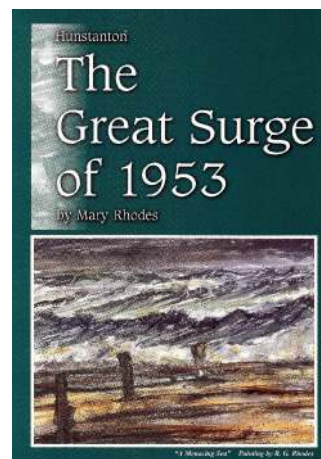
The Great Surge of 1953

This new book by renowned author Mary Rhodes, tells the story of The Great Sea Surge of January 1953 and how it affected the small seaside resort of Hunstanton. The horror of that night is still vividly remembered by those still alive and, especially by Mr. Neil Quincey, now an elderly man, who is the sole survivor living in the town of those who were saved. Neil was rescued

along with his wife and 3 small children from his flooded home. His rescuer was a very brave American airman, Reis Leming, who spent over three hours in the deep icy water putting an inflatable raft and plucking 27 people from their rooftops. His courage earned him the George Cross.

This fascinating and heart rendering book containing the story in words and pictures can be obtained from the Tourist Information Centre for £6.50.

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Better Broadband for Norfolk (BBfN)

The Better Broadband for Norfolk (BBfN) Programme will be announcing the next set of locations to receive BBfN infrastructure shortly.

These locations that will benefit from Fibre to the Cabinet broadband infrastructure in the next phase of the programme. Please note that not all homes and

businesses in the towns and villages listed will receive better broadband services in this tranche:

The following areas are set to benefit from BBfN by the end of September 2014:

DERSINGHAM
HEACHAM
HUNSTANTON
SEDFORD
SNETTISHAM

As services become available people will be able to find out exactly the broadband speed that

will be available to them.

The programme is expected to be completed by the end of 2015, by which point we expect 83% of premises in Norfolk to have access to infrastructure capable of supporting Superfast broadband speeds (24 megabits per second +) and that all premises will receive 2 Mbps as a minimum.

The programme will regularly update its website

www.betterbroadbandnorfolk.co.uk with details of the locations covered by each phase.

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You in Mind

with Sandie Payne

I have almost come to the end of the information regarding how, when, and the brief history of hypnotherapy. As you can appreciate the subject is huge

I do hope that I have put to bed any misconceptions or myths regarding this subject and that you may consider hypnotherapy if you wanted to overcome any phobias, fears, bad habits, weight-loss, smoking, low self esteem, confidence and many more issues and as counselling is a path-way for us to understand and to make life changes for the better. What can you expect to happen on your first session in hypnotherapy?

The first session is free and it's to determine and discuss the best form of hypnotherapy script for you and to get an idea of how you register your thoughts. We call this calibration and it is to know what it is that's under the veneer of a person's persona. So to enable the most effective suggestions for hypnosis to work.

Calibration is a skill for the



hypnotherapist to listen and observe during conversation to the responses of clients. These give the clues and let the hypnotherapist understand the thoughts of that person, and by doing so they gain insight into that person which helps them to communicate with the client's subconscious and also their conscious minds. Therefore the hypnotist becomes more influential.

Hypnotherapists can acknowledge the thoughts of their clients by just what they are saying in their discussions. In many cases when first meeting with their clients, the client can be self guarded and be difficult to read.

The hypnotist will ask the client questions such as: What does this mean to you?, what are you wanting to achieve from hypnosis?, or does this mean a lot to you? By doing this we make it easier to read their

unconscious responses by leading them into becoming emotionally invested. These can show how they are thinking, viewing and perceiving.

There are many ways that give us clues to how a situation will affect the client, such as eye movement. We all move our eyes in a certain ways when thinking and clues are there to be able to interpret this. This is very important as the client can give clues to how they are feeling, thinking and responding.

Other indicators are by listening to the words the client is using. Breathing can become shallow and quick, their posture, the way they gesture, voice tone and speech speed are others.

If for instance, the client is fumbling with their fingers and looking away, rather than giving good eye contact, it can tell us that they are feeling upset or uncomfortable. They may be sitting forward with their arms folded in front of them, as if to protect and hide themselves and gives an indication that they are feeling insecure, unconfident or nervous.

In Neuro Linguistic Programming (NLP) the hypnotist will theorise all these things and will listen intently to everything the person is saying and watching their body language and how that person is expressing themselves. Such as : "I see what you mean", (The client is seeing a picture) or "I hear what you are saying", When the client is hearing and if they say "That sounds right" They are hearing and judging. These all indicate the way people see and map the world and these all have a real meaning for that person.

We all have five sensory channels that we use: visual, auditory, kinaesthetic, taste, and smell. Although we all use these senses, we use some more than others.

