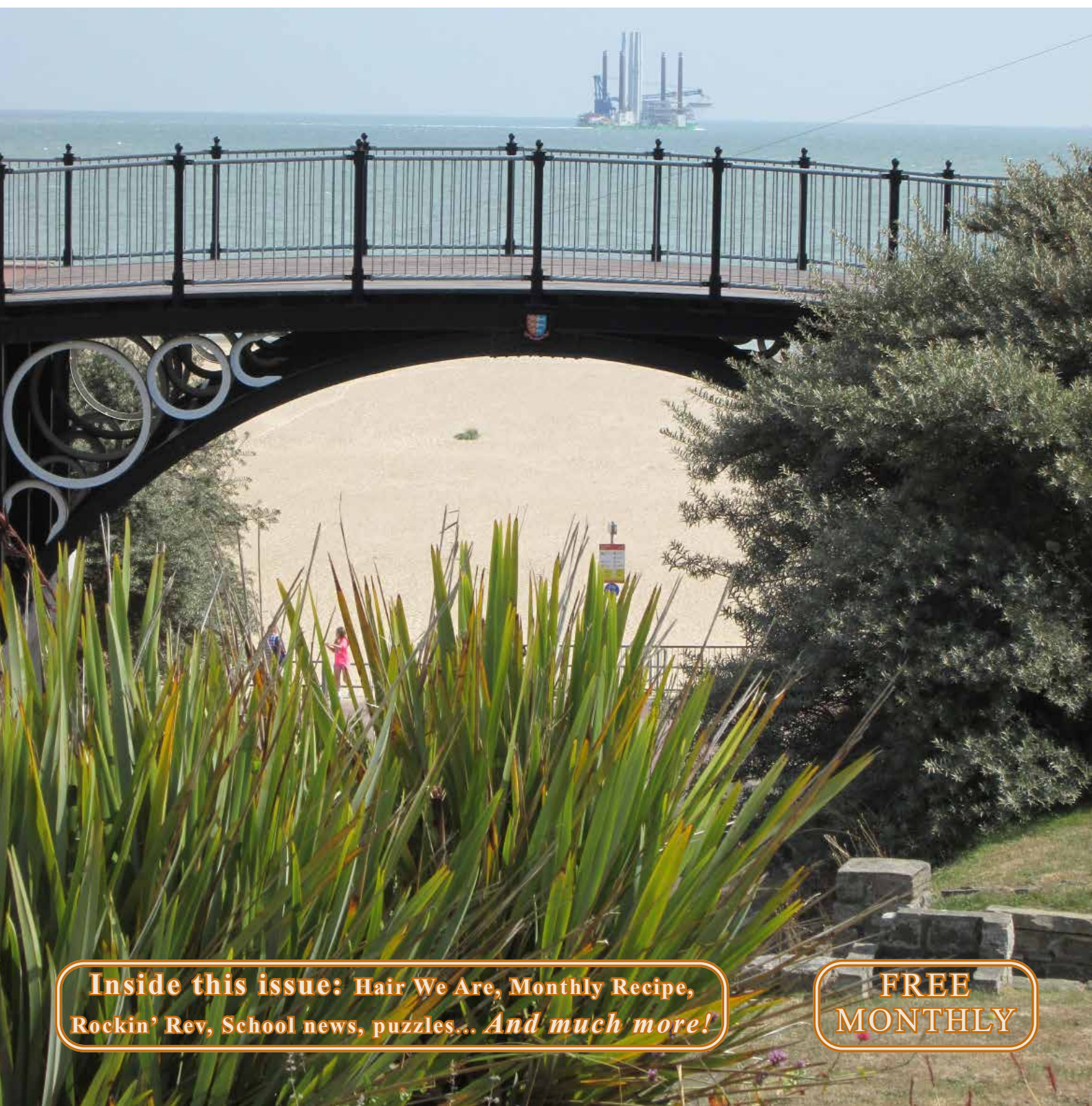


St Andrew's Church

ISSUE 27, August 2020

GORLESTON

Community Magazine



Inside this issue: Hair We Are, Monthly Recipe,
Rockin' Rev, School news, puzzles... *And much more!*

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Hello Gorleston!



Welcome to Issue 27 of YOUR free community magazine.

It's great to be back in print again after three months of online issues, and again we have plenty of reading, puzzles and activities to help keep young and old occupied.

It's also great to see Gorleston gradually starting to wake up. There is an apt phrase that is used across many subject areas, "*use it or lose it*". It is one which is of particular significance in the current climate when so many local businesses and employers are struggling to stay afloat. Gorleston is blessed with a wide variety of independent shops and businesses, particularly in the High Street, Bells Road and seafront areas, and many will only stay afloat with all our support. Not everyone is able to resume even close to a normal lifestyle and activities, but if you are, don't forget "*use it or lose it*" when you are out and about in Gorleston.

Although the crisis is far from over and there is still a long way to go, there is plenty to be positive about, and living in Gorleston is a very great positive!

So, take care and stay safe,
and we'll meet again in September!



Ed.....



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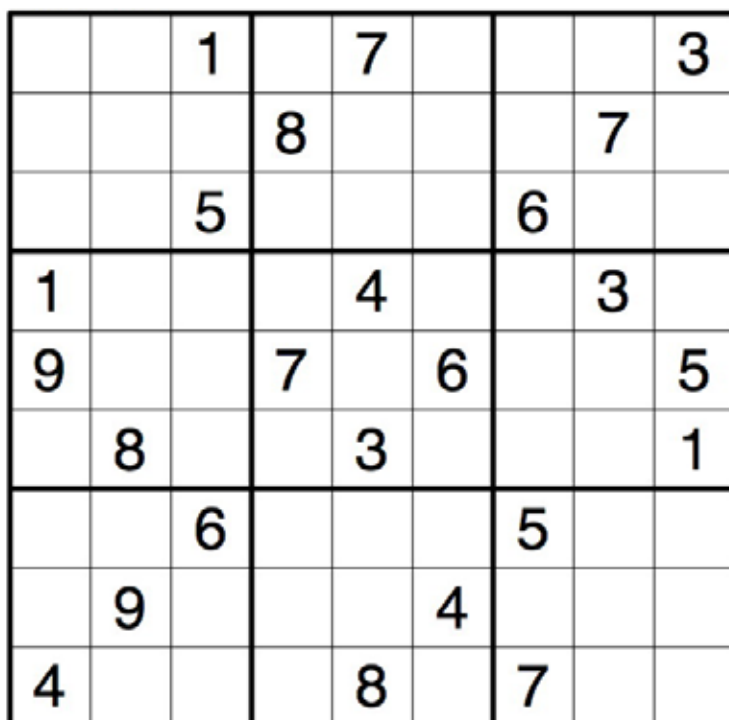
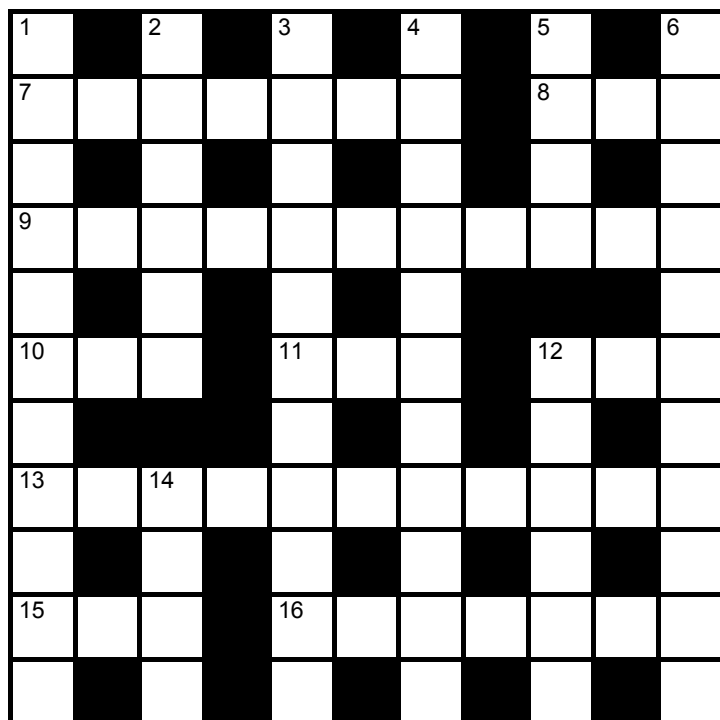
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Deadline for the September Issue is
Wednesday 12th August

Thanks to **Sally McBride**
for this month's front page picture

Gorleston Community Magazine is published by St Andrew's Church, Gorleston, and printed by Blackwell Print, Great Yarmouth. The views expressed in this magazine are not necessarily those of the publisher or the editors, and the acceptance of adverts does not indicate endorsement. All contributions are included and edited at the discretion of the editors. Please ensure all photos have the subject's permission.

