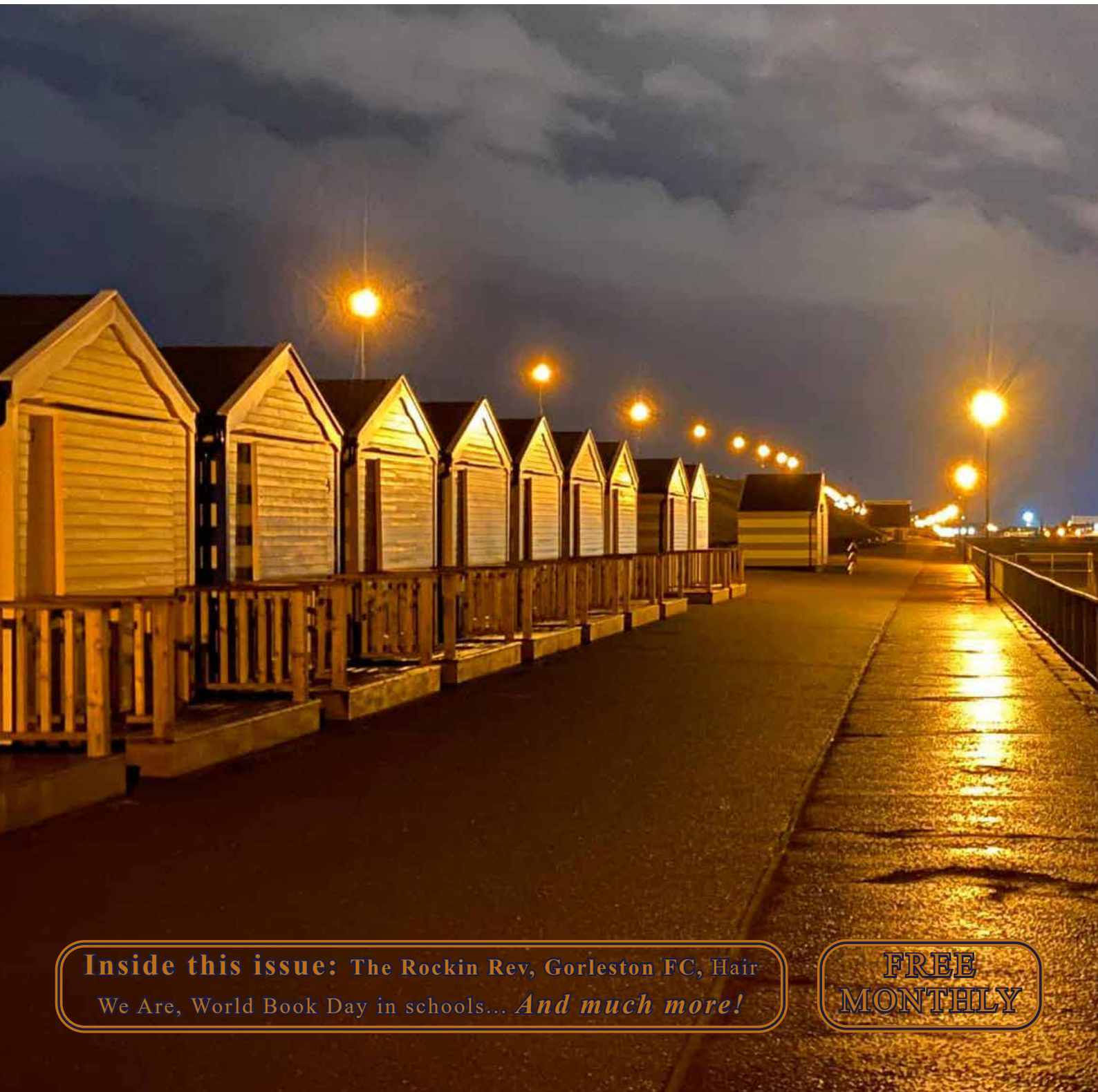


St Andrew's Church



ISSUE 23 April 2020

GORLESTON Community Magazine



Inside this issue: The Rockin Rev, Gorleston FC, Hair
We Are, World Book Day in schools... *And much more!*

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Hello Gorleston!



Welcome to Issue 23 of YOUR free community magazine.

By necessity, driven by printing and distribution schedules, this editorial generally gets written a good two weeks before most of you see it. Normally it is of no consequence, but this month I am particularly mindful of this time lapse because of the Coronavirus currently impacting our planet. As I write, sporting events have been cancelled all over the world and the virus is catching up with people from all walks of life. Who knows what the situation will be as you sit down to read this. It may be worse or it may be better, no one knows. Understandably there is concern and worry, that is only natural, but it is how we respond to any concern and worry that is key. Life goes on, difficult though it may be, and whilst it is important that we are aware of the situation, take precautions and follow the government and expert advice we are given, it is also important to not let any worry or panic rule our lives. Why don't we try and do what we Brits do best, to use a well-coined phrase, "Keep Calm and Carry On!" After all, worry in itself can't change anything.

Have a good month, enjoy the magazine, remember
Gorleston is a fantastic place to live,
and we'll meet again in May!



Ed.....

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Deadline for the May Issue is
Thursday 9th April

Thanks to **Gavin Page** for this month's
front page picture

Would you like to advertise in, or support, the Gorleston Community Magazine? If so, call Derek on 07874 713 815.

Gorleston FC



ALAN GORDON



1956 - 2020

Gorleston FC has been saddened by the passing of former Chairman, Alan Gordon, in early March.

Alan had announced at the beginning of February that, due to his health issues, he was standing down as Chairman.

He had been suffering from an incurable lung disease, namely Idiopathic Pulmonary Fibrosis (IPF), and was on the list waiting for a lung transplant.

During his tenure, he brought the youth section back into the club and introduced a ladies team. He also appointed Mr Albert Cadmore as Club Chaplain, believed to be one of the first ever grassroots clubs to do so.

Alan felt his biggest achievement was hopefully helping the club to survive for many decades to come with the move to a new ground.

A true gentleman and passionate about his football, he will be missed.



In late February, the club appointed Jamie Humphries (pictured left) as their new Chairman.

On his appointment, Jamie said "As all of the Green Army will know the club has been actively seeking a suitable new home to give the club a sustainable future going forward. This work and exercise has not been

without its challenges both in terms of resources and up front financial commitments.

"These financial challenges have proved particularly difficult this season when covering the costs to run the club and keep the team on the pitch competitive, without being left behind by other teams within the league. That being said, although results have not gone our way, the Club stands by the current management team to guide the club to safety.

"I ask all our loyal fans to help get behind the team in this difficult patch."

On the field, Gorleston have finally put another win on the board. After losing 8-0 at FC Clacton then 4-2

at Whitton, where Connor Ingram and Jordan Stanton were the goalscorers, the Greens beat fellow strugglers Walsham le Willows 6-0. Connor Ingram scoring a hat trick, Mitch McKay, Stanton and Aaron Sanders getting the others.



Gorleston Reserves are maintaining their push for promotion. After losing 2-1 at Bungay (Stanton the scorer), the Reserves then beat Sprowston Athletic 2-1 (Joe Corby, Ashley King) before a scoreless draw at league leaders Wymondham Town.

Man of the match v Walsham le Willows Jordan Stanton with the Cadmore family

Due to various postponements, the Under 18s have not played a match and now have eight weeks to squeeze in ten fixtures.

Gorleston A team have played one match, losing to Gt Yarmouth Development 3-0. The Womens team went out of the League Plate, losing 7-1 (Hannah Croft) to Hutton, then lost to Kings Lynn in the League (Sophie Gillett).

Another £54 prize money has been paid out in the monthly GoLD Draw, which raises funds for the club and provides cash prizes for participants. If you wish to join and boost the jackpot, entry is just £5 per month. For more information on the draw and how to enter visit the website or email dave@gorlestonfc.com

For all the latest news, results and fixtures visit www.gorlestonfc.com

April Fixtures

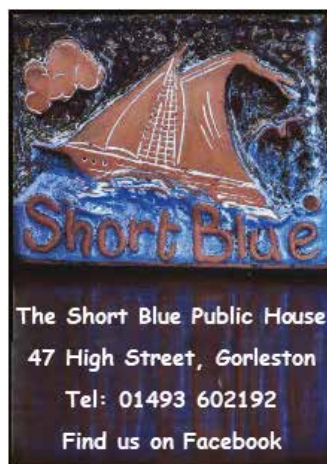
4th	2pm	A Team	League	Prostar Windows (Green Lane)
4th	2.30pm	Reserves	League	Attleborough Town (H)
4th	3pm	First Team	League	Haverhill Rovers (A)
8th	7.30pm	Reserves	League	Kirkley & Pakefield Res (A)
9th	7.45pm	Under 18s	League	Beccles Town (H)
11th	3pm	First Team	League	Haverhill Rovers (H)
13th	3pm	First Team	League	Kirkley & Pakefield (A)
15th	6.15pm	A Team	League	Belton Res (Mag)
16th	7.45pm	Under 18s	League	Wroxham (A)
18th	2pm	A Team	League	Hopton (Mag)
18th	3pm	First Team	League	Whitton Utd (H)
21st	7.45pm	First Team	League	Long Melford (A)
22nd	6.30pm	A Team	League	Hemsby Res (A)
22nd	7.45pm	Under 18s	League	Waveney (A)
25th	2pm	A Team	League	Belton Res (New Road)
25th	2.30pm	Reserves	League	Watton Utd (H)
25th	3pm	First Team	League	Stowmarket Town (A)
27th	7.45pm	Under 18s	League	Wroxham (H)
29th	6.30pm	A Team	League	Bohemians (Mill Lane)
30th	7.45pm	Under 18s	League	Norwich Utd (A)

A man with a grey beard and a dark hat is smiling while playing a blue and white electric guitar. He is wearing a patterned short-sleeved shirt over a white t-shirt. The background is white.