For instance, if a person was to talk through an incident and use words such as "I get the picture" I feel that I'm in a very dark place at the moment" they would be describing their feeling in a visual way. If they were to use words such as "That rings a bell with me" or "If I were to do that I would get a right earful" then they would be talking in an auditory way. Kinaesthetic way is for the person to use words like "I do not feel comfortable" or "I feel that

I'm not appreciated and unloved"

It is found that by using the same word senses that the client uses to describe will give them confidence in the therapist, as they feel comfortable and trust your understanding of them and in doing so the hypnotherapist has a better understanding of how the person's mind works and what resonates best with their senses to be successful in suggestions.

If the hypnotherapist were to use sensory words, which would not be in the person's mind set, then the client could feel that the therapist has no real understanding of them and hypnosis would not be as successful.

There are two types of hypnosis : Authoritarian style and Permissive Style.

Authoritarian style is when the hypnotist uses authority in suggestions, being direct and commanding and taking control over the client, and in doing so the client has a more increased success rate in effectively being hypnotised and getting better results. The hypnotist gives clear direct instructions to the client who is expected to carry them out just as the hypnotherapist tells them to.

Some of the people who would be most suitable for this type of hypnosis would be policemen, soldiers, teachers and firemen. They are used to orders and to a certain extent rely on the hypnotherapist to take control without questioning. These people also have a tendency to be institutionalised, so being direct and commanding would seem right and normal for them.

Permissive Style hypnosis is a type of hypnosis that is more putting the responsibility on the clients. A softer more imaginary voice tone is needed to have a deeper effect on suggestions. The client and hypnotist have a more equal style of communication level.

The hypnotherapist will give suggestions and will use stories, analogies and metaphors to inspire the client's imagination. I will of course respect your confidentiality and never tell you what you should do, or not do, only to guide you through with empathy in a professional caring way and in a private place, where you and I will not be overheard.

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Art Exhibition

Frank Gibson and David Oakland bring their combined exhibition 'The Romantic Impressionists' to King's Lynn Art Centre - 7th-21st June

By Frank Gibson

Nearly ninety years of memories inspire Frank's accomplished watercolours. His Turner-esque landscapes, with their fluid wide sweeping skies, lucidly demonstrate his uninhibited mastery and perfection in this classic medium. His work is in great demand with dedicated collectors around the world. Some of his early work, from a private collection, will be exhibited for the first time.

Europe, Africa, Amazonia have all been home to David yet not a single wild animal appears in his work. romantic Impressionism provides the inspiration for his ephemeral atmospheric landscapes, seascapes and portraits. The depth and vibrancy of his work is widely recognised and attracts those looking for exciting oil paintings. His controversial painting of Christ, with a crown of thorns, will be in the exhibition to view.

REVELATIONS

Daniel Holland, Pastor The Way

This world has an ever growing fascination with the supernatural, atheism and secularism do not stop this spiritual searching. Monsters, demons, angels, vampires, superheroes and dragons feature everywhere in films, books and advertising. Harry Potter, The Hobbit and The X-men are just the tip of the iceberg.



This innate fascination is evidence of the unseen world that we instinctively reach out for. Atheists might say this is all just imaginary fun, but surely by now we would have tired of it if that were the case, especially as we continue to 'evolve'? Besides, don't all 'imaginings' have some foundation in reality, at least to begin with?

We are not descended from apes, rather we are made in the image of God. It is natural for us to look for God in spiritual things because God is spirit. There is a spiritual side to all of us, which is why there are not many atheists on death beds. We might be able to convince other people that there is no God, but never ourselves, not fully.

This spiritual hunger leads people to read horoscopes, have tarot readings, play on Ouija boards, transcendently meditate and I could go on and on. All these avenues of accessing the spiritual realm are forbidden by God because they open us up to darkness. God, who is spirit, wants to meet our spiritual hunger with his love. He has many ways of communicating with his children; dreams, visions, prophecy, tongues, signs, miracles or pictures to name a few. He is a communicative God, always wanting to share himself with His creation, but sometimes we don't hear because we are not listening.

As a Christian who knows God still speaks to his servants as he did in the Bible, I am saddened when people try to sate their spiritual hunger in other ways than through Him. This only leads to emptiness, confusion and torment. Conversely there is nothing more life-affirming and exhilarating than hearing God speak, this is often accompanied by a tremendous sense of love.

Recently in our church services I have been preaching about the book of Revelations in the bible. It is a mystical and mysterious book. There are

living creatures covered with eyes, archangels, angels and demons, beasts and armies. Even The Lord of the Rings, which is a great favourite of mine, has nothing on Revelations. The apostle John has visions of the apocalypse and the global events that will precede and accompany the return of Jesus to this world in his 'second coming'. Revelations can be a fearful read, especially as many of its predictions appear to be happening today across the world. The good news for Christians is that when Jesus comes back he will restore all things.