Coffee Time 1



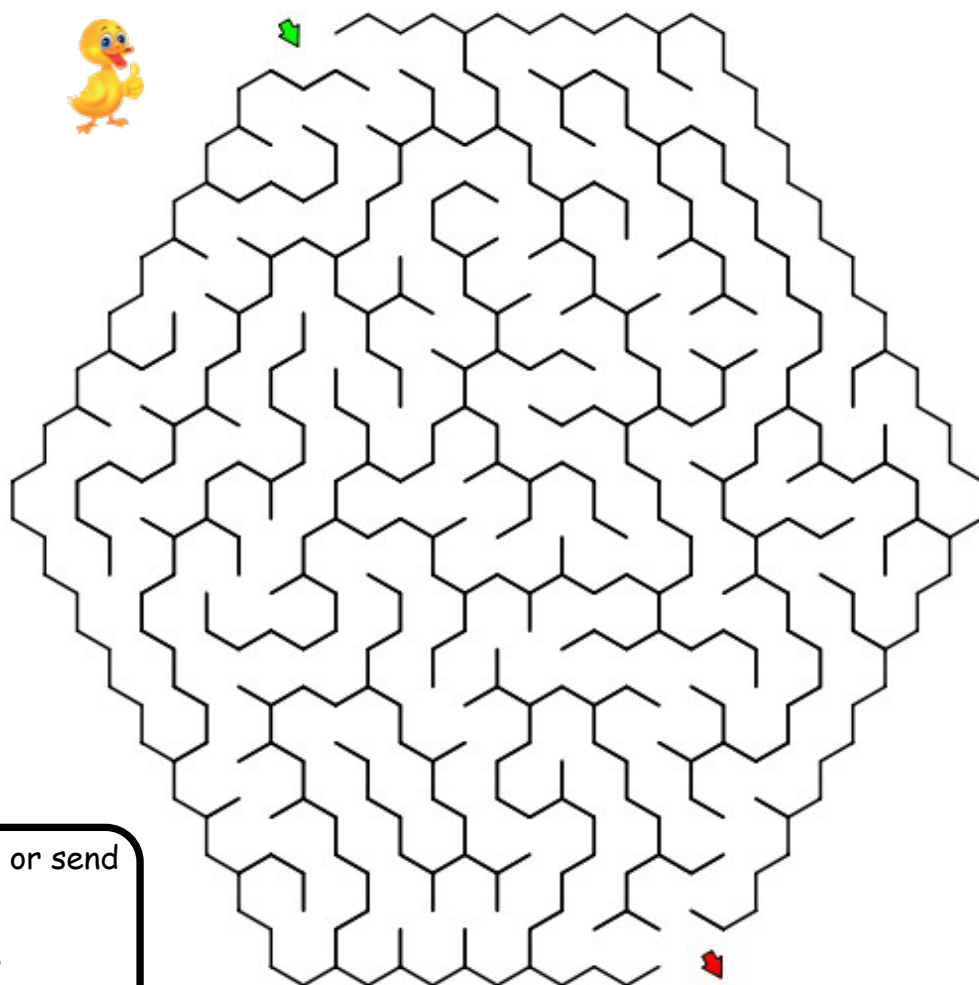
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The Rockin' Rev

Hope

When "lockdown" was imposed due to the corona-virus pandemic I started (and still continue) to post a time of prayer, Bible-reading and reflection on the St. Andrew's Church facebook page. These daily posts, Monday through Friday are about 15 minutes long. One of the themes I addressed in the days of these posts was the theme of hope.

Hope is a source of strength and encouragement. When we are trapped in a tunnel of uncertainty, hope points to the light at the end of the tunnel; when we are discouraged, hope lifts our spirits; when we are tempted to give up, hope keeps us going; when we are forced to sit back and wait, hope gives us patience; and when we say our final farewell to someone, hope gets us through our grief.

Thales of Miletus was a Greek mathematician, astronomer and philosopher. He was born in 624 BC and died in 546 BC, aged seventy-nine. Among his many noteworthy quotes, Thales said this about hope:

The most universal thing is hope, for hope stays with those who have nothing else.

Moving on hundreds of years, Saint Paul, in a period of tremendous change and personal loss, penned the inspiring words,

*And now these things remain:
faith, hope and love.*

Medical science has proved that people can endure almost limitless hardships - near starvation, physical and emotional abuse, and even long periods of sustained illness - as long as hope is alive in the heart of a person.

An article by Dr. Harold Wolff was published entitled, "What Hope Does for Man." In this article, Dr. Wolff discussed the importance of hope for those who underwent imprisonment in World War II. I quote:

In short, prolonged circumstances which are perceived as dangerous, as lonely, as hopeless,

Rev Brian Hall
Vicar of St Andrew's Church

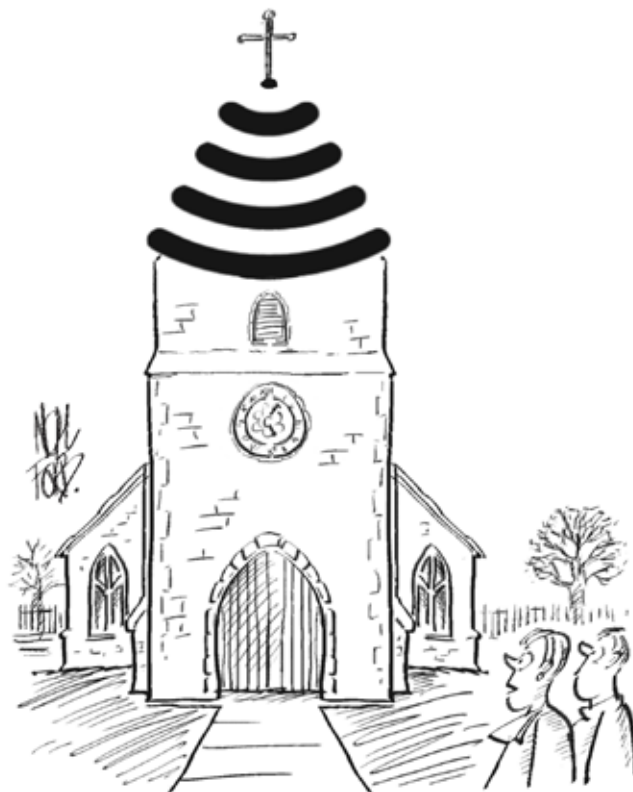


*may drain a man of hope and of his health;
but he is capable of enduring incredible
burdens and taking cruel punishment when
he has self esteem, hope, purpose, and belief
in his fellows.*

According to Dr. Harold Wolff, hope, like faith and a purpose in life, is medicinal. This is not merely a statement of belief, but a conclusion proved by meticulously controlled scientific experiment.

It's often said, "Where there is life there is hope." There is truth in that but the opposite is also true, "where there is hope there is life and where there is no hope there is no life"

Keep taking the "medicine" and be hopeful.



"Looks like they've introduced
contactless payments for their collections."

Monthly Recipe

from Fleetwoods Butchers

Creamy Chicken Korma

Preparation time - 30 mins

Cooking time - 10 to 30 mins

Serves 4



Ingredients

- 2 tbsp vegetable oil
- 1 large brown onion, chopped
- 4 whole cloves
- 4 cardamom pods, crushed
- 4 skinless, boneless chicken breasts, cut into bite-size pieces
- 3 garlic cloves, crushed
- 4 cm/1½in piece of fresh ginger, peeled and grated
- 1 tsp ground coriander
- ¼ tsp ground allspice
- 1½ tsp ground cumin
- ½ tsp ground turmeric
- 1 tsp mild chilli powder
- 2 tsp tomato purée
- 75g/3oz ground almonds
- 250ml/8fl oz chicken stock
- 200ml/7fl oz whipping cream
- salt and freshly ground black pepper
- 50g/2oz flaked almonds, toasted
- chopped coriander, to garnish (optional)

Method

1. Heat the oil in a large saucepan or frying pan. Once hot, fry the onion, cloves and cardamom pods for a few minutes until the onion begins to soften.
2. Add the chicken, garlic and ginger and, after frying for 4 minutes, add all the remaining spices. Stir around in the pan, allowing them to release their flavour into the chicken.
3. Add the tomato purée, ground almonds, stock and cream and bring to a simmer. Cook for about 15 minutes until reduced to the consistency of thick cream. Taste and add seasoning.
4. Scatter over the toasted almonds and chopped coriander, if using.



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



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GoSH

Gorleston-on-Sea Heritage Group

William Herbert Nurseryman and Florist

One of the many photographs in the GoSH Archive is this one of the retail shop run by William Herbert, a florist and nurseryman who many will remember had this florist's shop in Gorleston High Street (next door to The Feathers) and a nursery on Burgh Road. The photograph was professionally taken by the Gorleston photographer Miss Alice Yardley and shows Mr Herbert's shop at 127 High Street Gorleston lavishly decorated for what appears to be a Royal event.

Alice Yardley had taken over the established photographic studio of Alfred William Yallop at 197 and 198 High Street Gorleston in 1905, after Alfred Yallop acquired Miller's Royal Studio in Great Yarmouth. The last known trade directory entry found for Alice Yardley trading as a photographer at Gorleston is in Kelly's Norfolk of 1922. After this she moved to Wimborne in Dorset and ran her photographic business there. With this seventeen year date window it seems possible that the Royal event being celebrated by William Herbert was the Coronation of King George V and Queen Mary in June 1911.