A 3D illustration of five white, stylized human figures standing on a white surface. They are building a tower of five large, colorful blocks. The blocks are arranged in a row, spelling out the word 'PANIC' in capital letters. The blocks are colored: 'P' is orange, 'A' is purple, 'N' is blue, 'I' is green, and 'C' is red. The figures are positioned behind the blocks, with their arms raised as if they are placing or supporting them. The background is white.

In a time of crisis, the world needs strong and steady people. Worry and panic are counter-productive and accomplish nothing except weakness of heart and head. It's been said

Washing your hands is good, sensible advice. But we also need to be on our guard against fear, worry, panic and hate.



Facebook: www.facebook.com/gorlestoncommunitymagazine

Ormiston Cliff Park Infant & Junior Academies



Pyjama day



Our school council organised a 'wear your pyjamas to school' day on February 14th, in order to raise money for the 2 charities that they

are supporting this year.

The Benjamin Foundation (a local childrens' mental health charity) and REACH (helping children with upper limb differences) are great causes, and we thoroughly enjoyed coming to school in our PJs and dressing gowns to raise money for them!

We raised a grand total of £432.81!

A big 'thank you!' to all of the families and staff members that donated money for these wonderful charities. Thanks also goes to Mrs Blaxell and Mrs Haizel, and our school council for organising this fun, and worthwhile, event.

Ormiston Academies Trust National Awards 2020

We are absolutely thrilled to announce that several of our students and staff members received nominations for this year's national Ormiston Academies Trust Awards.

OAT award nominees include: Creativity Award - Blake and Darcy, Outstanding Academic Achievement - Charlie, Chloe and Olivia, Inspirational Pupil - Ellie-May and Olivia, Most Improved Pupil - Riley, Louis and Sebastian, and finally, Enrichment Champion (staff) - Mrs Blaxell. The awards ceremony will be held in London later this month for the winners. Well done everyone!



World Book Day 2020

One of our favourite days of the year - World Book Day - is here again! This annual event is celebrated throughout the world, after being introduced in 1995 by UNESCO, to encourage interest in reading and publishing.



On Thursday 5th March, we once again celebrated across all strands of our curriculum, with activities, games, and reading events tied to many of that day's lessons. The theme for this year was 'Share A Million Stories', and we tried to do just that!

All of our students and staff joined in by wearing some fantastic literary themed costumes!



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Friday 12-2pm & 5.30-10pm
Saturday 5.30-10pm, Sunday closed.



The Olive Garden is a traditional Greek and Cypriot restaurant. We pride ourselves on providing excellent service that's both friendly and relaxed, and can cater for all occasions, from an intimate dinner for two to large groups.

Established in 2004 in Great Yarmouth, the Olive Garden expanded and moved to Gorleston in 2016 with adequate street parking nearby.

All food is locally sourced wherever possible, freshly prepared in the Olive Garden's kitchens and cooked to order. And to compliment your meal, we offer a good selection of wines, including speciality Greek wines.

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Megan's Dance School

Megan Reeves is a Ballroom & Latin Dance teacher who has been dancing and competing since she was 8 years old, and teaching for the last 3 years. She has just opened "The Dance Base" studio in Great Yarmouth. Each month Megan guides us through basic dance steps and techniques, from Ballroom and Latin dances, so that we can practise at home and build simple routines.



The Viennese Waltz - Natural Turn (Steps 4-6)

The Viennese Waltz is the oldest of all ballroom dances. This dance is known for its distinctly graceful and constant, wide-sweeping turns along with its fast tempo. It's the waltz that is usually featured in dizzying ballroom dance sequences in period films set in 18th and 19th century Europe!

Due to its extremely fast pace, the Viennese Waltz tends to have an upbeat, purposeful feel to it as opposed to the dreamier, romantic ambiance characteristic of the Slow Waltz.

Tip*** Avoid rising up onto your toes (like you would do in the Slow Waltz) as there's very limited 'rise & fall' - there's not enough time when dancing the Viennese Waltz!

Suitable Viennese Waltz songs

That's Amore - Dean Martin

Perfect - Ed Sheeran

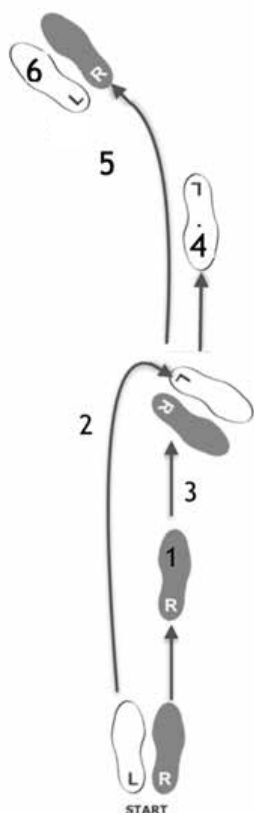
Whatever Will Be, Will Be - Doris Day

A Thousand Years - Christina Perry

Black Pearl - Tony Evans

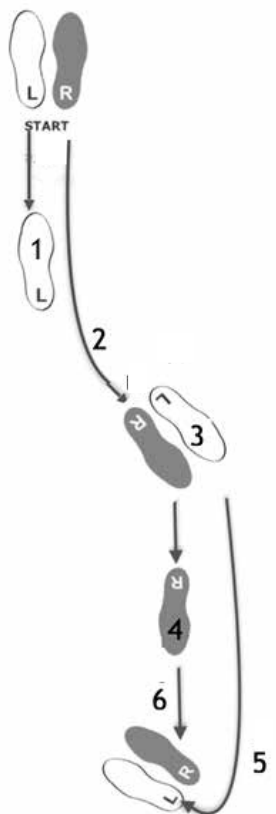
Fallin' - Alicia Keys

The leader's steps



4. Step backwards with your left foot
5. Turning 1/4 to your right, place your left foot to the side and slightly back
6. Close your left foot to your right

The follower's steps



4. Step forwards with your right foot
5. Turning 1/4 to your right, place your right foot to the side and slightly back
6. Close your right foot to your left

To find out more information regarding classes, private tuition & wedding dances, please visit www.thedancebase.com or contact Megan by mobile: 07307 869266 or by email: thedancebase@googlemail.com



Inside Story



**James Paget
University Hospitals**
NHS Foundation Trust

News from the JPUH Governors

Governors planning for JPUH

Part of a Governor's role is to take part in the Trust's planning. Each year we discuss the potential areas of focus and improvement that could be included in the objectives for the coming year.

This is a popular part of our meetings and one element that we take really seriously in representing our member and local population views – it also involves something different, when we work with the Non Executive Directors as we visit each different area for discussion.



Council of Governors Elections – come along and find out more

If helping to set the Trust's objectives is something you think you would like to take part in, we will be running some drop in sessions as part of our planning for this year's elections.

The role of a Governor on the Council is a really important one. It supports the Trust in always focusing on patients and making a difference to local people. One of the most important elements is talking to our members and local people and bringing that information back to the hospital. This is a three year term of office from 1 August 2020.

If you want to find out about the role, and what it would involve, please come along to one of our events. Trust Chair, Anna Davidson, Trust Secretary, Ann Filby, and current Governors will be there with information and refreshments to talk you through how it works.



2020 Governor Elections Drop In Sessions

DATE	LOCATION	TIME
Thursday 9 April	Boardroom, Burrage Centre	1pm to 2pm
Tuesday 5 May	Boardroom, Burrage Centre	6pm to 7pm
Saturday 16 May	Boardroom, Burrage Centre	10am to 11am

Much more information will be available in the next issue of Your Trust News ahead of the self-nomination process opening.

Where YOU come first

Highlighting missed appointments

A drive to emphasise the importance of keeping hospital appointments has been launched by the Trust.

Last year, more than 20,000 people did not turn up for their out-patient appointments at the James Paget – and failed to contact the hospital to say that they could not attend.

During the same period, 250 patients did not attend the hospital for scheduled surgery – and again did not let the hospital know.

Now, posters have been put up in public waiting areas across the hospital to spell out the implications for the NHS when patients do not attend scheduled appointments and procedures.

The posters ask patients to give the hospital at least three days' notice if they have no alternative but to cancel an appointment or procedure.



Latest X-ray technology introduced

A new hi-tech x ray machine is helping with patient diagnosis at our hospital.

The Philips Azurion 7 has been installed as part of a six-month project which has seen an existing x-ray room totally re-built so that clinicians can maximise use of the new unit.

The Azurion replaces a 15-year-old machine which was coming to the end of its working life.

It is what is known as a 'fluroscopy' machine which not only takes static x-ray images but can also capture 'real-time' moving imagery.

The machine is housed in a room which has been extensively re-designed, including a new ventilation system. This means that the Azurion can be used by perform a range of procedures, including renal stents.



New Director of Nursing



Paul Morris will join the James Paget at the end of March. Paul started his career at Ipswich Hospital in 2002 and gained experience in a variety of roles before moving to the hospital's Emergency Department, where he was appointed Lead Nurse in 2014.

He then moved to West Suffolk Hospital where he was promoted to Deputy Chief Nurse and Head of Patient Safety in 2017.

Paul succeeds Julia Hunt, who retires in March after more than 30 years of dedicated service at the James Paget, where she started her career as a student nurse in 1988.



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The next edition of Inside Story will be sent in June 2020.

The next Your Trust News will be sent to each member household in April 2020.

If you'd like any further information about any of these articles, or if you'd like to make any comment, good or not so good about the James Paget University Hospital, please do not hesitate to contact us on our email address, which is governors@ipaget.nhs.uk You can also become a member of the Trust.

Email: governors@ipaget.nhs.uk For more information visit www.jpaget.nhs.uk/get-involved We look forward to hearing from you.