Maybe you have a spiritual hunger that you can never quite fill; Christians call it a God shaped hole? God wants to share himself with you. If we ask his forgiveness for our wrongs, turn away from evil and follow him he will come and live in our hearts,

'Now the Lord is the Spirit, and where the spirit of the Lord is there is freedom. And we.....are being transformed into his likeness, with ever increasing glory, which comes from the Lord, who is the Spirit.(2 Corinthians 3v17-18)

Maybe you are frightened by the wars and natural disasters that are taking place? Maybe you want some reassurance that somebody is in control, and that there is a loving God who will be with you and protect you no matter what happens. His name is Jesus and he promises those who believe in him, *'surely I am with you always, to the very end of the age'* (Matthew 28v20)

Hunstanton Catholic Parish

(Church of Our Lady and St Edmund, Sandringham Road, Hunstanton with St Cecilia's, Mountbatten Road, Dersingham)

At Bishop Alan's request, our Lenten Alms donations this year are to be divided between the St Francis Leprosy Project and the Norfolk Hospice Tapping House. The Hospice is soon to move to a new purpose built facility in Hillington. It was agreed at a recent meeting of the 'Parish in Council' to start a fund to raise money for the remedial and repair works which are needed at Our Lady and St Edmund, which is our parish church in Hunstanton.

We are still collecting for the Food Banks in Hunstanton and King's Lynn which provide help to those in very real need in the local area. Items such as tinned food, baby food, pasta sauces, UHT milk, cereals and tea bags and instant coffee will all be gratefully received. All produce should be well within date. There is a box for donations in the porches of both churches. Our next social event will be the Shared Ladies Lunch, which will be at 12.00 noon on Saturday 31st May at St Cecilia's, Dersingham. This is always a very popular and well attended event and there is always a good variety of food provided for sharing. All women are welcome. Then on Saturday 14th June we will have our very popular Strawberry Fair at St Cecilia's, Dersingham. There will be a bric-a-brac stall, tombola, raffle and refreshments. All details of our social occasions are on church notice boards and bulletins, as well as on the parish website. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome.

Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. Please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest please telephone the Parish Priest, Fr Peter Rollings on 01553 772220.

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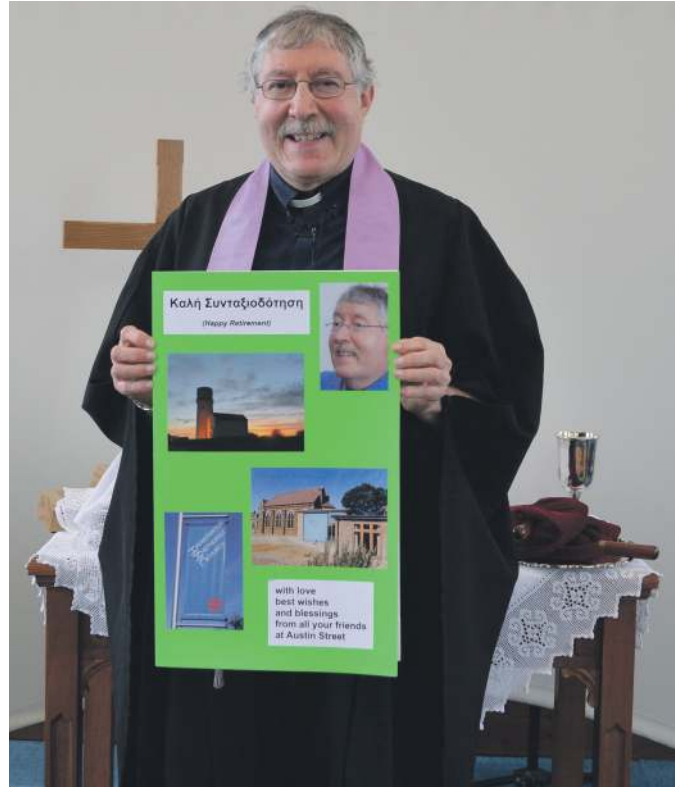
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Hunstanton Methodist Church

It was with sadness that we said "Farewell" to our Minister, Kim Nally. We presented him with a large card in which all the members of our congregation had written a message thanking him for the ways he has touched their lives in the time of his ministry here and wishing him all the very best in his retirement.



It was fitting that Kim's last service with us was on the theme of love for he has consistently preached the Gospel of Love. Included were those wonderful verses at the end of Romans chapter 8: "For I am certain that nothing can separate us from his love: neither death nor life, neither angels nor other heavenly rulers or powers, neither the present nor the future, neither the world above nor the world below - there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord."