William Herbert, who was born on the 1st January 1866 at Fineshade in Northamptonshire, brought his family to live in Gorleston around 1900. Initially they lived at number 64 Beccles Road and William opened a retail florist's shop on Regent Road, Great Yarmouth in a parade of shops built onto the south side of the old Theatre Royal. By 1911 William had opened another floristry shop at 127, High Street, Gorleston and the family, having moved from Beccles Road, lived over the shop. The 1911 Census confirms this and records the household residing at 127 High Street consisted of William, a "Nurseryman and Florist" age 45, his wife Alice age 42, their son Charles age 15 a "Nurseryman's Son working on Nursery", their daughter Mabel age 19 and Alice's widowed mother Maria Brown age 75. Before this in 1903 tragedy had struck the Herbert family when William and Alice's son Albert Ernest Herbert died age 10 in the Great Yarmouth Isolation Hospital on the 6th February of that year.

With the closure of the Theatre Royal in 1929 it is assumed that William Herbert was forced to relocate his Great Yarmouth branch. Kelly's Directory of Great Yarmouth of 1930/1931 records the business being further down the road at number 24 Regent Road. This appears

to be a shared property with motor cycle dealer Osman Atkinson.

Alice Herbert died in March 1944 and William died in February of 1945. The family continued trading as florists after World War 2 and Kelly's Great Yarmouth of 1948 records the business still at 127 High Street but the Great Yarmouth branch had moved to 115a Regent Road, this was a small shop behind Tom Green's Corner. Kelly's Great Yarmouth for 1965 appears to be the last trade directory entry found for the business that had traded in Gorleston High Street for over 50 years.

Gorleston-on-Sea Heritage Group is not currently meeting because of the Coronavirus outbreak. Please visit our website for further updates.

<https://gorleston-on-sea-heritage-group.webnode.com/>



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Gorleston Links Bowls Club



Slowly bowls clubs across the country are starting to open for club roll-ups. All are adhering to strict social distancing rules and the disinfecting of mats and jacks. At Gorleston we at The Links share the 2 greens with two other clubs and so after discussions with the council we each have an allocated 2 hour slot each day for our club to play singles or pairs. We can use up to 3 rinks on each green ensuring that there is an empty rink between us and the next players. This has been working well and a lot of our members are back enjoying the fresh air, exercise and socialising. From the beginning of July we have started a pairs competition in-house which is being played in a round robin format. There are 12 teams so we each play 11 games. This should carry through until September when the greens will close for the end of season.

We are now starting to return to work and even those of us who were shielding are getting out and about more. I'm sure that like me you may have come across some tips on how to do household chores more effectively using less chemicals in the cleaners we use or resurrecting some old fashioned remedies. Here are just a few that I have found effective;

Keep tomatoes at room temperature for a fuller flavour.

Keep onions in the fridge. Your eyes won't water when you take them out and are chopping them.

To sharpen your scissors use them to cut into tinfoil several times.

To de-scale your kettle, boil half a kettle of water and then add 1 tablespoon of citric acid. Allow to fizz and stand for about 15 minutes. When lime-scale is dissolved empty kettle and refill and boil twice to remove any residue and you will have a sparkly clean kettle.

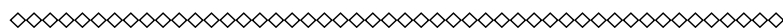
If you have bought locally grown cherries then keep the pips and freeze for 10 weeks. Defrost and pop into pots of compost and after about 3 weeks you will have the beginnings of your own cherry trees.

Keep flies out of the house by taking a Ziplok bag and half fill with water. Add a few coins e.g. 1p, 2p, and 5p coins. Remove the air and seal. Place by back door or window either on the ground or hanging up. No more flies. I don't know how but it really works.

If you get blood stains on clothing etc dab affected area with some milk and leave to soak for a few minutes. Then rub the area and blood should dissolve. For more dried on or stubborn areas you may need to repeat the process. Then wash the garment as normal.

Clean the microwave with half a bowl of water with lemon slices added. Cook on full power for about 5 minutes. Remove the bowl and wipe inside the microwave with a soft damp cloth. The steam and lemon will loosen all grease and baked on food splashes and your microwave will be clean and smell fresh.

Hope you find some of these effective for you. Enjoy the summer and keep safe everyone until next month.



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Although The Louise Hamilton Centre is closed for face to face appointments and support we remain open during these unprecedented times to those affected by a life limiting or debilitating illness or for their family carer and loved ones.

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Home Learning Stories



Over lockdown, our wonderful families have continued to send us photographs of the fun learning activities they've been keeping busy with. There has been school work to do, plus exercising, cooking, crafts, experiments, games, and more!



We are very proud of all of our students and their families, and of our staff members, for all their hard work, creativity, patience, and kindness during this unprecedented time.

At the Academies



With three year groups being welcomed back from the beginning of June, we've been adjusting to a new kind of life at the academies.

Social distancing measures are in place, plus lots of

cleaning, hand washing, and learning 'bubbles'. But none of this has stopped us from having a great time learning!



Students Raise Money for Charity



A year 6 pupil, Tilly, has raised an astonishing £340 for the Make A Wish Foundation by cycling a total of 150.7 miles during the month of May! Here she is holding her fundraising certificate, and



cycling Race At Your Pace certificate and medal.

One of our Year 2 pupils, Sammy, recently ran 5K to help raise money for Banham Zoo and Africa Alive! Here he is with the brilliant zoo themed medal he was awarded for his hard work.

Well done to both of you!



As we finish this academic year, we would like to say a huge 'thank you' to everyone in our academy family. We are very much looking forward to seeing you in September!





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Hair We Are



What a strange time we are living in!! I have to wonder if things will ever be the same again!!

Since receiving the news that July 4th was going to be the opening day for hairdressing salons, it really has been nonstop for us.

The first thing we had to do was to split the Fusion team into two and arrange two rotas; there were two main reasons for this. One was quite simple, it would enable us to make sure we could adhere to the social distancing rules, meaning clients and our stylists could have the luxury of operating in a safe way....but most importantly the other reason was if a client was to contract the Coronavirus within two weeks of visiting the salon, with the new track and trace system, if that client was traced back and it was found that they had been in Fusion, all the staff working in the salon at that particular time could immediately be put into isolation and not able to work, this obviously would cause us a real problem and may cause us to have to shut down again!!

We then had to provide staff with their PPE equipment, which was a visor, mask and gloves, the difficulty was to plan how we were going to operate the salon with social distancing. Heidi Parker was our PPE manager and credit to Heidi she soon sussed out a plan where we could operate a one way system around the salon.

At this stage beauty was not allowed to open, so that gave us another 2 rooms that we could open up for 1 stylist and 1 client to fill if necessary. In all, with training being suspended for a week and the addition of the team room, that gave us 4 separate rooms to use for stylists and clients, needed and necessary for clients that felt vulnerable and didn't want to be on the salon floor with other clients. We also offered a pickup service and entrance to the rooms through a private entrance at the rear of the salon. With this plan all in place we were able to open on a 2 team rota system of 9 stylists on each rota, 5 on the shop floor and 4 in rooms with their clients if required.

Once we had decided on the times of the rotas, which were 8:00am to 2:30pm and then 3:00pm to 9:00pm, with a deep clean of the salon between 2:30pm and 3:00pm, Mon to Saturday, we also decided to open Sundays from 09:00am to 4:00pm, which have surprisingly, for the middle of the summer proved to be very busy. The next thing was to get the stylists to call their clients to see if they needed an appointment, and boy did they!! With the incoming phone lines also being red hot and our receptionists Kaz and Sarah constantly answering calls, in the week before we opened we took 741 (seven hundred and forty one) bookings, spread over the 3 week period starting on Saturday July 4th.

It was then the turn of the clients to have their PPE pack sorted, we decided to provide each client with a disposable PPE pack, consisting of a disposable gown, mask and towel,

with each stylist having a disposable apron, all served up in a disposable Fusion bag. When the client enters the salon they get presented with that PPE pack and they also have to sanitise their hands, from the hand sanitising station, provided by Simon Clarke and Ezeesan Ltd, and also have their temperature checked, which has to be recorded on each client's notes, in case of a track and trace issue should they or someone they come in contact with eventually get the virus.

We also put all the 6 assistants on a rota system so that they were available to help with the cleaning and keeping the salon sanitised and clean (bless them) and what a great job they have all done in the first week of opening.

So..... we were ready, all the necessary checks were done, Spa area working well, including the hot water..... Saturday July 4th came and we opened at 08:00am that Saturday morning. I have to say a big thank you to all the staff leading up to opening (would be unfair to pick out any individual as everybody did their bit and we are a team who work together). It went like clockwork with fantastic comments from clients who all said they felt safe in the environment and not one complaint. We even had a number of environmental officers visit the salon, on their daily High Street trip, checking the salon, and we even got a well done and even an excellent from one officer.

I am now writing this after completing the first week of opening and I have to report an excellent week, with all clients booked in turning up, guess they were all desperate to get their hair done.

In all, on the first week of opening, we had 397 clients through our door and serviced, a magnificent effort from the whole team.....so a big thank you from Tanya and myself to everyone....let's just hope the second week goes as well.