The Gables:

A Caring Home-From-Home

Located in a beautiful Victorian mansion and with seafront views on Gorleston's Marine Parade, The Gables care home is a home-from-home for anyone looking for residential care in elegant and comfortable surroundings.

The home's team of carers provide kind, respectful and conscientious support to people with a range of needs, including supporting those living with dementia and Parkinson's disease.

This year, the home has launched a new activities programme, which is designed to connect The Gables' residents with the wider Gorleston community, as well as encourage residents to continue enjoying their much-loved hobbies and interests.

Its aim is to create an activity programme that is enjoyed by everyone, keeping them connected to the local community while supporting their overall wellbeing.

Home Manager Chris Chambers comments, "Our new activities programme for 2020 is packed with variety; there's truly something for all of our residents to enjoy and it's been developed with their loves and hobbies at the very centre.

"Already this year, we've enjoyed a visit from the Miniature Donkeys for Wellbeing team, which everyone absolutely loved. They are a real delight and residents loved petting the donkeys. We are also looking forward to visits to The Cliff

Hotel for afternoon tea, shopping trips into town, theatre days at Gorleston Pavilion, walks along the prom, as well as regular visits from singers, dance troupes and performers.

"We are also excited to be in talks with a local college about a new dementia-focused initiative – the details of which will follow."

The Gables Care Home is rated 'Good' by the Care Quality Commission, with many relatives also providing positive reviews of The Gables on the independent reviews website, CareHome.co.uk. The home currently scores an impressive 9.9 out of 10, having received many positive reviews from those who have either lived at the home or from relatives or friends.

For example, a daughter of one resident said, "My mum came to The Gables after a series of falls resulting in hospitalisation. Since being here, her health, mental state and happiness have vastly improved and she has returned to being the mum I had 3 years ago.

"The staff are all fantastic and nothing is too much trouble for them. Mum is treated with dignity and respect at all times and is encouraged to be sociable and happy. I can't thank them enough."

For more information visit www.healthcarehomes.co.uk or call 01493 667839.



Together we *respect*, with *compassion* we care,
through *commitment* we achieve



The Gables is a care home in Gorleston that offers residential care in a beautiful Victorian mansion with large rooms and a wealth of fine architectural detail.

Large lounges and tastefully decorated bedrooms allow residents to relax in comfortable surroundings with their family and friends.

- 34 bedrooms
- Visiting optician, dentist and chiropodist
- In-house hairdressing salon providing usual services plus manicures and hand massages
- Special dietary requirements catered for
- Fabulous sea views
- Close to local amenities
- Weekly health professional visits
- Double rooms are available



The Gables

6 Marine Parade, Gorleston, Great Yarmouth,
Norfolk, NR31 6DU. T: 01493 667839
E: manager@thegables.healthcarehomes.co.uk

 [healthcarehomes](https://www.facebook.com/healthcarehomes)

healthcarehomes.co.uk



Vets and Pets



Rabbiting on!

Keeping your rabbit fit & well is our main aim and here we look at a few top tips:



Teeth: Rabbits have continually growing teeth which require a fibrous diet to grind them down. We suggest a diet composed of: 85% hay or grass, 10% leafy vegetables and about an egg cup full of commercial all-in-one rabbit nuggets. Signs of dental disease include excess salivation.

Vaccinations: We recommend that rabbits are vaccinated against two deadly infectious diseases – Myxomatosis & Viral Haemorrhagic Disease (VHD).

Myxomatosis is spread by blood sucking insects such as rabbit fleas.

VHD is spread directly between rabbits or indirectly, via contaminated hutches, bedding or food. There is now a new deadly strain of VHD, called VHD-2.

We recommend annual vaccinations with a combined vaccine against Myxomatosis and VHD (1). A separate vaccine is required to protect against VHD-2

Fly Strike: As the weather warms up, we strongly recommend all rabbits are checked twice a day for any signs of maggots. Flies are very attracted to rabbits if they have soiled bottoms – here they lay their eggs which rapidly hatch out into flesh eating maggots. Fly strike can appear very suddenly and is a true rabbit emergency.

Keep it social! Rabbits, whether kept indoors or outdoors need space to exercise (with toys, tunnels and areas to dig), areas to hide, areas to sleep & eat. Rabbit hutches should allow them room for three hops minimum. A bonded companion (ideally neutered) can keep what are very social animals, company.

Disclaimer: As far as possible we have taken all due care to ensure that the information and advice given here is correct. It must, however, be realised that advice can differ in different circumstances. We can therefore accept no responsibility for errors and suggest seeking direct professional advice whenever there is any doubt.

Haven Veterinary Surgeons is part of CVS (UK) Limited, a company which owns over 460 veterinary practices within the UK. Company Registration Number 03777473 – Registered Office: CVS House, Owen Road, Diss, Norfolk IP22 4ER.

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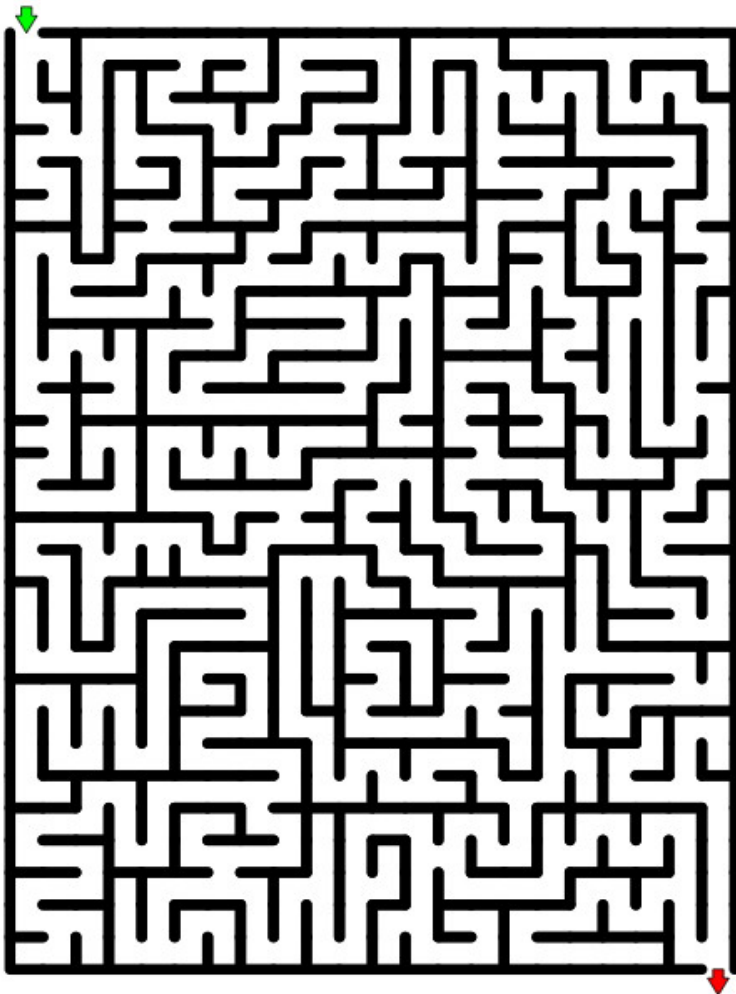
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Coffee Time 1



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Across

- 1 Killing for advantage (11)
- 7 Missionary St. Francis --- (6)
- 8 Wildcat (4)
- 9 Secrets (11)
- 12 Very disappointed (11)
- 13 Ova (4)
- 15 Roman general (6)
- 16 Large quantity (4,3,4)



Down

- 2 Mollusc with an iridescent shell (7)
- 3 Regions of densely growing evergreen trees and high precipitation (11)
- 4 Fine hair (3)
- 5 U S Secretary of State under George W Bush (5,6)
- 6 Convent dweller (3)
- 10 Young woman just getting going in society (3)
- 11 Graceful (7)
- 14 Relating to the Earth (Prefix) (3)
- 15 Metal container (3)

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Our regular print run is 3600!

GEORGE'S THOUGHTS



My dad, George Nichols, was a quiet hard working gentleman who provided for wife Joan up until he passed away in 1993. I have decided it only fair that his enjoyment of writing, before having a TV in the household, and when he couldn't be out in his garden or allotments during the colder months, be shared with others.

In the 1960s & 70s, my grandfather Cyril followed by my dad, were gardeners of priory gardens in Gorleston. Back then there was no TV in our house and my father often took to writing some witty poems/stories about his family, colleagues and topics at that time of life. I have brought these with me throughout several house moves, finally finding time to type these onto paper and PC.

Michael Nichols.

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JANUARY 30TH 1971

Dear Sir

In answer to your request for information regarding some rare birds in our locality, I have now completed the first part of an extensive study of some of these birds, and am therefore sending your society a full report.

First of all a study was made of a pair I spotted on Gorleston cliff slopes, these are known as "cliff creepers" but known locally as "speckled poop stirrers". They are rather plump little birds, with very short legs which are ideal for hopping about on these rather steep sided slopes. The smallest of the pair has a long scythe like beak which for no apparent reason spends several hours a day beating about in the long grass. This one I found is rather aggressive and very noisy at times.

The second one is rather darker in colour and appears to be very tame, but can give as good as it receives when set upon by other birds. Another pair I spotted on the cliffs were two "hedge trimmer" birds, here again one was smaller than the other. The smaller one appeared to be rather short of feathers and dark brown in colour. The second is the same colour but its legs are somewhat longer, which I think, has developed by the fact that in the process of hunting for

worms has to stride over large numerous piles left on the grass by dogs.

Next on the list is a slim, long legged bird which is named as a "Crested Cumberland – turf worm hunter". This is a summer bird and can be found almost anytime on the bowling greens, and is easily recognised by its gaily coloured plumage which is yellow with a white breast and long blue tail. Also seen on the bowling greens is another rather small bird known as a "Lesser spotted greenkeeper". This is black in colour, except, for a white rump, and is easily identified by a moustache like growth under its beak. This bird like most small birds is very aggressive and I would not recommend it as a cage bird.