But we cannot keep God's love to ourselves, it only works if we share it!

CHRISTIAN AID WEEK, which runs from 11th - 17th May, gives all of us an opportunity to share the love of God. The theme this year is "Fear Less" and we are asked to pray for and donate to help those whose lives have been torn apart by conflict.

In 2014 the 1st World War which started 100 years ago is of course very much in our minds. It is worth remembering that this was the last major war in which most of those who died so young or were wounded so horribly were soldiers, sailors and airmen. Since then most casualties in all conflicts have been civilians - old men, women and children.

"War tears lives apart. Love can piece them back together again. Lord, make us instruments of your peace."

Please, give, act and pray this Christian Aid Week. There will be gift envelopes available in the churches or, to donate £5 today, simply text GIVE to 60155. In the Methodist Church we are holding a special Christian Aid Week service on Sunday 11th May, beginning at 10.30am. Why not join us? You will be very welcome.

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Once again I was shown an advert to write His message, but what a strange place to show me!!

On one of my recent visits to the dentist, whilst I was waiting to be called, was a poster showing how we can 'bridge that gap' by choosing to have an implant where we have a missing tooth or teeth. If more than one gap you could still have implants instead of a denture. Needless to say there would be a difference in the cost!! But much more comfort for the mouth! It is amazing what can be done by man these days.

But the Bible tells us about a gap which no man can bridge. It is a gap that keeps us from knowing God which God calls sin – in doing things which are contrary to the way God would have us live. There is nothing we can physically do to 'bridge that gap'. But God still loves us, despite our disobedience, so He made a way possible for that gap to be bridged. He sent His only son, Jesus, into the world to bear the punishment we deserve. Jesus lived a sinless life by always pleasing His Father, so He could bear all our sins in His body when He died on the cross on Calvary – no pain or cost for us, the price was far greater than money, it cost Jesus His life.

But we must do our part by asking God to forgive the gap we caused by our sins, and receiving the sacrifice Jesus made for us. We will then know the comfort that only God can give us as we seek to live as God would have us do.

Jesus said in John 14 v.15 & 16 "If you love me keep my commandments and I will pray the Father, and He shall give you another Comforter that He may abide with you forever". That is the Holy Spirit who guides us in our daily walk with God. Are you willing to let God bridge your gap? If so then you may know the love, comfort and joy that only God can give.

Miriam Hodson

From St Edmund's

Dear friends,

In meeting people through the years many have told me, "You know, I am a spiritual person, but I don't have anything to do with Church." I've never been able to really unpack this kind of statement, because the people themselves find it difficult to put what they mean into words.

I've reflected over the years what this might mean. Is it to do with 'feeling something'? Be that peace, beauty, a sense of otherness, or what exactly?

To be human is to be aware of a greater picture or world in which we live, to realise that we are not the centre of the whole world. Every human is a spiritual being as much as they are physical, sexual and emotional. We become less than human when we deny any of these aspects of life.

The Bible writers speak of desire. Something so often associated with the sexual part of our being, and in today's society we've been very much aware of that side of our nature. But do we give attention to the deeper spiritual desires of our hearts? From the Christian faith that desire is named as God himself, so the writer of Psalm 63 wrote "O God, you are my God, eagerly will I seek you. My soul thirsts for you, my flesh longs for you, as a dry and thirsty land where there is no water." Psalm 42 expresses it again in words of thirst for something. "As a deer longs for the running brooks, so my soul longs for you. O God, my soul is thirsty for the living God?"

Spirituality then has something to do with quenching a deep thirst, or a desire for something, without which life seems to have something missing.

Sadly the Christian church is the last place where people look to find this fulfilment. And sadly it can be true that Christian churches and Christian people do not give attention to this part of our Being. If anyone drops in looking for this quiet and deeper something then often the main service on a Sunday morning will not be the place to find it. Our churches have many aspects to their life. Sunday morning worship is usually the place of a community gathering together, so there will be talking and chatting, and not always the silence we hope to find. But the Church is at work 24/7, not just for a couple of hours on a Sunday.

Our weekday services are different from our Sunday worship. They are generally times of quiet.

The parish church in many places is open throughout the week for people to use for their prayers and reflections, or just to sit in a place of peace. There is the old story of a gentleman of the road who regularly passed through a village, and the parson would always find him in the church. The old gentleman put it so simply, "I sit and look at him, and he looks at me."

Through the summer months we shall have a quiet reflective Eucharist on Tuesday evenings at 6pm and again a quiet Evening Prayer at 5pm on Wednesdays in St Edmund's. Both beginning in the first week of May. If you're not a regular church attender and want to find a space for quiet why not come along?