I can't sign off though, without putting my GTA (Gorleston Traders Association) head on and expressing my disappointment at the outside world with their behaviour to the social distancing rules. I have watched the TV in despair at Bournemouth Beach, riots in London and football fans totally ignoring the social distancing rules, of course with all these people congregating together and no public toilets open, it was going to head to a disaster. Forget the social distancing for a minute but the actual congregations of these amount of people getting together was a health hazard of its own!!! To hear reports of people actually going to the toilet in Kentucky fried chicken boxes, let alone those that



must have urinated in the sea over the course of a hot day does not even bear thinking about!!

My point to bringing these issues up is this..... We have social distancing rules in place in the High Street in Gorleston, with no parking and a one way pedestrian system. I never realised how hard it was going to be to get people to adhere to these rules, cars parking on pavements and in loading bays at busy times of the day, people just walking where they like! God forbid it if you say something to them with a flippant reply with remarks like "I am only going one way!!" Or something a lot ruder!!...absolutely no need for any of it.....they are all just being selfish people, there are still vulnerable people about who have been locked away in isolation for 3 months and have looked forward to the day they can come out and do some shopping for themselves..... only to see people flouting the laws that have been put in place to protect the vulnerable. This in turn means that more people are staying at home because of these issues, which also is hitting trade for shops on the High Street. We....as Fusion and other hairdressers are ok and not hit quite so bad as we are working to an appointment system, so clients have booked and come directly to us, but other shops that rely on daily trade like butchers etc are being hit hard by less people being out on the High Street now than when shops were shut.... Come on Gorlestoners let's help these businesses get back on track and obey the rules it really is not that difficult to help....is it!!! ????

It would certainly help I feel if there was a lot more discipline from governing bodies like the council etc. It does not seem right that an environmental officer can walk into any shop down Gorleston High Street and if that shop is not adhering to the rules as laid out by the government, they can just shut them down, yet out on the High Street itself no action being taken against people flouting the laws!!

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Coffee Time 2

Quiz

1. A man is four times as old as his son. 10 years later, the man will be three times as old as his son. What is the man's current age?
2. Which type of pasta's name means "little worms"?
3. Tripe, popular in the North of England, is what?
4. Who became Prime Minister of Britain in 1916?
5. What is the third most common gas in the earth's atmosphere after Nitrogen and Oxygen?

ZOOM

What is this familiar food?



Where in Gorleston?



Anagrams

Solve the anagrams below to find well-known meals:

1. Sporty Chains
2. Bad Man Gnashers
3. Farewell Use Choice
4. Naked Keen Sapidity
5. Nuke Bad Squabble

Duck Hunt



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

Quotes

Who said.....?

"Your present circumstances don't determine where you can go; they merely determine where you start."

SNIP

Which advert in the magazine is this snip taken from?



Richard Routledge



Working at Thomas Traddles taught me many things. The biggest thing was to have a hard skin and be able to laugh at yourself, and with boss Mick and sidekick Reece it was tough love and they did not take no prisoners!!

Nothing escaped them from your hair, your music, your friends and how you dressed. Now I know that sounds odd working in a fashion shop, but with my friends we were into Northern soul, so we wore very wide (30" bottoms) trousers with a high waist and bowling shirts.

One day my new jeans arrived from Spencers in the midlands who did them made to measure, 30" bottoms, 8 pleats on the waist band and flat back pockets and I could not wait to show Mick and Reece.

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I took them out of the bag and went into the fitting room to put them on. I pulled back the curtain and waited for the "they look cool".

This was not good, it was a stunned silence then loud laughter that did not stop for what seemed like ages.

"What the bleep are you wearing...." and "nice skirt" followed by more laughing and "he saw you coming" and more laughing.

I was mortified and crushed and quickly got changed and popped into the kitchen out of their way to make the tea.

Lesson to come a few weeks later. Little Mick the manager was slowly cashing up. In popped a very small person from the circus.

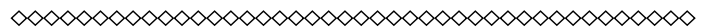
"I need some trousers, I'll have a quick look". I popped in the back to wash up and have a tidy up, and after about 15 minutes came back out and without thinking said "Hey Mick has short ass gone?" "No" boomed a voice from round the corner by the trousers!!!

He was still there, luckily saw the funny side and taught me to check before opening my big mouth.

Next time I'll tell you about the fun we had at trade shows and the big shop move.

Find Richard and What Is Hip on Facebook at:

<https://www.facebook.com/WhatisHipGLSTN/>



F15

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Kids' Corner

Colouring
Fun



Topical

On the **28th of August 1963**, **Martin Luther King**, the American civil rights campaigner made his famous '**I have a dream**' speech.

It included these words:

"When we allow freedom to ring-when we let it ring from every city and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old spiritual song, "Free at last, Free at last, Great God almighty, we are free at last."

Bible thought:

Isaiah 1:16-18

Learn to do right! Seek justice, relieve the oppressed, and correct the oppressor. Defend the fatherless, plead for the widow.

Code Breaker

If A is 1, B is 2, C is 3 and so on, work out the words for 'August' in these other Languages:

Chinese: 2, 1, 25, 21, 5

.....

Swedish: 1, 21, 7, 21, 19, 20, 9

.....

French: 1, 15, 21, 20

.....

Portuguese: 1, 7, 15, 19, 20, 15

.....

Croatian: 11, 15, 12, 15, 22, 15, 20

.....

Czech: 15, 14, 16, 5, 14

.....

Dutch: 1, 21, 7, 21, 19, 20, 21, 15

.....

Finnish: 5, 12, 15, 11, 21, 21

.....

Hungarian: 1, 21, 7, 21, 19, 26, 20, 21, 15

.....

Polish: 15, 9, 5, 14, 16, 9, 5, 15

.....

Did you know?

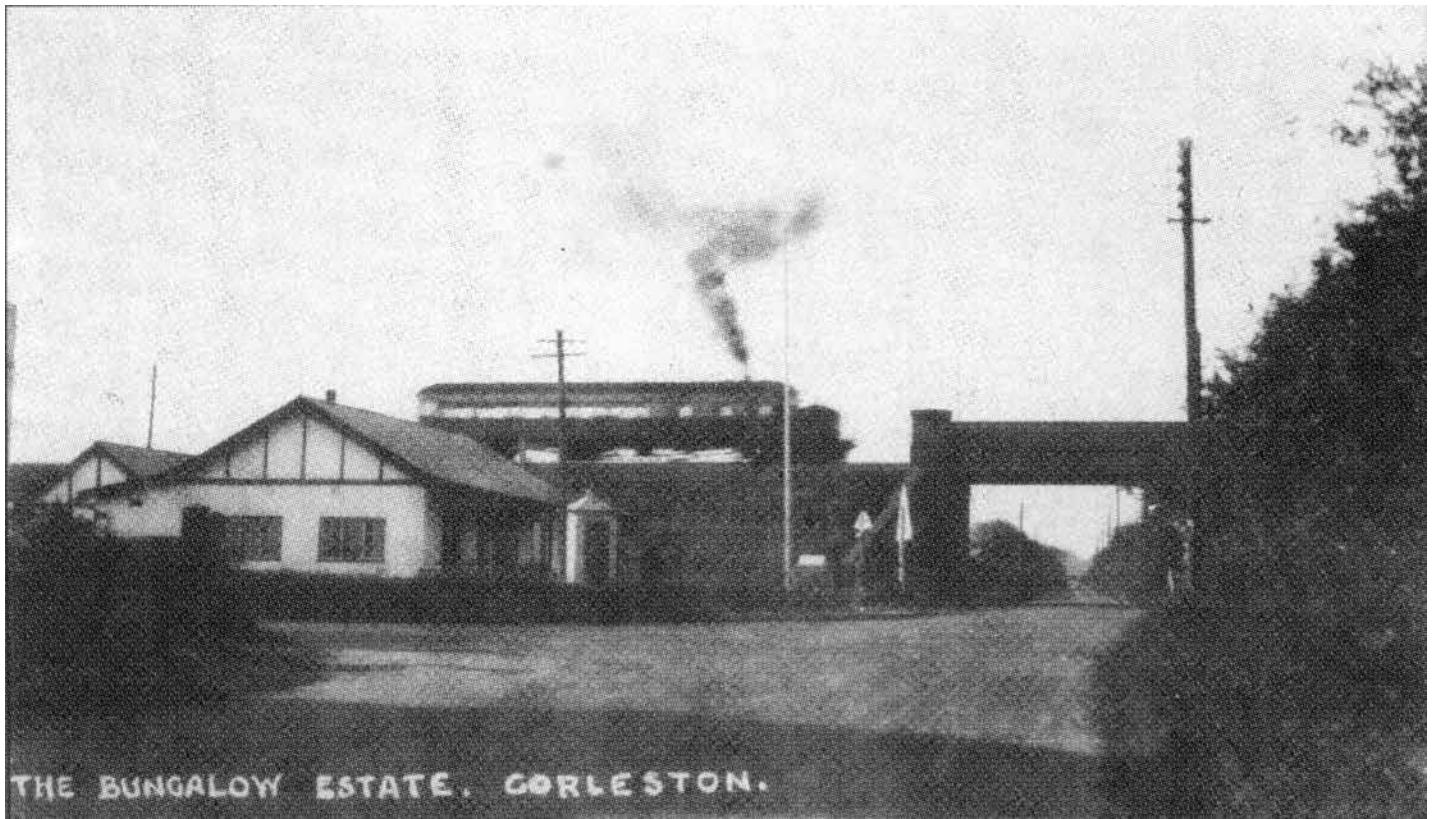
During August, the **Notting Hill Carnival** takes place. It features a colourful procession, elaborate and extravagant costumes and the music of many steel bands. It originated during the 1960s as a way of celebrating and maintaining the cultural traditions of the Caribbean immigrants who live in and around the Notting Hill area.