Now a few words about a short-necked goose, which I discovered on the tennis courts. A very rare bird indeed, a medium sized bird, with mostly grey plumage except for a red and white ring round its neck. This is a very tame bird, and is not easily disturbed, and is the only one I found which could not fly. The short necked goose is almost extinct, in fact this one is the only one in existence. At this point I would like to request to your society that it will be severely stuffed and given a place of honour in your museum.

Another interesting species was a red and white labour bird (*haroldus wilsonii*) a medium sized bird which I found on the putting green sitting on a dozen golf balls. The bird appeared very active during May, which I discovered is their election season. The female of this species is a blue and white Tory bird (*edwardius heathiana*) and can be seen almost anywhere in the parks and gardens but mainly in Middleton gardens.

The only bird of prey is the "long legged hawk" a very large bird which appears to be very active in the afternoons. This bird is easily recognised by a long wing span, and large eyes with black rings round giving the impression of wearing spectacles. It circles round at a great height then suddenly pounces on any unsuspecting smaller bird.

In this locality there is a colony of terns. These are normally sea birds but certain members of this family have made their homes on land. First of all the "lesser spotted black" tern which I found difficult to study for any length of time, as the bird appeared to be very restless and never settled anywhere for very long. It also had a habit of flying around in ever decreasing circles until it finally disappeared. Another habit which I found puzzling is when it eventually settled it perched in a crouching position.

Other terns spotted were "funny terns" and some "weird terns" which brings me to a bird I saw in the corporation nurseries. This one was a very "queer tern" indeed. A rather large bird this one and has been named as a "speckled Oscar" dark brown and easily recognised by a large hooked beak and no feathers on its head. This bird is house trained and harmless, but has a bad habit of poking its beak into things he shouldn't.

Two more birds of the "tern" family were found in the

Richard Routledge

After 18 months in the menswear department it was decided I should train to be a manager.

This would entail me working in all departments.

I started off learning how to cut curtains and dealing with ladies (who scared me to death). The store manager, the lovely Joe Ellis, was my teacher

All was well until he asked me to cut all the curtains for a care home in Great Yarmouth. I had cut them all about 6 inches too short and not wide enough.

Joe was so nice about it. Don't worry he laughed, they can be sold as pairs. Not long after that I was put back in the mens wear but this time as manager.

I loved the challenge. I started to display shirts and trousers and even underwear in new ways I had seen in fashion shops. The assistant manager of the store asked me what the hell I had been doing. (He was not a fan!)

The main store in Norwich liked it and I was even allowed to do my own window at the front of the store.

I was loving my time at the store. I worked with some lovely people, some who are still friends to this day.

In my next month's story a new chapter in my life is about to begin.

‘Robin’

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Ramblings of a Displaced Cockney



The Joy of Chess

I can't remember when I learnt to play chess. Maybe my Dad taught me when I was small or maybe I learnt to play at school, but I can't really recall a time when I couldn't play the beautiful game.

I was reminded of my lifelong love of chess recently, when I

went with Pete, a friend from our shared youth, to see the play "Ravens: Spassky versus Fischer" at the Hampstead Theatre in London. The play features the politics of the cold-war era which surrounded the famous world chess championship match between the reigning champion, Boris Spassky, and the eccentric American genius, Bobby Fischer, played in Iceland in 1972.

Back in the 1960s, Pete and I decided to teach the other lads in our Boys' Brigade Company in London how to play chess and we had heard that a certain Bob Wade lived only three roads away from us in South Ilford. We went and knocked on his door and said: "Hello Mr Wade, we understand that you play chess." This was a remarkable understatement, as he was the British Champion at the time and an International Master. He

was very generous and gave us a copy of his training course "Teaching Chess to Juniors", which he had just completed. In addition, he immediately invited Pete and me to play in the Essex County Under-18 team and then for two years he entered our Boys' Brigade team in the Essex Schools' Lightning Chess Tournament, the only non-school ever to enter! After that, we all managed to get our different schools to enter and we played for them.

Lightning Chess is a fast moving version of the game where you get 10 seconds to think and then have to make your move while a buzzer sounds. Years later I made a Lightning Chess timer and ran lunchtime sessions at my college.

Our own sons were very lucky to have spent their younger years in East Sussex, where junior chess was encouraged by people who were prepared to give their time to create an effective structure which involved large numbers of boys and girls enjoying the game. As with so many sports and activities, like music for instance, it is so important that there is a "pyramid" in place so that large numbers of youngsters can be exposed to the activity, enjoy it and even excel. But whatever their standard, they will have found something to enjoy throughout life.

Chess is not just for the "academic" or non-sporty types. When our youngest son Tom was about 13, he was involved when Sussex played a chess match against Northern France. One of his friends would also have played but told the organisers that he couldn't because he had a football match on that day. They stressed that this was not just any match but an international, so was more significant than just any old football match. "Who are you playing for anyway?" they asked. His reply won the day: "I'm playing for England Schoolboys at Wembley!"

Our three older sons were all employed at the Hastings International Chess Congress as "demonstrators". In the days before electronic screens, the Grandmaster section of the Congress was played on a stage and the audience watched the games via large magnetic boards operated by the demonstrators. Apart from being paid, they all got free entry into the last weekend's tournament. The prize-giving was extraordinary. First prize was shared by two players. The first to come up was an older chap, perhaps in his 80s. The other joint winner was called and he took his thumb out of his mouth, got off his mummy's lap and trotted up. It was the five year old David Howells, later the World Number 1 at Under-18 and a Grandmaster, but at that point just part of the East Sussex pyramid of opportunity!

Children learn so much from chess, in terms of planning and enjoying thinking, creativity and imagination. Why, oh why, don't we teach it in all schools instead of leaving it just to willing parents and enthusiastic volunteers?

Local Artist Philip Smith

**Art Gallery,
34 Baker Street,
Gorleston**



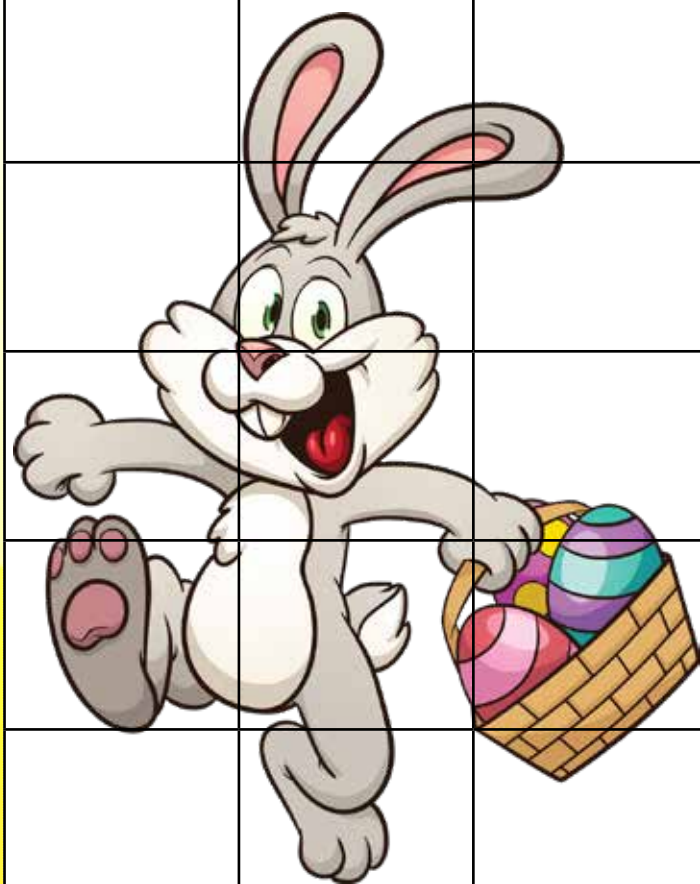
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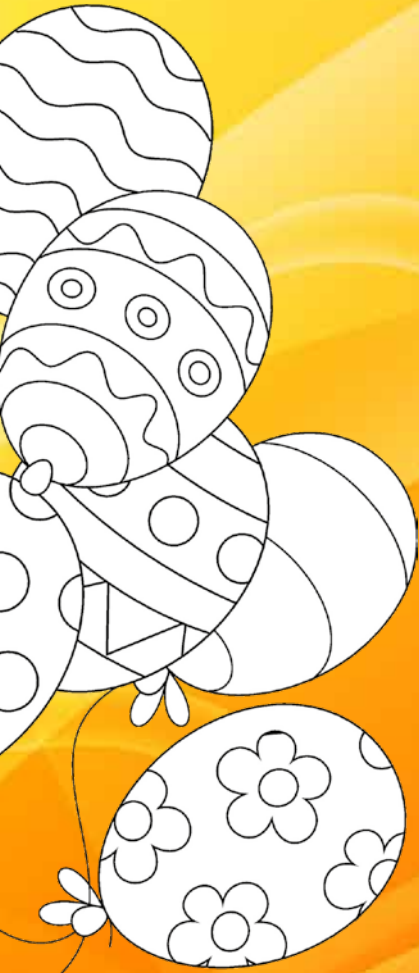
Can you copy the Easter Bunny?



The Bible is considered by historians, not Christian, to be one of the most important historical texts ever written. So good what it says! It tells us that Jesus was dead 3 days later, rising from the dead. particularly think about at Easter as well

Corner

Can you help the bunny find the egg?



Colouring
Fun



orians, even those who are
authentic and trustworthy
and reason to take notice of
as killed on a cross but beat
ad. This is what Christians
well as throughout the year.