Your priest and pastor,

Father John, vicar. Tel. 532531

Regular Sunday worship at 10.30am and 5pm at St Edmund's; 9am at Ringstead

Wednesdays at 10.30am and Saturdays at 9am at St Edmund's; Thursdays 10am at Ringstead

Other activities:

May 15th [Thursday] The archdeacon's visitation for the licensing of churchwardens at St Edmund's

May 29th [Thursday] Ascension Day, 10am Eucharist at Ringstead, 7.30pm Sung Eucharist at St Edmund's



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Service
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Help Holme Church Group

Events in Holme-next-the-Sea: Spring Bank Holiday Weekend.

Sunday and Bank Holiday Monday: 25/26 May 10am - 4pm: Plant Sale

The annual Plant Sale will be held at Berkeley House, Kirkgate, Holme-next-the-Sea (opposite the church). Come and restock your garden!

Bank Holiday Monday: 26 May 10am - 4pm: Village Bazaar
Come and join us for our first village bazaar.

A number of craft, preserves, books and bric-a-brac stalls will be centred around the church and village hall in Kirkgate.

A pre-loved art sale will be held in the church.

Refreshments will be in the village hall.

Find that unique gift or bargain, or just enjoy the village.

Proceeds of both events go to the Help Holme Church Group, so they can continue to help maintain the fabric of St Mary's Church.

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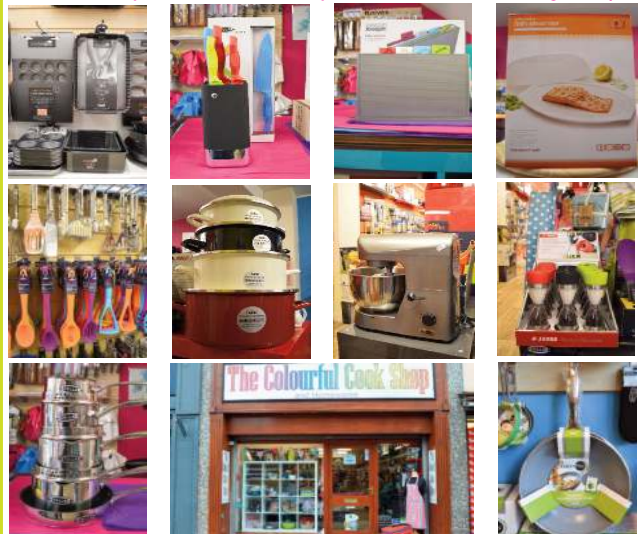
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A remarkable man

Ken Arnott

I won't name them personally, but I know of many individuals who work extremely hard for the benefit of the community of Hunstanton, sometimes on their own, but more often in their capacity as members of such local organisations as Rotary, the Lions, Round Table, Inner Wheel, The Civic Society etc., to mention only a few. Not forgetting the council of course, and all the charity organisations.

One such person, described in the 'Lynn Advertiser' obituary report as a man whose passing 'will leave a gap which cannot easily be filled', died in February 1943.

Badly wounded at Ypres in the First World War, he took up residence in Hunstanton in 1919 and became the first secretary of Hunstanton Royal British Legion, representing the branch at many county and national conferences. He was a member of the Lynn and District War Pensions Committee, local correspondent for the 'Lynn Advertiser', secretary of the Hunstanton Advancement Association which sent out thousands of official guidebooks all over the country and to many foreign countries, and organising secretary of Hunstanton's Jubilee and Coronation festivities.

He was the secretary of Hunstanton Football Club and for twenty years was in charge of Hunstanton's weather station. He was even secretary of the Hunstanton and District Kennel Society.

During world War Two he was an air raid warden and Food Executive Officer for the town, helping to keep the rationing scheme run smoothly. He was also secretary of the local Servicemen's comforts and Prisoner-of-war funds. The newspaper report comments on how he insisted on 'doing his share' in spite of disabilities arising from the wounds he sustained in World War One.

Who was he? His name was Harry Belding – I never met him – and he was my wife's uncle. A truly remarkable man.

Footnote: Harry Belding together with his First World War comrade Freddy Heath of the East Fulham Labour Club, were responsible for starting the annual 'Old Tin Can' football match. When Hunstanton were hosts the match would be followed by the traditional dinner and trophy presentation at the Kit-Kat. The following year would be the turn of the East Fulham Club to be hosts. The matches became so popular that there were several years when as many as three matches were played, the others involving Old Hunstanton (playing for the Frank Sawbridge Cup), Hunstanton Reserves and two extra teams from East Fulham. For the record book East Fulham won most of the Old Tin Can matches but there is no doubt that many long standing friendships were made.