About 8 years before Jesus was born, the Romans named the sixth month of their calendar 'August' after their Emperor Augustus Ceaser. He was the man who ordered a census requiring people to return to their home towns to be registered. That is how Mary and Joseph ended up in Bethlehem where Jesus was born.

Gorleston Then & Now

by John McBride



The LNER Clayton Steam Railcar is about to pass over Links Road, having just passed behind the 'Bungalow Shop' on the Yarmouth to Lowestoft line. Once the train has crossed the bridge it will be entering Links Halt, opened in 1914 for golfers to reach the golf course. The road going to the left in front of the shop is Warren Road. The date is sometime during the 1930's.

The same view in 2019 shows the whole area is now housing, the railway bridge, station and embankment are gone without trace. The only obvious sign of there having been a railway in this area, is the road bridge in Bridge Road, which passes over the track bed now used as a footpath and cycle way.





Opening THE Book

with
**Reverend
John Kinchin-Smith**

Last month we considered the question, “Why did the coronavirus pandemic happen?” We discovered that the Bible does help to explain why, and indeed, why other terrible things happen such as poverty, disease and war. The Bible teaches that misery, suffering and pain are the natural and inevitable consequences of human selfishness – what the Bible calls “SIN”. What the Bible, especially the Old Testament, refers to as “God’s judgement upon human sin”, is never God’s will. Whenever bad things happen to the people of Israel in the Bible, God’s hope is that their self-inflicted suffering will bring them to their senses and bring them back to him. The Bible calls this “REPENTANCE”. And time and time again, the people of the Bible are given the choice: “This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life.” (Deuteronomy chapter 30 verses 19-20).

Sadly, the people of Israel, the nation God had chosen to be in a unique and special relationship to himself, never succeeded in fulfilling their calling and destiny. God had chosen the people of Israel through their ancestor Abraham in about 1800BC: “I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.”

The Lord God could have written off Israel and, indeed, all the people of the earth. But the Bible reveals the perfect character of God, and his desire to bless and not curse, in the person of Jesus of Nazareth. The Bible teaches that only Jesus, a child of Israel, perfectly fulfilled God’s purposes and the calling of the nation. As becomes clear throughout the New Testament, God was himself in Jesus “reconciling the world to himself...not counting people’s sins against them” (2 Corinthians chapter 5 verse 19). And “God demonstrates his own love for us in this: while we were still sinners, Christ died for us” (Romans chapter 5 verse 8).



ENSFC

East Norfolk Sixth Form College is celebrating a trio of successes in the UEA BTEC Stars of the East Awards 2020.

This is a fantastic achievement for the winners who were up against entries from across the Eastern region.

Terri Kemp was named BTEC Teacher of the Year, which is an amazing accolade and once again highlights the amazing staff at EN.



Terri was nominated by a student who describes her as 'an incredible teacher who goes above and beyond for her students. No two lessons are the same and are all taught with a smile. Terri always ensures that her students are happy and healthy both in and out of college, consistently encouraging her students in everything they do and offering extra

support where needed.'

Terri was also recognised for the support she has offered to students throughout the Covid-19 pandemic, where some students have needed a bit of extra help and support.

Student Jasmin Honour was named Sports Learner of the Year and fellow student Abigail Bell was named runner-up in the same category.

Jasmin was nominated by Sports Teacher Chris Duffy, who said: "Jasmin is an exceptional learner who has worked incredibly hard on the BTEC National Extended Diploma in Sport (RQF) for the last 2 years. Jasmin is a role model to her peers and will always offer help and advice should they need it. Her work is detailed, completed well in advance of deadlines and generally is the standard of a university student. In lessons she is always fully focused, enthusiastic and completes tasks (even extension tasks) well ahead of her peers. Her desire to continuously improve is perhaps her most impressive trait and certainly something that has helped her reach the level she has."

Jasmin said: "I'm delighted to have won BTEC Sport Learner of the year. I have thoroughly enjoyed studying at East Norfolk and it has given me the confidence to continue on to do a sport degree, which I am looking forward to starting in September. Thank you to all of my teachers, Chris, Pauline, Ryan and Jamie for two wonderful years!"

Everyone at EN is delighted and proud of the winners and runner-up for their amazing achievements.





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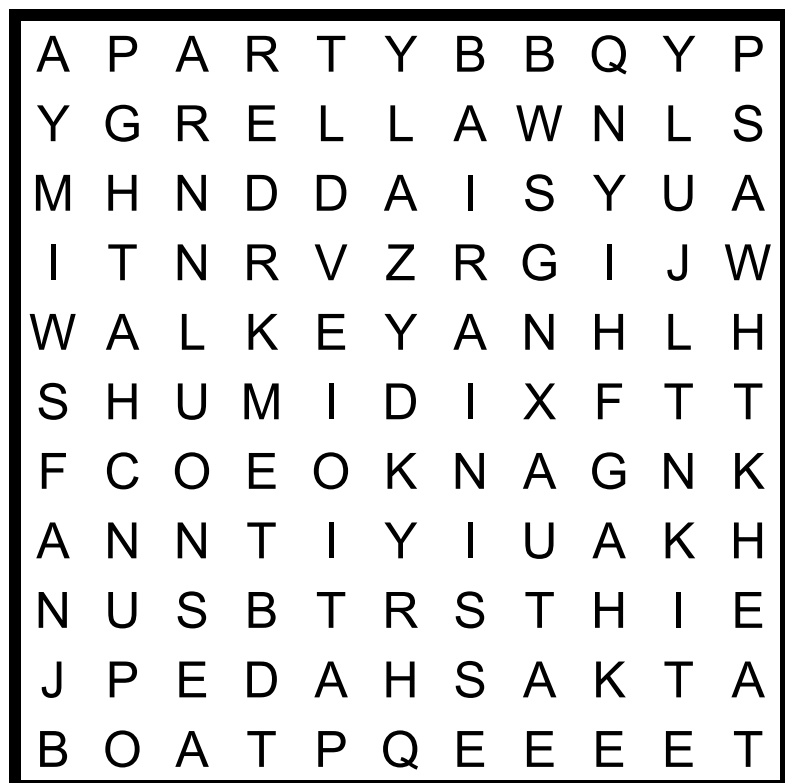

Audiologists

More Coffee Time!

Wordsearch

Can you find the words listed below?
Words occur in the grid forwards, backwards and diagonally.

Summer

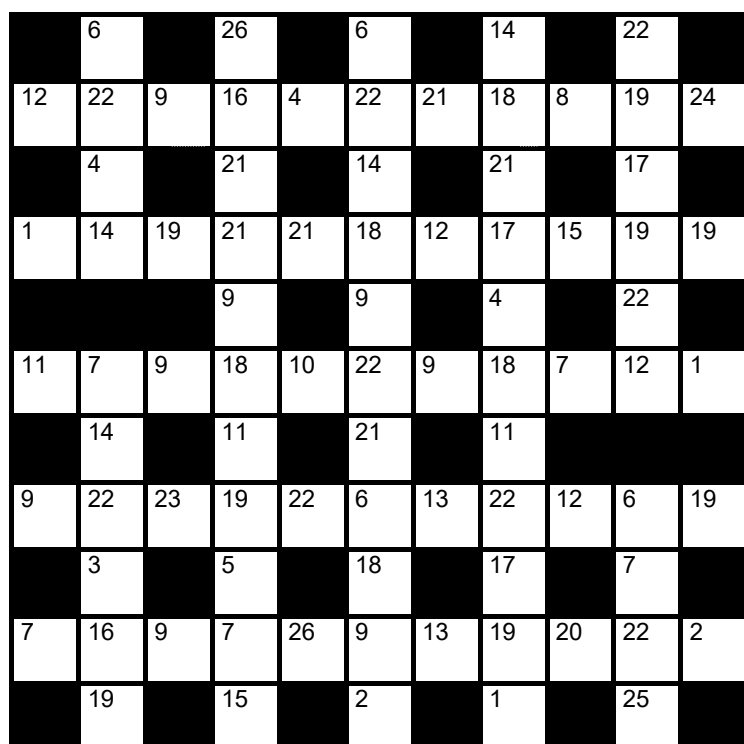


Allergy	Hot	Rain
Ant	Humid	Sand
BBQ	July	Sea
Bikini	June	Shade
Boat	Kite	Sun
Daisy	Lawn	Swim
Easy	Lazy	Tan
Fair	Light	Tent
Fan	Party	Thunder
Heat	Patio	Walk
Hike	Punch	Wasp



Codebreaker

Every white square is numbered from 1 to 26, with the numbers corresponding to letters of the alphabet. Use your knowledge of words to work out where letters go, completing both the grid and code boxes, and using every letter of the alphabet.