Bible thought:

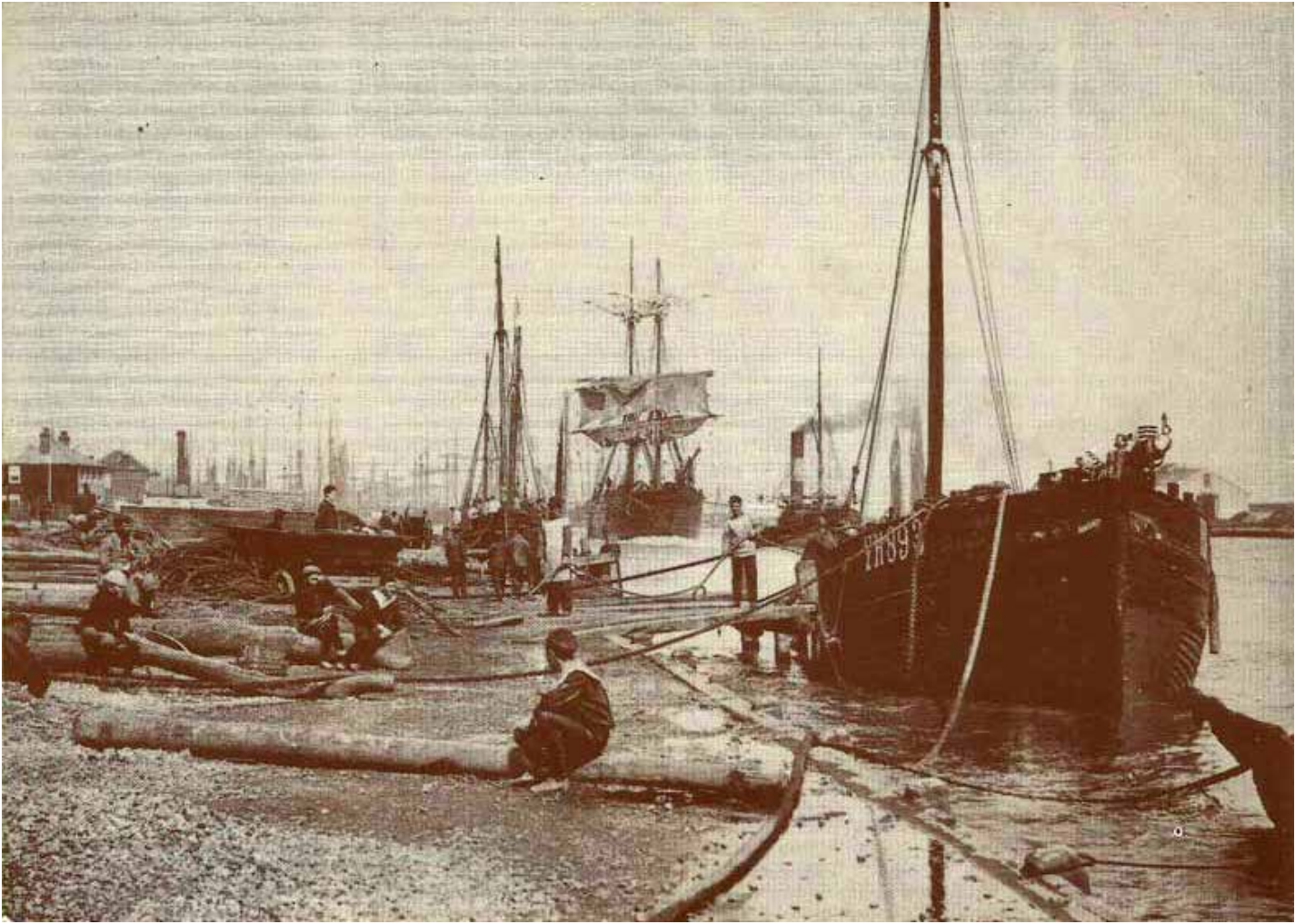
Mark 16:1-6

Very early on that day, the first day of the week, the women were on their way to the tomb. It was soon after sunrise. They said to each other, "There is a large stone covering the entrance of the tomb. Who will move the stone for us?" Then the women looked and saw that the stone was already moved.

The stone was very large, but it was moved away from the entrance. The women entered the tomb and saw a young man wearing a white robe. He was sitting on the right side, and the women were afraid. But the man said, "Don't be afraid. You are looking for Jesus from Nazareth, the one who was killed on a cross. He has risen from death. He is not here. Look, here is the place they laid him."

Gorleston Then & Now

by John McBride



In this view we are looking along the Gorleston side of the river probably in the 1890s, standing alongside Riverside Road just north of the old Gorleston Volunteer Lifeboat House.





Opening THE Book

with
**Reverend
John Kinchin-Smith**

I guess many of us are looking forward to Easter Day on the 12th of this month. The supermarkets have been stocking up on chocolate eggs since Valentine's Day, the card shops with stocks of delightful springtime cards showing baby chicks, lambs, rabbits and flowers. It all marks a happy end to the winter and an opportunity for some delightful self-indulgence.

But many people today have no idea why Easter Day is in the calendar or what is its true meaning. For two thousand years almost everyone understood that Easter Day celebrated the resurrection of Jesus Christ from the dead three days after he was brutally executed on a Roman cross. It was the most important Festival in the year, even more so than Christmas. Why did people think this so important?

The answer is found in the Bible and in the witness of countless followers of Jesus who have witnessed from their own experience that Jesus rose from the dead, is alive for evermore and that they know him – an extraordinary claim!

You can read the story yourself in all four Gospels in the Bible: Matthew, Mark, Luke and John. You may be surprised that almost half of each Gospel (which tell the story of Jesus) is taken up with the last week of Jesus' life: his arrest, trial, crucifixion and resurrection. Much of the rest of the New Testament goes on to help us understand the life-changing effect of Jesus' death and resurrection both for this life and for life after death.

St Paul wrote for example, "The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23). St Peter wrote, "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade – kept in heaven for you... Though you have not seen him, you love him...you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls." (1 Peter 1:3-9). Happy Easter!



'My father sacrificed his life for the rebellion' says Jyn Erso (Felicity Jones) in *Rogue One: A Star Wars Story* as she leads a small band of rebels to almost certain death in their fight against the evil empire. It is no doubt coincidental, but certainly providential, that this film will release on DVD in this season, as it provides a valuable contemporary talking point for the Easter story.

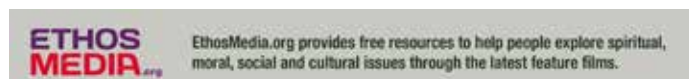


Rogue One is a prequel to the original *Star Wars* film, *A New Hope*. In it we discover how the Rebel Alliance managed to obtain the Death Star plans that allowed Luke Skywalker to destroy the massive space station and become the hero who saved many lives. This is interesting back-story for *Star Wars* fans, and riveting cinema for a new generation, but most poignantly it provides perspectives on two different types of sacrifice.



The team led by Jyn Erso, and the rebel intelligence officer Cassian Andor (Diego Luna) are willing to sacrifice their own lives for the cause of freedom as they seek to acquire the Death Star plans from the data store on the heavily defended planet Scarif. To protect their secrets, the Empire uses the Death Star to obliterate the Imperial installation, sacrificing all its staff and troopers in their determination to hold on to their power.

These two notions of sacrifice are starkly contrasted, and provide a valuable opportunity for conversations about the nature of sacrifice, and the unique self-sacrifice of Jesus as he gave his life so that all people can find freedom and restoration.



Monthly Recipe

from Fleetwoods Butchers

Slow-braised pork shoulder with cider and carrots

Cooking 2 hours 30 mins - serves 5

Ingredients

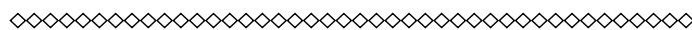
- 2 tbsp olive oil
- 1kg/2lb 4oz pork shoulder, diced
- 2 onions, sliced
- 2 celery sticks, roughly chopped
- 3 large carrots cut into chunks
- 2 bay leaves
- 1tbsp plain flour
- 330ml bottle of cider
- 850ml chicken stock
- Handful parsley, chopped
- Mashed potato and greens, to serve

Method

1. Heat oven to 180C/160C fan/gas 4. Heat the oil in a large lidded flameproof casserole and brown the meat in batches, then set aside. Fry the onions, celery and

carrot with the bay leaves for 10 mins until golden brown. Sprinkle in the flour and give a good stir, then add the pork and any juices back to the dish.

2. Add the cider and stock so that the meat and vegetables are covered. Season and bring to a simmer, then cover and put in the oven for 2 hrs. Serve sprinkled with parsley, with mashed potato and greens, if you like.



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Hair We Are



Since being involved in the industry, Hairdressing has really opened my mind up to what a skilled profession it really is. I Recently read with interest an article from Hairdressers Journal and I thought for our first Blog in the magazine I would share it with you:-

Here is the truth about what it means to be a hairdresser with a passionate, factual and inspirational argument by a salon owner.

“Yes, I admit it; I used to be embarrassed when someone would ask me what my job was. “I am a hairdresser,” I would say, which was often followed with an awkward silence. Being a hairdresser somehow has so many derogatory beliefs attached to it. Being a hairdresser is seen by some to imply that you failed at school and it was the only option for you. I want to put the record straight and share with you why I think being a hairdresser is a lot more valuable than most people think and why we deserve more recognition for our skills, effort and contribution.

The truth about what it means to be a hairdresser.

We use scissors that are sharper than a chef’s knife or a surgeon’s scalpel just millimetres from our fingers and we move our tools quicker than your eyes can follow. Most days we cut ourselves as we work, against the clock, forgetting about ourselves because we are concentrating on your hair.

We use both science and maths, combined with an artist’s eye for beauty and detail, to figure out the exact angle to cut a client’s hair so that it falls correctly time and again when our client leaves the salon and has to manage it themselves. We often put our bodies in the most straining positions to make sure we can see each strand of a client’s hair. Our work means we are standing and bending for over 12 hours straight (try it sometime) but such attention ensures our clients have perfect hair.