Rotary notes

We have had an interesting talk from Mark Birks, Smithdon High School. He told us about the new Design Technology curriculum, which requires students to deliver new skills and to know new technical knowledge. It was helpful to us in Rotary to know how this aspect of students' knowledge is being updated

Rotary President, Ben Warnes and Inner Wheel President, Margaret Swann, gave us and our partners a splendid Presidents' Night celebration in March at the Le Strange Hotel, Hunstanton. We were entertained well by young musicians from Smithdon High School and were pleased to give a donation to the School's Music Department to assist the School's students with their musical interest.

Towards the end of March the Club Rotarians put on a Rotary Awareness meeting for guests. This, too, was a most enjoyable event. Rotarian Adrian Evans provided large screen entertainment which demonstrated to our guests how Rotary in this town and District is organised and how our motto 'Service above Self' is put into operation. More about Rotary on page 60.

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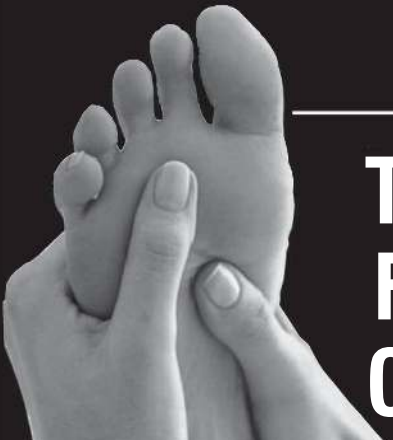
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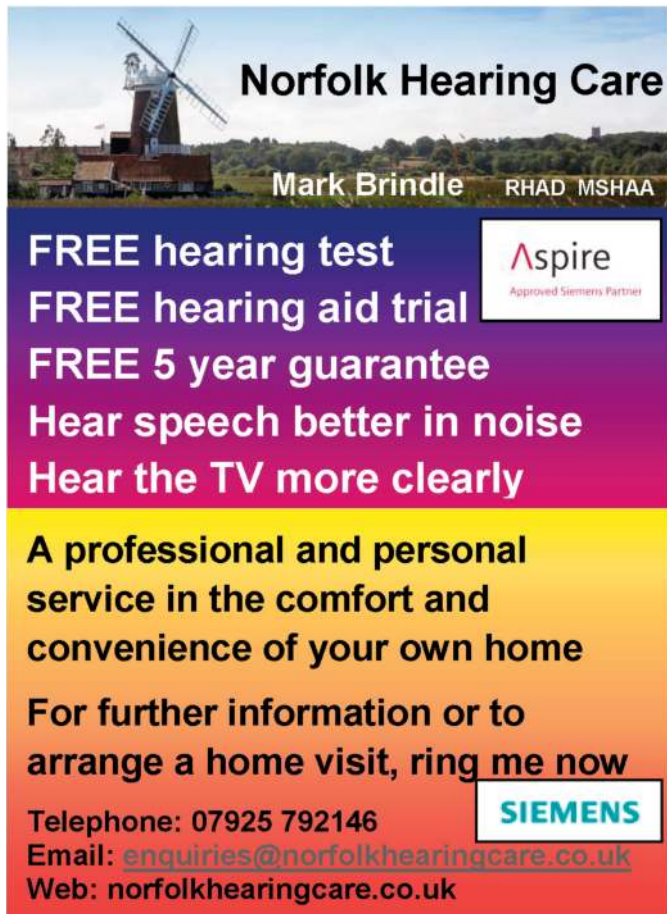