1	2	3	4	5	6
---	---	---	---	---	---

7	8	9	T	10	11
---	---	---	----------	----	----

12	13	14	15	16
----	----	----	----	----

17	18	I	19	E	20	21
----	----	----------	----	----------	----	----

22	23	24	25	26
----	----	----	----	----

A B C D E F G H **I** J K L M
N O P Q R S **T** U V W X Y Z

Thrigby Hall Wildlife Garden is Safely Reopening

The animals and staff at Thrigby have really missed their visitors during lockdown. They are fortunate enough to be a predominately outdoor space so visitors can enjoy seeing the animals whilst enjoying the fresh air and beautiful grounds of Thrigby Hall.

The safety and welfare of our visitors, staff and animals is their top priority, and many safety measures have been implemented to ensure the safest experience possible for everyone.

Keep reading to find out more about your new experience at Thrigby Hall and how they are working hard to keep everybody safe:

When will Thrigby Hall reopen?

Thrigby Hall will reopen on Saturday 4th July to all visitors.

*If you are a season ticket holder then please bring your valid season ticket with you. If it has expired during the period of closure then this is still classed as valid. All season tickets will be exchanged for a new ticket with an extended expiry date.

*Bookings are time and date specified only and are **non-refundable** except if the Gardens are closed.

Opening times

The Park will be open every day from 10am. Last entry will be at 4pm and the park will close at 5pm. The car park gates will be locked at 6pm.

How to book

- Book via the online tickets system on their website www.thrigbyhall.com
- They are limiting the number of visitors per day so that we can safely manage people and ensure physical distancing. We recommend you book your visit early.
- All visitors, including members and children under 3 years old, will need to pre-book tickets online to ensure that we can safely manage numbers.
- Tickets are free to members and children under 3 years old.
- When booking you will need to select an arrival time slots. We ask that you stick to your allocated arrival time slot as entry to the park cannot be guaranteed if you miss it. This is so we can keep queuing to a minimum.
- When booking online you will be required to create an account, in order to proceed beyond the checkout, if you have not purchased tickets online with us before
- If you are not able to print your tickets it is possible for you to show us the confirmation email, on your mobile phone, at the admissions desk. If you do not have a



mobile phone, please bring your booking reference with you.

Your arrival

Visitors are only permitted to enter Thrigby Hall at the arrival time slot they have booked however the arrival time does not affect the length of time you can stay for your visit.

Our facilities

- Toilets are available.
- Baby changing facilities will be available in the toilets.
- Cockatoo Café will offer takeaway options, with limited outside seating available only.
- Visitors are welcome to bring their own picnics and picnic blankets/chairs.
- Contactless payments are preferred, wherever possible.

Staying safe

- Face coverings are not mandatory however if you feel more comfortable wearing a face mask then please feel free to do so for your own peace of mind.
- Protective screening has been installed at contact points, including the entrance kiosk, shop and café tills.
- Additional signage has been added to remind staff and visitors of social distancing and handwashing guidelines.
- Additional hand sanitiser points have been implemented around the park.
- Regular cleaning will be carried out across the entire

park.

- Please avoid touching any of the glass surfaces around the enclosures.
- Please do not visit if you are experiencing symptoms of COVID-19 or have any underlying health conditions that may put you at risk. If you are vulnerable in any way, it is your responsibility to make the right choice for yourself and others around you. Please follow the advice given at <https://www.gov.uk/coronavirus>

Navigating the park

- There will be a one way route around the park. There will also be separate entry and exit lanes at the main entrance for visitors to enter and leave the park safely.
- The gift shop will have a one way system in place.
- The Swamp House and Forest House will open from 4th July. Please maintain social distancing in the indoor areas and use the hand sanitiser that we have provided.

- All outdoor play areas will open on 4th July. The 3d Maze and undercover soft play areas will remain closed.
- Public Feed talks are currently suspended.

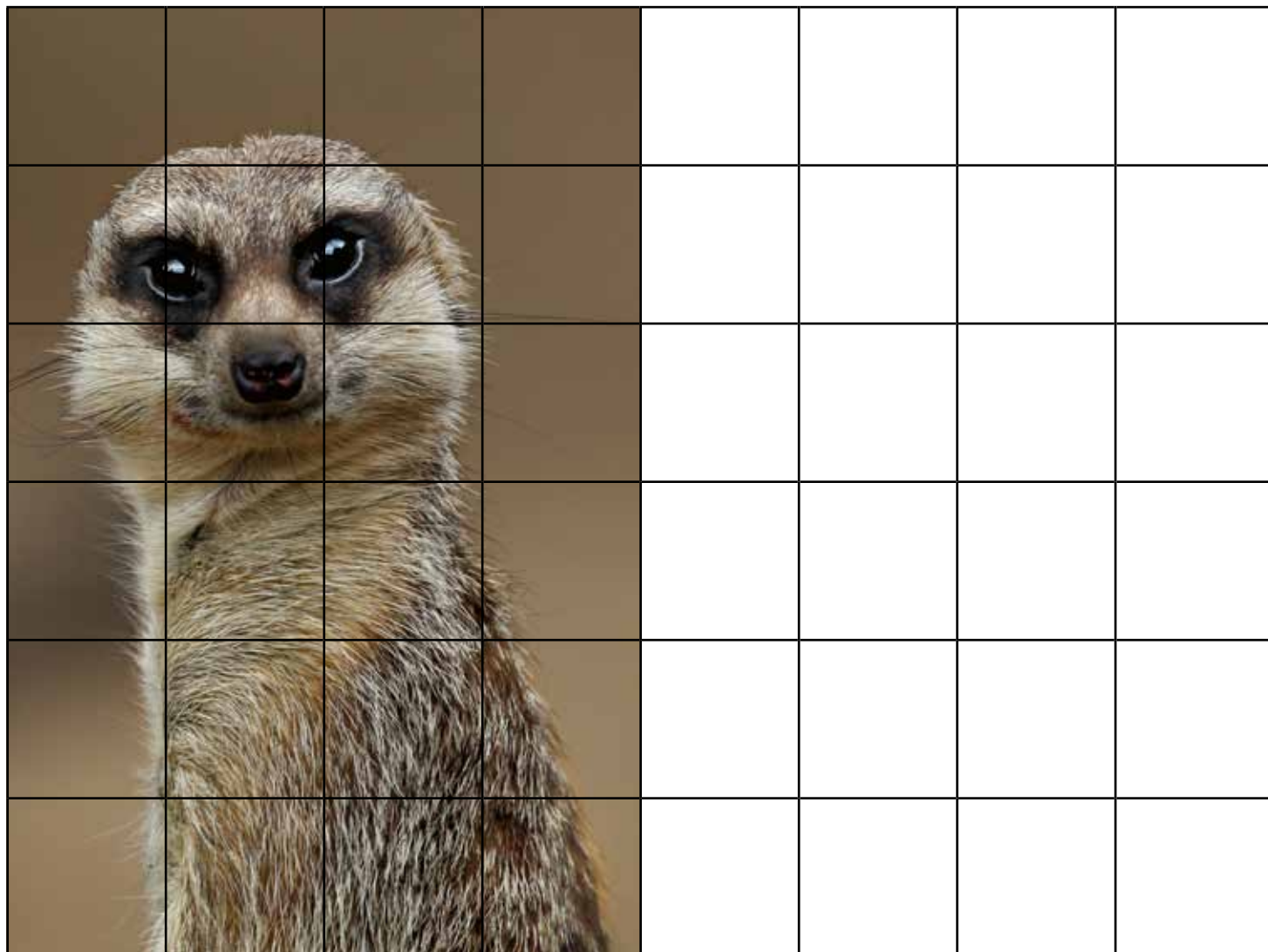
The guidelines are changing on a regular basis and we are following them closely and will keep working hard to react to any changes as quickly as we can.