And what about the tools of our trade? Most people don’t realise how much scissors cost – we pay anywhere between £200-£2,000 of our own money with no payback, just to make sure our client’s hair isn’t damaged by blunt blades.

We use a detailed knowledge of chemistry to create a special colour formula to work with our client’s hair. This is one that won’t work with someone else’s hair as genetics play a huge part in the reaction to chemicals and we have the courage to do what we believe is right for our client.

We have to work with time that is always against us as two minutes too late will blow the cuticle in our client’s hair and underdevelopment means a disaster.

Like an artist, we strategically place colour to blur lines and create a subtle blend by ourselves in three hours, that looks uncannily like a photo our client brought in from the internet and in all likelihood was created in a six-hour session by four stylists and then retouched. It might even be a wig.

We spend 50% of our working day using tools as hot as an oven, one touch and our fingertips are burned. There’s no need to moan because we are used to it – it’s just part of the job.

Every day, we breathe in fumes from hair products and get hair splinters all the time in our feet, hands and even boobs!

To get the effect, try sticking a pin in your foot and stand on it for a while.

We always have to look our best whether we feel it or not and right up until the last client who gets exactly the same care and attention as the other 10 clients you have seen that day.

We are there for our clients through their most important life moments. Whether that’s a wedding, best friend’s birthday or even to make sure they feel ready to face the world for their husband’s funeral.

We get shouted at by clients if we are running behind, when most of the time it’s because another client before them turned up late or isn’t honest about their colour history, which makes a two-hour appointment into a huge colour correction marathon.

We work even when we are ill and just want to be in bed, because we don’t want to let anyone down with appointments.

We work weekends, late nights, and basically have a time-restricted social life so that our clients can look their best and we can earn a living.

We talk all day and make extremely close connections with our clients, but this means by the time we get home we have spent all of our social energy and don’t want to talk to our friends or family.

We don’t get the usual “holiday days” because people need us in order to feel beautiful. We don’t work 9-5 – we work from the first client to last client with no real promise of what time exactly we will finish and if we will make it home for dinner.

We are often heard saying that we haven’t eaten lunch over the past three days because we’ve had no time between clients due to over-runs. On our days off, many of us spend hours researching new techniques and finding educational classes to attend.

A hairdresser’s life revolves around hair. Our brains constantly switch from maths to science and from social to psychology and back to our clients. We work hard physically, emotionally and mentally – every day with few breaks and definitely no silence.

Why hairdressing is the best job in the world

Let’s be clear – hairdressing is one of the few things now that clients can’t buy online. It is a career that holds endless possibilities if you are willing to work hard and build on your natural talent. You can travel the world, you can manage a team, you can work with big names – you can follow your passion.

We are in an industry that deserves the recognition that we are not just hairdressers – we are the people who build your confidence in both the good and the bad times and help you to take on the world. Scientist, artist, counsellor, chemist, time management expert, friend, architect, diplomat and transformer. Yes – I am immensely proud to call myself a hairdresser, with all it entails to design beautiful hair and to stand alongside all of us who recognise themselves in what I’ve written – the truth about what it means to be a hairdresser.”

What's on in April?

DATE	EVENT	LOCATION	TIME	COST
3rd	Country & Western - Roots & Wings	Pub on the Shrubs	8-12pm	£7
4th	Easter Fair Stalls, Book Sale, Refreshments & Easter Cakes	Gorleston Library	11-2pm	free
4th	The Jets	Pub on the Shrubs	7.30pm	free
5th	Blues Situation	Dock Tavern	4pm	free
5th	Ami Bondi	Pub on the Shrubs	4-7pm	free
5th	Jazmine Banks	Cliff Hotel	4-7pm	free
6th	Book Sale	Gorleston Library	10-4pm	free
7th	Intergenerational Easter Cake and Biscuit Decoration	Gorleston Library	2pm	free
8th	Half Term Activity Easter Treasure Hunt All Ages	Gorleston Library	10am-3pm	free
10th	Stainer's Crucifixion performed by local choirs	St Andrew's Church	6.30pm	free
11th	As	Dock Tavern	9pm	free
12th	Easy Street	Dock Tavern	4pm	free
12th	Chloe Symeou	Cliff Hotel	4-7pm	free
12th	Stringfellas	Pub on the Shrubs	4-7pm	free
18th	Project X	Dock Tavern	9pm	free
18th	Conrad & the Atomics	Pub on the Shrubs	7.30pm	free
19th	Little Red Kings (Acoustic)	Dock Tavern	4pm	free
19th	The Anyones	Cliff Hotel	4-7pm	free
19th	The Pharoahs	Pub on the Shrubs	4-7pm	free
25th	"Growing Connections" Plant Sale	St Andrew's Chapter House	10am-1pm	free
25th	Coronation Kings plus Support	Dock Tavern	9pm	free
25th	The Mighty Offbeats	Pub on the Shrubs	7.30pm	£10
26th	Tosh	Dock Tavern	4pm	free
26th	Mark Anthony	Pub on the Shrubs	4-7pm	free
26th	Tony Poole	Cliff Hotel	4-7pm	free



Q: What do you get if you pour boiling water down a rabbit hole?
A: A hot cross bunny!

"Dad," said the son, "what is a financial genius?"

"A financial genius," said his father, "is a man who can earn money faster than his family can spend it."



Q: What do you call a rabbit with fleas?
A: Bugs Bunny!

Giggle Box

There was a lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. The lady paused for a moment. "Only the Ten Commandments," she said politely.

Q: What happens when the human body is immersed in warm water?
A: The telephone rings!

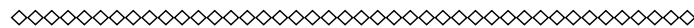
Gorleston Rotary Club 50th Charter Night


Gorleston Rotary Club held its 50th Charter Night on the 28th of February at the Gorleston golf club with over 70 guests and members including 3 of the original founder members David Jary, Dr Robin Cox and Brian Ollington. A fourth member, John Cox, was unable to attend. 6 members from their twin club in Cassel in France attended and their vice President presented the club with an engraved plaque to mark the occasion. The Club was congratulated by the High Steward of Gt Yarmouth Henry Cator OBE,DL, the principal speaker. President Sunder Gopaul and the Rotary district Governor inducted a new Paul Harris awardee Mike Getvoldsen for his service to the club. The presidents of Gt Yarmouth and the Haven Rotary clubs were also present.

*Club members
and President Dr Sunder Gopaul*



3 remaining founders present are David Jary, Dr Robin Cox and Brian Ollington



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join us for a cuppa...

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Bradwell Community Centre,
Green Lane, Bradwell
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From 10.30am

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Gorleston Links Bowls Club



Well! Another month gone by, and all the preparations for the outdoor season are coming together. Everyone is looking forward to the outdoor season on the cliff top. Hopefully all the bad weather has now passed us by for the greens to open from 1st May.

The Club enjoyed an outing in February, ten pin bowling, and here is Mike's report:

TEN PIN BOWLING



On Saturday 22nd February, 27 club members and friends made their way to the Wellington pier for an evening of a different form of bowling. After everyone was equipped with bowling shoes and had found a suitable

"ball" which had holes that your fingers would fit into and was of the right weight, we made our way to our allocated lanes (NOT RINKS!). Comments were heard, "Where's the cott" and "Has the ball got a bias". When all the confusion had been sorted we settled into our first game, for some the gulley was in continual use, for others the pins were being taken down, a few "spares" were made here and there but not too many "strikes". At the end of the first game John Muir led the way with 123, also getting over 100 were Steve Smith, Mike Harvey and for the ladies Maria Cook.

Being of a certain age we needed a break, so time for a basket meal and a drink to revitalise us all, then back to the second game. Now we were more confident of what to do so, for some, there were more strikes and even more spares, but for others the gulley continued to draw their balls like magnets. Impressive scores were made by John Allen 146, Mike Willeard 144, Keith Adams 133, Mike Harvey 122, David Oakley 119 and John Muir 119.

So, on to the presentations, top scores for the evening were for the men – John Muir 235 and the ladies – Maria Cook. But the organiser threw in a twist, a handicap was applied to everyone's score based on previous years results and that meant that the overall winners were – Ladies Champion Carol Baxter and Mens Champion Keith Adams.

At the end of a very enjoyable evening we all made our way home vowing that next year we would be even better.

GoSH Gorleston-on-Sea Heritage Group



This month GoSH member Jack Dye recalls the old Lower Ferry that ran from Gorleston Riverside to Great Yarmouth's South Denes.

Another of our heritages to disappear was the Gorleston Ferry. What are your memories of it, do they go back to its hey-day when nearly all workers in

Gorleston had a need for the ferry for their employment at the numerous factories on the other side of the river? Do you remember the overcrowded ferry boats which on occasions got you to work with a wet bum?

If you had a bicycle, how many times did you lose track of it because it was buried under the chaos of chained up cycles? On the boat, were you ever involved in an argument standing in a position where you could be of assistance with a push for the oarsman either male or female? High tide or low, rough or calm there was always that fear.

Somehow there would always be someone, no matter how full the boat, would want to bring their cycle with them, which often gave cause to get your clothes messed up. Fares in the early days were copper coins, if you dropped one that was the end of it. Leaving off time always was a rat race to the ferry with the boats getting too full for an oarsman. These were later replaced by larger boats with an engine that also gave more space for the passengers.

Eventually, around 30 years ago in the 1990s, due to the closure of many of the factories and a lack of pedestrian interest, the ferry ceased, as did the river activity 20 years later, when work was done by the port tug with a mud dredger that worked in vain to keep the river deep enough to suit big ships like the Russian timber vessels. This brought about the building of the controversial Outer Harbour and the creation of today's no go area at the south end of Great Yarmouth.