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May Diary of Events

- 1st Miss Savidge moves her house 2-3pm Hunstanton Library, booking essential 01485 532280
- 2nd 11am Docking Walking Group, Holkham meet in village car park by main gates.
- 2nd Pilates at Hunstanton Library 11.30-2pm 01485 532280
- 3rd Dawn Chorus Breakfast 5am RSPB Titchwell Marsh. Booking essential 01485 210779
- 3rd Blossom Day Henry Le Strange Community Orchard, Community Centre Avenue Road, Hunstanton 1pm-4.30pm
- 4th Display of Motorcycles on The Green 8.30am-6pm
- 4th The Makers Mark Sale of original work by craftsmen & Artisans Thornham Village Hall 10am-5pm
- 4th Darren Bamber on the Bandstand, the Green 1.30-3.30pm
- 4th-5th RAF Bircham Newton Heritage Centre Open Days 11am-3pm, Free. Bircham Newton PE31 6RB
- 5th Dance 'til Dawn on the Bandstand, the Green
- 6th 2-4pm Hunstanton Library Family History Group 01485 532280
- 6th 6pm Docking Walking Group, Ringstead Downs circuit meet at entrance to Downs.
- 7th 10am-noon Scrabble Club at Hunstanton Library 01485 532280
- 8th 2-3pm Story of Hunstanton Pier by John Maiden Free but booking essential Hunstanton Library 01485 532280
- 10th Ringstead Village Club Annual Plant Sale 10am-noon
- 10th Brancaster Staithe Sailing Club Open Day from 1.30pm
- 10-11th Deepdale Outdoor & Wildlife Festival 10am-4pm www.deepdaleoutdoorfestival.co.uk
- 11th 11am Docking Walking Group, meet at Burnham Overly Hero for inland circuit.
- 11th Ashley Martin Memorial Ride 12-2pm the Green, Hunstanton
- 11th WNJO on the Bandstand, the Green 2-4pm
- 13th Cinema in the Creakes North Creake Village Hall 7.30pm 'Saving Mr Banks' 01328 738959
- 13th Brancaster Camera Club 'Would you like some help' 7.30pm Brancaster Staithe Village Hall Contact Jim Till on 01485 210 013
- 14th 10am-noon Scrabble Club at Hunstanton Library 01485 532280
- 14th Royal British Legion Women's Section Coffee & Brandy morning 10am-12.30pm Conservative Club, Hunstanton
- 15th 1.30-3pm. Learn to Love your Sewing Machine. Demonstration at Hunstanton Library Booking essential 01485 532280
- 15th 7pm Great Massingham Film Club present 'The Railway Man' at Gt Massingham Village Hall
- 16th 11am Docking Walking Group, meet at Kings Head Gt Bircham; Peddars way/windmill circuit.
- 17th Information and Well-being Day Organised by WISH Knights Hill Barn, King's Lynn 10am- 3pm
- 18th Dance Festival Hunstanton Town Hall 07585 002124
- 18th The Hunstanton Fun Dog show at Glebe House School from 11.30am 01485 534481
- 18th March Brass 200 on the Bandstand, the Green 2-4pm
- 18th Macmillan Pamper Evening Caley Hall Hotel 4-8pm
- 19th U3A meeting, Community Centre, Hunstanton. Doors open 1.30pm Speaker: Alison Girling 'My life as a Norland Nanny'
- 20th 6pm Docking Walking Group, meet at Ringstead Common car park, Green Lane/ village circuit.
- 20th Brancaster Camera Club 'An evening with a photographer from RAF Marham' 7.30pm Brancaster Staithe Village Hall Contact Jim Till on 01485 210 013
- 21st 10am-noon Scrabble Club at Hunstanton Library 01485 532280
- 21st 2-2.30pm Under 5's Rhymetime Hunstanton Library 01485 532280
- 21st Thornham Village Cinema 7pm 'Sunshine on Leith' Thornham Village Hall 07787 255 597

22nd Norfolk Wild Trust talk 'Grasshoppers & Crickets of Norfolk' 7.30pm at Hunstanton Methodist Church Hall, Austin Street
 23rd Save the Children lunch with speaker OH Golf Club Call 525141 or 533367 for tickets
 25th North Creak Village Fete St Mary's Church 2-4pm
 25th EA Caravan & Camping Rally the Green Hunstanton
 25th Hunstanton Waterski Club Racing 4pm
 25th Songs of Praise on the Bandstand, The Green 2-4pm
 25/26th 10am - 4pm: Plant Sale Berkeley House, Kirkgate, Holme-next-the-Sea (opposite the church).
 25/26th RAF Bircham Newton Heritage Centre Open Days 11am-3pm, Free. Bircham Newton PE31 6RB
 26th 10am - 4pm: Village Bazaar Holme at the Church and Village Hall in Kirkgate.
 26th Cutting Edge on the Bandstand, The Green
 28th 10am-noon Scrabble Club at Hunstanton Library 01485 532280
 28th Film Show and Review of the Lifeboat Year at Hunstanton Town Hall with refreshments 6.30pm
 29th Satellite Encore from the National Theatre in Thornham's Village Hall 'The Curious Incident of the Dog in the Night-Time' 07787255597 Booking essential
 29th Fundraising Quiz Night for Hunstanton Carnival Caley Hall Hotel 8pm
 31st West Norfolk Jubilee Youth Orchestra presents 'Classics to Queen' at St Edmund's Church Hunstanton 7pm Admission FREE (retiring collection for the WNJO & St Edmund's)
 31st Spring Holiday Concert with Hunstanton Concert Band at St Nicholas Church, Dersingham Tickets £5. 01485 540363

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All about Rotary

In the last magazine we told readers about the history of Rotary's development. In this issue we tell you something about how Rotary is organised.