Season Tickets

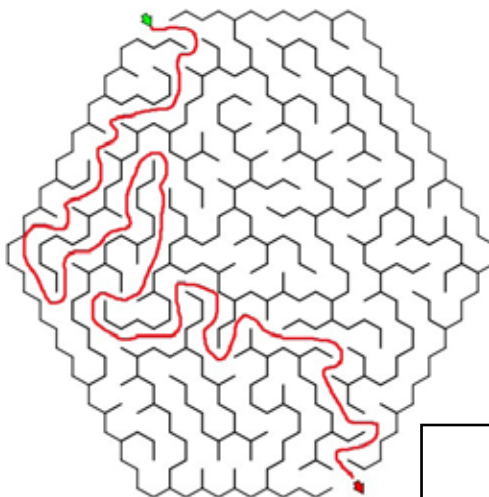
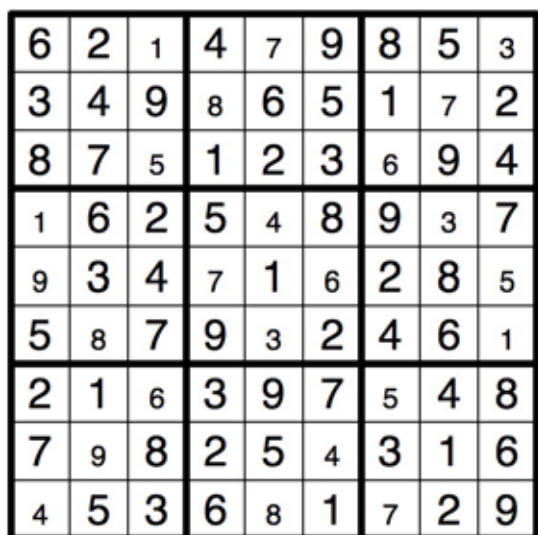
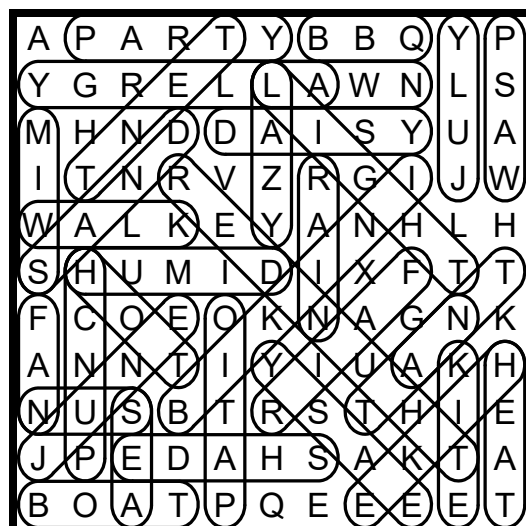
Valid Season Tickets will be extended to cover the period of time that we have been closed. Any tickets the expired during the period of closure will also be extended to ensure that our valued Season Ticket Holders are not disadvantaged. Please bring your Season Ticket with you so that we can issue a new pass with the extended date on.

If you are not currently a Season Ticket Holder but would like to purchase one then they are available to purchase via the online ticket booking system at www.thrigbyhall.com

Thrigby Hall Wildlife Drawing challenge for all ages!



Coffee Time Answers



ZOOM



Quotes:

Nido Qubein

SNIP:

MK Solutions

Anagrams:

1. Cornish Pasty
2. Bangers And Mash
3. Cauliflower Cheese
4. Steak and Kidney Pie
5. Bubble And Squeak

Duck Hunt:

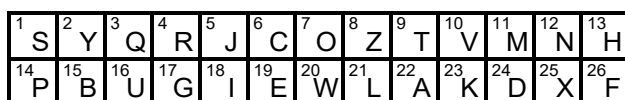
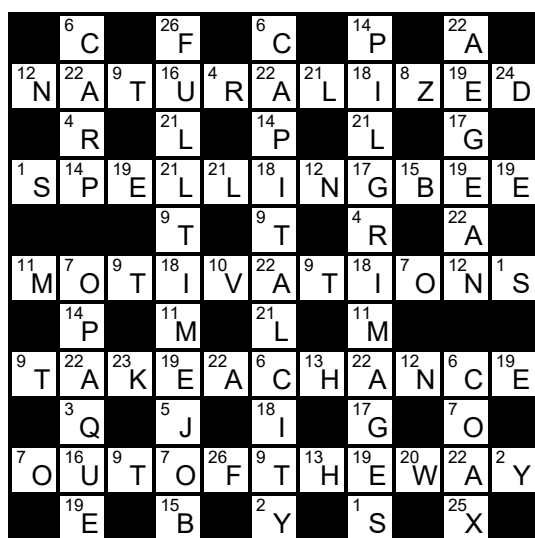
8

Where in Gorleston?

Middleton Gardens

Quiz:

1. 80
2. Vermicelli
3. The stomach, usually of a cow
4. Lloyd George
5. Argon



Gorleston FC



At the time of writing there is still no news on when the new season will begin with the FA saying it can only start when spectators are allowed.

However, the management are building their squad in readiness and hope of a September kick off.

Connor Deeks has returned to Emerald Park after three seasons at Southern League Premier Division Central side, Lowestoft Town. Deeks previously played for Gorleston 15 times in 2017, scoring 11 goals.

"I've already seen the progress that's being made at the club, with the new chairman coming in, he has high hopes for the new season"

On setting goals for the new season Deeks said "It would be great to win a trophy with my local club, I haven't really won much in my career and I want to change that with Gorleston."

Joint Managers Ricci & Scott Butler are delighted to see Deeks return to the Greens.

"I am lucky enough to have worked with Connor a few times before, so I know the quality & enjoyment he can bring to a club," said Ricci. "To bring Connor to the club is a massive coup for all."

"What Connor brings to the pitch is what a lot of other players aspire to be," Scott added. "He'll score goals, create goals and be a leader on and off the pitch".

Another player coming back to Emerald Park is Steve Taylor who has signed from Mulbarton FC.

Steve played an integral part in Mulbarton's success last term competing 27 of their 28 games.

We look forward to seeing Steve replicate that success here at Emerald Park in the 2020/21 season.

Ricci was pleased with the signing. "To be able to attract a player of Steve's experience & quality is a statement of intent from Gorleston Football Club. Steve has certainly been one of the most consistent performers with Norfolk football for the last 10 years and we are absolutely delighted

to capture such a highly talented and well thought of player."

Taylor already has 204 Gorleston appearances to his name and scored 20 goals.

Two new signings have been made. Stephen Vennell has been signed from Hingham Athletic. He was described by Ricci as an old-school type central defender who will put his body on the line.

The club are also delighted to welcome Dan Hogston to Emerald Park. Dan spent last season with Norwich CBS and the season before that at Fakenham Town.

Many of last season's squad have committed for the season: Taurean Molloy, David Shade, Alex Kounnas, Isaac Burrage, George Yusuff, Keith Vincent, Kyle Ingram, Luke Goreham, Mitch McKay, Jordan Stanton, Aaron Sanders, Robbie Malone, Marcus Dunthorpe, Joel Watts and Connor Ingram.

The club have continued to build off the field too.

Arren Howarth has agreed to take on a new role within the club as Player Liaison Officer.

Arren will be working with the Firsts, Reserves & A Team to provide support and guidance to each player throughout the season and organise a series of workshops. The football club feel they have a duty to the players to raise the awareness of mental & physical wellbeing and to provide support where they can.

Also, Francine Butler will take up the role of Parent Liaison Officer with immediate effect. Francine has a Ba (Hons) in Psychology and sociology and will support the wellbeing of our 250 players and parents/guardians while they represent the football club.

The club has a brand new website at www.gorlestonfc.com where you can sponsor players, matches or purchase advertising. Last month's winners of the GoLD draw were Kenny Philpott and Julie Kounnas. For further details on how to join the draw, email Dave on gorlestonfootballclub@hotmail.co.uk.

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**WHAT
IS
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NR31 6RQ
Tel: 01493 652774
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Richard Routledge

Ormiston Venture Academy

Venture “Cracks” the Unlock Cyber Challenge!

A team of 4 Ormiston Venture Students from year 8 took part in the Unlock Cyber Challenge, organized by Unlock Cyber and powered by Immersive Labs on 24th June between 10am and 12pm. This was a nationwide competition to test students' Cyber skills and gave them challenges to use their Computer Science knowledge to crack various cyber challenges, with a prize for the top scoring team. This was the first time Venture had entered into this competition and our year 8 team won first place out of over 120 students!

The students had been given a practice set by Immersive Labs where they could try out different challenges to get used to the online format before the competition started.

The challenge was a 2 hour team challenge where all four in each team were given the same tasks and needed to work together to decipher the differing levels of tasks in the set time. The competition this year has been changed to an Online Challenge due to the Covid Situation.

There were around 30 schools and over 120 students that took part. Our Venture students that took part were, Megan Beales, Lilly Bennett, Bethany Cooper and Dominic Dlugosz. They had worked together the week before on their practice tasks and really enjoyed the challenge. All four were nervous about the competition as this was the first time that Venture had taken part in this challenge and their first-time taking part in a Computer Science Competition.

All four worked really hard together and went through each challenge methodically and completed many questions on each four of the challenges. Once the competition was over, we had a nervous few days wait for the results as they were so close that longer time was needed to closely analyse the scores. A few days later the results were published and Ormiston Venture were the winning team!

Bethany, one of the year 8 team members said “The Unlock Cyber Challenge was a fun and creative way to get us involved and learn new skills. The different tasks had a range of skills needed, so by working in a group, we were able to combine our own skills and work through the tasks together. It was a great idea and I would definitely do it again”

Lilly another team member said “The Cyber Challenge was a very fun challenge, it got us working in teams and finding our weak points and strong points to best complete the tasks together”

Elaine Brown from Unlock Cyber said “Unlock Cyber is an employer-led initiative aimed at raising awareness and developing activities to inspire students to explore cyber in a fun and engaging way. We were delighted to have the opportunity to work with Immersive Labs in creating this competition, which we hope will become an annual national event. Cyber offers great career



Unlock Cyber Challenge
Wednesday 24 June
Powered by



Amazon vouchers provided by



opportunities especially for people with an enquiring mind who enjoy problem solving.”