GoSH will be holding an Exhibition of Old Photographs on Tuesday 14th April 2020 between 2.00pm and 4.00pm at the Pavilion Theatre, Pier Gardens, Gorleston. All will be welcome.



Gorleston CCTV Volunteers needed

Gorleston CCTV are looking to recruit some more volunteer CCTV Operators.

As a Police Support Volunteer you would become part of the Policing family and receive full in house training.

Just 3 hours per week.

To assist the Police with incidents either as they are happening or after by reviewing footage.

Good sense of humour essential.

Basic computer knowledge.

For further details and an application pack please email enquiry@gorlestoncctv.co.uk with your details.

Come and join us and help to keep Gorleston and surrounding areas safe. It's fun and a very worthwhile occupation.

Looking forward to hearing from you.

Gorleston CCTV Ltd.

Stainer's Crucifixion

Good Friday, April 10th, at 6.30pm

St Andrew's Church, Gorleston

Performed by local choirs from St Andrew's and St Mary Magdalene's Churches in Gorleston, St Margaret's Church in Lowestoft, and Gt Yarmouth Minister.

FREE ENTRY, ALL WELCOME

This is the story of Jesus' final days on earth, from the garden of Gethsemane to the crucifixion. It is a very poignant work, with words by the Rev Sparrow Simpson, beautifully set to music by John Stainer, and was especially written and composed for Good Friday. It lasts approximately 1 hour.



St Andrew's Community Gardeners'

"Growing Connections" Plant sale

Saturday 25th April, 10am – 1pm

It's that time of year when our growers are busy sowing, transplanting, propagating in readiness for the annual plant sale. Come along early & choose your plants from the vast selection we have on offer including bedding plants, flowers, tomato plants, pepper plants, courgettes, marrows, peas & beans plus many more.

This year we are teaming up with "Tools With A Mission", an ideal chance for you to donate your unwanted garden & hand tools which will be revamped & given to charitable causes both here in the UK & overseas. Just bring them to St Andrew's Church, Chapter House, Gorleston on the day & we will do the rest.

Refreshments will also be available.
For more information contact Karl
07749 854809



Tools With A Mission

Do you have any unwanted garden tools, sewing or knitting machines, or other tools (computers, mechanics, electricians, carpentry etc)?

"Tools With A Mission" is a Christian charity which collects donated, unwanted, usable tools. They are refurbished, sorted into trade kits and sent to the developing world for livelihood creation.

For more information, contact Derek on 07874 713 815, go to the website www.twam.uk, or bring items to the plant sale at St Andrew's on Saturday 25th April (see left).

Coffee Time 2

Anagrams

Solve the anagrams below to find famous rabbits:

1. Nubby Guns
2. The Rump
3. Bribe Patter
4. Teeny Sunbather

Where in Gorleston?



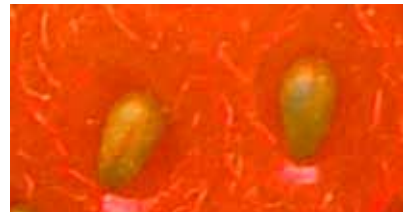
SNIP

Which advert in the magazine
is this snip taken from?



ZOOM

What is this familiar edible item?



Quiz

1. A bottle of wine costs £10. If the wine costs £9 more than the bottle, how much does the bottle cost?
2. If a laptop costs £800 'before' VAT, and VAT is 20%, what is the total price of the laptop?

Easter Bunny Hunt

How many Easter Bunnies like
this can you count in the magazine?
(do not include this page)



Famous Quotes

Who said.....?

“Hold fast to dreams, For if dreams die,
Life is a broken-winged bird, That cannot fly.”

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Our staff are fully trained, insured and DBS checked, as well
as members of the Builders and Allied Trades Associates, to
guarantee you a service which is both safe and trusted.

Our ambition is to provide a service, developed by
recommendation, for being both secure and efficient, with
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Understanding

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Gorleston Library

Regular Events

Just a Cuppa – Come along for a tea/coffee and a chat
the **first Monday** of the month 10am-12noon and **every
Wednesday** 10am-12noon

Seated Yoga - **Mondays** 10.30am-11am and **Fridays**
11am-12noon

Bounce and Rhyme for pre-schoolers aged under 5 –
every Monday – 1pm-1.30pm (with staffed stay and
chat afterwards on the **third Monday** of every month).

Gorleston Library Book Club - **first Monday** of
every month, 1pm-2pm - new members welcome!

Board Games group – **Mondays** – 2pm-4.30pm

Poetry group – **every Tuesday** 11am-12.30pm.

Computer Learning – Learn My Way – open sessions
drop in **every Tuesday** 10-11am and 5-7pm, and **Fridays**
10-11am, and some Wednesdays (ask in Library) –
various beginner level topics available

Young People's Reading Group (age 9+) - **last
Tuesday** of every month 6-7pm

Writing Group – **last Tuesday** of each month
6-7.30pm – All welcome

WW (Weightwatchers) – **Every Wednesday** 9.30-
10.30am

Tea & Time for you – **Wednesdays** - 1.30pm – Enjoy
tea & cake whilst listening to resident reader Margaret
Myer. Travel can be arranged – see library staff for
details.

Story Box – **Wednesdays** – 1.30-2.30pm – crafts and
stories for pre-school children

Craft Club – meet up with like-minded crafters, bring
your own crafts – **every Wednesday** 2-4pm

Clutter Connect – **every Thursday** - 10.am-
1pm – Come along for some information and non-
judgemental advice on making some changes.

Lego Club – **Thursdays** - 3.15-4.15pm (children to be
supervised at all times)

Communication Café – **Fridays** - 10.00am. NEW Stay
and Play session, ideal for under 5's. .

Wargamers – every Saturday upstairs 10am-
3.45pm

Gorleston Community Cinema – twice a month – see
"What's on in...?" page, and information in library for
details

Why not check out our Facebook page or pop
into the library to see what else is on!

Ormiston Venture Academy

World Book Day 2020

Read all about it!

Students and staff alike at Ormiston Venture Academy showcased their weird and wonderful imaginations through dressing up as their favourite book characters for World Book Day.

The characters that filled the academy originated from fairy stories, Roald Dahl books, Greek mythology and even a reinvention of Agatha Christie's Poirot.

When asked about the day, one Year 9 student said: "World book day was amazing, it brings everyone's love of books to life. I dressed as Rose from Princess of the Midnight Ball which is a book I have read at least three times!"

Another student was excited about the activities running through the day: "It was such a fun day because I got to do quizzes and guess the teacher and I loved seeing everyone's costumes!" Year 8 student, dressed as a Ravenclaw witch.

Siobhan Sweeney, Leader of Literacy and English Teacher at Ormiston Venture Academy, said: "To see our students so excited about books is indescribable. Here at Venture we are tenacious in our efforts to promote a love

of reading both during the school day but equally, outside of the academy walls. World book Day is just one of the ways in which we promote reading for pleasure and it is fantastic to see so many students passionate about the magnificent world of books.



Great Yarmouth & District Photographic Society

If you are interested in all aspects of photography you might be interested in coming along without financial obligation to one of our meetings. We run a varied programme of events, everything from practical photoshoot opportunities to digital evenings, with training seminars on post production software where we share methods and ideas. We are keen to attract new members, active photographers who are enthusiastic about taking pictures. The skill level is not important as this will grow as you slowly learn the aspects and details of what makes a good photograph, by talking to other members or perhaps during one of our critique evenings. We are actively involved with other clubs and associations and regularly contribute to the Great Yarmouth Arts Festival, other events and interclub competitions. Our friendly Camera Club meets outside at various locations fortnightly in the summer, and weekly in the Winter from September at 7.30pm in the Bradwell Community Centre, at The Old School House on Green Lane.

The club is made up of a mixture of local members who are interested in all aspects of photography. The vast majority of our members are digital but we do have one or two members who work in traditional film and darkroom

media.

More details about the club and the current programme can be found on the club website <http://www.greatyarmouthphotographicsociety.co.uk/>

or contact the Secretary on 07799 530293, e-mail gyps@eaf.org.uk

"The Lighthouse, Gorleston, photograph by James Fisk."



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Could EN be a record breaker for students becoming staff?

East Norfolk Sixth Form College could hold the record for the number of former students who now work in the same place they were taught.

Around 40 members of the current staff at EN are former students which is an incredible statistic and highlights the unique bond between the college and staff. It also reinforces the college's status as an integral part of the community as an employer and its reputation for developing talented staff for the local area.

EN Principal, Dr Catherine Richards, said: "I've said for some time that it is great to be in Great Yarmouth and there is no better confirmation of this when you continue to see former students wanting to return to EN as teachers and support staff. To have around 40 former alumni on the staff is amazing and must surely be some sort of record. It also sends an incredibly powerful message to the local community and future generations of students, that EN is an amazing place to study and that Great Yarmouth and Gorleston are fantastic places to work."

Six of the eight middle managers at the college are former EN students, working in roles ranging from the Assistant Principal to Curriculum Team Leaders.

Dr Richards added: "It makes me immensely proud that we continue to grow and develop our staff with our former students. The fact that they leave us, progress to university, apprenticeships or employment and then have that desire to return is truly amazing. It is also great for the local area, that so many former students choose to enhance their skills and experiences and then return here to work across a whole range of local industries."

Some of those staff members that have left and then returned into a variety of roles have shared their reasons why.