The Rotary Club can be pictured as being at 'grass roots' level in the organisation which extends world-wide. Each Club has its President, elected by its members and typically he or she is President for one year. The Club organisation is composed of several committees, covering Club Service, Community Service, Vocational Service, International Service, Foundation and Youth Service. In our Club each member chooses which committee he or she would like to support and each committee has a Rotarian who is its chairman.

As we climb 'up the ladder' in Rotary organisation, Clubs are put into a Rotary District with a Rotary Governor in charge. Here this District has 77 Clubs mainly based in Norfolk and Suffolk with some in Cambridgeshire, Essex and Hertfordshire. The organisation 'Rotary International in Britain & Ireland' (R.I.B.I. in brief) is our Headquarters and this has a President. At the top of the ladder is the World Rotary Organisation known as 'Rotary International' (R.I. in brief), based in Evanston, Illinois, USA (where Rotary began). This has the World President in charge. In practice the system works well. If we want assistance 'from above' at any time, we can always contact those in charge who are there to support Clubs and they are all unfailingly helpful. For instance, one way in which we can get help is by requesting financial support for small or large Rotary projects, an example being the provision of a medical clinic in a Third World country.

If you would like any further information, contact Club President Ben Warnes, tel: 01485 534392 or Vice President Peter Atterbury Tel: 01485 534820.

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Curry Night
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***Enjoy a Free Drink with this advert when dining from our New Lunch Menu.**

**1 Free tea, coffee or post mix soft drink per meal, valid until May 31st 2014. Advert required.*

To find us: Enter Searles Leisure Resort South Beach Road Hunstanton PE36 5BB turning left opposite the seal fountain. Follow signs to The Fountain & Country Park. We look forward to welcoming you.

To view all our latest events, menus & prices please view www.searles.co.uk/food-and-drink/the-fountain-restaurant

creating happiness for all ages *Free Curry night drinks includes choice of: a pint of beer or lager, 125ml glass of wine, a soft post mix drink or fruit juice. part of SEARLES LEISURE RESORT GROUP



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Ray Butcher's Su Doku

A really tricky one this month!

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Push the Boat Out!

All welcome as Brancaster Staithe Sailing Club throws open its doors for its second annual Open Day.

If you've always wanted to try sailing or would love to get back on the water, then head down to Brancaster Staithe Sailing Club's (BSSC) Open Day on Saturday 10th May 2014 from 1.30pm. Everyone is welcome to come along and try sailing in the beautiful harbour at Brancaster Staithe – all for free!

This is the second year the club has taken part in the Royal Yachting Association's (RYA) 'Push the Boat Out' initiative, when clubs, centres and marinas across the country open their doors to their local communities and host a 'Push the Boat Out' event.

If you do catch the sailing bug, then this year, the Club has teamed up with local sailing school, Norfolk etc who are offering discounts on some of their courses to people who attend BSSC's 2014 Open Day.

Last year more than 40 people braved a chilly day in May and tried sailing with us at Brancaster Staithe. Cruisers, day boats and dinghies were out in force, and it's fair to say, the club really enjoyed doing it and introducing new people to the joy of sailing!

Sailing will be from after 1.30pm if the tide is as forecast. High tide is 4pm so please don't arrive later than that or we can't guarantee you will get float.

The bar will be open all day so after your sail please stay for some food and a drink and to chat with our members and find out how you can get into sailing. It is easier and less expensive than you may think!

Demand exceeded our expectations last year so please book to make sure you get a sail. Contact Mark Foley on 078 3333 2055 / m-foley@btconnect.com to reserve your place. No experience necessary and would-be sailors of all ages welcome. Children under 16 must be accompanied by an adult.

10th and 11th May is also Deepdale Outdoor & Wildlife Festival, a weekend of all things outdoors and wildlife on the North Norfolk Coast. Stands include the RSPB and Hawk and Owl Trust, along with have a go activities including archery, guided walks and bungee trampolines. 10am to 4pm, free entry. www.deepdaleoutdoorfestival.co.uk



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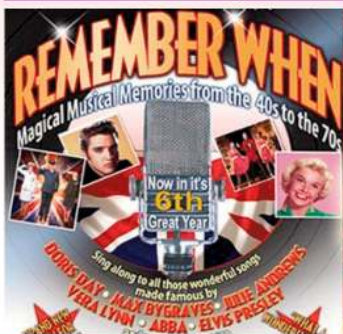


3rd May

9th May

10th May

11th May



14th May

16th & 17th May

18th May

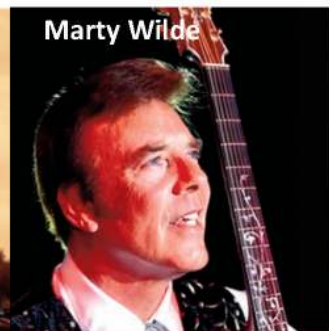
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