Kayleigh Tobbell, Assistant Manager at Lloyds Banking Group's Chief Security Office said: “As part of the Group's ambition to Help Britain Prosper, we were thrilled to support the Unlock Cyber Competition which equips young people with the skills and knowledge to explore many different areas of cybersecurity. We hope that by continuing to support initiatives such as Unlock Cyber, we can help to create the next generation of cybersecurity professionals.”

Owen Cooper, Teacher of Computer Science at Ormiston Venture Academy said of the event “Our 4 year 8s were amazing. I wanted them to take part in this to give them the confidence to show their skills in computer science and be part of a nationwide competition building up their resilience and perseverance. They showed excellent dedication with their practice challenges the week before and I am so proud of how they worked together to answer these difficult tasks, and compete when I know they were extremely nervous. To win the event on their first time of entering was awesome, and for each team member to win a £25 Amazon Voucher was incredible!”

We hope that this competition will continue next year and

we can keep competing in this amazing challenge to enable our students, and students around the country, to find Computer Science fun and engaging.



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Model shown is an All-New Kuga ST-Line 2.5 225PS PHEV Auto. Weighted fuel economy mpg (l/100km) (Combined): 201.8 (1.4). Weighted combined electricity consumption: 26.88 kWh/100miles. Weighted CO₂ emissions: 32g/km. Equivalent all-electric range: 35 miles.

These figures were obtained using a combination of battery power and fuel. The Kuga Plug-in Hybrid is a plug-in hybrid vehicle requiring mains electricity for charging.

Figures shown are for comparability purposes. Only compare fuel consumption, CO₂ and electric range figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results, which will depend upon a number of factors including, accessories fitted, variations in weather, driving styles and vehicle load.

Test Drives must be pre-booked and are subject to terms and conditions.

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.



Paso Doble - Month 3 - Chasse Elevations

The Paso Doble, or Pasodoble, is a lively dance modelled after the drama of the Spanish bullfight. In Spanish, "Paso Doble" means "two-step" and refers to the marching nature of the steps. The Paso is possibly the most theatrical dance out of all of the Latin American dances.

At its core, the Paso Doble is a dramatic Spanish dance. Traditionally, the man is characterised as the matador (bull-fighter) and the lady as his cape in the drama of a Spanish bullfight. Based on Flamenco dancing, the Paso Doble can be seen as both arrogant and passionate in its portrayal.

Suitable Paso Doble songs

Eye Of The Tiger - Survivor

Espana Cani - Various Artists

Bad Romance - Lady Gaga

El Pico - Orquestra Torress Avila

A Spanish Gypsy Dance - Orquestra Carrasco

The leader's steps

This role is usually danced by the male, but can be danced by anyone!

1. Step to the side with the right foot
2. Close your left foot to your right
3. (Repeat 4x in total)

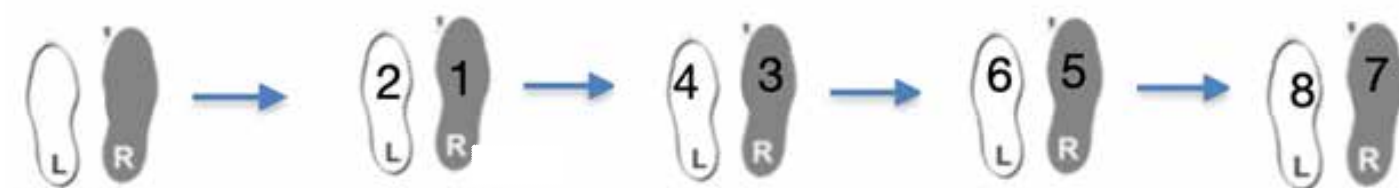
The follower's steps

This role is usually danced by the woman, but can be danced by anyone!

1. Step to the side with the left foot
2. Close your right foot to your right
3. (Repeat 4x in total)



The leader's steps are below. The follower's steps are exactly the same, but in the opposite direction.



When dancing with a partner (from the leaders point of view)

1. Start this step in closed position (otherwise known as ballroom hold). Make sure it's a little more relaxed than the normal ballroom hold.
2. For the first 2 chasses raise the left arm (the one holding the follower's hand) high, whilst tilting your body slightly to the right. Turn your head and look towards the right whilst doing this.
3. For the second two chasses, drop the left arm a little lower, whilst tilting your body to the left. Sharply turn the head to look towards your hand to the 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

Colouring: is not just for children!

Colouring is now a popular activity for all ages, not just for children.

There is no right or wrong way to colour in, so why not have a go, and relax and enjoy yourself?



Letter from ‘Uncle Eustace’

The Rev Dr Gary Bowness writes a tongue-in-cheek letter from the elderly Anglo-Catholic vicar ‘Uncle Eustace’ to Darren, his nephew, a low-church curate, recently ordained...

On the joys of exchanging parishes for the summer

The Rectory
St James the Least

My dear Nephew Darren

You will see that I write to you this month from the Norfolk coast, where I am spending August, on an annual exchange of parishes with a clerical colleague. You may have had two weeks in July sunning yourself on an exotic beach on a Pacific island, but I am content with a bracing east wind, punctuated by heavy showers.

Come the happy day when you are an incumbent and have to arrange parish exchanges as a way of getting a holiday, let me give you some advice. First, always exchange with someone who is a worse preacher than you are and whose sermons are at least twice as long; you are then sure to be welcomed back with open arms.

Secondly, since it is normally assumed that you will take care of one another's gardens during the month, make sure that the incumbent you exchange with has an insignificant plot. My colleague should now be largely occupied for most of the month mowing several acres of lawn. The only gardening I intend to do will be in the last week, so I can return with a car full of plums from his trees.

An exchange also gives one an opportunity to undertake helpful improvements in another's home. I have discovered that my colleague's library is carefully organised with books according to subject and then author. On his return he will find a new system in operation: they will be ordered according to size and colour. The poor man also naively thought I would never discover his stock of claret in the cellars; it will be much depleted on his return – although I shall naturally leave a note thanking him profusely for laying on such a splendid present for my visit.

Ministering to someone else's congregation can create another opportunity. For one month in the year, you are able to say exactly what you want. If a dear lady should be foolish enough to ask you after Mattins what you think of her hat, you can tell her with total honesty, knowing that someone else will have to pour oil the following month. Upsetting organists, choristers, vergers, flower arrangers and anyone else who happens to cross your path can be bracingly therapeutic when you do not have to face the consequences.

You may have returned from sunnier climes relaxed and tanned, but I shall arrive at September refreshed from knowing I leave behind a trail of devastation and chaos, which will ensure that my host will also be welcomed back by a relieved congregation. Remember the golden rule of parishioners: every new incumbent is worse than his predecessor.

Your loving uncle,
Eustace



Ramblings of a Displaced Cockney

Travelling by Train



I was a bit surprised recently when I saw that Greater Anglia had been named Train Operator of the Year in the Rail Business Awards 2020 for continuing to innovate and improve while also preparing for the arrival of new trains. I suppose that if you start from a very low base, you can improve a long way without actually providing anything of a

high standard, it's like going from "inadequate" to having "room for improvement" in school inspections. It doesn't mean that you are good, just that you are not as bad as you used to be!

Maybe I'm a bit biased. The thing is that I catch quite a few trains these days with trips to family and grandchildren in Devon and London. These have routinely resulted in applications to "delay repay" for cancelled and held up trains from Great Yarmouth to Norwich and also on the main line to London. I must admit that I recently caught the "London in 90" train and that was just about the only one that worked properly!

I have just gone through an epic process caused by a "broken down freight train" and a cancelled train on my way home. I sent in my delay repay application which was rejected on the basis that they had no record of the delay! So I appealed and this was rejected on the same basis. So I sent an email of complaint to the Chief Executive but that was eventually returned as "undelivered". Then it was a letter of complaint to the chief Executive and finally a resolution.

Apparently the delay system is all computerised. When I travelled from Crediton to Great Yarmouth and answered the question "where did your journey start?", I naively put "Crediton" (only because it was true of course). Now Greater Anglia's computer couldn't find one of their trains going from Crediton to Great Yarmouth so couldn't find one that had been cancelled, so rejected the claim!

The first part of the journey, on GWR, had also experienced a delay but GWR managed to correctly process their delay repay within a few days!

Anyway, it all prompted me to write the poem below.

Cornering the Optimism

The railways now run on optimism it seems.
The train from Exeter to London is held up
by a problematic freight train up ahead.
We're diverted away from the track that we're on
and take the rail equivalent of a country lane
when the motorway you're on is closed.
Now back on another main line,
and the message coming through
is "I'm hopeful that we can get
to London this way". I won't hold my breath!
Optimism comes cheap and tells lies these days.
Wait, we're slowing down . . .

Late into London, my connection is tight.
"There's good service on lines underground",
that is until I get down the stairs and "Train held" is all I see.
Then I count all the stations as the clock ticks down.
Stops go quick, quick, slow: a dance to the sliding of doors.
Liverpool Street nears, it can still be done!
Across the concourse, full speed ahead.
Which platform, which platform? It's up there somewhere,
but wait, "Train delayed" is the only display.
Why can I never expect any less?
Life's like watching the Hammers play:
the despair's OK, it's the hope I can't stand!

Perhaps the railways have cornered all the optimism?



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