'As a student, I really blossomed at EN, and discovered I was capable of more than I thought. I went off to university and had the best time, all because of the support I received here as a student. I therefore relished the opportunity to come back as a staff member, to pass on that encouragement and support that I received. **Kaileb Bryant – Cover Supervisor**

'I wanted to come back and teach at EN because I felt inspired by my chosen subject (Sociology) and had the best teacher and so wanted to offer that support and inspire young people in the same way that my teacher did for me. The support that I received whilst studying here helped me turn my life around and I really wouldn't be where I am without having studied here. **India Loveland - Teacher**

'I was a student from 2001-2003. After completing my degree/teacher training and then teaching in Saffron Walden for a couple of years I knew I wanted to focus on teaching A-level Maths. Having been a student at EN I knew that it would be a fantastic place to work with friendly colleagues and deserving students.' – **Tom Cheongvee – CTL Maths & IT**

'After having a fantastic experience as a student here, the opportunities, help and support from my teachers provided me with a real sense of pride and belonging at the college and inspired me to become a teacher. The opportunity to return to the college as a teacher came up and I jumped at the chance to return (again). – **Ryan Farrow – PE Teacher**

'Returning to EN as the Marketing Manager in 2014 felt like coming home. I had the best three years of my life as a student here and always knew that one day I would come back to this amazing place. It's a privilege to work with the most outstanding team of people every day, teaching staff and support staff, and to see students continue to flourish and excel year after year.' – **Jon Dack – Admissions & Marketing Manager**

Coffee Time Answers

1	S	2	A	C	3	R	I	4	F	I	5	C	I	6	N	G
		B		A		U				O		U				
7	X	A	V	I	E	R				8	L	Y	N	X		
		L		N						I						
9	C	O	N	F	I	10	D	E	N	C	11	E	S			
		N		O		E		P		L						
12	H	E	A	R	T	B	R	O	K	E	N					
				E				W		G						
13	E	14	G	G	S		15	C	A	E	S	A	R			
		E		T		A		L		N						
16	L	O	T	S	A	N	D	L	O	T	S					

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

Famous Quotes:

Langston Hughes

SNIP:

Red Rocket

Anagrams:

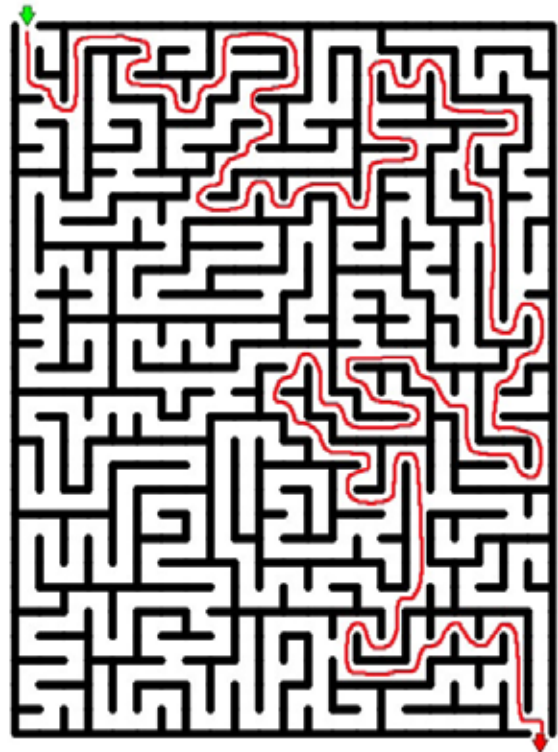
1. Bugs Bunny
2. Thumper
3. Peter Rabbit
4. The Easter Bunny

Easter Bunny Hunt:

9

Quiz

1. 50p
2. £960



ZOOM



Where in Gorleston?



Ormiston Herman Academy



This month at Ormiston Herman Academy, it is all about Creativity!

As well as working extremely hard on our academic studies, we are also a very creative lot at Ormiston Herman Academy. We want children to learn and be inspired by the world around them. Learning is never boring at our school! Year 1 and 2 got science creative when Dr DNA visited their classes and they became DNA Detectives for the day. They had a great time doing lots of science experiments in a fun and informative way.

Year 1 also had fun building robots as part of their Materials topic. They invited mums and dads to come and help them create a new robot. There were some fantastic inventions!

The whole academy took time to celebrate all things maths on World Maths Day. This year's theme was based on the artist Wassily Kandinsky, who is famous for his large abstract paintings that focused on line, colour and shape. After a whole school assembly, all the children had the opportunity to create their own masterpieces, based on his work. There were truly wonderful creations that we are now displaying around our Academy.

One of the biggest events that takes place in Primary Education is World Book Day. This year we decided to base it on The Wizard of Oz, as this is going to be our big musical production during the Summer term.

Earlier in the week, the children were treated to a travelling theatre group's production of The Wizard of Oz and everyone had a great time joining in. It helped us to learn about the plot and the characters and certainly inspired some fantastic costumes. As always, parents, pupils and

staff really pulled it out of the bag! The costumes (many of which were homemade) were so imaginative, we even had our very own tornado and upside down house !

On this day, we celebrate our love of reading even more than usual. At Herman, we love books and take every opportunity to make links with books to help us learn. Our challenge is to read as many books from the '100 Books that all Primary School Children should Read,' list.

We have some talented sports people at Herman and this week, Mr Shreeve, our Head of PE, joined 3 of our talented runners at Holkham Hall, where they took part in an inter schools Cross Country Run. All of them did very well and represented the Academy fantastically. It was great to see them being supported by their families who were there to cheer them on.

Next week is British Science week and all our classes will be investigating, predicting, experimenting, researching and recording! We will be learning about the lives of famous scientists and their impact on the world.

We are lucky enough to be receiving a visit from some real scientists who are going to teach us about all things 'Spacetacular!' Each class will attend a workshop and our day is to finish with a real live rocket launch! We hope to inspire some potential scientists of the future.

As you can see, every child in our school has the chance to shine and is encouraged to aspire to great things. Through our themed days and weeks, we hope to inspire a new generation of readers, scientists, thinkers, mathematicians and artists. We encourage every child to find their strength and develop it, to be the best that they can.



Gorleston Theatre Co

MY FAIR LADY

Gorleston Theatre Company's upcoming production of "My Fair Lady" is a familiar and family affair for three people involved in the show, David and Jill Emmerson, and Jill's son Ed.



Husband and wife, David and Jill, previously performed together in "My Fair Lady" for the Stalham Players in 1978, with Jill taking the leading role of Eliza Doolittle, and David playing the part of Colonel Pickering.

This time round, in the current production, David is the director of the show, and Jill is playing the role of Mrs. Pearce, the housekeeper of the Higgins household where Eliza goes to stay to be coached to speak like a lady, and get rid of her usual Cockney wailing. Jill's son, Ed Osborne, is the musical director for this production, the first time he has worked with Gorleston Theatre Company in this role, although he has previously been musical director for another Norfolk amateur dramatic group, The Jubilee Players, for their annual pantomime. Quite a few years ago, Ed also played in the band for many local amateur productions in Yarmouth and Gorleston, and most recently played in the band for the Lowestoft Players' pantomime "Aladdin". Ed has spent the last few years teaching music privately, and performing in various tribute shows up and down the country, including tributes to Wham and Frankie Valli, as well as playing Benny for Abba tributes in Germany and Sweden.

The connections don't end there though. The last time that Gorleston Theatre Company staged "My Fair Lady" was in 1987, when the group was still known as Shrublands Youth and Adult Centre Drama Group. This was Jill's first time performing with the group and she was able to reprise her role as Eliza Doolittle. Apparently the family cat was called Liza after Jill had played the role for the first time before Ed had been born, but Ed has clear memories of his Mum playing the role the second time, with songs such as "Wouldn't it be Lovely" and "I Could have Danced all Night" etched on his brain from Jill practising singing them around the house.

David didn't get involved with Gorleston Theatre Company until a few years later when he played one of the ugly sisters in "Cinderella" in 1990, and an 11-year-old Ed also appeared in the same show. Jill, David and Ed have also appeared on stage together in the same show, in 1992, in the Gt. Yarmouth Amateur Operatic and Dramatic Society's production of "Oliver!".

Ed said, "I feel like I grew up in theatres watching Mum and David rehearse and perform, and have fond memories of all my time spent doing so, especially in St. George's Theatre. I particularly remember enjoying Mum playing Maria in "The Sound of Music", and David playing Bill Sikes in "Oliver!", although I will also always be haunted by the memory of David dressed up as an ugly sister singing The Time Warp when we were in "Cinderella"!"

Ed says that he is very much enjoying working with them both on "My Fair Lady" and is looking forward to seeing the show come together now. Proud Mum, Jill, said, "It has been lovely to see lots of Ed in rehearsals, and see him apply what he has learnt as a professional musician and music teacher to his involvement in his first full scale stage musical."

"My Fair Lady" is on at the Pavilion Theatre, Gorleston from April 9th – 11th, 7.30pm nightly, with a 2pm matinee on Saturday 11th. Tickets are available from the Pavilion Theatre box office, online at www.pavtheatre.com, or by phone, 01493 662832.

Gorleston Theatre Company
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ALAN JAY LERNER

Music by
FREDERICK LOEWE

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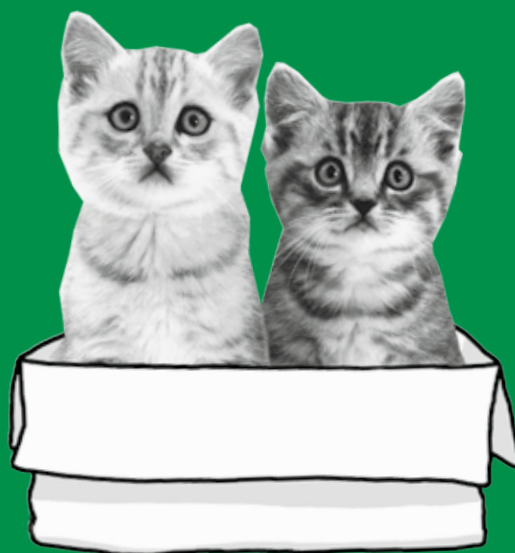


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"I asked for a pair of mittens"

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